

## **Canada's Organic Heroes recognized for advancing Canada's organic food sector**

### ***Ontarians win national awards***

(Toronto, Ontario, Feb. 10, 2007) Today, the Canadian Organic Growers (COG), at their 1<sup>st</sup> Annual Organic Hero Awards ceremony, named four winners, leading up to the *Growing Up Organic* conference in Toronto on Feb. 17<sup>th</sup>. The awards included an Organic Organization Hero, an Organic Supporter Hero, the Best Restaurant Serving Organic Food, and an Organic Media Hero.

Held at the St. Lawrence Farmers Market in downtown Toronto, amid dozens of vendors displaying tables of fresh fruit, vegetables, meats and baked goods, Laura Telford, Executive Director of COG, and Tanmayo Krupanszky (Tan-mayo Crew-pan-ski), Chair of COG's Toronto Chapter, presented the awards to this year's heroes.

"Thanks to the dedication and hard work of our first ever Organic Heroes, more and more people are beginning to understand why organic agriculture is so important," said Dr. Telford. "These heroes are building a better food system for Canada, one that is healthier for both people and our environment. I'm very pleased to recognize these leaders in the organic food movement."

**Michael Stadlander**, a master organic chef and farmer, is the **Organic Supporter Hero**. He has championed the development of sustainable food systems and has worked to build connections between consumers and organic producers. He is best known for his farm in Singhampton, northwest of Toronto, where connoisseurs of fine food can indulge in a seven course meal made in part from organic food grown on his own Eigensinn Farm.

This year's **Organic Organization Hero** is **Ann Slater**, President of the Ecological Farmers Association of Ontario (EFAO). As a volunteer, Ms. Slater has made EFAO a significant voice for farmers practicing small scale and sustainable agriculture in Ontario. She has made presentations to government, worked on industry committees, and has demonstrated success at helping the Canadian organic sector mature. Ms. Slater is from Lakeside (N.E. of London).

**The Bread and Roses Café**, located in Hamilton, is Canada's **Best Restaurant Serving Organic Food**. A project of the Sky Dragon community development co-op ([www.skydragon.org](http://www.skydragon.org)), the Bread and Roses Café bases its affordable menu on organic and fair trade choices from as many local organic sources as possible. Karen Burson and Kevin MacKay accepted the award.

Finally, the **Organic Media Hero** award goes to Toronto freelance writer **Jill Eisen** for her CBC series "Organic Goes Mainstream." She researched organics in-depth and successfully communicated the complexity of organic issues in an understandable and entertaining way.

"Congratulations to all of the winners," said Dr. Telford. "2006 was a banner year for Canada's growing organic sector and I look forward to similar success in 2007."

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**For more information or to arrange interviews, contact:**

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*Canadian Organic Growers (COG), a national charitable organization (13014 0494 RR0001), is Canada's national membership-based education and networking organization representing farmers, gardeners and consumers in all provinces. COG promotes sustainable, organic stewardship of the land, and organic food and fiber. For more information, visit [www.cog.ca](http://www.cog.ca).*

COG is also organizing a conference, called **Growing Up Organic**, which takes place in Toronto on Saturday, February 17th, 2007 from 9 am to 5 pm at 89 Chestnut Street (University of Toronto). This is the first conference in Canada to focus on the health benefits of organic food. See <http://cog.ca/growing-up-organic/conference.htm>. Media passes are available by contacting Karen Ageson, 613-216-0741, [office\(at\)cog.ca](mailto:office(at)cog.ca).