



## Visionary Farmers and Consumers - A one-day conference Toronto • Saturday, February 21, 2009

### Media Advisory

Attention News/Event Calendar/Environment/Food & Lifestyles Reporters and Editors

## *Growing and Eating For Nourishment: Nourishing the Future*

Join Canadian Organic Growers as we explore the emerging science behind organic growing and food. Also, hear farmers, researchers, organic certifiers, restaurateurs, retailers, local food security advocates and others discuss whether or not organic agriculture and food is nourishing us body, mind, spirit and environment. If you care about the foods you eat, growing for quality, and the larger benefits of organic living, this one-day conference will be informing and insightful.

**Opening Keynote:** Carlo Leifert, the project leader of the largest, most comprehensive organic study every undertaken involving 30 research institutions, companies and universities throughout Europe and beyond. Using science to delineate fact from fiction, the variety and scope of results are amazing.

Other aspects of organic food and lifestyle will be examined in panel sessions. Are we importing DDT on the foods we eat? What's involved in organic wine production? Do farmers grow for nourishment and how do they do it? Can a restaurant be organic and what does it take? How is organic meat produced and is it worth the premium you pay?

The full agenda, speakers list and details of the panel sessions can be found at <http://www.cog.ca/toronto/2009conference.htm>

**WHERE:** 89 Chestnut St., near University Ave. and Dundas St. W. Toronto (see map)

**WHEN:** Saturday, February 21, 2009, 9 AM to 5 PM

**For more information, contact:**

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*This conference is organized by the Toronto Chapter of Canadian Organic Growers (COG), a national charitable organization (13014 0494 RR0001). COG 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).*

