



Kate's Kitchen

by Kate Jarvis C.N.P., Buying Club Representative

Celebrate Fair Trade Fortnight May 1 - 15th!

Fair Trade at its most basic level is about the quality of life of the people growing and harvesting our food. Fair Trade links consumers with producers. It is a way for the consumer to consciously tell the world that they care about the lives, communities and environment of the people producing our food. ONFC strives to carry as many Fair Trade products as possible. We believe that the core values of Fair Trade are in line with our vision of "Living in a sustainable world from seed to plate".™ Our members continually tell us that this is important to them as well.

But what exactly does 'Fair Trade' mean?

A Fair Trade certification is given to groups of farmers who meet strict social and environmental guidelines set by Fairtrade Labeling Organization International (FLO). Fairtrade Canada is Canada's national initiative for FLO and is a non-profit certification and public education organization. You can look for the new Fairtrade Canada logo on your coffee, chocolate, sugar, quinoa, flowers etc..



To qualify for Fair Trade certification, the producers must adhere to strict social, economic, environmental and labour standards. For example the producer organization must:

- Be a democratically organized producer co-operative or worker group.
- Be non-discriminatory.
- Employ sustainable agriculture practices such as soil fertility maintenance and water resource management.

Over half of all Fair Trade Certified products are also certified organic.

In turn, Fair Trade certified producers are guaranteed a fair and consistent price for their product. Base-line prices are set by FLO following a multi-stakeholder review into the real cost of sustainable production. The producers will always be paid this guaranteed price, plus a Fair Trade and/or organic premium, even if market prices fall below this base-line. Fair Trade provides producers with the ability to not only support their families but re-invest profit and premiums into their farms and communities ensuring the long-term sustainability of their livelihood.

There are several other benefits to being Fair Trade certified:

- Two to three year contracts are signed with importers ensuring long-term relationships are established.
- Producers can apply for a pre-harvest line of credit of up to 60% the expected return to help cover the cost of production.
- Premiums paid to the co-operative or association support community projects improving health services, education, supporting transition to organic production, and so forth.

Accept our Fair Trade Challenge today! Use only Fair Trade and organic certified products to make this yummy Chocolate Pizza. Never has positively affecting the life of another person tasted so delicious!

Chocolate Pizza

Pastry

2 cups white flour
 1 ¼ cup cane Sugar
 1/3 cup cocoa Powder
 ¾ cup butter
 2 eggs

Filling

250 g cream cheese, softened
 ¾ cup cane Sugar
 1 egg
 ¼ cup cocoa Powder
 2 tsp vanilla extract

Topping –

1 cup semi-sweet chocolate chips
 3 tbs sliced almonds

Combine all pastry ingredients, cutting butter in, and mix until smooth. Press into a greased 30 cm pizza tray. Bake at 175 °C for 15 minutes.

Combine all of the filling ingredients, blend until smooth. Spread over hot crust and bake another 10 minutes. Sprinkle all the chocolate chips on top of the pizza, return to the oven for 3-5 minutes. Sprinkle with almonds. Eat warm or cold.

Thanks to Cocoa Camino Fair Trade resources and for providing this yummy recipe! <http://www.lasiembra.com/camino/>