



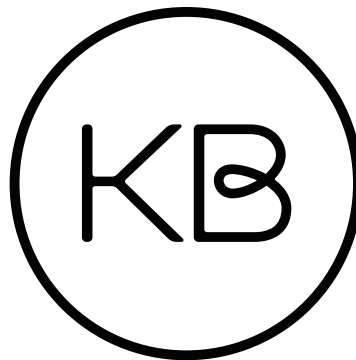
DESIGN THAT WORKS FOR YOU

————— *so you can simply work* —————

—————
LOOKBOOK



KEEN BEAN ORGANICS
IDENTITY *and* PACKAGING





THIRD + BIRD

IDENTITY *and* PRINT



THIRD + BIRD

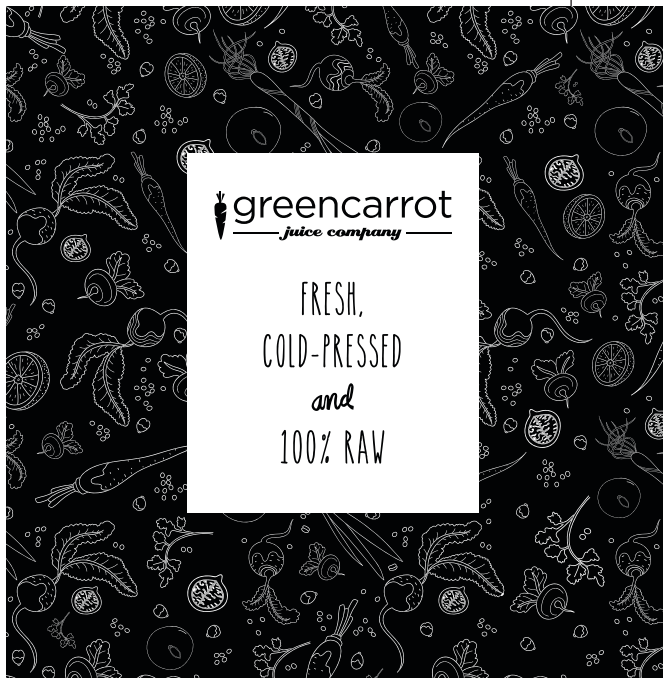




THE GREEN CARROT

IDENTITY *and* PRINT

PRINT MENU



AÇAÍ BOWLS

GF V R

AÇAÍ IS THE KING OF ALL SUPERFOODS. IT IS CONSIDERED TO BE THE BEST ANTIOXIDANT, IT IS NUTRIENT AND VITAMIN RICH, HIGH IN FIBRE, HIGH IN OMEGAS AND ESSENTIAL FATTY ACIDS.

/ AÇAÍ WHITE-OUT BOWL / AÇAÍ VERDE BOWL / AÇAÍ BERRY BOWL **\$7 each**

ENERGIZERS

ADD ANY OF THE FOLLOWING SUPERFOODS TO YOUR SMOOTHIE OR AÇAÍ BOWL TO BOOST YOUR DAY

ACAI / ORGANIC CACAO / ORGANIC HEMP HEARTS / HEMP PROTEIN
CHIA SEEDS / MCT OIL / ORGANIC GOJI BERRIES / GLUTAMINE **\$1 each**

NOURISH SHOTS

GF GF V R

UP GINGER / LEMON / CAYENNE / TLC TURMERIC / LEMON / CUCUMBER
IN BEE BEE POLLEN / COCONUT WATER / E3 LIVE BLUE-GREEN ALGAE
\$4 each / FIX ME UP \$5



THE GREEN CARROT CLEANSE

IDENTITY *and* PRINT

SIGNAGE

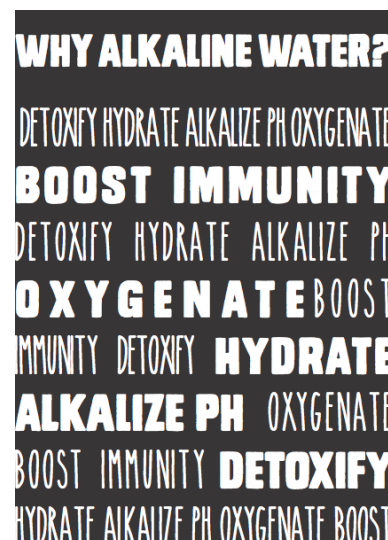
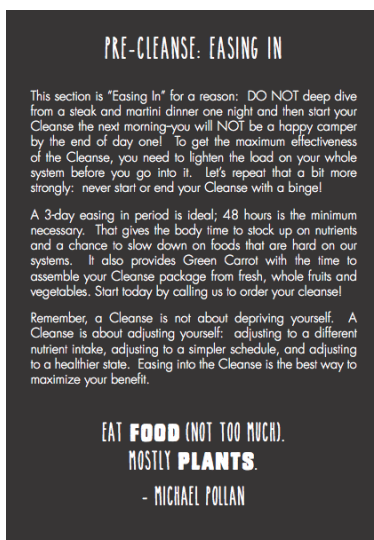




THE GREEN CARROT CLEANSE

IDENTITY and PRINT

CLEANSE LOGO & 24 PAGE BOOKLET





THE GREEN CARROT

PRINT *and* PACKAGING

PRODUCT LABELS & TAGS



TO-GO CUP STAMPS





THE GREEN CARROT

IDENTITY and PRINT

INTERIOR SIGNAGE - OSBORNE





PRINT

INTERIOR SIGNAGE - TUXEDO





MANITOBA FARM MENTORSHIP PROGRAM

IDENTITY and PRINT

MANITOBA FARM MENTORSHIP PROGRAM



MORE LOCAL FOOD REQUIRES MORE MANITOBA FARMERS!

Manitoba Farm Mentorship encourages sustainable, organic, local, and ethical farming.

So Can You.
Help us support Manitoba's new and aspiring farmers. Please Donate.

MANITOBA FARM
MENTORSHIP

Manitoba Farm Mentorship invites you to:

From Seed to MARKET

FARM TOUR by bus

Sunday, August 21st, 2011
8:30am to 7pm (leaving Minnedosa by 4pm)

Blue Lagoon Organics
• CSA, greenhouse, vegetables, fruit, herbs & poultry

Littlepath Farm
• Vegetable market garden, market in the town of Minnedosa, pastured pork & poultry

On this farm tour, you will have the opportunity to...

- See diversified farm operations that have multiple income streams and marketing strategies;
- Meet different kinds of farmers;
- See examples of how local, sustainable, small scale food is grown;
- Ask questions of the farmers and other participants;
- Spend some time soaking up the small farm atmosphere;
- Relax and network as we are driven by motor coach through Western Manitoba;
- Purchase fresh produce from the farmers

All that for only \$50 (\$45 for Canadian Organic Growers members)...what a great way to spend a Sunday!
For more information and to reserve yourself a place on this bus tour, visit www.manitobafarmmentorship.ca.

MANITOBA FARM MENTORSHIP

our tour gets you from here... to here!

Connecting people, land, and local knowledge for a food-secure Manitoba

stay in touch... info@manitobafarmmentorship.ca • 204.779.0261



MANITOBA FARM MENTORSHIP PROGRAM

IDENTITY and PRINT



LESS THAN **6%** OF MANITOBA'S POPULATION IS
FARMING
OVER **50%** OF MANITOBA FARMERS ARE NEARING
RETIREMENT



**WHO will follow
in their footsteps?**

**WHO will grow
our food?**



GROWING YOUR Successful SMALL FARM

Take Our Intro Course
Exploring Your Small Farm Dream

Find Your Community!
Get MFM's e-Newsletter
Check out our Calendar of Events

Expand Your Knowledge
Workshops & Farm Tours

Get Your Hands Dirty
On-Farm Internships

Start Your Own Successful Small Farm!

MFM *Connecting people, lands, and local knowledge for a food-secure Manitoba*

MANITOBA FARM MENTORSHIP A PROGRAM OF OFDA-SS

stay in touch... www.manitobafarmmentorship.ca
sheer@manitobafarmmentorship.ca
204.239.7170

MANITOBA FARM MENTORSHIP

www.manitobafarmmentorship.ca



ORGANIC FOOD COUNCIL OF MANITOBA and TALL GRASS PRAIRE BREAD CO.

CALENDAR

APRIL
Mushrooms

YOUR ORGANIC PRODUCERS
LoreDay Mushrooms Farms

Mushrooms absorb and concentrate whatever substances they are grown in, so healthy growing conditions are critical. LoreDay Mushrooms Farms in Manitoba is Canada's oldest commercial producer of mushrooms. Now in its fourth generation of family ownership, LoreDay has survived the Great Depression, flooding and heavy competition to become one of the country's leading suppliers of organic mushrooms.

WHERE TO BUY
Canada's Safeway, Greenpeace Market, Eat It, Eat It, Eat It, Food Fair, Selects, Supermarkets, and Your Health Food Market.

One of Canada's largest organic mushroom producers is right here in Manitoba.

AUGUST
Sunflower

YOUR ORGANIC PRODUCERS
Dellbeck's Top of the Hill Farm, and Tall Grass Prairie Bread Company.

Manitoba organic sunflower seeds are grown primarily for their oil content. Green River Prairie Kitchen at the Forks in Winnipeg processes its own cold pressed sunflower oil. Fifty pounds of shelled sunflowers produce a gallon of oil in five hours. The waste product is sent back to the organic farm where the seeds are sourced for use as animal feed.

WHERE TO BUY
Greenpeace Market, Green River Prairie Kitchen and Tall Grass Prairie.

Get your kids addicted to gardening by challenging them to grow the tallest sunflower.

JUNE
Speltz

YOUR ORGANIC PRODUCERS
Pollock Farms

With the publication of the Wheat Belly Book by William Davis, demand for this non-hybrid grain is skyrocketing. Speltz was an important staple crop in parts of ancient Europe from the 4th millennium BC up to the 14th century when it began to be displaced by bread wheat varieties. Demand from artisanal bakers is now reviving the popularity of this ancient grain. Speltz is grown mainly by organic producers because, unlike modern wheat varieties, it requires no added fertilizer.

WHERE TO BUY
Dellbeck's Top of the Hill Farm, Fresh Option Organic Delivery, Pollock Farms. Baked products with local organic speltz are available from Integrity Foods and Tall Grass Prairie.

Speltz berries are more elongated than their wheat berry sisters.

SEPTEMBER
Hemp

YOUR ORGANIC PRODUCERS
Manitoba Harvest Hemp Foods

Local Manitoba Harvest Hemp Foods is proud to be the world's largest hemp food manufacturer to grow, make, and sell its own line of hemp food products. Hemp foods taste great, are easy to use, and some good for you. Manitoba Harvest Hemp Foods products include Hemp Hearts, hemp protein products, hemp oil, and Hemp Bliss non-dairy beverage.

WHERE TO BUY
Local health food stores, Canada Safeway, Greenpeace Market, Eat It, Eat It, Eat It, Food Fair, Selects, Supermarkets, and Your Health Food Market.

Hemp hearts and protein are the best protein source to ease chronic inflammation.

SPELTZ BERRIES

PAT & LARRY POLLOCK

SPELTZ PLANTS

SUNFLOWER SEEDS

SUNFLOWER OIL PRESS

SUNFLOWER SEEDS

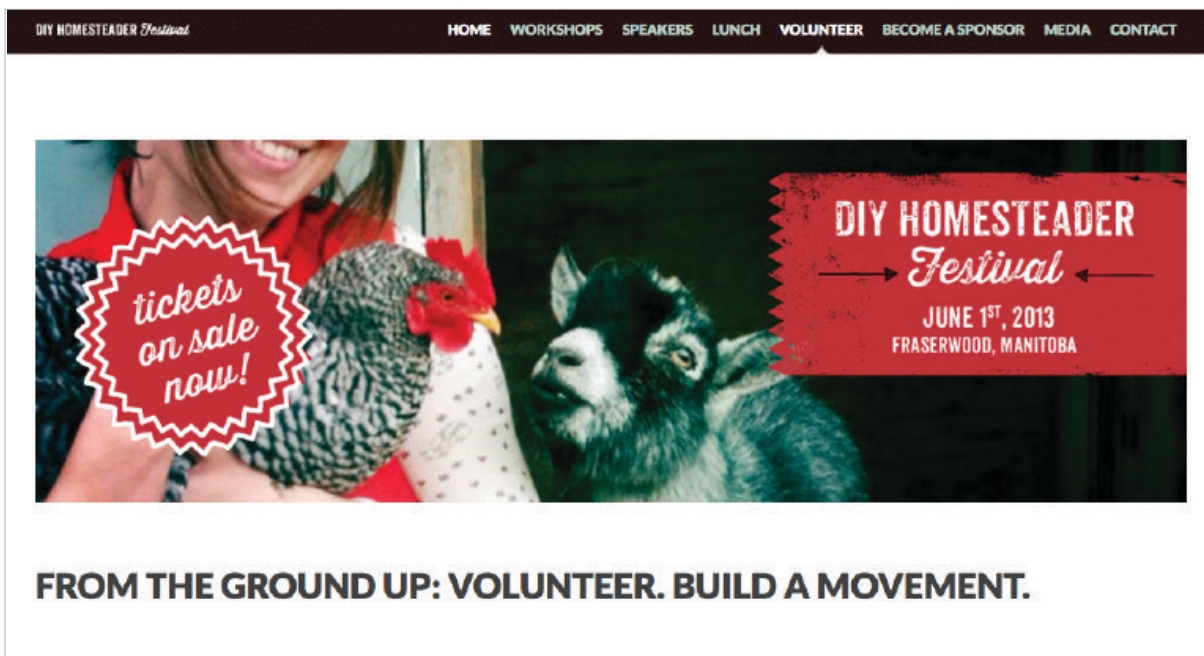
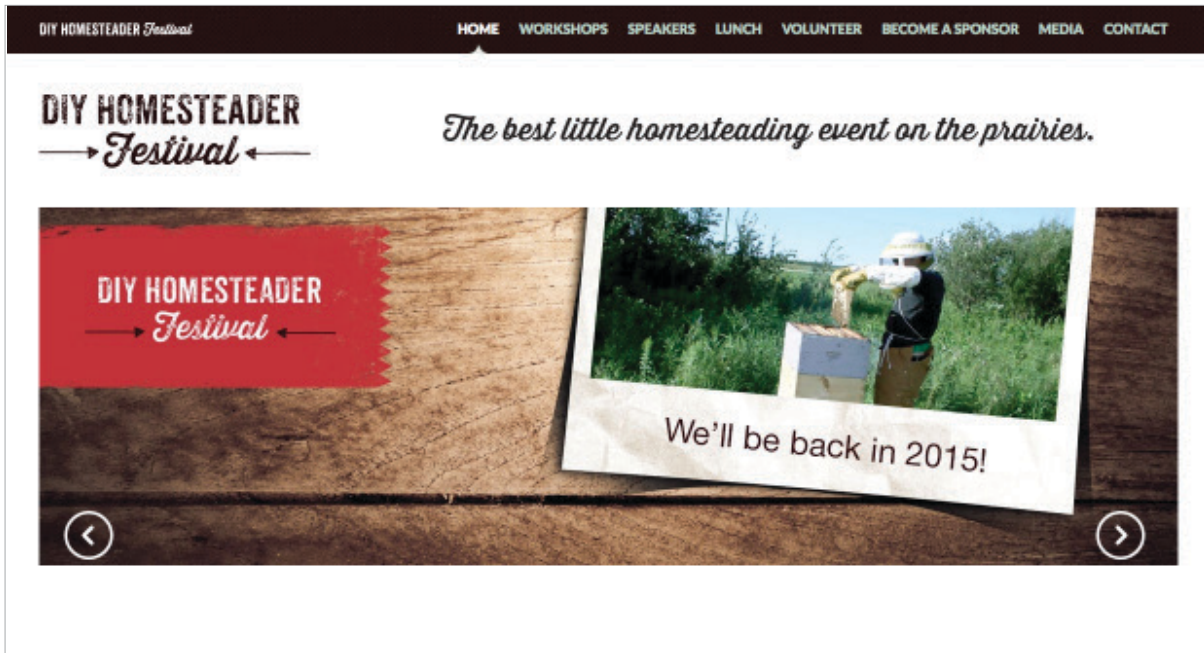
HEMP HEARTS & PROTEIN

TALL GRASS PRAIRE BREAD CO.



DIY HOMESTEADER FESTIVAL

WEB





DIY HOMESTEADER FESTIVAL

— IDENTITY *and* PRINT —





NUBURGER

PRINT and PACKAGING

LARGE FORMAT WALL MURAL
18' X 10'





NUBURGER

PRINT *and* PACKAGING

TAKEOUT BAG, CUP & NAPKIN DESIGN





NUBURGER

PRINT *and* PACKAGING

MURAL





NUBURGER

PRINT and PACKAGING

MENU

GUILT FREE BURGERS

CATERING MENU
ILOVENUBURGER.COM



Slider versions of NUBURGER originals.

\$48 PER DOZEN | Order in multiples of 6
2-3 sliders per person recommended

All sliders made on our traditional buns. All catering burgers are available gluten-free, with a lettuce wrap in place of the bun.

BEEF BURGERS

Lean & naturally raised on the pastures of Manitoba

DELICIOUS N' TASTY CHEDDAR ♥
Bothwell cheddar, lettuce, tomato, & low fat herb mayo

DELICIOUSMOSTTASTIOUS BACON CHEDDAR
Nitrate-free smoked bacon, Bothwell cheddar, lettuce, tomato & low fat herb mayo

THE STAMOS ↔
(2015 LE BURGER WEEK WINNER)
Roasted red pepper & basil aioli, creamy feta, tomato, alfalfa sprouts, zesty cucumber & onion salad

SKINNY BOY ♥
Skinny Chili, dill pickles, red onions, lettuce, tomato, mustard & low fat mayo

BLUE & GOLD ♥ ♥ ↔
Blue cheese, fancy tomatoes, balsamic onions, lettuce & low fat chipotle

CHICKEN BURGERS

100% fresh Manitoba chicken breasts

SHANGHAI ♥ ♥ ↔
Homemade Asian slaw & low fat hot chili mayo

AVERAGE JOSEPH ♥ ↔
Sautéed mushrooms, Bothwell cheddar, lettuce, tomato, & low fat herb mayo

ANGRY JOE ♥ ♥ ♥ ♥ ↔
'Hot damn' mushrooms, Bothwell cheddar, lettuce, tomato, low fat herb mayo & low fat chipotle

VEGGIE BURGERS

Homemade with only wholesome ingredients

THE UNBURGER ♥
Chickpea patty, creamy feta, alfalfa sprouts, cucumber, tomato, Sriracha & homemade tzatziki
Too spicy? Ask for no sriracha.

THE GREAT FALAFEL ♥
Chickpea patty, banana pepper salsa, cucumber, lettuce, tomato, & homemade tzatziki

♥ EXTRA HEALTHY ♥ SPICY LEVEL ↔ TASTY w/ BEEF OR CHICKEN

SIDES

FRESH CUT POTATO THINS tossed in sea salt or sweet curry salt | **\$9 per container** (Serves 6-8)

DIPS for the potato thins | **\$5 per container** (5oz)
Roasted Pepper & Basil | Rosemary Garlic | Honey Dill
Ultimate Chili Aioli | Sweet Chipotle | Chipotle Aioli
Sweet Chili Mayo | Sweet N Spicy Chili Mayo

SALADS

GARDEN OF EDEN SALAD Tossed salad with veggies, cranberries, seeds, feta cheese and a simple oil & vinegar dressing | **\$29 per container** (Serves 6-8)

CAESAR SALAD Homemade dressing, homemade croutons, & shaved parmesan | **\$29 per container** (Serves 6-8)



BANVILLE & JONES

WEB

Banville & Jones
WINE CO.

ABOUT

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THE CELLAR DOOR

EVENTS & EDUCATION

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HAND-CHOSEN & TASTED TO
Exceed your expectations

MEET THE



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WEB





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IDENTITY





BANVILLE & JONES

IDENTITY





ECOPARENT MAGAZINE

PRINT

QUARTERLY NORTH AMERICAN MAGAZINE DESIGN

FIND IT AT WHOLE FOODS, BARNES & NOBLE, CHAPTERS, SHOPPERS, SUPERSTORE





After winter's long, cold days, it's time to start thinking about warming up. In fact, the Chinese medicine community has a lot of wisdom to share when it comes to staying warm and healthy during the winter months. The key is to eat the right foods, drink the right liquids, and get the right amount of rest. This is the wisdom of Chinese medicine, and it's a treasure trove of knowledge that can help you stay warm and healthy all winter long.

When it comes to food, the Chinese medicine community has a lot of wisdom to share. One of the most important things to remember is to eat warm, cooked foods. This is because cold, raw foods can cause the body to become cold, which is not good for health. Instead, eat foods that are warm and cooked, such as soups, stews, and roasted meats. These foods will help to warm the body and keep it healthy throughout the winter months.

Another important thing to remember is to drink warm liquids. This is because cold liquids can cause the body to become cold, which is not good for health. Instead, drink warm liquids, such as tea, soup, and water. These liquids will help to warm the body and keep it healthy throughout the winter months.

INCREASE COLD-RESISTING FOODS

In Chinese medicine, it is important to eat warm, cooked foods. This is because cold, raw foods can cause the body to become cold, which is not good for health. Instead, eat foods that are warm and cooked, such as soups, stews, and roasted meats. These foods will help to warm the body and keep it healthy throughout the winter months.

WARMING THE KIDNEYS

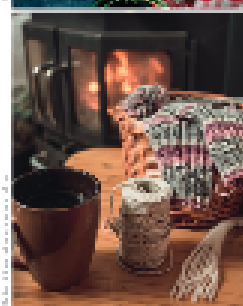
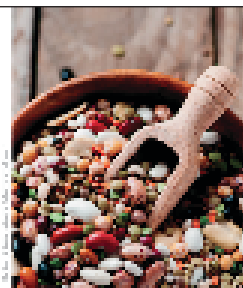
In Chinese medicine, the kidneys are considered the source of life energy. They are responsible for producing and storing energy, and they are also responsible for regulating the body's temperature. Therefore, it is important to keep the kidneys warm and healthy. This can be done by eating warm, cooked foods and drinking warm liquids.

WARMING SPIRITS AND HERBS

In Chinese medicine, warming spirits and herbs are used to warm the body and keep it healthy. These herbs are often used in soups, stews, and teas. They help to warm the body and keep it healthy throughout the winter months.

PRACTICE GENTLE EXERCISES

After winter's long, cold days, it's time to start thinking about warming up. In fact, the Chinese medicine community has a lot of wisdom to share when it comes to staying warm and healthy during the winter months. The key is to eat the right foods, drink the right liquids, and get the right amount of rest. This is the wisdom of Chinese medicine, and it's a treasure trove of knowledge that can help you stay warm and healthy all winter long.





ECOPARENT MAGAZINE

PRINT

MAGAZINE DESIGN

Food



Walnut Mushroom SPREAD

Photo: GreenArt Photography / shutterstock.com

This is a rich, earthy very 'umami' vegan spread. It creates beautiful crudité's when spread on crackers garnished with a slice of brightly coloured vegetable such as peppers, a sprig of herbs or a garnish of shredded celery root. It also makes a great spread for sandwiches or on toasted baguette. Walnuts are one of the best 'brain foods'. Of all the nuts, they have the highest amount of the anti-inflammatory omega-3s. The nutritional yeast here provides a cheese-like flavor and good dose of B vitamins - particularly B12, which is rare to find in plant foods - and the hemp hearts add protein power to the mix.

Ingredients

1/4 cup dried porcini mushrooms	1/4 tsp salt
1/2 cup walnuts	1 tsp olive or flaxseed
2 Tbsp olive oil	1/4 tsp thyme or tarragon
1/2 cup shallots (or onion)	2 Tbsp nutritional yeast (or reserved porcini liquid)
2 cloves garlic	1/4 cup hemp hearts
2 cups fresh mushrooms (about 400 grams), cut in half	1/4 cup nutritional yeast
	fresh parsley

Instructions

- 1 Preheat oven to 350°F
- 2 Re-hydrate the porcini mushrooms: Rinse dried mushrooms and place in a glass cup or bowl. Add lukewarm water to cover and let sit until soft, about 20-30 minutes. Rinse mushrooms, saving this flavorful liquid in small bowl. Strain liquid through paper coffee filter (or fine strainer) to catch any dirt/grime and set liquid aside. This mushroom water is very flavorful and can be saved to be used in soups and for cooking grains or risotto.
- 3 Coarsely chop soaked mushrooms and set aside.
- 4 Spread walnuts on baking sheet and bake for about 5 minutes, until nuts are toasted. Set aside to cool.
- 5 In food processor, finely chop garlic and then add shallots until coarsely chopped and set aside.
- 6 Clean mushrooms and cut in half. Now process by pulsing a number of times to coarsely chop, but do not over process.
- 7 In large skillet, heat oil over medium heat. Add garlic and shallots and sauté for a few minutes, stirring often.
- 8 Next add both kinds of chopped mushroom and salt and turn heat a bit lower. You may need to add a bit more oil. Sauté until mushrooms are cooked, about 5-8 minutes, stirring often. Now add thyme/tarragon, nutritional yeast and miso. You can use a small amount of reserved mushroom liquid if it looks too dry. Continue cooking for another few minutes and set aside.
- 9 Add walnuts to food processor and then cooked mushroom mixture. Pulse until mixture is coarsely chopped (like an olive tapenade consistency), taking care to NOT puree.
- 10 Stir in nutritional yeast and season with salt and pepper to taste.
- 11 Allow to cool to room temperature.

This keeps for about a week. When serving, garnish with parsley.

80 EcoParent | The Family Issue

Winter 2015