

# Recipes share tales of organic food

**KATIE ALTON**  
STAR STAFF

A new book celebrates the love Albertan growers across the province have for everything organic.

*GO – a culinary community*, launched this week by the Going Organic network, is a community collaboration of recipes created by network members across Alberta, said Pamela Irving, editor and project coordinator.

"The Going Organic Network represents people who want to see organics bloom in Alberta," she said. "It's quite a broad-based network."

The network is open to organic farmers and also involves people who take part in other aspects of organic food, such as retailers, chefs and consumers, she said.

The culinary community book profiles over 55 members sharing their favourite recipes. Soups, salads, main

courses, desserts and wine cocktails are featured in the book. The recipes are geared towards omnivores, vegetarians, large groups, children, singles, people with limited time for cooking and people with health issues.

"It brings to the table an exciting regional cuisine," said Irving. "Alberta doesn't really celebrate it's own food."

The book is an opportunity to learn about the people who work everyday to produce food, she said.

Other contributors to the community recipe book help spread the message about the reasons why they choose to

eat organic.

"Where else in the world are you going to get a farmer's secret recipe? They're handed down from generation to generation," said Irving.

Choosing organic foods has an environmental and global impact since it reduces the output of fossil fuels, she said.

Pesticides will not run into the water system since they are not added to organic foods. Antibiotics are also not used in the production of organic foods, Irving added.

"From a global perspective it's going to help with environmental and climate change," she said. "From a personal perspective, it keeps our bodies healthier and cleaner."

Irving points out that going organic is about more than keeping humans healthy, but also the environment and all the species of animals within it.

"I think the most important part of

this book is that it is a community book," she said. "There is a lot of pride in growing this kind of food and sharing these recipes."

The book will officially be released March 11 by chef Wade Sirois at the Norsemen Inn in Camrose. For more information about the book or the Going Organic Network contact Irving at 780-706-0482.



**A community organic recipe book celebrating the stories of Going Organic Network members will be launched this week.**

*Submitted photo*