



Gardening and Food Security

Action4Canada



Statistics Canada / Statistique Canada

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Prices and price indexes

Key indicators

Canada	
Consumer Price Index (February 2023)	5.2% ↑ (12-month change)
Imports of goods (January 2023)	\$65.1 billion 3.1% ↑ (monthly change)

► More prices and price indexes indicators

Filter results by ⓘ

Sort by date ▼ Apply ⓘ

Show 10 ▼ entries Apply

Keyword(s)

Search title, description, etc. 🔍

Subject

[Agriculture price indexes](#)

All (764) | Data (480) | Analysis (202) | Reference (71)

1. [Fisher commodity price index, United States dollar terms, Bank of Canada, Fisher commodity price index, United States dollar terms, Bank of Canada, weekly](#)

Inflation and Prices rising



Feedback

A comprehensive profile of the physical, economic, social and environmental characteristics of Canada's agriculture industry, every five years.

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Features



[Guide to the Census of
Agriculture, 2021](#)

Key indicators

Canada

[Total number of farms, Census of
Agriculture
\(2021\)](#)

189,874

-1.9% ↓

(period-to-period change)

Context

Content

Layers

Map type:

Satellite map

Year:

2022

Week:

September 12 to 18

Cover type:

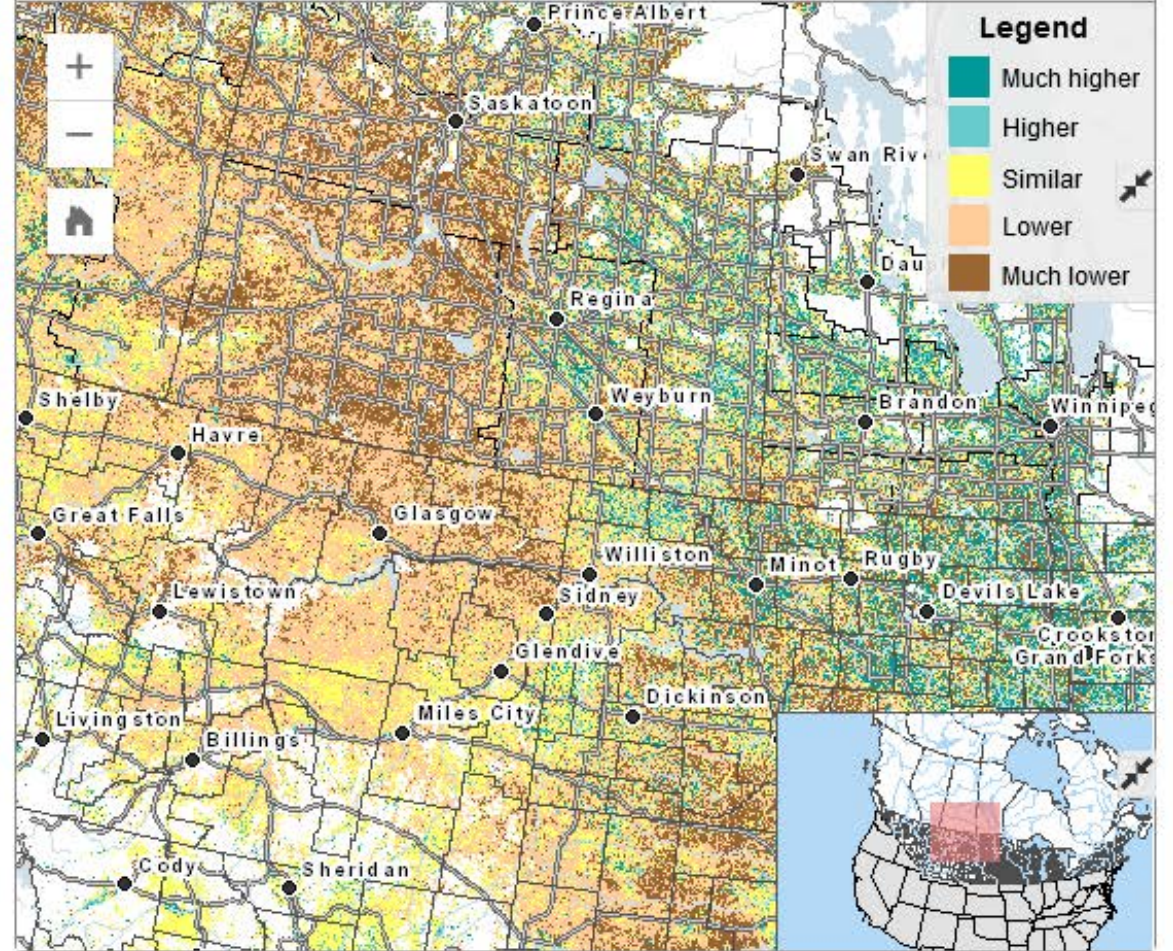
Crop and pasture

Method:

Compared to normal

Refresh

Map



 Google Store

Get Pixel 6a.



Business

Inflation rate drops to 5.2% in February – but grocery prices are still up



Rate previously slowed to 5.9 per cent in January

The Canadian Press · Posted: Mar 21, 2023 9:39 AM ADT | Last Updated: March 21



The produce section at a Longo's supermarket in Stouffville, Ont., in February. Canada's inflation rate fell to 5.2 per cent in February, the largest deceleration from a previous month since April 2020, according to Statistics Canada. (Emily Chung/CBC)



DAN'S FARMER GLORY DAYS





URBAN LIVING



Tower Garden

Grow year round

Grow different varieties





Grow on your balcony or deck



Get creative with the space you have

PLANT IN CONTAINERS





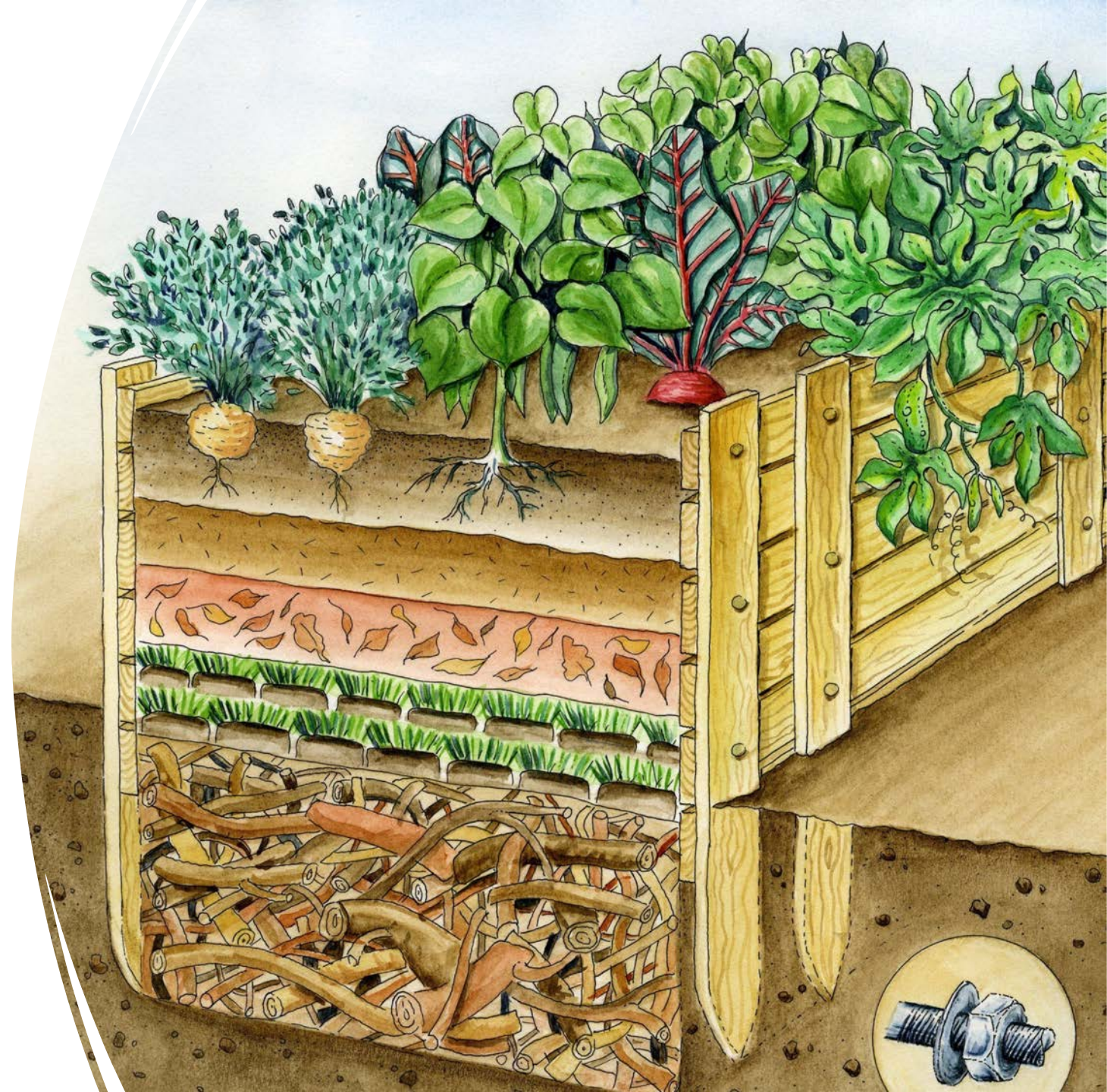
**Use your space wisely and
productively**



Small yards – use raised garden beds

- Create raised beds using recycled materials, such as pallets
-

- Do lasagna style raised beds, mixing brown and green (carbon and nitrogen rich) organic materials in layers
- Plant close together to avoid weeds
- Mulch heavily



-
- Get creative with raised beds
 - Add a trellis system for peas, pole beans and climbing cucumbers and squash





Consider the location of raised beds to optimize sunlight, and consider height to make gardening pleasant





Container Gardens work as well



EXTENDING
YOUR
GROWING
SEASON


POLY TUNNELS GREEN HOUSES COLD FRAMES



Freezing your produce

HOW TO FREEZE FRESH VEGETABLES

Including a printable guide!

VEGETABLE BLANCHING TIMES (IN MINUTES)			
			
SOURCES: NATIONAL CENTER FOR HOME FOOD PRESERVATION, BALL BLUE BOOK GUIDE TO PRESERVING			
Artichoke, globe (hearts)	7		
Artichoke, Jerusalem	SMALL 3	MEDIUM 4	LARGE 5
Asparagus	SMALL STALK 2	MEDIUM STALK 3	LARGE STALK 4
Beans, green, snap or wax	3		
Beans, butter, Lima, or pinto	SMALL 2	MEDIUM 3	LARGE 4
Beets	COOK		
Broccoli, florets		MEDIUM 3	LARGE 4
Brussels sprouts	SMALL 3	MEDIUM 4	LARGE 5
Cabbage	SHREDDED 1.5	WEDGES 3	
Carrots	CUT 3	WHOLE 5	
Cauliflower, florets	MEDIUM 3	LARGE 4	
Corn, on the cob	SMALL EARS 6	MEDIUM EARS 8	LARGE EARS 10
Corn, whole kernel or cream-style (blanch on the cob)	5-6		
Cucumbers	DON'T FREEZE WELL		
Eggplant	4		
Greens	COLLARD 3	ALL OTHERS 2	
Kohlrabi	WHOLE 3	CUBED 1	
Okra	SMALL PODS 3	LARGE PODS 5	
Onions	BLANCHING IS NOT REQUIRED		
Parsnips	3		
Peas, field (Blackeye)	SMALL 1	LARGE 2	
Peas, green (shelled or in the pod)	2		
Peppers	BLANCHING IS NOT REQUIRED		
Potatoes	3-5		
Pumpkins	COOK		
Rutabagas	3		
Squash	SPAGHETTI COOK	SUMMER 3	WINTER COOK
Sweet potatoes	COOK		
Tomatoes	BLANCHING IS NOT REQUIRED		
Turnips	3		
Zucchini	3		





**Canning/bottling vegetables
requires a pressure canner, but
canned products will last years
without concern.**



The image shows three large glass jars filled with chunks of raw red meat. The meat is packed tightly in each jar. The jars are set against a dark background, and the lighting highlights the texture and color of the meat. A white text overlay is centered across the middle of the jars.

CAN YOUR OWN
VENISON, LAMB OR BEEF

Purchase meat
on sale and
bottle using a
pressure canner.
Meat will keep
for years.

CANNING GROUND BEEF

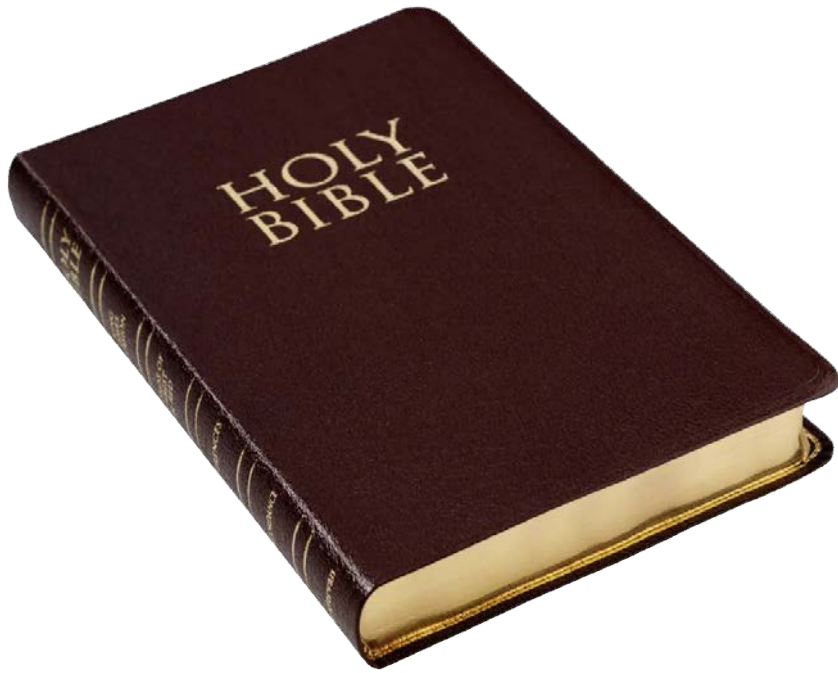




- Dehydrating is quick and foods can be consumed dry (such as fruit) or added to meals (such as soups and casseroles and sauces).







⁵ The LORD saw how **great** the wickedness of the human race had become on the earth, and that **every** inclination of the thoughts of the human heart was **only** evil **all the time**. ⁶ The LORD regretted that he had made human beings on the earth, and his heart was deeply troubled. ⁷ So the LORD said, “I will wipe from the face of the earth the human race I have created—and with them the animals, the birds and the creatures that move along the ground—for I regret that I have made them.

Genesis 6:5-7

¹¹ Now the earth was corrupt in God’s sight and was **full of violence**. ¹² God saw how corrupt the earth had become, for **all** the people on earth had corrupted their ways. ¹³ So God said to Noah, “I am going to put an end to all people, for the earth is **filled** with violence because of them. I am surely going to destroy both them and the earth Genesis 6:11-13

³⁷ **As it was in the days of Noah, so it will be at the coming of the Son of Man.** ³⁸ **For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark;** ³⁹ **and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man.** Matthew 24:37-39



- We can prepare for the uncertain future here on earth, but one thing is certain: we all face death.
- Where will you spend eternity?
- God sent His son to pay the price for our sin, to reconcile US to HIM, but we must accept this free gift of salvation.
- Will you receive it today?