



Grass Fed. Oh what a great life this calf has. Sunshine, grass meadows, companions, things to see and do. Life is grand out on the land. Timothy, Purple Clover , Queen Anne's Lace, and tender shoots of grace to eat.

This calf feels the serenity and the joy of an open field to wander. To exercise, think and be. May the colours of this painting reflect the joy of the moment. May we all celebrate the wealth of our land through the eyes of our sentient beings.

Thank you to our farmers for keeping us well, for food is medicine.

—Bree Rappaport, Artist



NATIONAL
FARMERS
FOUNDATION

The National Farmers Union-Ontario's Local Food Advocates Network brings together both professionals and community members who understand that local food can help us educate young people, improve health, and give us a deeper connection to nature.