



CEDFOB

Research Report & Projects

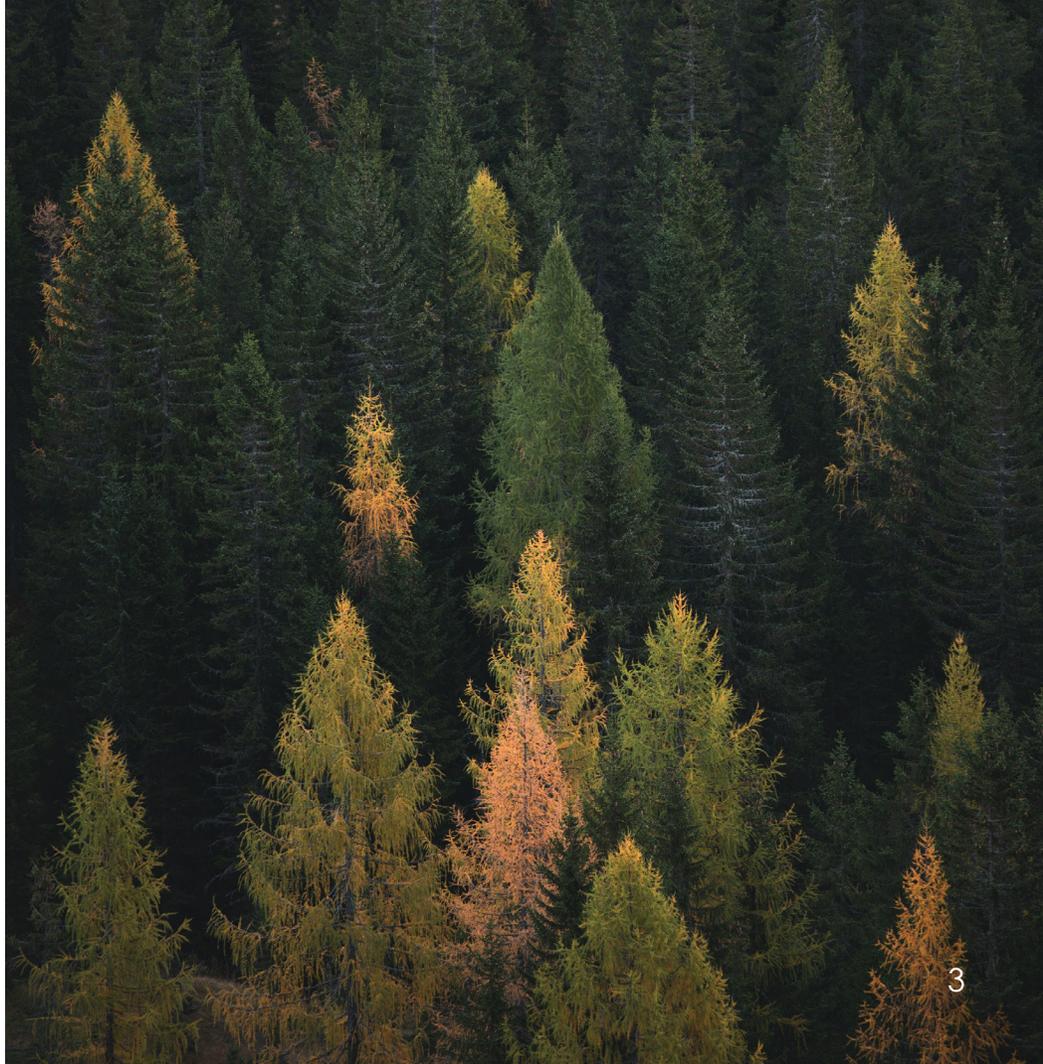
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Their Mission & Goals

The Boreal Forest Experimentation and Development Center (CEDFOB) is a non-profit organization, that was created in 2004 with the help of Cegep de Baie-Comeau. CEDFOB's mission is to support local communities and organizations while aiding in the sustainable development of the North Shore's natural resources. CEDFOB also strives to create jobs for the residents of the North shore while utilizing the regions unique resources to create different types of products to be sold throughout Quebec and the country.

Photo by Federico Bottos on Unsplash





In association with,

Cegep de Baie-Comeau



About the Cegep

The Cegep de Baie-comeau is both a pre-university and vocational college. They offer a unique learning experience that is both hands on and learning efficient. The cegep tries to promote a natural learning environment while keeping the classroom in close relation to the outdoors. In relation to CEDFOB, the cegep offers laboratories to aid in researching to do with micro propagation and beekeeping.

Their Goals

Cegep de Baie-Comeau main goal is to support and provide essential, high equality vocational training and pre-university courses to students, that is geared towards jobs on the North shore while also promoting research and project development for the region.

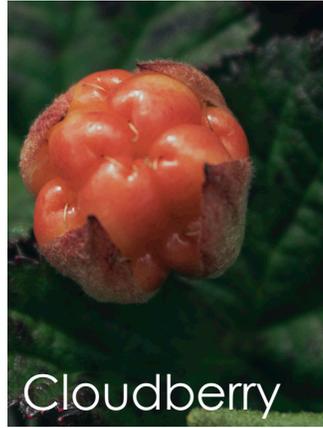
CEDFOB

Major Lower North Shore Projects



Nordic Beekeeping

Photo by Bianca Aekermann on Unsplash



Cloudberry

Photo by Mockup Graphics on Unsplash

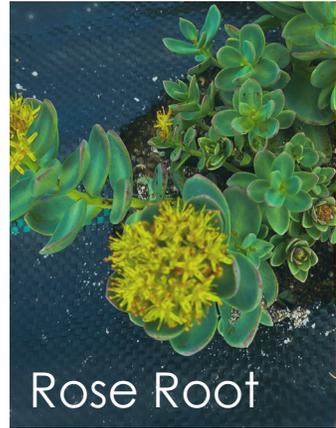


Arctic
Bramble



Lingonberry

Photo by Jonas Jacobsson on Unsplash



Rose Root

Their Role

Photo by Alex Grodkewicz on Unsplash

CEDFOBs main role in these projects is to provide research and funding. With the research done in their labs, the berries can be transferred to nurseries on the Lower North Shore. Another part of their goal is to lower the costs to produce these fruits while keeping a high quality.

Cloud Berries

Rubus Chamaemorus

The project to cultivate Cloudberries started around 6 years ago, CEDFOB was asked to take on the job of developing and cultivating quality and cost-efficient cloud berries. The goal is to increase the overall yield of this small fruit. They started with 16 varieties of cloudberries from around the world, including the North Shore, with this they were able to create a bank of genotypes that would be used for cultivation. The Cloud Berry is probably one of the hardest and rarest fruits to cultivate, there needs to be a specific ratio of male and female plants for it to produce fruit, it can also take a whopping 4-7 years for the fruit to grow. Regardless of its rarity there are many benefits to this super fruit.

Photo by Jørgen Håland on Unsplash





Benefits

- Rich in vitamin C
- Rich in antioxidants and minerals
- Detoxification properties
- Boosts immune system
- Can prevent diabetes



Benefits

- High in antioxidants
- Rich in vitamin C and E
- Promotes gut health.
- May prevent cancer.
- Aids with diabetes

Lingon Berries

Vaccinium vitis-idaea

Like Cloud berries, the Lingonberry was being researched and developed by CEDFOB in their labs using the different genotypes and varieties. In the case of Lingonberries there was already a growing market and a high demand for these arctic berries that was not being met. There are already lingonberry plots stationed in Saint Paul's River and La Tabatiere on the Lower North Shore.

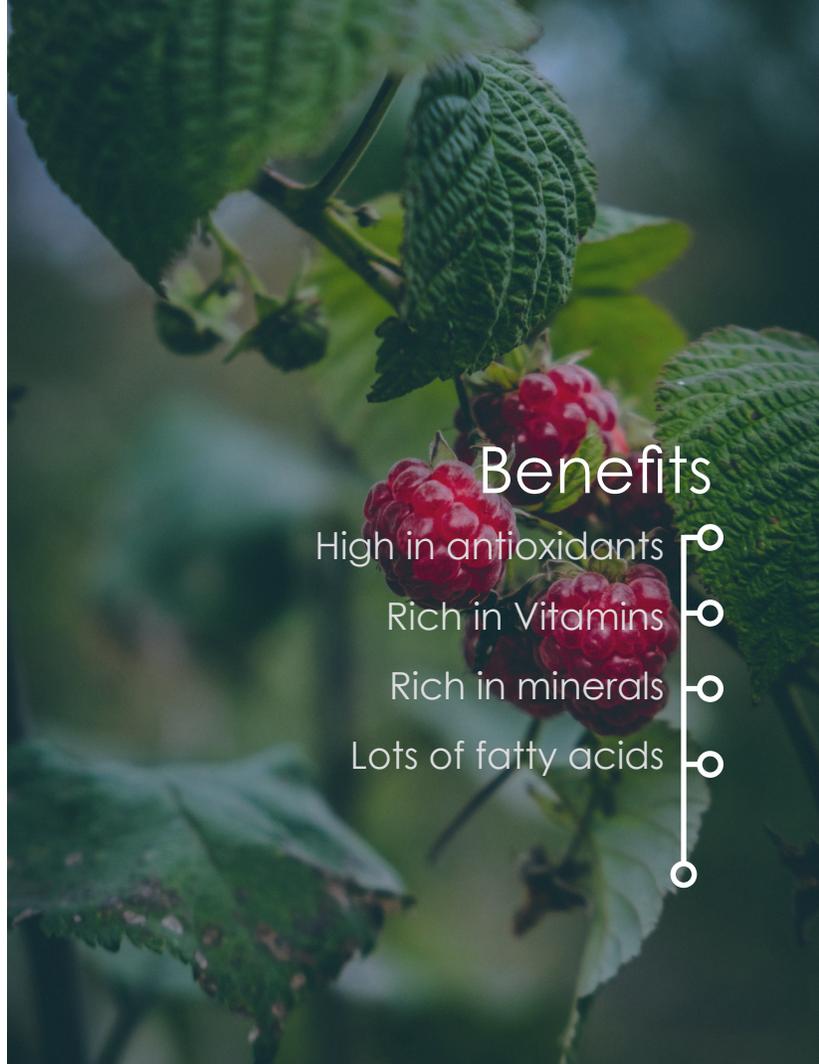
Arctic Bramble

Rubus Arcticus

Arctic Bramble is a small, slow-growing fruit similar in shape and size to Cloudberries. They are a red colour and have a similar appearance to raspberries. Like all the other fruits, CEDFOBS goal is to cultivate and provide a cost-efficient version of this fruit to be planted on the North Shore region.

Benefits

- High in antioxidants
- Rich in Vitamins
- Rich in minerals
- Lots of fatty acids





Benefits

- Increase mood.
- Reduce symptoms of depression
- Helps with anxiety
- May prevent cancers.
- Good for exercise
- Aids with diabetes
- Medicinal benefits
- Increased brain function

Rose Root

Rhodiola Rosea

The Rose Root plant is a relatively small and succulent-like, it is also native to the North Shore region. Being one of the easiest plants to grow from the Lower North Shore it opens great opportunity for cultivation. CEDFOB is trying to cultivate this plant using variations from the North Shore as well as Russia, among other regions. There is a high market for this plant, and it is becoming somewhat endangered. The Rose Root produces a lovely flower, but the most important part of this plant is the root as it has great health benefits and can be ground up into a powder or used for teas.

Nordic Beekeeping

Osmia Bees

The goal of this project is to promote the cultivation of certain bee species that are best suited for arctic climates, specifically *Osmia* bees. The intended outcome of the Nordic Beekeeping is to increase the number of bees and varieties on the Northshore and to also increase the rate of pollination. The Nordic Beekeeping program is very important to the success of other projects as it will help increase the amount of healthy fruit produced.



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