

0:01
my name is Duncan bone and I started
0:03
Fortress Cafe in 2018 the end of the
0:06
year in December uh we had our first
0:08
full year 2019 was fun and then a
0:10
pandemic hit right after that pandemic
0:13
you know fast forward little year and a
0:16
half later my wife was diagnosed with
0:18
cancer um in that process uh my my
0:21
background is in health and fitness um
0:25
and we just found in that season that
0:28
there were not a lot of good healthy
0:30
clean food options uh in our area and uh
0:34
with a a health emergency that occurs in
0:37
a family uh you tend to start to look at
0:40
things differently you want to have uh
0:42
um you know good food options and good
0:44
healthy things and it was just hard to
0:46
find and the the options were very
0:47
limited so we've decided that um
0:51
fortresses go to go going to go down the
0:53
path of starting to grow our own food uh
0:55
we want to be able to provide

0:57

organically grown food at non-organic

0:59

prices places uh and and be able to keep

1:02

our products uh really uh clean and

1:05

healthy um the other thing we we

1:07

experience was there was a global

1:09

pandemic that shut things down in Supply

1:11

chains and we want to make sure we can

1:13

keep product on the table so uh as the

1:15

world spins on and and Global things

1:18

happen we want to uh make sure that we

1:20

have not only a way to keep our business

1:22

moving forward uh but also to provide

1:25

really awesome tasty healthy things that

1:27

people can eat with that we need some

1:29

help farming to get started is not cheap

1:32

it is uh a high cost of entry and

1:36

especially for the volume that we're

1:38

looking to do uh we need your help we

1:40

can't do this without you uh we want to

1:42

provide something where people can walk

1:43

into our store and be able to grab a

1:45

salad or grab wrap it's got you know

1:47

Roma lettuce car different things in it

1:49

that uh we can tell them exactly where

1:51

it came from when it was harvested um

1:54

and and what uh what good things are in

1:57

it so with that we would like to partner

1:59

with our our community our uh motto at

2:01

Fortress Is fueling community that means

2:03

so much to us uh both in the sides of

2:06

fuel in a sense of the things we consume

2:08

to fuel our bodies but also fueling a

2:10

way to bring people together and so this

2:12

Farm not only is going to have awesome

2:13

food to fuel our bodies uh but it's also

2:16

going to provide opportunities to come

2:17

together uh there'll be a flower aspect

2:20

of it at one point and there will be

2:21

workshops and there will be learning and

2:23

education we want to make sure that

2:24

people are equipped to be able to do

2:26

their own home gardens uh and and expand

2:29

in that way and so we'll have everything

2:31

from uh you know CSA options to just

2:35
really providing good things within the
2:37
cafe um and we're we're looking forward
2:39
to partnering with you to help us get
2:41
this going but when we are fueling
2:44
Community we don't want to just pull out
2:46
of the community what put back in So as
2:48
we ask for this partnership we want to
2:49
do it as an investment not just a
2:51
donation so you invest in us and we will
2:53
pay you back uh we want to partner with
2:56
you and keep keep things as local as
2:58
possible and spread out the uh the the
3:02
wealth so to speak uh to those who
3:04
invest in us so instead of just a
3:07
donation trying to get the farm going
3:09
for things like tractors and land and
3:11
seeds and compost and fences um we want
3:16
to be able to give you a return on that
3:17
investment for trusting us to do the
3:19
right thing and to to be able to provide
3:21
great services for the community and
3:23
then we can continue to fuel this

3:25

community in an awesome way both

3:26

financially back to you uh as we return

3:30

that investment but also to the

3:32

community and having healthier food

3:33

options that is what Fortress is all

3:36

about