

Promising Practices



Businesses

Courtyard Restaurant seeks local food and energy efficiency

Housed in a limestone structure built in 1837, the Courtyard Restaurant has been a unique dining experience for residents of and visitors to Ottawa for the past 30 years.¹ The restaurant consists of three dining rooms, housed on two levels with a 60-seat patio for the summer. The entire facility was built with local limestone in 1837. Prior to opening as a restaurant in 1980, the building was used as a hotel and a barracks housing a garrison charged with the protection of Governor General Lord Monck. The building is also one of historic notoriety, as it was the site of the last military hanging in Canada.²



Beyond its unique architecture and interesting historical uses, owners of the Courtyard Restaurant are committed to reducing its impact on the environment and have launched a number of initiatives to achieve this goal.

First, the Courtyard is a member of **Savour Ottawa**. Savour Ottawa is a member-based initiative formed by Ottawa Tourism, Just

Food, and the City of Ottawa. The initiative aims to highlight local farmers and, in turn, provide recognition to local businesses for their support of surrounding farms.³ In order to gain membership, restaurants, hotels, caterers, farmers, retailers, and supporters must undergo a verification process to determine if they meet the requirements of their respective category. In the case of restaurants, members must spend at least 15% of their food costs, or \$25,000, on local produce.⁴ In return, Savour Ottawa promotes the business as a supporter of local food production.

Chefs at the Courtyard regularly **source ingredients from local food producers**; some farmers produce organic goods for the Courtyard specifically.⁵ Purchasing local food not only supports smaller, independent food producers over factory farms, but also reduces the environmental impact related to transporting food.⁶

As part of this commitment to local food production, the Courtyard uses wines from wineries in Prince Edward County and beers from local Ottawa breweries. They also **compost** all of their food waste and scraps, which are picked up by a local farmer and used as either compost or pig feed. The deep fryer oil is also recycled into **bio-fuel**.⁷

The Courtyard seeks to ensure that their 174-year-old **building is as energy efficient as possible**. The front door is equipped with an energy saving air curtain, which prevents heat loss during the winter months and reduces air conditioning needs in the summer. The lighting

consists of 90% compact fluorescent, low voltage, or energy-saving bulbs. All exhaust fans, electronics, and lighting are automated to shut off when not in use. The thermostats are also automated to reduce energy consumption. Water usage is monitored to identify and resolve any waste issues and all of the paper used in their offices is 100% recycled.⁸

The Courtyard serves as a good example of businesses supporting local food producers and committing to efficient energy consumption.

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References:

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- ² Ibid.
- ³ Savour Ottawa. "Become a Member." Website text. www.savourottawa.ca/membership.php Accessed March 2011
- ⁴ Savour Ottawa. "Our Members." Website text. www.savourottawa.ca/members.php Accessed March 2011
- ⁵ The Courtyard Restaurant. "Green Initiatives." Website text. www.courtyardrestaurant.com/about-us/green-initiatives.aspx Accessed March 2011.
- ⁶ Ibid.
- ⁷ Ibid.
- ⁸ Ibid.

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