

THE ONTARIO TABLE

\$10 CHALLENGE

a year of eating local

November 2012

***Savoury Ontario
Mushrooms***

***Wheat, Corn
and Soy:
Ontario's Cash
Crops***

***Appetites
Travel to
Barrie***

www.ontariotable.com

THE ONTARIO TABLE

WELCOME

Welcome to **The Ontario Table's** ezine, **\$10 Challenge: A Year of Eating Local**.

Created as a complement to the Canadian bestselling cookbook to walk foodies through a year of eating local, this ezine will introduce you to more sources of local food and also to the associations that look after the development and promotion of local food groups.

November is a quiet month. The gardens are put to bed and the fields are bare. The only green on the country landscape is the sprouting winter wheat. Squash, pumpkins, beets, potatoes, and onions dominate farmers' market stands, and we gather Indian corn and gourds to decorate for the season. In this issue we celebrate with the savoury, rich flavours of Ontario mushrooms in Shiitake Skillet Garlic Pasta and Drunken Crimini Mushrooms. We warm our souls with treats like Pumpkin Patch Pancakes and Sour Cream Walnut Cake. Enjoy them all!

Use **The Ontario Table \$10 Challenge** ezine to eat along with the season.

LYNN OGRYZLO

FEATURES

What the \$10 Challenge Is All About

Ontario Mushrooms

How to Eat Local: The \$10 Challenge

A Farm to Table Summit

Let's start a List of Local Food Shops

All About Ontario Grains

Appetites Travel to Barrie

November Wines

November's Local Food Events

Plus . . .

Your best bet in a grocery store: **Harvest Barn**



Farmers' markets are growing across the province. Find the market closest to you at www.farmersmarketsontario.com

OntarioFarmFresh.com

On-farm markets are bursting with seasonal flavours. Look for one close to you at www.ontariofarmfresh.com

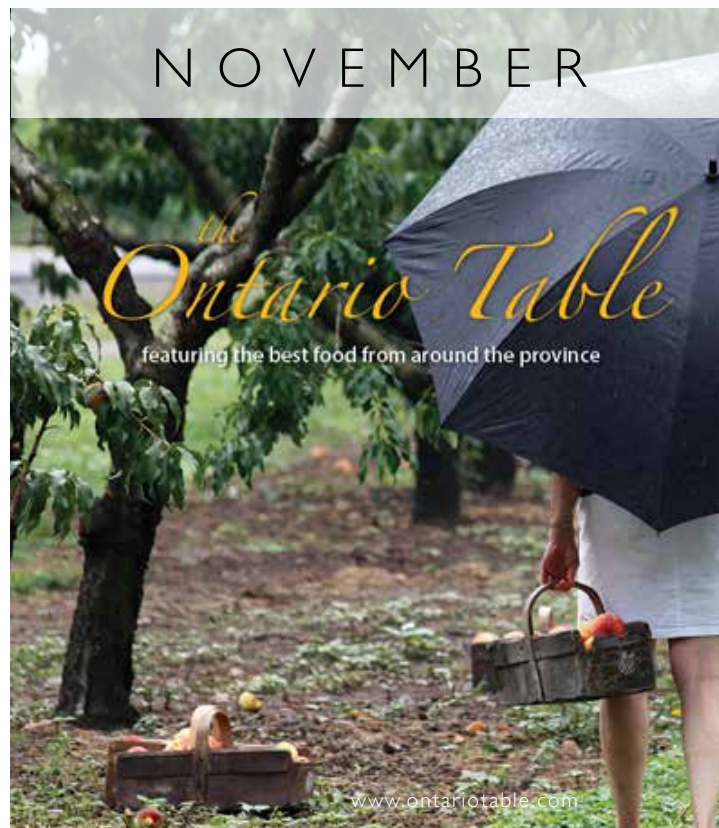
THE ONTARIO TABLE

\$10 CHALLENGE

BILLION \$\$ IMPACT

If every household in Ontario spent \$10 a week on local food, we'd have an additional \$2.4 billion in our local economy at the end of the year. Keeping our money circulating grows those dollars to \$3.6 billion and creates 10,000 new jobs.*

\$\$



Join **The Ontario Table's \$10 Challenge** ezine on a delicious, seasonal journey through the very best local food produced in Ontario 12 months of the year.

Did you know...



Over 2500 products found in your grocery store use some form of corn in production or processing.

*The numbers were compiled by Dr. Kevin Stolerick of The Martin Prosperity Institute, University of Toronto, and Doug Vallery of Experience Renewal Solutions, Toronto.



The Ontario Table \$10 Challenge ezine is produced monthly by **The Ontario Table**.

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Photo on page 14 courtesy of Domar Farms Ltd.

Photo on page 18 courtesy of Armstrong Acres.

You can buy **The Ontario Table** cookbook at the same places you find local food: at on-farm markets, farmers' markets, and independent grocers. You can also find it at respected bookstores across Ontario as well as online at www.ontariotable.com.



Spend

\$10

a week on local food

WHAT TO EAT

november's food fresh from the farm

LOCAL FOOD AVAILABLE IN NOVEMBER



November is a great time to roast and bake the goodness of what the season has to offer.

<i>apples</i>	<i>leeks</i>
<i>barley</i>	<i>lettuce, greenhouse</i>
<i>beans, dried and canned</i>	<i>maple syrup</i>
<i>beets</i>	<i>meat, farm-raised</i>
<i>bok choy</i>	<i>milk and dairy</i>
<i>brussels sprouts</i>	<i>mushrooms</i>
<i>butter</i>	<i>onions, cooking</i>
<i>cabbage</i>	<i>onions, green</i>
<i>carrots</i>	<i>parsnips</i>
<i>cauliflower</i>	<i>pears</i>
<i>charcuterie</i>	<i>peppers, greenhouse</i>
<i>cheese</i>	<i>potatoes</i>
<i>chilies, dried</i>	<i>poultry</i>
<i>cooking oils, canola and soy</i>	<i>radishes</i>
<i>cucumbers, greenhouse</i>	<i>rutabaga</i>
<i>eggplant, greenhouse</i>	<i>salt</i>
<i>eggs</i>	<i>squash</i>
<i>flour, pastry</i>	<i>sweet potatoes</i>
<i>flour, stone-ground and whole grain</i>	<i>tofu</i>
<i>garlic</i>	<i>tomatoes, canned and greenhouse</i>
<i>herbs, greenhouse and dried</i>	<i>wild game</i>
<i>honey</i>	<i>wine</i>
<i>lake fish</i>	

ONTARIO MUSHROOMS

A crop without a season, Ontario-grown mushrooms are available year round, and we produce more mushrooms than any other province in Canada. You can find Ontario mushrooms grown three different ways: commercially, cultivated, and wild.

MUSHROOM VARIETIES

There are mainly seven different mushroom varieties grown commercially—white button, crimini “brown” mushrooms, portabella, shiitake, oyster, enoki, and king oyster mushrooms. Ontario mushrooms are grown in long, dark barns called “growing rooms.” As in greenhouses, the temperature, light, and humidity are controlled to create the perfect environment for mushrooms to thrive.

WET OAK LOGS + FORAGERS

Some farmers are growing mushrooms on oak logs in the forest, totally at the mercy of Mother Nature, becoming artisan growers in a traditional mushroom world. Theirs is a cross between commercial production and wild picking. Mushroom foragers, on the other hand, have their secret picking spots in the forests throughout Ontario. Just as a fisherman guards his favourite fishing spots, a forager will never reveal where the best mushrooms can be found in the wild. You're most likely to find these mushrooms for sale at farmers' markets.

MUSHROOMS FOR HEALTH

The shy little mushrooms that sit on your grocers' shelves are truly nutrition-packed morsels. Low in calories, just five mushrooms provide plenty of B complex vitamins, vitamin D, minerals, and fibre for your daily diet. Also rich in the antioxidant L-ergothioneine, mushrooms have cancer-fighting properties found to be helpful for both breast and prostate cancer as well as for boosting your immune system.

DID YOU KNOW?

Ontario mushroom growers are represented by **Mushrooms Canada**. Members include growers, processors, spawn makers, suppliers, scientists, and other allied industries that work together to bring consumers the highest-quality mushrooms possible. On their very consumer-friendly website you'll find all of the healthy reasons for including more mushrooms in your diet along with information on the best ways to select mushrooms, the best way to store them, and, of course, plenty of great mushroom recipes! **www.mushrooms.ca**



mushrooms.canada

COOKING WITH MUSHROOMS

Delicious Ontario mushrooms—always thought of as side dish. What if you considered mushrooms a meal unto themselves? Oh yum! The possibilities are endless: from mushroom bread pudding to stuffed mushrooms to mushroom pesto pasta. Think of sinking your teeth into a succulent portabella mushroom burger or a rich vegetarian mushroom pâté. Find easy recipes to create a fast, tasty meals using fresh Ontario mushrooms at **www.mushrooms.ca**.

When sautéing mushrooms Julia Child always said “Don’t crowd the mushrooms!” Over-crowding means mushrooms steam instead of caramelizing for extra flavour.



Fresh Ontario mushrooms are a perfect choice for weight management: they are low in fat, high in fibre, and full of water. Three factors that help keep you feeling full with fewer calories.

Oyster Mushroom and Black Peanut Stir-Fry



Black Peanuts

Kernal Peanuts grows black peanuts that taste as buttery as cashews.

Oyster Mushrooms

Say yea! to all the amazing mushrooms that are grown in Ontario.

2 tablespoons (30 mL) Ontario vegetable oil
 1 carrot, cut into thin sticks
 1 field zucchini, cut into thin sticks
 ½ head broccoli, cut into florets
 2 scallions, finely sliced
 3 cups (750 mL) Ontario oyster mushrooms
 1 teaspoon (5 mL) Ontario peanut butter
 3 tablespoons (45 mL) water
 1/2 teaspoon (2.5 mL) dried chili flakes
 2 tablespoons (30 mL) Ontario black peanuts, whole
 Ontario salt

Sit a wok over high heat and wait until it gets good and hot, about 2 minutes. Add the oil, carrots, zucchini, broccoli, and scallions and stir-fry for 1 minute. Add the mushrooms and cook until they have softened, about 2 minutes. In a small bowl, mix the peanut butter and water; add to the wok. Cook, stirring constantly for 1 minute then add the chili flakes and peanuts and season well. Stir-fry for another minute before serving. Serves 4 to 6.



Mushroom Bread
 Pudding recipe
 on page 235 of
The Ontario Table
 cookbook.

Drunken Crimini

12 large crimini mushrooms
2 tablespoons (25 mL) vegetable oil
1/2 small onion, thinly sliced
1/2 cup (125 mL) breadcrumbs
1/2 cup (125 mL) Parmesan cheese, grated
1 farm-fresh egg
1 tablespoon (15 mL) Ontario port wine
1 teaspoon (5 mL) chopped parsley
5 ounces (142 grams) Ontario soft blue cheese
2 tablespoons (25 mL) chopped walnuts
2 tablespoons (25 mL) chopped rosemary
Ontario salt

Preheat oven to 350F (180C). Remove stems from mushrooms and set aside. Brush any dirt from the mushroom cap and place topside down on a small parchment-lined baking sheet.

Clean and finely chop the mushroom stems. In a pan, heat the oil, add the onion and mushroom stems, and fry until soft, about 10 minutes, stirring occasionally. Let cool for 15 minutes. Add breadcrumbs, Parmesan cheese, egg, and port; mix well. Season with salt and add the parsley. Mix well and spoon on top of inverted mushroom caps.

Bake for 20 to 25 minutes or until mushroom stuffing begins to brown. Remove from oven and top with blue cheese. Serves 6.



ENVIRO MUSHROOMS

Enviro Mushroom Farm in Milton grows, packs, and markets enoki and king oyster mushrooms, both delicious, exotic mushrooms. The mushroom farm started in 2001 in a renovated chicken barn and the challenges that followed seemed insurmountable. But the small group of tightly knit farmers stood strong and weathered the storm. Today, 120,000 square feet of environmentally controlled growing barns supply a million tons of exotic mushrooms a year. King oyster mushrooms have thick, long, white stems and brown caps that stay firm when cooked and have an elegant and earthy flavour. Enoki mushrooms, the threads of white mushrooms, are delicate and mild with an almost sweet aftertaste. Enviro Mushrooms can be found throughout Ontario, Montreal, and the eastern States. From harvest to store shelf within 48 hours—now that's fresh. Check their website for great recipes.

5200 Britannia Road West, Milton
www.enviromushroom.com

Shiitake Skillet Garlic Pasta

1 pound (0.45 kg) artisan homemade pasta
 1 tablespoon (15 mL) Ontario extra virgin canola oil
 1 tablespoon (15 mL) farm-fresh butter
 1 pound (0.45 kg) Ontario shiitake mushrooms, sliced
 1 head garlic, whole cloves peeled
 1 shallot, minced
 1 cup (250 mL) dry white Ontario wine
 1/2 cup (125 mL) Ontario Parmesan cheese, grated
 1 tablespoon (15 mL) fresh parsley, minced
 Ontario salt
 Parmesan shavings for garnish

Bring a pot of salted water to boiling. Warm oil and butter in a large skillet. Add mushrooms and whole garlic cloves, and cook on high for 3 minutes or until soft. Remove mushrooms and set aside. Add shallots to the garlic cloves in the skillet and sauté until shallots are wilted, about 3 minutes. Add garlic and shallots to mushrooms, and to the skillet add white wine; reduce to 1/4 cup (60 mL), about 10 minutes.

Meanwhile, add pasta to the boiling water. Bring back to a boil and reduce heat to simmer. Cook according to package directions.

When pasta is almost cooked, remove it from the boiling water with tongs and transfer it to the skillet along with mushrooms, garlic, and shallots. Swirl the pasta to mix completely. Add grated Parmesan, and parsley. Season and mix well. Divide pasta among 4 dinner plates and garnish with Parmesan shavings. Serves 4.



CONTINENTAL MUSHROOMS

Nick Pora started **Continental Mushrooms** in 1972. It has since grown to be the largest family-owned and -operated mushroom farm in Canada, producing 17 tons of white, brown button, portabella, and specialty mushrooms daily and employing over 250 people around the Ottawa region. Located in Metcalfe, just 20 minutes south of Ottawa, there are over 280,000 square feet of growing barns made up of 34 growing rooms. Inside each growing room, there are 2 rows of 4 growing beds per floor and 3 floors per room—that's a lot of mushrooms! The buildings were all strategically set into the side of a hill, allowing the first story to be at ground level at the front, while the third story is at ground level at the rear, thereby facilitating the distribution and removal of growing materials. Continental is a second-generation Pora business that supplies fresh mushrooms across Canada and the United States. The used compost, a blend of mushroom compost and peat humus, is marketed to area gardeners and local contractors as an excellent soil conditioner for better lawns and gardens.

2545 9th Line Road, Metcalfe
www.continentalmushroom.ca



VIDMAR MUSHROOMS



Full of mystery and intrigue, mushrooms are an edible fungi. But they're no mystery for Zlatko Vidmar, an international mushroom specialist. Throughout Zlatko's career he has been in demand by the world's top mushroom companies throughout Europe in Italy, Hungary and Germany, then in China and Vietnam.

In 1999 Zlatko and his family moved to Canada, and 3 years ago bought an ailing mushroom farm in Amherstburg. Zlatko saw it as an opportunity to grow mushrooms the way he's always wanted. Today Vidmar Organic Mushrooms (www.vidmar.ca) has over 27,000 square feet of production in 8 growing rooms. It's here you can buy certified organic brown mushrooms like cremini and Portobello, shiitake, oyster and white button mushrooms.

Zlatko's son, Denis, runs the business while Zlatko works his magic in the mushroom dirt. "I eat mushrooms every day because it's important to test my product every time it goes into the market," says Denis, who goes on to explain that mushrooms are better the simpler they're prepared. It's amazing to have the talent of Zlatko Vidmar in Ontario. The best mushrooms in the world are just within reach, and many Ontario chefs are taking advantage of them.

1175 Concession 2 North, Amherstburg
www.vidmar.ca



Chicken Wrapped
 with Mushrooms
 recipe on page 131
 of **The Ontario
 Table** cookbook.



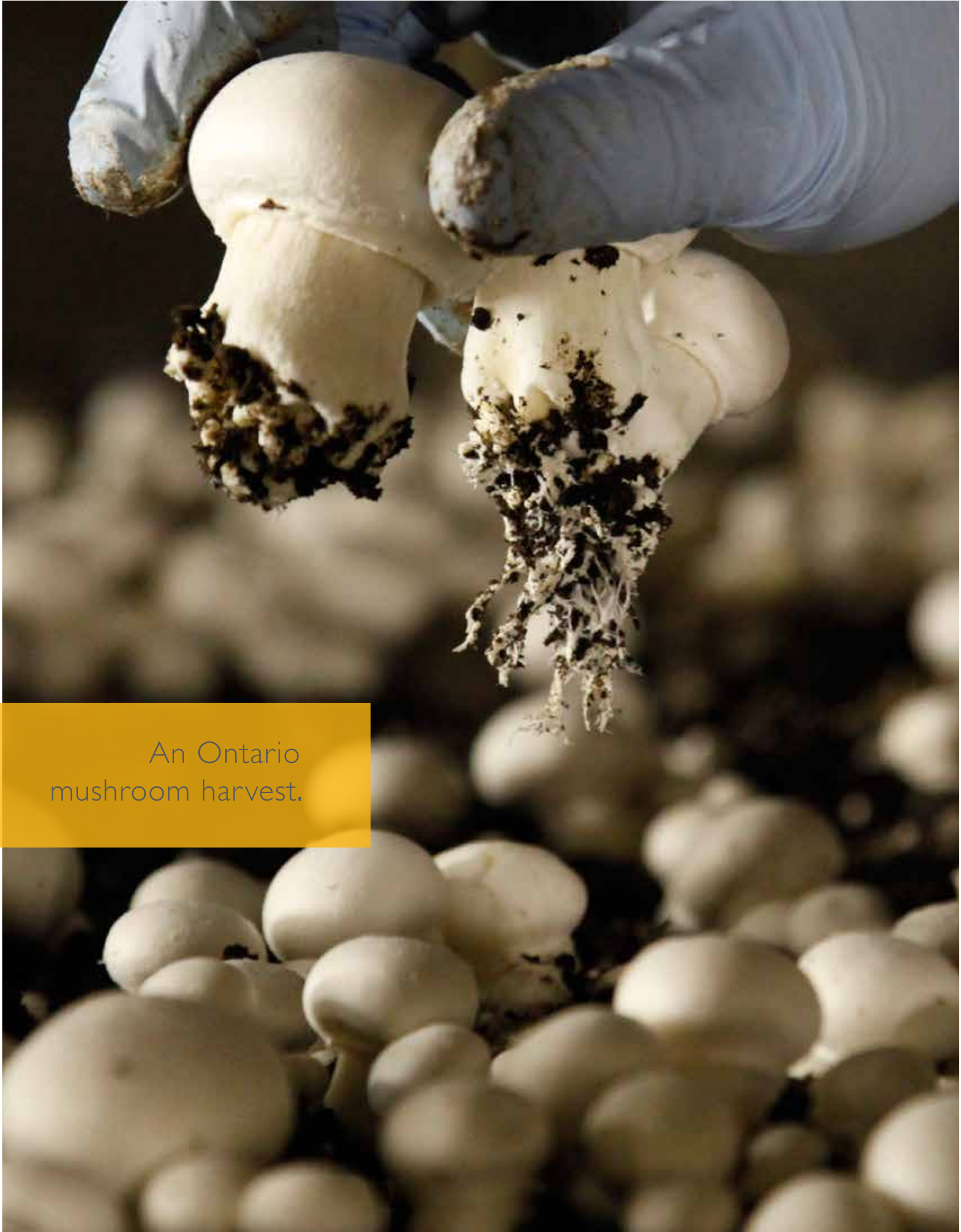
Denis Vidmar of Vidmar Mushrooms



LOCAL

HARVEST

november's food fresh from the farm



An Ontario
mushroom harvest.

How to Eat Local

THE \$10 CHALLENGE

If every household in Ontario spent \$10 a week on local food, we'd have an additional \$2.4 billion in our local economy at the end of the year. Keeping our money circulating grows those dollars to \$3.6 billion and creates 10,000 new jobs.*



Buying local couldn't be easier, and it's what The Ontario Table \$10 Challenge is all about.

STEP 1: Take an inventory of the foods you already have in your kitchen that are local. Read labels on packages, jars, bags, and boxes—butter, eggs, chicken, jam, condiments, etc. You'll be surprised at how much local food you're already buying.

STEP 2: Know that local food is unlimited. It is much more than fresh fruit and vegetables in the summer months: almost any food you buy, you can buy local (with the exception of tropical fruit, spices, coffee, and seafood, of course). You can use **The Ontario Table** cookbook as a handy reference guide. The chapter called “The Ontario Pantry” lists local foods that come in bags, boxes, bottles, and tins.

STEP 3: Grow your inventory by \$10. Check the aisles of your grocery store for more local food. Once you're comfortable with your new purchases, try to grow your inventory of local food by another \$10 a week. Keep going until you're happy with your local food purchases—and then grow again: new local food products are available all the time!

Buy Local, Buy Local, Buy Local, Buy Local, Buy Local, B

Spend \$10 a week on local food and at the end of a year, we'll have \$2.4 Billion in our local economy.

\$10 + 1 Week = \$2.4 billion

THE ONTARIO TABLE

\$10 CHALLENGE

\$10 + 1 Week = \$2.4 BILLION



In the summer you will obviously be able to buy more local food, but you'll be surprised how much local food you can also buy in the winter.

We live in an international food world, and no amount of buying local will change this. How lucky we are to have easy access to bananas, coffee, and pineapples. Our access to all foods from around the world at all times has never been stronger. But too never has our sense of family, community, our health, and our economy been weaker.

Buying local is not about extremes or going without. Buying local is about balancing what we eat to get back the very best bits of what we have lost. Support local farmers, sit at the table with family and friends, talk about where your food came from and teach your children that the quality of food does matter.

It's ok to shop at a few stores instead of having everything under one roof because we know that one roof doesn't offer the variety and quality we need.

It's ok to price shop when we buy local food, just as we price shop for all of our food.

We have gone too far with convenient and international foods, and are now struggling with challenges like contamination and diet-related diseases. The pendulum needs to swing back just enough for us to get a grip on what's important in life: our health, our family, our community, our economy, and our future. Buying local can do all of this and more.

With each food dollar you spend, you are voting for the kind of food community you want—vote wisely.

ONTARIO CULINARY TOURISM ALLIANCE SUMMIT



Each issue of *The Ontario Table \$10 Challenge: A Year of Eating Local* ezine contains stories about various agricultural groups. These stories recognize the good folk who take care of the management of our great Ontario food. The stories also include organizations that blend food and tourism for fun we can all get excited about.

On pages 312 to 314 of *The Ontario Table* book, over 50 of these organizations are listed.

Among them is the **Ontario Culinary Tourism Alliance (OCTA)**. OCTA is a not-for-profit organization devoted to tastemakers that shares stories and sparks delicious developments in culinary tourism. By combining local food and drink with travel, culinary tourism offers both locals and tourists alike an authentic taste of our bountiful province while contributing to a sustainable world economy.

Twice a year OCTA organizes a summit that brings together the people who work in the business of local food and inspires everyone to new levels of delicious experiences for consumers. The London Convention Centre was the venue for the recent OCTA Summit. It started with James Withers, Executive Director of Scotland Food & Drink. Interestingly, Scotland, like many European destinations, has similar challenges and varying agricultural assets to promote. I didn't know Scotch whisky accounts for most of Scotland's exports, and with over 12,000 kilometres of coastline, they have an abundance of seafood. Who would have thought whisky and seafood were their major edible assets?

The day was filled with inspiring seminars and speakers from traditional tourism successes like The Elmhurst Inn, CN Tower, and Niagara Helicopters as well and new culinary innovators like Cheesewerks, Nick & Nat's UPTOWN, and Beau's Brewery. Lunch was a walk-around with various regions offering samples of the flavours of the season. Pictured above is Executive Chef Eric Boyer of SixThirtyNine Restaurant in Woodstock.

The summer of 2013 will be filled with more delicious events, tours, and promotions inspired by the great work of OCTA. That's something for all of us to celebrate!



LOCAL FOOD

november's food fresh from the farm

INDEPENDENT GROCER

HARVEST BARN



Harvest Barn is a name that's synonymous with fresh, local food in Niagara. The small fruit market began over 33 years ago as a seasonal store full of produce from the surrounding fields, orchards, and vineyards. Over the years, previous owner Doug Dinely built it up to a year-round food store that offered fresh produce, local food products, an in-house bakery, and a soup, sandwich, and salad bar.

Across the street is Rancourt Winery. When owner Joe Enrich wanted to expand his vineyards, he bought the Harvest Barn property. But store's history, reputation, and sense of community were a strong persuasion, and Joe found himself in the grocery business. Daughter Sue left her high-profile job in Toronto's financial district to manage the store. She's learning everything about local food from previous owner Doug Dinely and owner of the St. Catharines location, Kevin Baum. Even though Doug is retired, he still comes to the store almost every day to help Sue.

You can see the changes Sue has made. Clear signage and prominent positioning for local produce, and the shelves are now overloaded with local food items including their own name-brand Vidalia Onion and Tomato Salsa, Roasted Red Pepper Salsa, and Vidalia and Onion Steak Sauce. There is a large display of Marinelli pasta sauces and Greaves jams. You'll find honey from a local beekeeper and maple syrup from a sugar bush not too far. In the frozen section there are local meats and sausages, and The Village Kitchen soups and frozen entrées. The display of apples and pumpkins includes fresh apple cider. The dairy bar has a great selection of Ontario cheeses and Kawartha Dairy ice cream. The bakery offers just-baked bread and farm-fresh fruit pies, tarts, and pastries. The soup, sandwich, and salad bar offers up seasonal favourites like creamy pumpkin soup.

Sue takes advantage of pairing foods with wines and often uses seasonal food from the market to showcase the wine. For example, in cherry season Sue pairs cherry dishes with Rancourt Cabernet Sauvignon, or Ontario-style creamy cheeses with Riesling. She had fun this year pairing blueberries and just-picked cantaloupe. Harvest Barn is a great place to discover what the Niagara region can grow and a great place to explore its many flavours.

1822 Niagara Stone Road, Niagara-on-the-Lake
www.harvestbarn.ca



LOCAL

FOOD

november's food fresh from the farm



Restful is the mood
in November.

LOCAL FOOD SHOPS

You could travel Ontario from one end to the other and still have so much more to see. To make the province a little smaller, we're creating an inventory of shops where local food can be found. After a recent Facebook posting on The Ontario Table page, it's starting to look like this. There's sure to be plenty more, so please go to

The Ontario Table and add a local food shop near you.

Ciboulette et Cie—A Food Shop
248 King St.
Midland
Andre Sanche
www.cibouletteetcie.ca

Creemore 100 Mile Store
176 Mill St.
Creemore
Jackie Durnford and Sandra Lackie
www.100milestore.ca

Culinarium
705 Mount Pleasant Rd.
Toronto
Kathleen Mackintosh
www.culinarium.ca

Dolce Lucano
133 Regina Rd.
Woodbridge
John and Paola Zagaria
www.dolcelucano.com

Farmgate Market Deli & Fresh Meats
19 Elgin St.
St. Thomas
www.facebook.com/Farmgate-Markets-Deli-Fresh-Meats

Fernwood Farm Market
7865 26 Hwy.
Stayner
www.fernwoodfarms.farmvisit.com

Giffen's Country Market
55 Station St.
Glen Huron
www.giffens.ca

Karma Marketplace
102-C Main St.
Penetanguishene
www.karmamarketplace.com

Local Foods Mart
123 Dunlop St.
Barrie
Julian Daniel and Chan Ju Park
www.localfoodsmart.ca

Murphy's Farmstead
5141 Simcoe Rd.
Alliston
www.murphysfarmstead.com

Nicholyn Farms
Horseshoe Valley Road West
Phelpston (Barrie)
Linda VanCastreen
www.nicholyn.com

Piggy Market
400 Winston Ave.
Ottawa
Dave
www.thepiggymarket.com

Red Apron
564 Gladstone Ave.
Ottawa
Jo-Ann and Jennifer
www.redapron.ca

Rowe Farms
Toronto in Leslieville, The Beaches, Uptown, The Annex, Bloor West, Roncesvalles and the St. Lawrence North Market as well as Guelph
www.rowefarms.ca

Saucy: Meats & So Much More
900 King St.
London
www.facebook.com/SaucyMeatsSoMuchMore

Warwick Hughes Food Market
34 Ross St.
Barrie
Laurie Warwick
www.facebook.com/WarwickHughesFoodMarket

Your Local Market Co-op
123 Downie St.
Stratford
www.yourlocalmarketcoop.com

Help to build an inventory of local food shops. They can be little stores in big cities, or they can be small food shops in a rural towns. Either way, let's find them all!

ONTARIO'S WHEAT, CORN AND SOYBEANS

Throughout the province of Ontario there are millions of acres of cash crops: corn, wheat, and soybeans. Rural Ontario reveals its character in beautiful corduroy hills of corn, swaying golden wheat fields that fade into the horizon, and vast expanses of curly soybeans.

The crops rotate each year. If you see a corn field one year, the following year you'll see soybeans and the next year wheat. It's a delicious, changing rural landscape.

VARIETIES OF WHEAT

Ontario grows four different kinds of wheat: soft red, soft white, hard winter wheat, and hard red spring wheat. It can all get a bit confusing. Winter wheat is planted in October and harvested in early July. Spring wheat is planted in the spring and harvested in August.

Soft wheat is used to make cake and pastry flour, and if you're looking for an all-Ontario brand, look for Five Roses cake and pastry flour. Commercially, bakers use soft wheat flour to make cookies, crackers, pancake mixes, and cakes. Did you know that Kraft uses Ontario soft wheat flour to make their pasta and cookies, and Shredded Wheat breakfast cereal is made from all-Ontario flour?

On the other hand, hard wheat is used commercially by bakers to make bread. One acre of hard wheat can produce enough bread to feed a family of 4 for 10 years. Hard wheat is also used to make pizza dough by many of the most popular pizza chains. All purpose flour is a blend of both hard and soft wheat. This is a very versatile flour and a staple for home baking.

From field to final product, cash crops create \$9 billion in economic output and are responsible for 40,000 jobs in Ontario.

DID YOU KNOW?

One of Ontario's biggest commodity groups, the **Grain Farmers of Ontario** represents 28,000 farmers who grow wheat, corn, and soy on 5 million acres of land. In Ontario, grain farmers sell their corn, soybeans, or wheat in bulk on an open market. Grain Farmers of Ontario represents these farmers at home and internationally through market development, research, advocacy, and wheat marketing. Their website is filled with stories of innovative growers who will inspire you to support local farmers in your area.
www.whatsgrowingon.ca



SOY BEANS

Soybeans are incredibly versatile: they are used as a high-protein food for animals; pressed into oil for cooking or powering vehicles; or processed into food products like soy beverages and tofu. The combine cuts the plant close to the ground and separates the seeds from the plants and their pods. One plant can produce 150 seeds with 40 percent protein per seed. That's twice the protein of any other major vegetable or grain crop and the only common plant food containing complete protein. One acre can produce over 82,000 soy-based crayons. Young soybeans that are harvested green in the summer are called edamame and are often served in Asian restaurants in the shell with some sea salt.



CORN

Field corn is different than sweet corn, eating corn, or popcorn. Some field corn is ground and used to make corn bread or polenta. Other uses are for animal feed or, when distilled, for alcohol or for ethanol fuel. Over 2500 food products in your grocery store use some form of corn in production or processing. Ontario and Quebec are the top field corn producing provinces in Canada.



Walnut Sour Cream Cake

Ontario Walnuts

Northern walnuts are grown across southern Ontario.

1 ½ cup (375 mL) all purpose flour
1 teaspoon (5 mL) cinnamon
2 tablespoons (30 mL) unsalted butter, room temperature
¼ cup (60 mL) Niagara ice syrup (or maple syrup)
1 ¼ cup (310 mL) Niagara walnuts, coarsely chopped
2 cups (500 mL) all purpose flour
1 ½ teaspoon (7.5 mL) baking powder
1 teaspoon (5 mL) baking soda
½ teaspoon (2.5 mL) Ontario salt
½ cup (125 mL) unsalted butter, room temperature
¾ cup (180 mL) sugar
2 farm-fresh eggs
1 teaspoon (5 mL) pure vanilla extract
1 ¼ cup (310 mL) sour cream

Preheat oven to 350F (180C). Butter a 9- or 10-inch bundt cake pan. Using a fork, mix flour, cinnamon, butter, and ice syrup in a small bowl until crumbly. Stir in walnuts. Set aside.

Whisk flour, baking powder, baking soda, and salt in a medium bowl; set aside. Using an electric mixer on medium speed, beat butter and sugar until fluffy. Beat in eggs, one at a time, mixing well to incorporate. Beat in vanilla. With the electric mixer on low speed, add flour mixture in two additions, alternating with sour cream, and mix just until blended.

Spoon half of the cake batter into the bundt pan. Spoon about two-thirds of walnut mixture over the batter. Spread remaining batter over the filling and smooth the top. Dot with remaining walnut mixture. Bake for 40 minutes or until a tester inserted near the centre of the cake comes out clean. Transfer the pan to a rack to cool. When cool, remove the cake from the pan and serve. Makes one bundt cake serving 12 to 14 people.

Pumpkin Patch Pancakes

- 1 1/2 cups (375 mL) whole milk
- 1 cup (250 mL) pumpkin purée
- 1 farm-fresh egg
- 2 tablespoons (30 mL) Ontario vegetable oil
- 2 teaspoons (10 mL) white vinegar
- 2 cups (500 mL) all purpose flour
- 2 tablespoons (30 mL) brown sugar, packed
- 2 teaspoons (10 mL) baking powder
- 1 teaspoon (5 mL) baking soda
- 1/2 teaspoon (2.5 mL) ground allspice
- 1 teaspoon (5 mL) ground cinnamon
- 1/2 teaspoon (2.5 mL) ground mace
- 1/2 teaspoon (2.5 mL) Ontario salt
- Ontario maple syrup

In a bowl, mix the milk, pumpkin, egg, oil, and vinegar. In another bowl, whisk together the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, mace, and salt. Add the flour to the pumpkin mixture and mix just enough to combine.

Heat a lightly oiled griddle over medium heat. Pour the batter onto the griddle 4 tablespoons (60 mL) at a time. Let the pancakes cook until bubbles begin to form on the top of the pancake. Turn them over and cook for another 2 minutes or until lightly browned on both sides.

Makes 24 pancakes.

DOMAR FARMS

Alain and Diana Legault are fourth-generation farmers who work over 2000 acres of land in Moose Creek, just north of Cornwall.

They grow 200 acres of wheat that is destined for millers and, eventually, bakeries, and crafted into delicious breads. The corn harvested from 900 acres ends up as ethanol, corn syrup, and animal feed. The 900 acres of soybeans is destined for the export market. Periodically Alan will grow specialty crops like white beans to diversify his crops. With modern equipment, the large farm is managed efficiently with very little assistance from outside help, however their three daughters are all involved in agriculture in some way. Aneka is an agricultural account manager at a bank; Kaitlyn is working on the farm full time and in their seed operation; and Tanya is in her last year at McGill as an agronomy major.



Alain and Diana Leagult with daughters Aneka, Kaitlyn and Tanya

Old-Fashioned Doughnuts with Simple Glaze



2 1/4 cups (560 mL) cake and pastry flour plus more for rolling and cutting
 1 1/2 teaspoons (7.5 mL) baking powder
 1 teaspoon (5 mL) salt
 3/4 tsp (3.5 mL) ground cinnamon
 1/2 cup (125 mL) sugar
 2 tablespoons (30 mL) shortening
 2 large egg yolks
 2/3 cup (160 mL) sour cream
 canola oil for frying

Sift flour, baking powder, salt, and cinnamon together in a medium bowl; set aside. In a stand mixer fitted with a paddle, mix the sugar and shortening on low speed for 1 minute, until sandy. Add the egg yolks one at a time, mixing well between additions, scraping the sides of the bowl with a rubber spatula, until the mixture is yellow and thick.

Add the dry ingredients to the wet ingredients in three separate additions, alternating with sour cream, mixing until just combined on low speed and scraping the sides of the bowl each time. The dough will be sticky, like cookie dough. Transfer the dough to a clean bowl and refrigerate, covered with plastic wrap, for 45 minutes (or up to 24 hours).

Using a candy thermometer to measure the temperature, heat oil (at least 2 in./5 mm deep) in a large pot to 325F (165C). Roll out the chilled dough on a generously floured counter or cutting board to 1/2-inch (12 mm) thick, flouring the top of the dough and the rolling pin as necessary to prevent sticking. Cut into as many doughnuts and holes as possible, dipping the cutter into flour before each cut. Fold and gently re-roll the dough to make extra holes and cut again. Shake any excess flour off the doughnuts before carefully adding them to the hot oil a few at a time, taking care not to crowd them. Once the doughnuts float, fry for 15 seconds, then gently flip them. Fry for 75 to 90 seconds, until golden brown and cracked, then flip and fry the first side again for 60 to 75 seconds, until golden brown. Transfer to a rack set over paper towels. Makes 12 doughnuts.

Simplest Vanilla Glaze

1 cup (250 mL) icing sugar, sifted
 2 teaspoons (10 mL) honey
 1/4 teaspoon (.2 mL) salt
 1 to 2 tablespoons (15 to 30 mL) hot water

Place the icing sugar, honey, salt, and hot water in a large mixing bowl. Whisk until a smooth paste and all the sugar has been incorporated. If the glaze seems too thick, add more water; a teaspoon at a time. Simply drizzle the glaze over the doughnuts with the whisk. Add as much or as little as you like.



Egg Toast with Maple
 Caramelized Apples
 recipe on page 235
 of **The Ontario Table**
 cookbook.

ARMSTRONG ACRES

"It's a good time to be a farmer," says Kevin Armstrong, Director of the Grain Farmers of Ontario District 7. Third-generation farmer, Kevin and his dad, David, work their 750-acre farm just south of Woodstock. It started as a mixed farm with some pigs, chickens, cows, and a large vegetable garden, then the land was used as a dairy farm before it began to focus on growing corn, wheat, and soybeans. Each year the crops are rotated, and with proper farm management, the Armstrongs produce approximately 190 bushels of corn, 85 bushels of wheat, and 50 bushels of soybeans per acre of land. From the field, the corn will go for processing into corn syrup, ethanol, and animal feed; the wheat could end up in various mills and bakeries or shipped overseas; and the soybeans are cleaned and packaged and used as next year's planting seed.



Kevin and Aggie Armstrong

Beefy Popovers

3 farm-fresh eggs, room temperature
1 cup (250 mL) warm milk
1 cup (250 mL) all purpose flour
4 tablespoons (60 mL) drippings from a roast beef or beef broth

Preheat oven to 375F (190C).

In a medium bowl, beat eggs with milk. Stir in flour. Set aside.

Divide the beef drippings evenly into twelve cups of a muffin tin. Distribute batter evenly among muffin cups. Bake in preheated oven for 5 minutes. Reduce heat to 350F (175C) and bake 25 minutes more or until puffed and golden. Makes 12 popovers.



3/4 cup (180 mL) Ontario vegetable oil
 1 cup (250 mL) sugar
 2 farm-fresh eggs
 1 3/4 cups (425 mL) all purpose flour
 1/2 teaspoon (2.5 mL) baking soda
 2 teaspoons (10 mL) baking powder
 1/2 teaspoon (2.5 mL) Ontario salt
 1 1/2 teaspoons (7.5 mL) ground cinnamon
 1/2 teaspoon (2.5 mL) ground nutmeg
 1/2 teaspoon (2.5 mL) ground allspice
 1 cup (250 mL) applesauce
 1 cup (250 mL) shredded raw carrots
 4 ounces (100 g) cream cheese
 2 tablespoons (30 mL) farm-fresh butter; room temperature
 1/2 teaspoon (2.5 mL) pure vanilla extract
 1 cup (250 mL) icing sugar

Preheat oven to 350F (180C). In a large mixing bowl, beat the oil and sugar. Add eggs one at a time and beat to incorporate. In a separate bowl, whisk together flour, baking soda, baking powder, salt, and spices. Add dry ingredients to creamed mixture alternately with applesauce and carrots. Mix until well combined.

Spoon batter into a greased 8 x 4-inch loaf pan. Bake for 1 hour or until an inserted toothpick comes out clean. Cool in pan for 5 minutes; tap to loosen and unmold on a wire rack to cool completely.

Meanwhile to make the cream cheese frosting, whip the cream cheese and butter together in the bowl of an electric mixer. Add vanilla and icing sugar. Beat until frosting is fluffy. Spread over top of cooled cake. Makes 1 loaf.

Applesauce Carrot Cake



PARKLAND FARM

Dave Park is a grain farmer. On his 10,000-acre farm in Sarnia and Lambton County, he and his family, father Doug, and cousin Larry produce approximately 137,000 bushels of wheat, 285,000 bushels of soybeans, and 750,000 bushels of corn. Some of the corn goes to animal feed, and some to producing fructose, ethanol, and alcohol that end up as sweeteners in our food and the spirit in whisky. He grows both winter and summer wheat that end up in the commercial food and export markets. Some of the soybeans are destined for food but, interestingly, most of Dave Park's soybeans are cleaned, sized, and packaged for farmers to plant next season. The seed-processing division of Parkland Farms takes seeds from over 100 fields, all within a 32-kilometre radius of their farm, and processes them to ensure there are enough soybeans to plant the following year. You can't buy finished food from Parkland Farm, but they're a vital part of Ontario's food production.

BARRIE

Simcoe County is anchored by the beautiful city of Barrie. Pristine waterfront, lakeside sculpture, boardwalks, and small-town atmosphere complement many big-city attractions such as dining, entertainment, music, and theatre, making Barrie one of Ontario's premier vacation destinations.

With a population of 150,000, Barrie blankets the shores of Kempenfelt Bay on Lake Simcoe, a mere hour drive from Toronto. The downtown core is home to a thriving business that focuses on local food from across Simcoe County: Local Foods Mart on Dunlop Street is a quaint store with original brick walls, original warm wooden floors, and a soup and sandwich blackboard. Julian Daniel and Chan Ju Park opened the store in 2012 after making a drive to the 100-Mile Market in Creemore, and Culinarium in Toronto. The trip solidified the idea that Barrie needed a local



food store of its own. As well as the store, Julien is a member of Les Marmitons, a social club for men whose interests include food, wine, and culinary arts. The Barrie chapter of Les Marmitons has over 40 active members.

A popular local food organization called Simcoe County Farm Fresh Marketing Association holds a delicious one-day Savour Simcoe event in partnership with Simcoe County Museum. In order to be member of Savour Simcoe, restaurants must be sourcing as much food as possible at local farmers and producers. Their Savour Simcoe event is a celebration of the culinary collaboration between the two: farmer and chef. Outside on the beautiful grounds of the Simcoe County Museum, various food and wine stations are set up for a walkabout of seasonal flavours. Carron Farms offers up their savoury Purple Carrot Soup while Sheldon Creek Dairy offer samples of farm-quality milk. It's a true flavour of the region.

www.simcoecountryfarmfresh.ca

Every town has
a food story.
Eat it up!

Two Ways to Extend Your Visit

ORILLIA

Follow Hwy. 11, 25 minutes north to the Sunshine City. Orillia borders Lakes Simcoe and Couchiching on the Trent-Severn Waterway. It's the second largest city in Simcoe County with pristine beaches, trendy shops and amazing restaurants. Chef Ian Thompson of Era 67 Restaurant takes great pride in featuring foods from the region. www.orillia.com

CREEMORE

The historic and manicured downtown village of Creemore is pretty impressive. The buildings date back to 1890 and are filled with an eclectic range of independent businesses. Creemore boasts the 100-Mile Store and Creemore Brewery. It's a little village with a lot of taste. www.ourcreemore.com

Continued on page 23.

APPETITES

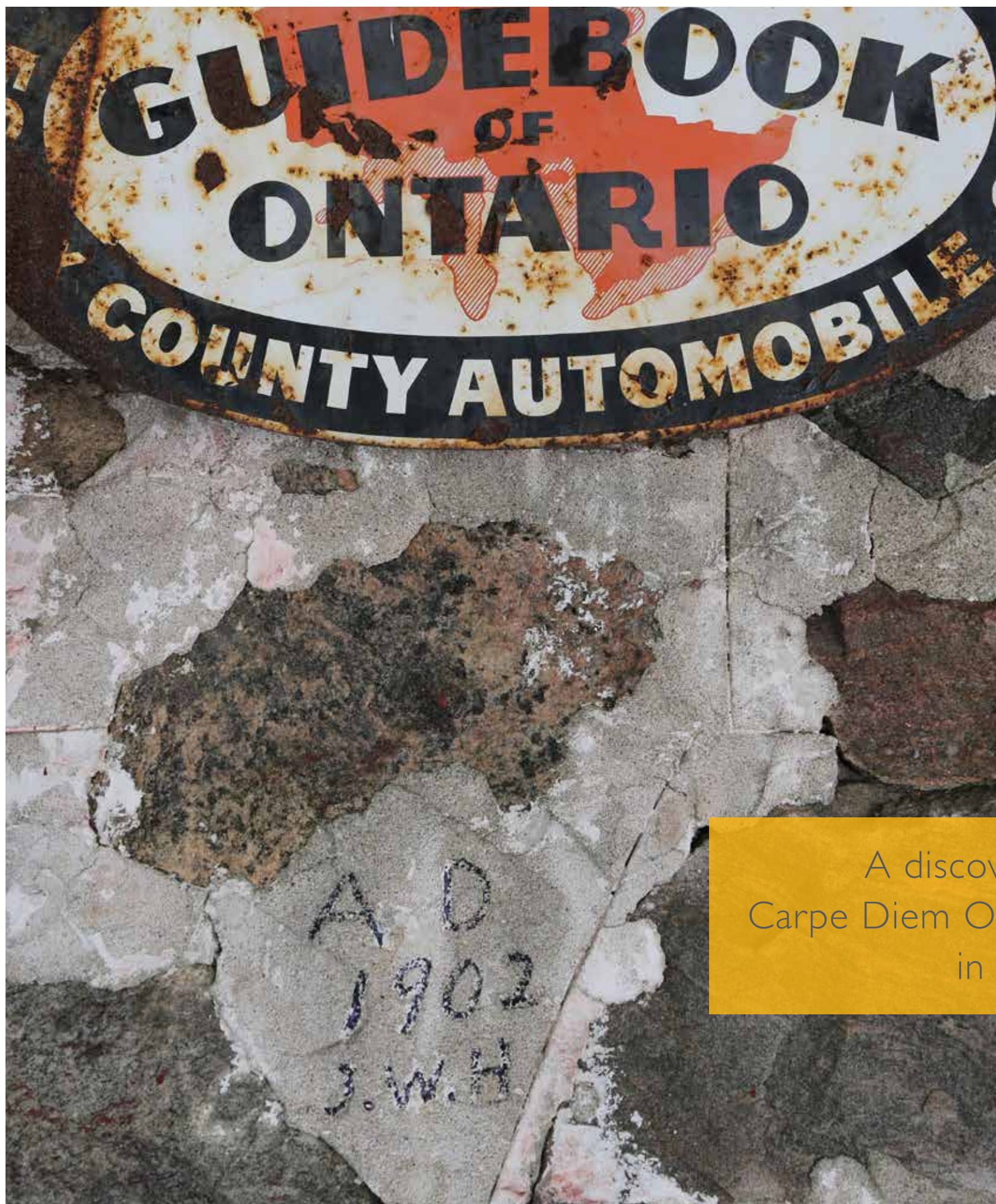
TRAVEL

discover the flavours of...



TRAVEL

discover the flavours of...



A discovery at
Carpe Diem Orchard
in Barrie.

BARRIE

Continued...



No one knows rural Simcoe like Lavina MacCubbin. They call her “the mushroom lady.” Lavina forages through forests, fields, and riverbeds in search of whatever mushrooms she can find. She claims to have found almost 100 different kinds of wild, edible mushrooms that are in high demand with local restaurants and specialty food shops.

There are many farmers' markets throughout Simcoe County, and a vibrant one for sure is the Barrie Farmers' Market. Farmers spill out around Barrie City Hall every Saturday to sell fresh produce, honey, baked goods, meats, warm soups, and more. It's one-stop shopping of many of the area's farmers.

Potager duCanada sells fresh vegetables from their organic, sustainable farm. Bruce and Pauline Chappell of Chappell Farms offer up a variety of sweet corn, vegetables, berries, jams, and honey. Cam Steele from El-Cam Farm is there with a delicious collection of peas, beans, beets, zucchini, and squash. For fresh and frozen beef, heritage Angus beef, summer sausage, and glucose- and lactose-free fresh products, don't miss the Black Angus Farm Gate booth. These fourth-generation farms raise Black Angus cattle using sustainable agricultural practices, which include the highest degree of animal welfare. Their hormone- and antibiotic-free dry-aged AAA heritage beef is pasture raised, grass fed, and grain finished. Also be sure to stop by the SoupHerb Soups booth to say hello to Paula Card. Her delicious, seasonal fresh soups are not to be missed. With 20 different soups to choose from, there's guaranteed to be something for everyone.

From the city, it's a short drive to Carpe Diem Orchard, a beautiful, romantic apple farm and orchard featuring not only their wonderfully delicious apples, but homemade fruit pies, fresh-pressed cider, jam, cheese, vegetables, and even Christmas trees! The original historic age-worn barn turned retail shop is a true farm experience.

A little further outside of town is a small sweet corn stand belonging to George, Charles, and Teresa Harris. The third-generation corn specialists at Harris Farm give you the traditional farmer's dozen: 14 for the price of 12. Their seasonal farm stand on George Johnston Road is laden with sweet, delicious yellow and white corn along with a variety of farm-fresh vegetables.

On Barrie Hill Road you'll find Morris Gervais and Barrie Hill Farm. Originally a tobacco farm, in 1979 the family converted 150 acres of the property into blueberries, and now Barrie Hill Farm is a blueberry destination for locals and cottagers alike. With 40 acres dedicated to blueberries and another 36 to strawberries, the Barrie Hill Farm Market runs a steady business from May to October. In the large retail store you'll also find baked goods, farm gifts, asparagus, raspberries, melons, watermelon, and red and white potatoes.

Read more in The Ontario Table...

Cookstown Greens on page 59

Edible Fungi in Muskoka on page 81

Johnston's Cranberry Marsh on page 89

Holland Marsh story on page 104

Singh Farm Fresh in Holland Marsh on page 171

Canal Road Farm Market on page 185

Carron Farms on page 201

Muskoka – Brooklands Farms on page 215

Muskoka story on page 245

Thunder Beach Berry Farm on page 290



Continued on page 25.

APPETITES

TRAVEL

discover the flavours of...



Spend \$10 a week on local food and together we'll create \$2.4 billion in economic prosperity.

BARRIE

Continued...

Simcoe County is an eclectic region that includes Ontario's soup and salad bowl. To the south of Barrie is Holland Marsh with its velvety black soils that so brilliantly contrast the neon green rows and rows of lettuces. In the fall, subtle colours of golden, tan onions drying in the sun highlight the darkness of the rich earth. Drive through the marsh and marvel at its system of dykes. Bradford is the main town of the Holland Marsh, and it's a great place to find fantastic local food.

If in Bradford, be sure to visit Carron Farms. This beautiful, Holland Marsh farm with its jet-black soil and brilliant garden vegetables is worth a look. At Carron, Jason Verkaik grows carrots of all colours and sizes, red and yellow onions, garlic, beets, turnips, melon, Chinese eggplant, okra, tomatillos, and more. For meat lovers, Dennis and Denise Harrison of Dingo Farms in Bradford have a year-round on-farm store featuring Angus beef, Berkshire pork, lamb, and other cured meats.

Every autumn, Avalon Orchards on 5th Road, 10 kilometres south of Barrie, opens daily to offer their you-pick option for certified organic apples. They also offer fresh cider, organic beef from Still Hope Farms, and organic produce.

In Cookstown, Dickey Bee Honey produces 100 percent pure unpasteurized local honey products such as savoury buckwheat honey, honey butter, honeycomb, bee pollens, and a wide selection of personal-use honey products. They're open 7 days a week.

Cookstown Greens is the queen of salad farms. This means they focus on growing a wide range of heritage and baby lettuces high in flavour and unique in variety. They blend them and create lettuce mixes that chefs demand for their restaurants. They also grow exotic vegetables like Jerusalem artichokes, celeriac, baby beets, and multi-coloured carrots and potatoes. North of Barrie you will find a rich collection of farmers across the towns and villages of north Simcoe County. Nicholyn Farms in Phelpston is a 130-acre farm with locally produced vegetables, organic and traditionally raised meats, and an in-store bakery that offers gluten-free products. The large on-site store houses over 20 freezers with a huge selection of natural meats, poultry, wild game, fish, and gourmet take-away meals—perfect for cottagers! See their feature in the February issue of **The Ontario Table \$10 Challenge: A Year of Eating Local**.

At Ciboulette et Cie in Midland, Chef André Sanche sources local ingredients and transforms them into ready-to-eat, take-home meals. A simple take-out food concept transformed into a delicious adventure, it's convenience food the way it should be! They also run culinary classes like the therapeutic bread-baking

ESSENTIALS

Getting there from Toronto and Western Ontario: Just 40 minutes north of Toronto. Follow Hwy. 401 east to Hwy. 400. Go north on Hwy. 400 into Barrie.
Getting there from Ottawa and Eastern Ontario: From the 401 East, take Hwy. 400 North and drive another 40 minutes into Barrie.

WHERE TO STAY

Willow Trace Bed and Breakfast: www.collingwoodbedandbreakfast.com
Horseshoe Resort: www.horseshoeresort.com
Nottawasage Inn Resort: www.nattawasagaresort.com

FURTHER INVESTIGATING

www.discover.simcoe.ca
www.tourismbarrie.com
www.simcoecountyfarmfresh.ca

workshop on November 4 with Pastry Chef Jennifer McConnell. Check out the events page on page 28. www.cibouletteetcie.ca

West of Barrie be sure to venture to Creemore and visit the 100 Mile Store. Jackie Dunford and Sandra Lackie operate this little shop on Mill Street with food sourced from within a 100-mile radius of Creemore. Their wares include meat, cheese, dairy, produce, maple syrup, honey, and fish. Also in Creemore is Miller's Dairy. It's both a dairy farm with a herd of 120 Jersey cows and an on-site processing facility. They sell their Jersey milk in glass bottles throughout the county at independent food shops, grocers, and some restaurants. Miller's milk fresh from the farm is healthier, stays fresh longer, and tastes great. www.millersdairy.com

Sheldon Creek Dairy is another independent dairy just outside of Aliston. Bonnie and John Den Haan have been dairy farmers their entire lives and recently put a pasteurizing facility on the farm to make amazingly rich and delicious milk from a small herd of 50 cows that graze naturally on the pastures from May until November. See their profile in the October issue of **The Ontario Table \$10 Challenge: A Year of Eating Local**. www.sheldoncreekdairy.ca

Finally, Simcoe County celebrates its first cheesemaker in Midland called Say Cheese. Hans and Saskia Sloeserwij are cheesemakers from Holland who immigrated here 3 years ago. They're making Dutch-style Gouda cheeses from area sheep milk. www.justsaycheese.ca

CROSS WIND FARM



Kevin Hope was born and raised on a dairy farm. As the farm grew larger, his family moved the processing to a larger location. About 20 years ago, Kevin and wife, Cindy, acquired the original abandoned 80-acre Hope family farm in Keene. Kevin and Cindy began renovating the farmhouse and barns, and soon the farm was a producing dairy farm again. They chose goats instead of cows because the size of the animals was more appropriate to the size of the farm and because of the health properties of goat meat.

In 2006, their first 50 goats arrived and soon after they started shipping milk with Hewitt's Dairy. Shortly after, they switched to Ontario Dairy Goat Cooperative (ODGC). Working with a cooperative meant they were part of the dairy distribution system and that meant a real commitment. The goats are milked early in the morning and the milk is immediately pasteurized, bottled, and ready for sale by mid-afternoon. Everything happens on the farm; nothing is added and nothing is taken away.

Shortly after, Cindy began selling goat meat and soap at the Peterborough Farmers' Market. Consumers loved the flavour of goat meat. It's dark, succulent, and mild, similar in flavour and texture to lamb. At the market, consumers started asking for goats' milk and fresh farm cheese. Goat milk is easier to digest than cow because it has smaller fat and protein globules and 13% less lactose. So they installed a pasteurizer on the farm and soon the first 50 litres of goat milk was ready to ship to stores.

Next Cindy learned to make cheese. All of Cross Wind Farm cheeses are crafted right on the farm. Most popular is their rich, goat chèvre in 12 delicious flavours. Goat feta is semi-soft and comes immersed in its whey brine to keep it fresh. Cindy also makes luxurious pure goat yogurt with no sugar, no thickeners, and no preservatives. All Cross Wind products, from goat meat and soap to their full line of cheeses, milk, and yogurt, can be purchased at their on-farm retail store. You'll also find other local food products and items in their farm store.

A few times a year Cindy hosts Cheese Maker for a Day. You get to work with her from 8:30 a.m. to 4:00 p.m. learning the art of cheese-making on a farm. Last month Cindy hosted her first farm luncheon. Over 100 people dined on a long table set up in the tranquil rolling meadow. Goat was cooked outdoors on a spit while guests toured the farm and watched as the goats were milked. Check their website for the date of next year's farm dinner and reserve soon!

1616 Villiers Line, Keene
www.crosswindfarm.ca



HORTON FARMERS' MARKET



The newly formed Friends of the Horton Farmers' Market is a group of volunteers and market vendors including McSmiths Organic Farm, Empire Valley Farm, Berry Hill Fruit Farm, Talbotville Berry Farm, Heritage Line Herbs, and R-Grow Farms, to name a few. This passionate group strives to create a market full of local producers and craftspeople so the market overall can represent a taste and experience unique to St. Thomas. Market vendors fill the warm St. Thomas Community Centre and spill out into the long gazebo in the parking lot. In the cool November air you'll find steaming chestnuts from a local chestnut farm and a pot of simmering apple cider. Inside, a bakery offers up slices of battered and deep-fried apples with a creamy middle—the best seasonal, local food delicacy of all!

Manitoba Street, half a block north of Talbot Street, St. Thomas
Saturday mornings from 8 a.m. to 12:00 p.m., from May to November

FARMERS' MARKET
PEAR CUPCAKES

1/2 cup (125 mL) unsalted butter, room temperature
2/3 cup (180 mL) white sugar
3 farm-fresh eggs
1 teaspoon (5 mL) pure vanilla extract
1 1/2 cups (375 mL) all purpose flour
1 1/2 teaspoons (7.5 mL) baking powder
Pinch of Ontario salt
1/4 cup (60 mL) whole milk

Icing

2 cups (500 mL) icing sugar
1/2 cup (125 mL) unsalted butter, room temperature
1 teaspoon (5 mL) pure vanilla extract
2 tablespoons (30 mL) pear butter or pear purée
Dried pears, sliced

Preheat oven to 350F (180C). Line a 12-muffin cup tin with paper liners. Using an electric mixer, cream the butter and sugar on medium speed until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla extract. In a separate bowl, whisk together the flour, baking powder, and salt. In alternating batches, add the flour mixture and milk to the egg mixture until all is incorporated.

Divide the batter evenly amongst the 12 muffin cups and bake for about 20 to 22 minutes or until nicely browned and a toothpick inserted into a cupcake comes out clean. Remove from oven and cool on a wire rack.

To make the icing, cream the butter and vanilla until smooth and well blended in an electric mixer. With the mixer on low speed, gradually add in the sugar. Add pear butter and beat on high speed until frosting is light and fluffy, about 3 to 4 minutes. Add a little more sugar, if needed. Frost each cupcake with icing and garnish with dried pear slices. Makes 12 cupcakes.

WINE

pressed from Ontario's finest fruit

ONTARIO WINE



There's a brilliant swath of crimson and gold silk in the vineyards. As the grapes are harvested, the leaves turn to dazzling colours in their last hoorah before sleeping away the harsh winter. It's been a long harvest that started earlier than normal, but it's been a great harvest. 2012 will be a great vintage.



Beautiful. The Niagara College Teaching Winery Dean's List 2009 Pinot Noir (\$32.95) is a well-knit Pinot with a solid dose of ripe tannins and a range of spice, smoke, red berry, and blackberry notes. Supple and seductive, this medium-bodied red shows wonderful refinement on the long, delicate finish.

125 Taylor Road
Niagara-on-the-Lake
www.nctwinery.ca

Sweet, rich, and refreshing, the Peller Estate Private Reserve 2011 Late Harvest Vidal (\$22.95) has ripe apricot, nectarine, honeycomb, and anise flavours that are focussed and lively.

290 John Street East
Niagara-on-the-Lake
www.peller.com

Gorgeous. The Southbrook 2010 Whimsy Cabernet Sauvignon "Lot I" (\$34.95) shows a deft and complex mix of cedar, mineral, black cherry, currant, smoke, and espresso as it stays restrained, focussed, and remarkably elegant all the way through the lengthy finish.

581 Niagara Stone Road
Niagara-on-the-Lake
www.southbrook.com

The Tawse Sketches of Niagara 2011 Rose (\$15.95) is a dry rose with refreshing strawberry and watermelon flavours and a band of herb and tea notes.

3955 Cherry Ave
Vineland
www.tawsewinery.ca

CELEBRATE

FARM & COUNTRY CONVIVIALITY



Buying and experiencing local events doesn't end with the end of a growing season. It simply changes to reflect the foods that are available in the winter months. Here are a few local food events you won't want to miss this month.

ROYAL AGRICULTURAL WINTER FAIR

NOVEMBER 2-11

This is the 90th year for Canada's greatest celebration of farm and food. There are cattle shows and sheep judging, and a petting zoo for children. The country's most weird and wonderful vegetables all arrive for display along with the largest. There are cooking demonstrations, tasting samples, and awards for the best jams, cheeses, and even butter. Don't miss the *Royal* this year. www.royalfair.org.

Here's what The Ontario Table is doing for the Royal this year! Come out and join us!

November 3: Join author Lynn Ogryzlo at the Savour Simcoe booth. Lynn's talk is on the **\$10 Challenge** and how to buy local. Book signing to follow. 2 p.m.

November 4: Join author Lynn Ogryzlo at the Farmers Feed Cities booth for an interactive book signing.

TORONTO

November 5: Taste Canada Food Writing Awards! It's a celebration of Canada's top authors who cook so eloquently with words. Master of Ceremony, Christine Cushing and hosts Michael Bonacini and Karen Gelbart. Join the celebration and meet Canada's top cookbook authors. \$75 per person. 4:30 p.m. Arcadian Court, 401 Bay St. www.tastecanada.org

SIMCOE COUNTY

November 10: Enjoy Fall's bounty inside the new Geodesic Dome on 10fold Farms! Once this dinner is over the farmer will be filling the dome with garden beds and starting seeds to get the winter growing season started! You will be enjoying many items straight from the farm, such as Berkshire pork, pumpkins, organic greens, and tomatoes. Chef André Sanche and hosts Melissa and Nathan McCosker. \$95 per person. Only 20 seats available. www.cibouletteetcie.ca

OXFORD COUNTY

November 13: Soupstock 2012. This is the 2nd annual Oxford County Soupstock held at the Quality Hotel & Suites in Woodstock. Chefs compete for the Golden Ladle Award for the best soup. Soup served from 11:30 a.m. to 2:00 p.m. All proceeds to Domestic Abuse Services Oxford (DASO). www.daso.ca

ELGIN COUNTY

November 17: Christmas Market at the Horton Farmers' Market in St. Thomas. Christmas carols, warm apple cider, boughs of holly, and evergreen wreaths make this farmers' market festive. www.hortonfarmersmarket.ca

OTTAWA

November 17: Christmas Farmers' Market in Metcalf. From 9 a.m. to 1 p.m. at the Greeley Legion on Mitch Owen Road. Come out and celebrate the festive season with market vendors.

SIMCOE COUNTY

November 29: Holiday Cookie Exchange at Ciboulette et Cie in Midland! This holiday season let many hands make light work at Pastry Chef Jennifer McConnell's cookie exchange event. Work as a team to make beautiful treats to take home, wrapped lovely for the season. Mulled cider and cookies will be provided. \$55.00 per person. 16 spots available. www.cibouletteetcie.ca

OTTAWA

November 30: Christmas Farmers' Market in Carp. From 3 p.m. to 8 p.m. at the Carp Fairgrounds. Come out and celebrate the festive season with market vendors and enter the free draw for market gift baskets donated by vendors.

RENFREW COUNTY

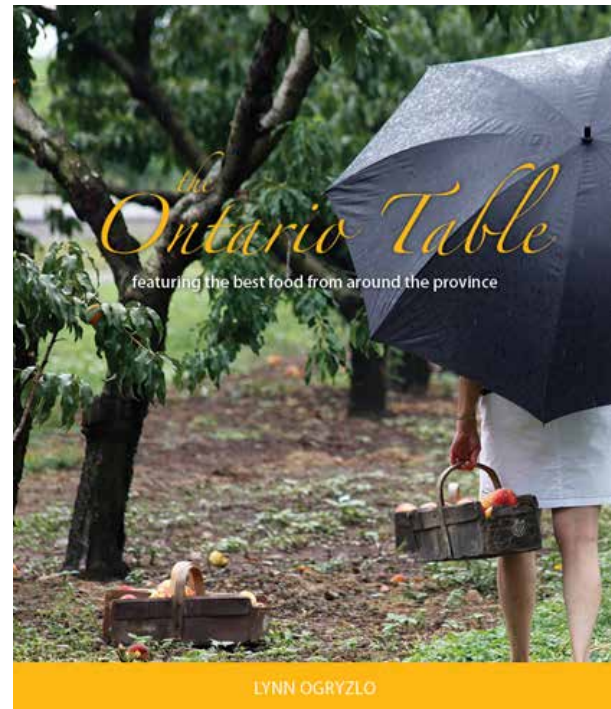
November 30: Christmas Farmers' Market in Cobden. From noon to 8 p.m. at the Cobden Agricultural Fairgrounds. Come out and celebrate the festive season throughout 2 large buildings; indoor and outdoor market vendors.

Connect with us, every day

ontariotable.com

Are you looking for more sources of local food for yourself and your family? The Ontario Table is a one-stop local food resource.

Go online to find the best places to buy seasonal as well as year-round local foods, learn how to buy local food, and access quick and easy recipes to turn your local food into delicious dishes—and do it all knowing you're joining a great food community for yourself and your family.



THE ONTARIO TABLE BOOK

The Ontario Table is Ontario's one and only award-winning, Canadian best-selling, local food cookbook and agricultural guide that inspires everyone to buy local. Each recipe is accompanied by a grower story to introduce you to the people who grow your food. You'll also find 20 culinary travel stories that describe where our food grows best and why. Included as well are wine pairings, culinary resource maps, and a chapter on The Ontario Pantry that sources local food in grocery stores. Last but not least, it includes the \$10 Challenge that calls for everyone to work together for a better food culture.

THE ONTARIO TABLE EZINE

Beginning in January 2012, **The Ontario Table** launched the \$10 CHALLENGE, an ezine that complements the best-selling, award-winning cookbook and agricultural guide. The monthly magazine focuses on foods harvested in each month and includes more sources to buy local food and also lists events so you can get more involved in your local food world. It's an important companion to the book by bringing timely information to your attention right when you need it the most.



THE ONTARIO TABLE-CLOTH

The Ontario Table-Cloth is the largest tablecloth dedicated to local food in the world. At each Ontario Table event, dinner, and book signing, consumers who take up the \$10 Challenge sign a tablecloth covered in amazing declarations to local food. To date, there are 27, 8-foot tablecloths full of declarations. At dinner events we roll it out and celebrate local food by eating on it. Don't miss being included in this tribute to local food.



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JOIN US AND

CELEBRATE

TASTE CANADA Food Writing Awards



It's the academy awards of the brightest writers who cook with words.

This year the awards ceremony and gala reception will be held on Monday, November 5 at the new Arcadian Court in Toronto. Chef, cookbook author and FoodNetwork star Christine Cushing is Master of Ceremony.



In the REGIONAL/CULTURAL COOKBOOKS category,

The Ontario Table is a finalist! Here is the line-up for the category.

FINALISTS

- The Ontario Table, Lynn Ogryzlo, Epulum Books Inc
- Made in Italy, David Rocco, HarperCollins Publishers
- Market Chronicles, Susan Semanak, Les Éditions Cardinal

Show your support for The Ontario Table and author Lynn Ogryzlo by Liking the Facebook page, and joining the Twitter chatter!

Read more at www.tastecanada.org

FUTURE

ISSUES

The Ontario Table \$10 Challenge: A Year of Eating Local

Keep informed of the best local foods each month
and eat local year round!

December



- A traditional Ontario holiday duck.
- Let's see how fancy Ontario pork can dress for the holidays.

Celebrate



- It's the holiday season and the time to make sure you're celebrating with Ontario's local foods.

**Sign up and get The Ontario Table \$10 Challenge ezine
automatically emailed to you at www.ontariotable.com**

THE ONTARIO TABLE

\$10

CHALLENGE

\$10 + 1 Week = \$2.4 BILLION

*Every year, all year round, this is why it's important
to buy local. And it doesn't stop with food...*