

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*



A 12 month journey  
of buying, preparing  
and eating foods from  
across the province.

We are taking  
up the \$10.00  
Challenge! (and excited)  
Rick Lemaire &  
Marcia Ross

**The Ontario Table \$10 Challenge** ebook is

produced by **The Ontario Table**.

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Spend  
\$10  
a week on local food

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 independent bookstores across Ontario as well as online at [www.ontariotable.com](http://www.ontariotable.com).

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

I want to thank a few people for making this ebook possible. First Bob Chorney, Executive Director of Farmers' Markets Ontario and Cathy Bartolic, Executive Director of Ontario Farm Fresh Marketing Association for always being in my corner. I want to thank all 23 of the agricultural commodity boards in this ebook for their time to help me tell the mouthwatering stories of Ontario food. Most of all I want to thank all of the brave and amazing Ontario farmers who grow and raise the most delicious and incredible food on the planet.

*If you ate today, thank a farmer.*

I am dedicating this ebook to my wonderful husband Jon who has always supported my crazy ambitions to save Ontario agriculture and who's talent as a food and agricultural photographer has won him international awards. I am so proud of you. All of my hard work and crazy food efforts has also been accomplished by the encouragement of my incredible sons, Jordan, Craig and Steve, for without your eagerness to comment on everything I made, much of this wouldn't have happened.

CUT  
YESTERDAY  
HOME GROWN  
WATERDOWN  
FRESH  
CUT

ONT. NO. 7

**150**



THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*

So you want to eat local year round. I thought so. That's why I dedicated an entire year to collect as much information as I could in this ebook, **\$10 Challenge: A Year of Eating Local**. This was a monthly ezine for those of you who subscribed. Now it's an ebook with a bit more added in.

You can use this ebook as a complement to the Canadian bestselling cookbook, **The Ontario Table**, to get you through a year of eating local. This ebook will introduce you to more sources of local food, to the commodity groups that look after the development and promotion of food groups and some pretty interesting harvests of food you probably never knew existed in Ontario.

As **The Ontario Table** team worked through the year, there was as much information that ended up on the cutting room floor as there was information in the ezine. For example, we weren't able to fit in the sugar beet harvest, a story about Ontario's new Asian vegetables, artichokes, lemongrass or Ontario saffron

(Calendula). We didn't get to chat about the unique fruit such as the new plum with amazingly high levels of antioxidants, or the powder made from grape skins that contains a high concentration of cancer fighting resveratrol. I wanted to tell you about paw paw, Northern kiwi, chestnuts, edible flowers and culinary essential oils.

I lost track of time and we had to nix the story on Ontario tree nut harvest and we had to cancel the travel story to Elgin County. We didn't get around to compiling a list of everyone producing sweet creamy butter even though we did conduct our own butter tasting and don't even get me started on the amazing yogurt being produced by passionate artisans.

Ontario is Canada's richest agricultural province and this ebook should reflect that to anyone who took our bountiful food for granted. Use **The Ontario Table \$10 Challenge** ebook to eat along with the seasons and enjoy the bounty around you.

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LYNN OGRYZLO

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Stay connected with **The Ontario Table** wherever you are!

Find us on  [ontariotable.com/blog](http://ontariotable.com/blog)

Find us on  [facebook.com/ontariotable](http://facebook.com/ontariotable)

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THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*

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LOCAL **FOOD** *matters*



THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*

*This is what it's all about...*

**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.\***

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BILLION \$\$ IMPACT

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You can make a difference!

## HOW TO EAT LOCAL

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*

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

**1 Week + \$10 = \$2.4 Billion**

THE ONTARIO TABLE

**\$10  
CHALLENGE**

1 Week + \$10 = \$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 using our buying power 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.

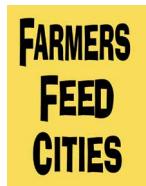
LOCAL **FOOD** matters

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## *Did you know...*

that interesting statistics about Ontario food were shared each month by two amazing organizations, **Farmers Feed Cities** and **Sustain Ontario**. Follow them both on Facebook and Twitter.



### JANUARY

1 Ontario farm feeds 120 people!

### MARCH

In 1903, 1 in 3 Canadians lived on a farm. In 2012, 1 in 46 Canadians live on a farm.

### MAY

A box of Corn Flakes™ costs about \$3.54 and the farmers' share is 11 cents.

### JULY

On average, a chicken lays 300 eggs a year. The average Canadian eats 14 dozen eggs a year.

### SEPTEMBER

Did you know that the average dairy cow gives about 27 litres of milk per day? That's roughly 113 glasses!

### NOVEMBER

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

### FEBRUARY

Ontario food and farming is the #2 employer in the province

### APRIL

Ontario is home to 3500 food producers that contribute more than \$32.5 billion to the economy.

### JUNE

In 2006 there were 10,309 fewer farms in Ontario compared to 1996.

### AUGUST

In 2006 there were 10,309 fewer farms in Ontario compared to 1996.

### OCTOBER

A healthy diet is one that includes local food.

### DECEMBER

The number of jobs in the food sector is growing 5% each year.

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

January 2012

*Local Foods  
in January*

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*Sourcing  
Local Foods  
in January*

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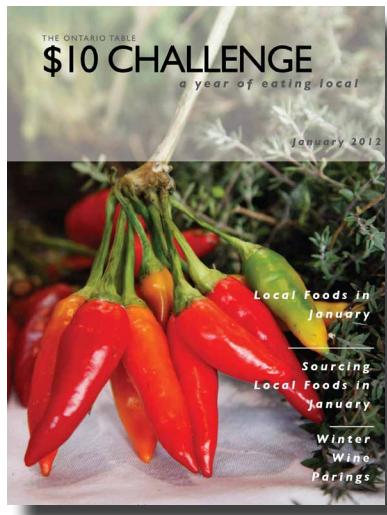
*Winter  
Wine  
Pairings*



THE ONTARIO TABLE \$10 CHALLENGE

# JANUARY

*There are plenty of ways and  
reasons to eat local in January.*



## FEATURES

What the \$10 Challenge Is All About

Seasonal Eating in January

Where to Find Local Food

Ontario Fish

Processed Vegetables in the Winter

Winter Wine Choices

Indulge in a Little Farm & Country Conviviality

## *Plus . . .*

Your best bet in a grocery store:

*Commissio's Fresh Food*

Welcome to The Ontario Table's \$10 Challenge, *a year of eating local* eBook. It was created as a compliment to the Canadian Best Selling cookbook **The Ontario Table**, to walk foodies through a year of eating local. It will introduce you to more sources of local food and also the commodity groups that look after the development and promotion of food groups. You can spend \$10 a week on local food in the winter months.

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LYNN OGRYZLO

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WHAT TO

# EAT

*january's food fresh from the farm*

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## LOOK AT WHAT'S AVAILABLE IN JANUARY

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apples	honey
barley	lake fish, fresh and frozen
beans, dried and canned	leeks
beetroot	maple syrup
butter	meat, farm-raised
charcuterie	milk and dairy
cheese	mushrooms
chilies	onions
cucumbers	pears
eggs	potatoes
eggplant, greenhouse	poultry
fish, farm-raised	root vegetables
flour, stone-ground	squash
greens, greenhouse	sweet potatoes
herbs, greenhouse and dried	tomatoes, canned
	wine



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

## FARM-FRESH PRODUCE

Local food from fresh to packaged, processed to frozen, can be found within a city's crowded streets and meandering neighbourhoods as well as in the country at on-farm markets. Here are some sources so you can build your own local food community.

## INDEPENDENT GROCERS

Shop for fresh ingredients under the green Foodland Ontario logo. Independent grocers are members of your community and have strong local sensibilities. This means many of them will specialize in bringing you more local food.

## ON-FARM MARKETS

Make a personal visit to a farm in your neighbourhood. Drop in, meet the owners and their family, learn how they grow and raise the best food possible, and talk about how to make delicious dishes. Then notice how amazingly fresh it all is—can't get any fresher than right from the farm!



## FARMERS' MARKETS

For a solid connection to your food source, a strong sense of community, and a great variety of seasonal food, make a trip to the farmers' market your new habit for 2012. You'll meet farmers; talk about the produce; and find new sources for meat, poultry, cheese, canned orchard fruit, jam, honey, maple syrup and more. At a farmers' market the possibilities are endless.

## WEBSITES

Ontario Farm Fresh Marketing Association: find the closest on-farm retail store near you. [www.ontariofarmfresh.com](http://www.ontariofarmfresh.com)

Farmers' Markets Ontario: find a farmers' market near you. [www.farmersmarketsontario.com](http://www.farmersmarketsontario.com)

Ontario Culinary Tourism Alliance (OCTA): find the best local food events and happenings in your region. [www.ontarioculinary.com](http://www.ontarioculinary.com)

Greenbelt Fresh: build your local food community. [www.greenbeltfresh.ca](http://www.greenbeltfresh.ca)

Ontario Table: an independent local food resource. [www.ontariotable.com](http://www.ontariotable.com)

## ONTARIO FISH

Ontario has a maritime influence that lends an ultra-fresh, pristine, icy spring water essence to all of our fish. Some call it the purity factor; others just love it for the amazing flavour it offers. There are over 150 species of lake fish, but the most common are yellow perch, white perch, pickerel (walleye), whitefish, herring, white bass (silver bass), lake trout, and pink salmon. Ontario also has fish farms that mostly produce rainbow trout and some salmon.

### FISHED IN

The Great Lakes are among the best in the world for freshwater fish. Lake Erie produces about 80 percent of our fish (mostly perch), and the most whitefish comes from Lake Huron.

### SERVE IT

Lake fish has a clean, bright flavour that needs nothing but the simplest preparation. Sauté in fresh, country butter and drizzle with a little verjus (no lemons please!).



### DID YOU KNOW?

The **Ontario Commercial Fisheries' Association** ([www.myfishquota.com](http://www.myfishquota.com)) looks after commercial fisheries' interests as they move forward, growing the industry and providing us with more and more fresh lake fish, while **The Northern Ontario Aquaculture Association** look after fish farms in the province. In Ontario, the main species cultivated is rainbow trout, along with brook trout, arctic char, and tilapia.  
[www.ontarioaquaculture.com](http://www.ontarioaquaculture.com)



## PURDIES FISHERIES

The city of Sarnia has a small-town feel and a pristine waterfront. All along the St. Clair River into the mouth of Lake Huron is a beautiful boardwalk with manicured parks, pristine beaches, and marinas filled with stunning white sail boats that bob in the glistening sun-kissed waters. On the edge of town is Sarnia's most imposing structure, the giant Blue Water Bridge that connects its shores with Port Huron, Michigan. Under the Blue Water Bridge is Point Edward. Once a fishing village, the area's only casino now supports the quaint little enclave that is also a deep water dock for "lakers," the giant ships that travel the great lakes. Sharing a parking lot with the dock is Purdy Fisheries. The Purdy family fish Lake Huron daily for perch and pickerel that they bring onshore, clean, and fry up into their famous Purdy's Fish and Chips. People come from miles around for the experience of dining against the water's edge on picnic tables, enjoying fish so fresh you can still taste the cold, pristine lake water and watching the boats go by. Sarnia's dining experiences don't get any better than this.

724 Victoria, Port Edward  
[www.purdyfisheries.com](http://www.purdyfisheries.com)

## PURVIS FISHERIES

**Purvis** is a fifth-generation family-owned company with a dock-side plant in Silver Water. Whitefish, lake trout, and herring are caught wild in Lake Huron and processed the same day in a registered fish plant, reducing food miles and keeping quality at its peak. Depending on winter conditions, fishing season runs from early March until the end of January each year. Whole fish, smoked fish, and fish fillets are vacuumed packed; the result is in that unmistakably pristine flavour of icy spring water throughout flaky, flavourful, fresh fish. You can order online or through Ontario Natural Food Co-op ([www.onfc.ca](http://www.onfc.ca)).

end of Burnt Island Road on Burnt Island  
[www.purvishfisheries.com](http://www.purvishfisheries.com)





## Corn-Crusted Lake Erie Pickerel

1 1/2 cups (375 mL) Ontario cornmeal  
2 tablespoons (30 mL) dry mustard  
1 tablespoon (15 mL) dried dill  
1 teaspoon (5 mL) Ontario salt  
2 farm-fresh eggs, beaten  
12 Lake Erie pickerel fillets  
2 tablespoons (30 mL) Ontario canola oil

Mix cornmeal, mustard, dill, and salt in a bowl. Put beaten eggs in another bowl. Dip fish in beaten eggs and then in cornmeal mixture. Put half the oil in a nonstick skillet and warm over medium heat. Place fillets in skillet and cook for 4 minutes. Turn the fillets and cook another 5 minutes. Remove pickerel from skillet and drain on paper towels. Repeat with remaining fillets. Serves 6.

## Roasted Winter Salmon

1 1/2 pounds salmon fillets  
Ontario salt to taste  
1 onion, peeled and cut into thin rings  
fresh dill, minced

Season salmon fillets with salt. Lay on a rack in a baking dish. Top with onion rings and minced fresh dill.

Preheat oven to 350F (180C). Place salmon in centre of the oven and roast for 20 to 25 minutes, depending on thickness of fillets. Remove from oven and serve warm. Serves 6.

For more stories on Ontario fisheries, see "Great Lakes Fish," on page 101 of *The Ontario Table*.



INDEPENDENT GROCER  
COMMISSO'S FRESH FOODS



If you're a traditional grocery store shopper, small independent grocers can be your best friend when it comes to local food. **Commisso's Fresh Foods** in Niagara Falls is an independent grocer with a strong local sensibility. They have an in-store butcher shop, and butcher Nick Damiano makes porchetta. He first seasons a pork shoulder with fresh chopped garlic, fennel, and paprika and lets this marinade for a day. Then he wraps the seasoned shoulder in pork rind. It's then ready for you to take home and cook it. If you have an independent grocer with an in-store butcher, ask them to make you a porchetta roast. It's one of January's simple, yet memorable joys.

6161 Thorold Stone Road, Niagara Falls  
[www.commissosfreshfoods.com](http://www.commissosfreshfoods.com)

HERITAGE LINE HERBS

Heritage Line Herbs in Aylmer was a tobacco farm and is now an herb farm. It was a brilliant transition on the part of Deb and Tom Benner; the tobacco kilns now dry herbs, the greenhouse that once started tobacco plants now house a potted herb operation, and the bunkhouse the seasonal workers once lived in is now a farm store. Inside the store are dried and fresh herbs as well as their own line of herbal tea blends, oils, vinegars, mustards, and jellies.

53443 Heritage Line, Aylmer  
Open Year Round  
[www.heritagelineherbs.com](http://www.heritagelineherbs.com)



## FRESH ONTARIO PORK

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January is pork season. In butcher shops you'll find giant bags of whole legs, shoulders, butts, and lots and lots of sausage casings. Italians love to make sausage, and with the popularity of cured meats, more and more people are trying their hand at soppressata and prosciutto. It's also the time of year for porchetta and porchetta on a bun!



### Porchetta

1 butcher-made porchetta, half or whole

Porchetta can be made from a pork loin, belly, or shoulder. Massive amounts of savoury flavours and seasonings are layered on top of a butterflied piece of pork, rolled tightly with skin, and sewn together into a roast.

You get the most delicious bits of crackling on the skin of the pork; it's like candy. The pork is rich, luscious, very savoury, sexy, succulent—and a total herbaceous blast when you bite into it.

Start with a room-temperature porchetta and fill the bottom of the roasting pan with white wine—no more than a bottle, no less than  $\frac{1}{2}$ -inch on the bottom. It should not touch the bottom of the porchetta. Cook it at 500F (250C) for 40 minutes to an hour. Turn the oven down to a low 300F (150C) and cook for 20 minutes per pound. It will take approximately 4 hours for a whole porchetta. Do not open the oven door and baste it.

When it is done, remove it from the oven and let rest for 30 minutes. The skin keeps it hot inside so more resting time is necessary. Use a very sharp knife for carving; the meat is so tender you will tear it apart with a dull knife. The pan juices make delicious gravy.

## ONTARIO PROCESSED VEGETABLES



We grow lots of fresh fruit and vegetables throughout Ontario and put some of it aside so we can enjoy a taste of summer's sunshine in winter. It could be a bag of frozen peas, a jar of asparagus, or a tin of tomatoes. We often take these products for granted, so take notice of that box of frozen fiddlehead, bag of dried beans, jar of pickled garlic, tin of sliced beets or whole potatoes and appreciate that they may have come from a farm near you.



### GROWN IN

Vegetables for processing are grown across Ontario but are concentrated in an area that starts in Essex County and runs up to the Toronto area.

### SERVE IT

Add a tin of beans to your favourite soup. A jar of sliced beets will brighten up a salad. Tins of tomatoes, seasoned or not, can be simmered into a luscious sauce.

### DID YOU KNOW?

The **Ontario Processing Vegetable Growers** represent over 600 vegetable growers and manage 13 vegetable crops for the purpose of processing at various facilities: tomatoes, cucumbers, sweet corn, green peas, green and wax beans, carrots, cauliflower, cabbage, beets, peppers, pumpkins, squash, and lima beans.  
[www.opvg.org](http://www.opvg.org)

*For a greater listing of Ontario's processed foods, see The Ontario Table, "Ontario Pantry," page 298.*

## WELLAND FARMERS' MARKET



The **Welland Farmers' Market** is Niagara's main gathering place for both farmers and foodies. Two pavilions house the region's best butchers with their farm-raised meats and poultry, bakers with their breads and pastries, farmers with apples and root vegetables, and everyone with jars of orchard fruit, jam, honey, maple syrup, and more. The Market Café serves up bacon-and-egg breakfasts from ingredients purchased from the market vendors.

60 Main St. East  
Welland

Open Saturday mornings year round.



## SUNSHINE FARMS

John and Claudia Jacques of **Sunshine Farms** in Thamesville grow asparagus. Claudia preserved what asparagus her family couldn't eat and the success of the all-natural asparagus in a jar was the start of their canning business. They now make over 23 types of pickles, some of them certified organic, as well as green beans, garlic, carrots, beets, jalapeño peppers, and sweet relish. All of their products are grown on their farm. You can buy direct from the farm, online, or perhaps there's a store near you that carries Sunshine products.

R R #5, 30043 Jane Rd. Thamesville  
[www.picklesplease.ca](http://www.picklesplease.ca)

LOCAL

# DISHES

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*january's seasonal dishes*



## Beet Cakes

1 tin whole or sliced beets  
1 large potato, peeled, cooked, and chilled  
1/2 onion, peeled and cooked  
1/2 cup (125 mL) fresh parsley  
1 farm- fresh egg, beaten  
1/2 cup (125 mL) all purpose flour  
Ontario salt  
1 cup (250 mL) seasoned breadcrumbs

Put the beets, potato, and onion into a food processor with parsley. Pulse 10 times or enough to create a chunky texture. Transfer mixture to a bowl and add the egg, mix well. Add flour and season well with salt. Mix together until the mixture is stiff enough to handle. Add more flour if necessary.

Pour breadcrumbs into a dish. Scoop a bit of beet mixture into your hands and roll it into a ball. Put it in the breadcrumbs and flatten it into a disk with the back of a spatula. Cover the entire beet cake with breadcrumbs and press slightly to adhere the crumbs. Transfer to a cookie sheet lined with parchment paper and repeat with the remaining beet mixture. Bake in a preheated 350F (160C) oven for 35 to 40 minutes or until cooked through. Remove from oven and serve warm. Makes about 12 beet cakes.

## DINGO FARMS

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The Harrisons—Dennis, Denise and their five children—run **Dingo Farms** in a way that makes sense to them and is safe for their children. The sheep, cattle, and pigs are allowed to grow and mature in their own time with no drugs and an emphasis on animal welfare. Their feed consists of non-GMO grains and hay they grow themselves. This is supplemented with flax, mustard and canola seeds, and field peas. The small flocks are provided with rotational pasture and are happy animals processed at local abattoirs using time-honoured butchering traditions. Dingo Farms' meat is tender and tasty. You can buy it right from the farm, and it's available at many restaurants.

3412 8th Line, Bradford  
On-farm store  
[www.dingofarms.com](http://www.dingofarms.com)

## ONTARIO WINE

Ontario is Canada's richest wine province, and January is the season for icewine. Even though 2012 has served a very warm winter thus far, Mother Nature never fails to bring frigid weather and the perfect conditions to harvest a wine that is the envy of the entire world.

Enjoy your winter sipping.

This unique wine made from frozen pears is not technically an official icewine, but I love it just the same. Anytime is the perfect time to sip on a glass of **Sunnybrook Farm Iced Pear** (\$27.95).

Sunnybrook Farm Estate Winery  
1452 Lakeshore Road, Niagara-on-the-Lake  
Niagara  
[www.sunnybrookfarmwinery.com](http://www.sunnybrookfarmwinery.com)

**Equifera Icewine** is luscious and over the top with flavour, yet one of the most elegant and refined bodies in an icewine (\$49.00).

Equifera Icewine  
Niagara  
[www.equiferawine.com](http://www.equiferawine.com)



This is the first VQA Icewine of Prince Edward County and it's already an award winner. A must try for icewine lovers: **Waupoos Vidal Icewine** (\$46.95).

Waupoos Estate Winery  
3016 County Road 8, Picton  
Prince Edward County  
[www.waupooswinery.com](http://www.waupooswinery.com)

Imagine an entire winery dedicated to icewine. Winemaker Jamie McFarlane is well skilled in setting icewine standards in Canada. Try his unique **Ice House Cabernet/Dornfelder** (\$70.00). It's an icewine that lingers long.

The Ice House Winery  
14778 Niagara Parkway, Queenston  
Niagara  
[www.theicehouse.ca](http://www.theicehouse.ca)

SOURCING

# LOCAL

*spend \$10 a week on local food*

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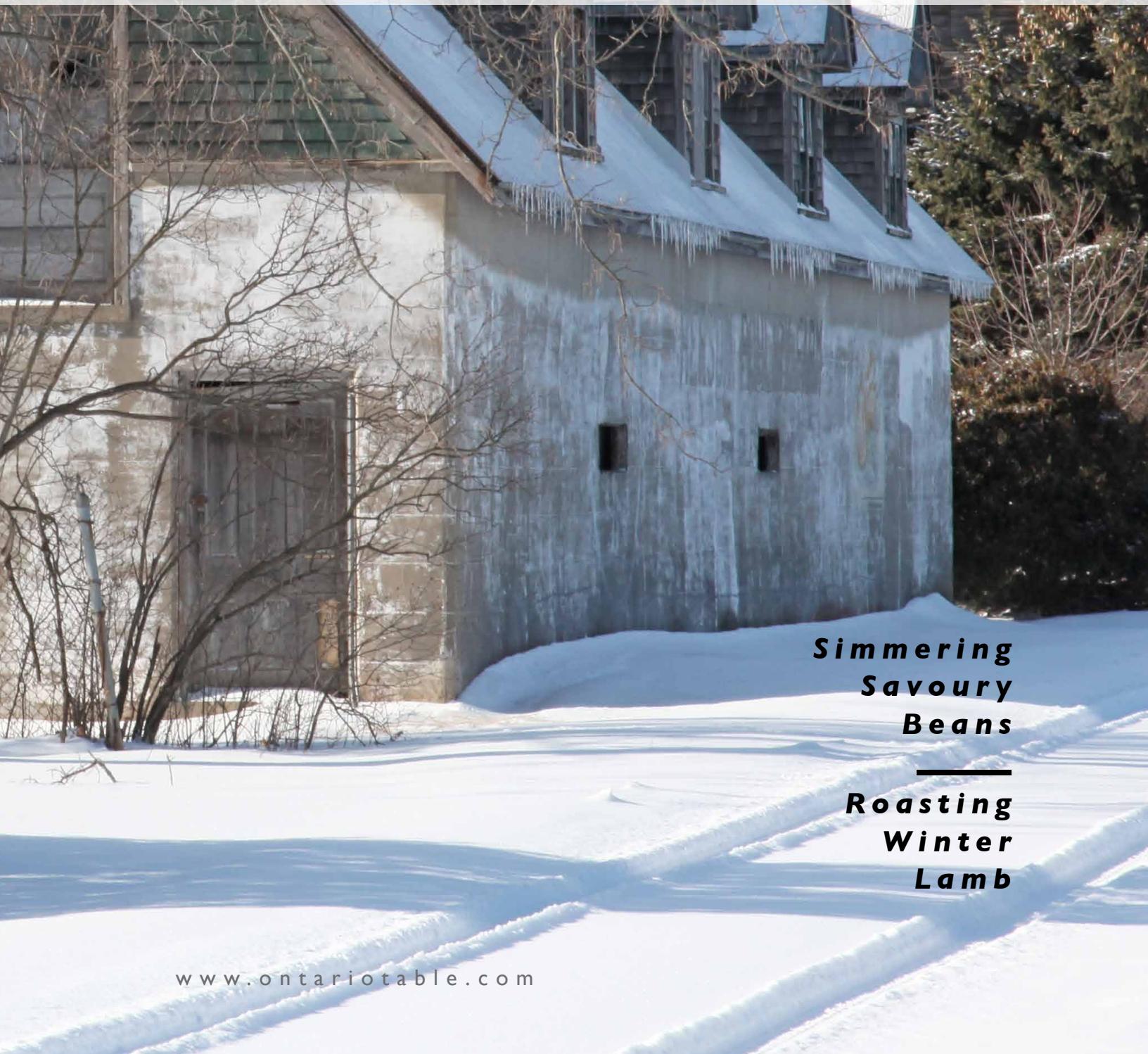


THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

February 2012



***Simmering  
Savoury  
Beans***

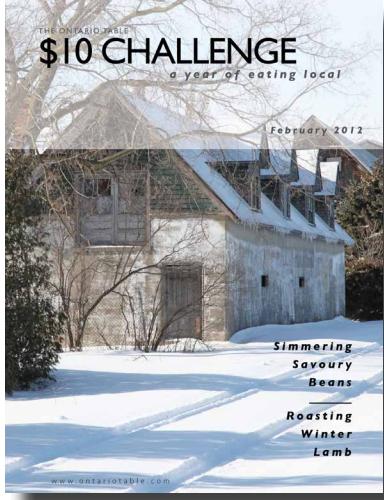
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***Roasting  
Winter  
Lamb***

THE ONTARIO TABLE \$10 CHALLENGE

# FEBRUARY

*There are plenty of ways and  
reasons to eat local in February.*



## FEATURES

What the \$10 Challenge Is All About

Sexy Savoury Stews

What's in Your Winter Pantry?

Ontario Beans

Simple Ways to Cook Local Meat and Poultry

Winter Wine Choices

Indulge in a Little Farm & Country Conviviality

## Plus . . .

Your best bet in a grocery store, Kudrinkos

February is the time of the year to eat from the cold storage, the pantry, and the freezer. The meals are heart warming—savoury pot roasts with simmering root vegetables; porchetta slowly roasted with rosemary beans; rich stews studded with sweet onions—and warm you from the inside out. This issue features hearty flavours that will wrap around you like a big hug.

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LYNN OGRYZLO

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WHAT TO **EAT**

*february's food fresh from the farm*



LOOK AT WHAT'S  
AVAILABLE IN FEBRUARY

apples  
barley  
beans, dried and canned  
beetroot  
butter  
charcuterie  
cheese  
chilies  
cucumbers  
eggs  
fish, farm-raised  
flour, stone-ground  
greenhouse eggplant  
herbs  
honey  
lake fish, fresh and frozen  
maple syrup  
meat, farm-raised  
milk and dairy  
mushrooms  
onions  
potatoes  
poultry  
root vegetables  
sweet potatoes  
tomatoes, canned  
wine



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

## WINTER PANTRY



February is the lean time of year when we eat from what we once put aside in the pantry: jars of green beans, bottles of tomato sauce, jars of peaches and pears. Our freezers are full, and our cupboards stocked with tins and bags.

February is the cupboard month diet.

## COLD CELLAR

It's the season to eat from the cold cellar, your pantry, or simply the kitchen cupboard. It's the time to break open the jars of succulent peach slices (whether you made them yourself or bought them), the tins of beets, the crocks of pickles, and the jars of jam.

## FREEZER

Some people like to can summer produce and others like to freeze it. Doesn't really matter how you put away your summer's bounty, now's the time to eat it. Putting food away to enjoy during the lean months of winter is a tradition that many people are returning to for freshness, flavour, and quality.

Norfolk County, just outside the town of Simcoe, is home to a brand-new, state-of-the-art freezing facility. Farmers are encouraged to freeze their fruits and vegetables for sale year round. Mapleton Organics have taken some of their fall squash and processed it, so you can now find frozen squash chunks at their stores. You'll find more frozen goodness at farmers' markets and on-farm markets.

## ON-FARM MARKETS

Not all farm markets close in the winter, and those that do stay open are traditionally full of food preserved from the farm. Besides the honey and maple syrup, you're apt to find bags of frozen berries or garden beans, jars of glistening pears or cherries, and jam and jelly. There may even be an on-site bakery.

## FARMERS' MARKETS

Not all farmers' markets close in the winter months. Some move indoors (where there are appropriate facilities). Farmers' markets are about selling produce, and the winter markets reflect the leaner months: root vegetables, apples, and some greenhouse produce; jars of honey, maple syrup, orchard fruit, and jam; jugs of apple cider; and plenty of meat, poultry, and baked goods.

## THE ONTARIO TABLE

A virtual do-it-yourself local food book, The Ontario Table has recipes, introduces you to growers, talks about what food is grown where, and includes a much-needed chapter called "The Ontario Pantry" so you can stock your home pantry with local foods. Don't be without it!

SOURCING

# LOCAL

spend \$10 a week on local food



Eat from your well  
stocked pantry  
this winter.

# WHAT'S IN **SEASON**

*february is the season for...*

## SAVOURY, SEXY STEWS

February is a cold and slow month when the most excitement comes from putting around the kitchen and enjoying the aromas of a bubbling crock of stew. For the best results you'll need the best-quality ingredients and the very best meats—this is when it pays to know your butcher.

### TOWNSEND BUTCHERS

Steve and Jeff Miedema are third-generation butchers, and their butcher shop on the outskirts of Simcoe, Townsend Butchers, is both an abattoir and a retail store. They buy all of their cattle from Miller Farms and their pigs from Prizen Farms. This way, the Miedemas know what the animals are fed and how they're handled, and they can depend on consistent quality. Townsend Butchers' meats are hung for 10 to 14 days before they're sold, and they're happy to do custom orders. The Miedemas have just doubled the size of their facilities to serve their customers better. They've won medals for their pepperettes and old-fashion, home-cured bacon—it's bacon made the way bacon should be! They also smoke all their own meats on-site.

419 Concession 14 East, Simcoe  
Retail store 519-426-6750



For Baco Beef Stew recipe, see Niagara Cooks cookbook, page 162.

### INDEPENDENT GROCER

### KUDRINKO'S

Neil Kudrinko of Kudrinko's in Westport believes in the superior quality of local foods, and he fills his grocery store with as much as he can. The full-service grocer has an in-store bakery and catering service to provide whole meals and delicious dishes to their customers who don't mind paying for the better-quality local foods on offer. Their meat is all-Canadian, with local cattle farmers like 8th Line Farms in Athens supplying them with superior Angus beef. Kudrinko's beef is hung for an average 21 to 28 days. For stews that means it's dry enough to sear up some amazingly beautiful flavours.

22 Main St, Westport  
[www.kudrinkos.com](http://www.kudrinkos.com)

## NICHOLYN FARMS



It's the perfect time of year to shop at **Nicholyn Farms** in Phelpston, just north of Barrie. Nick and Lynda Van Casteran run the 130-acre farm with their son and resident chef, Shane. They naturally raise pigs, cattle, chicken, and sheep, and what they don't raise themselves, they contract from neighbouring growers to ensure consistent products of the highest standards. Their market is home to 27 chest freezers filled with different cuts of meat, fish, and wild game. There are also farm-fresh frozen dishes, like shepherd's pie and lasagna, made from their own meats and ready to take home, bake, and enjoy! In addition, the Van Casterans sustainably grow a variety of vegetables. The vegetables are sold fresh in the market when in season; some are used to feed the animals and the rest are made into delicious preserves. Irresistible jars of glistening preserves can be found alongside other wholesome products from over 70 small producers and artisans from around the region. The market is open year round. To support their business and staff in the winter months, the Van Casterans, particularly chef Shane, provide hot lunches to neighbouring schools. They also have an on-market bakery and a fine selection of pies, both sweet and savory, year round. If you'd like, you can simply stay for a light lunch and pie in their country cafe.

3088 Horseshoe Valley Rd W, Phelpston

Open 7 days a week, year round.

[www.nicholyn.com](http://www.nicholyn.com)

## METHERAL MEATS

Neil Metheral is a fifth-generation farmer and works with his sons Rick and Dwayne and grandsons Dane and Will on the family's 2000-acre sheep farm. The sheep, along with some cattle, are mostly pastured and are hormone- and antibiotic-free, treated humanely, and processed in their on-site abattoir. You can buy their fresh lamb and beef directly from their on-farm retail store. Customers come from miles around for the unique, pristine flavour of lamb that pasture on the limestone-rich escarpment and drink from the farm's many natural springs.

9093 Sideroad 6&7 Nottawasag  
Glen Huron (Dunedene)

Call in winter for retail hours, 705-466-3135



## ONTARIO BEANS



One of winter's healthy foods, beans are loaded with nutrients. They're available dried in bags under the Thompson label or canned in tins under the Unico and Primo label. Try them both, the taste is quite different.

Look for these varieties from Ontario: red and white kidney beans, romano beans, and black beans are most common, while azuki, great northern, pinto and otebo beans are grown in smaller quantities.

### GROWN IN

Hundreds of acres of beans grow throughout the province, but Hensall in Huron County is the bean capital of Ontario.



This book is dedicated to the amazing farmers who labour long for foodies like me.



For more local food recipes, browse through the pages of **The Ontario Table**.

### SERVE IT

Sauté beans with a little oil, chopped garlic, and parsley and spoon them onto toast for a delicious dish. Warm them in a skillet with crispy bacon and serve with a winter roast.

### DID YOU KNOW?

The **Ontario Coloured Bean Growers** not only promote beans with delicious recipes you can access from their website, but they also engage in research to make sure consumers get better products.

[www.ontariobeans.on.ca](http://www.ontariobeans.on.ca)



Roast Pork with Rosemary White Bean recipe, see page 167 of *The Ontario Table*.



## Black Bean Tart with Chili Crust

1 1/4 cups (310 mL) all-purpose flour  
1 teaspoon (5 mL) ground cumin  
1 teaspoon (5 mL) chili powder  
1 teaspoon (5 mL) paprika  
1/2 cup (125 mL) chilled butter, cut into bits  
5 tablespoons (75 mL) ice water  
2 cups (500 mL) canned black beans, rinsed and drained  
2 tablespoons (30 mL) sour cream  
1 cup (250 mL) frozen Ontario corn, thawed  
1 red bell pepper, chopped  
1/2 cup (125 mL) fresh coriander sprigs  
1 1/2 cups (375 mL) coarsely grated Niagara Gold cheese  
2 jalapeño chilies, seeded and finely chopped  
1/2 cup (125 mL) chopped scallions  
Ontario salt

Preheat oven to 350F (180C). In food processor, blend flour, spices, and salt. Add butter and pulse until mixture resembles coarse meal. Add ice water and pulse until incorporated and mixture forms a dough. Press evenly onto bottom and sides of a 10-inch tart pan; chill 15 minutes. Blind bake, 8 to 10 minutes. Remove weights and bake 10 minutes or until golden. Cool crust. In a food processor, purée 1 cup (250 mL) beans with sour cream until smooth. Season and spread evenly onto crust. In a skillet, heat oil over medium heat. Sauté corn for 2 minutes. In a large bowl, stir together corn with remaining ingredients and season. Mound corn mixture on top of bean purée in pie. Bake about 20 minutes or until hot and cheese is melted. Let tart cool in pan on a rack about 15 minutes. Serves 6.

## FULL OF BEANS

Kim and Ben Dietrich run a chicken farm in Bornholm and a thriving bean company. Their youngest son, Jacob, was intolerant of wheat, so Kim began experimenting to find alternatives. Today the company offers many products, from bean flour to bean mixes for chili, maple baked beans, bean soup, and Cuban beans and rice. They also have a bean flour pancake mix and gluten-free bean flour mixes for chocolate chip cookies, brownies, applesauce muffins, and spicy carrot cake. Check out their on-farm retail store or online store.

6455 Line 42, Mitchell  
(call first or by chance 519-347-2091)  
[www.full-of-beans.ca](http://www.full-of-beans.ca)

# LOCAL DISHES

february's seasonal dishes

## Chunky Chili

3 tablespoons (45 mL) canola oil  
2 large onions, chopped  
1 green and 1 red bell pepper, chopped  
3 garlic cloves, minced  
2 pounds (900 grams) ground Ontario beef  
and pork  
1 28-ounce (680 grams) can diced Ontario  
tomatoes  
1 tablespoon (15 mL) chili powder  
1 or 2 large jalapeño chilies, seeded and  
minced  
2 tablespoons (50 mL) ground cumin  
1 16-ounce (386 grams) can red kidney  
beans, drained  
1/2 cup (125 mL) Ontario dry red wine  
Ontario salt

Heat oil in large pot over medium-high heat.  
Add onions, bell peppers, and garlic. Sauté  
until tender, about 8 minutes. Add the beef

and pork. Cook over medium-high heat until pork is no longer pink, about 10 minutes. Add tomatoes (with liquid), chili powder, jalapeños, and cumin. Season well. Cover and simmer for about 1 hour, stirring occasionally. Remove the lid and add red kidney beans and red wine. Simmer, uncovered, until chili thickens, about 30 minutes. Adjust seasoning. Ladle into bowls. Serves 6.



## KITCHENER FARMERS' MARKET



*The Kitchener Farmers' Market* is a gathering place for both farmers and foodies. In the summer, area farmers spill from the lower level and into Eby Street and down Market Lane. In the upper area, market shoppers find food vendors offering up delicious breakfasts as well as demonstration kitchens promoting seasonal classes and local foods.

300 King Street East, Kitchener  
Saturday is Market Day

## ONTARIO MEAT & POULTRY

Nothing is more welcoming than the aromas of a roast just taken out of the oven. Whether a prime rib roast or a roast chicken, Ontario meats and poultry are some of the best in the world. Here are a few of the organizations to follow for great recipes: Ontario Turkey, Ontario Pork, Ontario Sheep (Lamb), Ontario Veal, Ontario Chicken, Ontario Beef, and Ontario Corn-Fed Beef.

### RAISED IN

All across Ontario there are cattle, pig, sheep, and chicken farms. Perth County is known as the Pork Capital, while more beef is raised in Grey Bruce County than anywhere else in the province.

### SERVE IT

Braising beef ribs for hours in broth and tomato sauce is one of winter's simple pleasures. Stud a roast with herbs and garlic and surround it with root vegetables for a hearty one-dish meal.

### DID YOU KNOW?

The **Ontario Independent Meat Processors** work hard behind the scenes to make sure you have access to delicious home-grown meat and poultry. Members are made up of meat and poultry processors, retailers, commodity groups, and the businesses that support them. Find members close to you by using the product locator at [www.ontariomeatproducts.ca](http://www.ontariomeatproducts.ca)



*There are many more stories of Ontario beef and sheep farmers in **The Ontario Table**.*



## Vineyard Leg of Lamb

2 garlic cloves, sliced  
 2 sprigs fresh rosemary, leaves removed  
 ½ cup (125 mL) of Kittling Ridge Wines and Spirits brandy  
 1 7-pound (3.18 kg) leg of lamb  
 1 cup (250 mL) dry red wine, preferably Cabernet Franc  
 Ontario salt

Using a sharp knife, make small slits all over the lamb and insert garlic slices and rosemary leaves. Soak a cheesecloth or tea towel in brandy and wrap around lamb. Cover with plastic wrap and marinate, refrigerated, for 4 hours. Unwrap the lamb and place fat side up on a roasting rack in a roasting pan. Pour wine in the roasting pan. Roast 450F (230C) for 30 minutes. Reduce heat to 350 (180C). Using a basting brush, baste lamb with wine. Continue to roast, basting frequently, for 1 hour or until done. Let stand 10 minutes before carving.

## Seductive

2 pounds shoulder roast, cubed  
 2 tablespoons (60 mL) stone-ground flour for dredging  
 2 tablespoons (15 mL) Ontario canola oil  
     12 pearl onions, peeled  
     2 cloves of garlic, crushed  
 1 cup (250 mL) dry white wine  
 1/2 cup (125 mL) beef broth  
 1 15 oz can diced Ontario tomatoes  
     12 button mushrooms, quartered  
 1/2 teaspoon (2.5 L) dried tarragon  
 1/2 teaspoon (2.5 mL) dried thyme  
     1 bay leaf  
     Ontario salt



## Beef

Dredge beef in flour and set aside. In a large skillet, add half of the oil and brown beef until browned on all sides. Remove the beef from the skillet. Sauté the onions and garlic in the rest of the oil until tender. Add wine and broth, bring to a boil, then reduce heat and simmer for 10 minutes. Return the beef to the skillet and add the tomatoes and mushrooms. Season with the salt, tarragon, thyme, and bay leaf. Cover and cook over low heat for 45 minutes or until beef is fork tender. Remove bay leaf. Serves 4 to 6 people.

SOURCING

# LOCAL

*spend \$10 a week on local food*

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## ONTARIO WINE



Ontario wines are considered to be some of the best in the world. How lucky we are to live in wine country! In February the vines may be dormant, but it's the best time of year to visit a winery. The international visitors haven't arrived yet, the wine is sleeping in tanks and barrels, and the winemakers have time to chat with wine lovers.

It's a February treat: a large slice of warm apple pie made from farm-fresh apples and a glass of **Archibald Orchards and Estate Winery Oak Aged Ida Red** (\$12.95).

Archibald Orchards Estate Winery  
6275 Liberty Street North, Bowmanville  
[www.archibaldswinery.com](http://www.archibaldswinery.com)

February is a month for indulgences, and **Tawse Winery David's Block Merlot** (\$44.95) is certainly one that pampers the soul and elevates a winter roast to sublime.

Tawse Winery  
3955 Cherry Ave, Vineland  
Niagara  
[www.tawsewinery.ca](http://www.tawsewinery.ca)



It's a red that fills the throat with velvety comfort and soothes the mind with contemplative thoughts. **Norm Hardie Winery County Pinot Noir** (\$35.00) is a perfect February wine.

Norm Hardie Winery  
1152 Greer Road, Hillier  
Prince Edward County  
[www.normanhardie.com](http://www.normanhardie.com)

Rich on the palette, **Sanson Estate Winery Bird Dog Red** (\$19.95) is as serious a wine as a February snow storm. A must-have drink for a hearty winter meal.

Sanson Estate Winery  
9238 Walker Rd, Amherstburg  
Essex County  
[www.sansonestatewinery.com](http://www.sansonestatewinery.com)

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

March 2012

Community  
Shared  
Farming: Get  
Involved

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It's Maple  
Syrup  
Season

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Enjoy Farm-  
Fresh Ontario  
Eggs

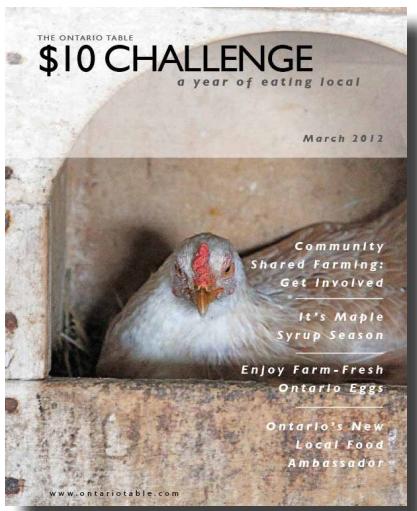
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Ontario's  
New Local  
Food  
Ambassador

THE ONTARIO TABLE \$10 CHALLENGE

# MARCH

*There are plenty of ways and  
reasons to eat local in March.*



## FEATURES

What the \$10 Challenge Is All About

Seasonal Eating in March

Community-Shared Agriculture

Maple Syrup

March Is Nutrition Month

Farm-Fresh Eggs

Ontario's Local Food Ambassador

## Plus . . .

Your best bet in a grocery store:

*Fiesta Farms*

March is the month of anticipation. We anticipate the first day of spring, we anticipate more sunshine and warmer weather, and we anticipate the start of another season. In this issue you'll swoon over warm maple syrup and discover how simple it is to cook up delicious dishes with farm-fresh country eggs. Use **The Ontario Table \$10 Challenge** ezine to eat along with the season.

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LYNN OGRYZLO

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## LOOK AT WHAT'S AVAILABLE IN MARCH



How amazing it is that we can find so much locally produced food in the month of March. With the ingredients in this list you can create rich, savoury, seasonal dishes to wake up your taste buds at this sleepy time of year. Look for farmers' markets to enhance what you can find at independent grocers who regularly stock local food.

apples	leeks
barley	maple syrup
beans, dried and canned	meat, farm-raised
beetroot	milk and dairy
butter	mushrooms
carrots	onions
celery root	parsnips
charcuterie	potatoes
cheese	poultry
chilies, dried	root vegetables
cooking oils, canola and soy	squash
cucumbers, greenhouse	sweet peppers, greenhouse
eggs	sweet potatoes
eggplant, greenhouse	stone-ground flour and whole grains
lake fish	tofu
garlic	tomatoes, canned and greenhouse
greens, greenhouse	turnips
herbs, greenhouse and dried	wine
honey	winter cabbage



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

INDEPENDENT GROCER  
FIESTA FARMS

I think *Fiesta Farms* just may be one of the largest independent grocery stores in Ontario and it has an even larger commitment to local food. Founder and owner Joe Vergona loves working with the farmers and small manufacturers because "They're vibrant. They are so excited about their products, and you don't get that from the big guys." There isn't a season during which Joe doesn't have a good selection of local food on the shelves of his large 30,000-square-foot grocery store. In the summer he carries all the obvious fresh produce and in the winter he moves to cold-cellar fruits and vegetables. Throughout the year Joe stocks plenty of cans and bottles of local food products as well as meat, fish, and poultry so his customers can enjoy local food year round. "I don't know if there's another store like us," says Joe, who, like a farmer and small producer, you'll find working the aisles of his grocery store. Be sure to introduce yourself and meet the local food grocer who is as excited about what he can provide in his store as the farmers who supply him.

200 Christie St, Toronto  
[www.fiestafarms.ca](http://www.fiestafarms.ca)

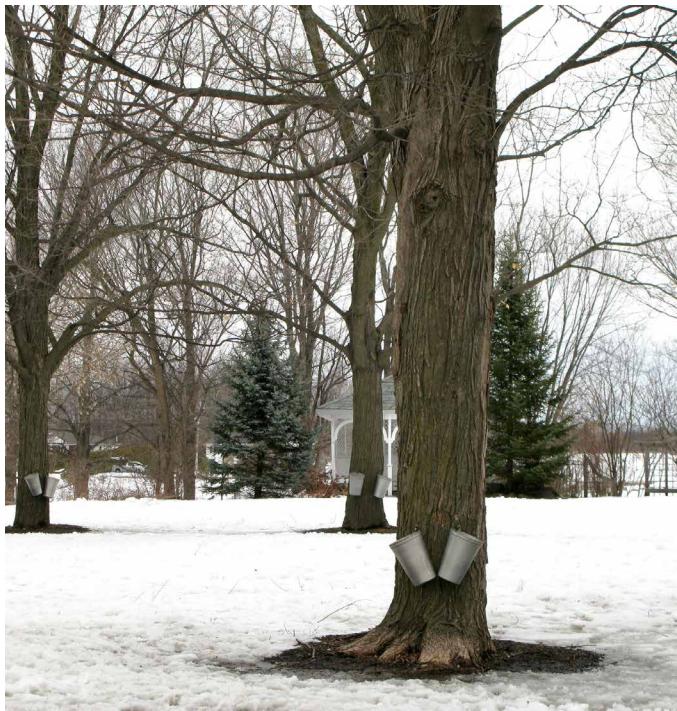


## MAPLE SYRUP

Maple syrup is a quintessential Ontario flavour experience. Our cold winters freeze the sap of the indigenous maple trees and in the spring when it thaws, the trees are tapped and the sap collected. Then it's boiled down into a luscious, heavenly, silky sweet nectar. You can identify various grades of maple syrup by sight and flavour. The lightest is the most graceful. Medium-grade has a muscular flavour with an elegance to the body. Amber (dark) is full, rich, mouth-filling, and robust in body and texture.

### WHERE IT'S TAPPED

Maple syrup can be produced anywhere in the province where there is a grove of maple trees. When the trees are tapped for the sap, it's known as a *sugar bush*. Lanark County (west of Ottawa) is the maple syrup capital of Ontario.



### SERVE IT

Warm a carafe of pristine Ontario maple syrup and pour it over a steaming stack of pancakes or thick, juicy slices of roast pork. Warming maple syrup brings out its full aroma and flavour. For a truly decadent and exquisite experience use maple syrup in the Apple Terrine recipe on page 254 of **The Ontario Table**.



### DID YOU KNOW?

The **Ontario Maple Syrup Producers Association** ([www.ontariomaple.com](http://www.ontariomaple.com)) is a business-to-business association that works behind the scenes on marketing and market development. Currently they're working on defining the health benefits of maple syrup so consumers can make informed decisions and integrate more maple syrup into their lifestyles. Go to their website to find a sugar bush near you and get out there to celebrate the sweetest season of them all: maple syrup season.

## Maple Pecan Whisky Steak Sauce

1/4 cup (60 mL) Ontario Northern pecans, toasted  
 1 teaspoon (5 mL) canola oil  
 1 tablespoon (15 mL) shallots, minced  
 2 garlic cloves, minced  
 1/2 cup (125 mL) pure Ontario maple syrup  
 1/2 cup (125 mL) Forty Creek Whisky  
 1 cup (250 mL) beef broth  
 Ontario salt  
 1 tablespoon (15 mL) farm-fresh butter  
 toasted pecans for garnish

Chop pecans very fine in a food processor and set aside. Preheat a skillet and warm the oil over medium heat. Add shallots and garlic, and cook until the ingredients start to change colour, about 5 minutes. Pour in the maple syrup and whisky, increase temperature to high, and reduce by half, about 6 minutes. Add the broth, season with salt, and bring to a boil. Stir in butter to give the sauce a smooth finish. Remove from heat and serve over or under a char-grilled steak of your choice. Garnish with toasted pecan halves. Serves 2.



## SUCRERIE SEGUIN SUGARBUSH

*Sucrerie Seguin Sugarbush* in Lavigne in the Sudbury, Georgian Bay, region is a family affair. The farm has been in the family since 1950 and is now run by second- and third-generation

Daniel and Tracy Seguin and Louise and Michael Demers.

In the fifties, maple syrup production was labour-intensive and collecting sap meant hand-harvesting each tree in their 6000-tapped maple tree bush. Today, the process is modernized with a tube-and-vacuum system that brings the sap directly to the processing facility. At Sucrerie Seguin you'll find all grades of maple syrup as well as maple jelly and a brilliant maple sugar that is delicious used for baking. Get out there this month and experience one of their Sunday afternoon sugarbush tours.

28 Poirier Road, Lavigne, Sudbury  
 Retail on farm year round and at the sugar bush in season



## COMMUNITY-SHARED AGRICULTURE

Buying local food can be like picking fresh vegetables from your own garden, but if you don't have the time or space to garden yourself, a Community-Shared Agriculture (CSA) program may be perfect for you. With CSA you actually agree to buy a portion of a specific farmer's crop and are granted convenient weekly access.

It's the time of year to start thinking and looking for a CSA program. Pick one or two that are right for you and sign up to increase your local food buying.

### FINDING A CSA

Finding a CSA program is easy. Just scroll through the Ontario CSA Directory website, [www.csafarms.ca](http://www.csafarms.ca), to find one that appeals to you. You can read about what they grow and raise, what you can expect and when, and their payment terms.

If you shop at a farmers' market or if there is a farm near you with a retail store on site, you can also find a CSA program by asking the vendors. You'll learn first hand what they grow. This is a lovely option because it gives you the ability to regularly supplement your fresh produce with a visit to the market.

### LOCAL OR ORGANIC

If a CSA is organic, they will tell you. However, sometimes the line between local and naturally raised or organic is very fine. Don't be afraid to talk to the farmers about how they manage their farms and what their growing philosophies and animal husbandry techniques are. Local eating is all about trusting your food source.

### WHAT YOU GET

Each CSA program is different, but they do share one thing: they are all personal. With a CSA program, you communicate directly with the farmers. Farmers don't just supply food, they grow it specifically for you. As you would with a baker or chef, you'll probably have many questions on how and what they grow.

Some CSAs will provide recipes along with the food; others will include farm-fresh eggs, homemade jams and preserves, or a loaf of fresh artisan bread. Some grow their own fruit and others will gather vegetables and fruit from neighbouring farms to offer you greater variety throughout the season. Some will deliver; others will arrange for a common meeting place and time.

### THE ONTARIO TABLE

When you find the perfect CSA farm near you, browse through the pages of **The Ontario Table** cookbook to find quick and easy recipes for light dishes, main entrées, and desserts to prepare using your fresh garden produce, fruit, and meat.

# WHAT'S IN SEASON

*march is the season for...*

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## GREENHOUSE PRODUCE

Every January and often February, greenhouse production across Ontario shuts down. This dormant time is used to clean facilities from top to bottom, ensuring our food safety. Now that March is here, look for clamshells of Ontario greenhouse tomatoes, cucumbers, peppers, and eggplant.

Most of Ontario's greenhouses are concentrated in Essex County, just outside Windsor, but there are also a few scattered in places you'd least expect.



## NUTRITION MONTH

The *Dietitians of Canada* have declared March "Nutrition Month." It's a beautiful match: one of the greatest side effects of eating a diet of local foods is a healthy diet! Check the Dietitians' website for myth-busting fact sheets and ideas on community activities to celebrate and learn more about good food and nutrition. Remember, it's as important to eat a healthy diet as much as it is to buy local. Do both for a healthy and prosperous life!



[www.dietitians.ca/nutritionmonth](http://www.dietitians.ca/nutritionmonth)

## APPLE CIDER

We think of apple cider as a fall treat. A brilliantly simple and refreshing drink to enjoy when visiting a pumpkin farm in the fall. Did you know that because apples store so well, apple farmers are still making fresh apple cider throughout the winter and into the month of March?

Apples are kept in cold storage barns on the farm and will last until spring or until the farmer is sold out. Many apple growers will have their apples pressed each week to offer fresh, crisp, sweet apple cider to their customers. Sold at farmers' markets and on-farm markets, March's apple cider tastes as fresh as an autumn's day and as succulent as just-picked apples.

At a recent apple cider competition sponsored by the Ontario Apple Growers, the winning apple ciders were The Country Apple Store in Brampton, Warner Farms in Beamsville, and Delhaven Orchards in Blenheim.

## Maple Blueberry Scones

1/2 cup (125 mL) dark maple syrup  
 3 cups (750 mL) stone-ground flour  
 2 tablespoons (30 mL) baking powder  
 3 tablespoons (45 mL) brown sugar  
 1 teaspoon (5 mL) Ontario salt  
 3/4 cup (180 mL) farm-fresh butter, chilled  
 1/2 cup (125 mL) buttermilk  
 1 cup (250 mL) frozen Ontario blueberries, thawed  
 3 tablespoons (45 mL) brown sugar

Preheat oven to 425°F (220°C). Pour maple syrup into an 8-inch pie plate. Set aside. In a large bowl, mix together flour, baking powder, brown sugar, and salt. Cut in the butter with a pastry blender until mixture resembles coarse cornmeal. Add buttermilk and mix with a fork until it forms a sticky dough.

On a flour-dusted work surface, roll dough into an 8 x 12-inch rectangle. Spread blueberries on top and sprinkle with brown sugar. Roll up jelly-roll style and cut into 8 even pieces. Place pieces in the baking dish over top the maple syrup. Bake for 25 to 30 minutes. Remove from the oven and allow to cool. To serve, pull apart blueberry cakes and place each on a dessert plate. Pass around some delicious warmed Ontario maple syrup for drizzling. Serves 8.



## KLASSEN BLUEBERRIES

You can't miss it in the summer; clouds of blue nets hover over 35 acres of lush blueberry bushes on County Road 50 between Kingsville and Colchester in Essex County. Ted and Celia Klassen produce over 150,000 pounds of large, juicy black pearls annually. Blueberry aficionados will pick their own while others thirsty for local food come by to buy ready-picked by the pound. Over the summer they freeze fresh blueberries so we can enjoy them year round. On-site kitchen offers blueberry pies, a luscious blueberry sauce and blueberry sundaes.

954 County Road 50 East,  
 Open during blueberry season (July, August)  
 Blueberry hotline, 519-738-4089

ontariotable.com 50





## Maple Apple Pot Pie

1 pound (450 g) your favourite sausage  
 ½ cup (125 mL) onion, finely chopped  
 1/3 cup (80 mL) apple cider vinegar  
 ¼ cup (60 mL) Ontario maple syrup  
 1 large Mutsu apple, cored and diced  
 ½ cup (125 mL) cornmeal  
 ½ cup (125 mL) all purpose flour  
 2 teaspoons (10 mL) baking powder  
 1/2 teaspoon (2.5 mL) Ontario salt  
 2 tablespoons (30 L) farm-fresh butter  
 ½ cup (125 mL) milk  
 ¼ cup (60 mL) Ontario maple syrup

Slice sausage into ½-inch pieces and sauté in a skillet over medium heat with a drizzle of canola oil. Brown on both sides, about 8 minutes.

Remove sausage from skillet and set aside. Add onions and cook for about 4 minutes. Add apple cider vinegar and bring to a boil. Simmer for 3 minutes and then add maple syrup. Simmer 4 to 5 minutes. Return sausage to skillet, add apples and simmer until sauce is slightly thick and reduced to about 2 tablespoons. Season to taste. Remove from heat and set aside to cool slightly.

In a medium bowl, add the cornmeal, flour, baking powder, and salt. Add butter in cubes and cut in with a pastry cutter. In another bowl, mix milk and maple syrup. Add the liquid to the dry ingredients and stir just to combine.

Preheat oven to 375°F (190°C). Set 4 ramekins on a baking sheet and divide the batter evenly among them. Spoon sausage and apple mixture into the centre of the batter, making space in the middle to accommodate more. Drizzle any remaining sauce over the sausages and apples.

Bake for 25 to 30 minutes or until cornbread batter begins to brown around the edges.

Serves 4.

## MAPLESIDE SUGAR BUSH

"How exciting to be producing Canada's quintessential product," exclaims Ray Bonenberg, proprietor of **Mapleside Sugar Bush** in Eastern Ontario. "It's the first crop of the year, it's a natural and healthy sweetener, and it comes from a maple tree," continues Ray, not missing the point that the maple leaf is Canada's icon. When Ray and wife, Carol Anne, make maple syrup, "[We] make it a bit thicker because [our] customers like it that way," explains Ray, describing his maple syrup as "lingering longer on the palate with a mouth blast of succulent maple flavour." Ray produces a full range of maple syrup grades along with maple candy, butter, barbecue sauce, and more. For a complete list of their delicious maple products, check the website.

166 Reiche Road, Pembroke  
 Open during maple season (March, April, and May)  
[www.mapleside.ca](http://www.mapleside.ca)

## ONTARIO'S FARM-FRESH EGGS

If you thought all eggs were alike, just look a little closer at the egg case in your grocery store. You'll find not only the usual white and brown eggs but also omega-3, free-run, free-range, organic, and vitamin-enriched eggs. Eggs are incredibly versatile, delicious eaten on their own or in a frittata, an omelet, or a scramble! Not heard of a frittata? It's a great way to use up little bits of leftover meats and vegetables from the refrigerator. There's a great recipe on page 121 of **The Ontario Table** cookbook.

### PEEL IT

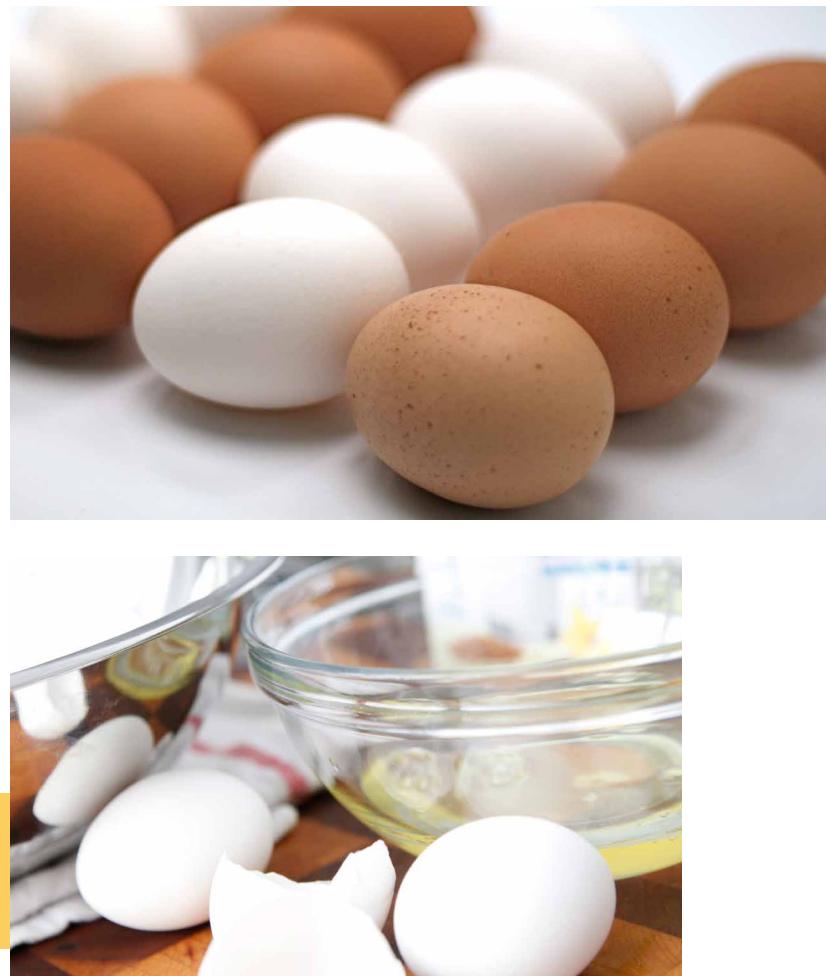
Ever have a hard-boiled egg that was difficult to peel? This means your eggs are too fresh. For best results, leave them until the best before date on the carton. To cook perfect hard-boiled eggs, put them in a pot covered with water, bring them to a boil, then turn off the heat but leave them on the burner. Let them sit for 10 to 15 minutes, then run them under cold water, peel, and enjoy.

### DID YOU KNOW?

The *Egg Farmers of Ontario* is an independent farming organization comprised of over 360 egg farmers producing over 200 million eggs annually. Besides the cartons of eggs found on grocers' shelves, Ontario eggs are also produced in liquid products for the restaurant, bakery, and food service industries and dried for use in cake mixes or for making commercial pasta. In all its varied forms, it's wholesome Ontario eggs.

[www.eggfarmersofontario.com](http://www.eggfarmersofontario.com)

Almost all recipes that call for eggs refer to *large* sized eggs.





## Farmers' Breakfast

2 tablespoons (30 mL) canola oil  
 8 slices country-style ham  
 4 farm-fresh eggs  
 4 slices day-old whole wheat bread, toasted  
 parsley  
 Ontario salt

In a skillet warm the oil over medium-high heat. Lay 4 slices of country-style ham in the skillet and cook until lightly browned on one side. Turn over and brown lightly on the other side, about 3 minutes each side. Transfer to a paper towel to drain and repeat with the remaining 4 slices.

Fill a medium pot half way with water and bring to a simmer over high heat. Carefully crack each egg into the water—be careful not to overlap them; each egg must have its own space in the water. Simmer for 3 minutes or until eggs are soft poached.

To assemble, lay a piece of whole wheat toast on each of 4 serving plates. Lay 2 slices of country-style ham on top and, with a slotted spoon, drain and carefully remove the eggs from the simmering water and lay on top of the ham. Garnish with parsley and season with salt. Serves 4.

### BEKINGS POULTRY FARM

Cora and John Beking run a family farm called **Bekings Poultry Farm** just outside Ottawa. Eggs are their specialty and over 14,000 chickens (both brown and white) roam freely, fed an all-grain and -vegetable diet (no meat byproducts). Beking eggs are the freshest, tastiest eggs available—at least that's what the chefs at Ottawa's many high-end restaurants say. The Bekings sell their eggs in all sizes at farmers' markets, health food stores, and specialty food shops throughout Southeastern Ontario and directly from the farm.

2405 Jochen Road, Oxford Station, Ottawa  
[www.bekingseggs.com](http://www.bekingseggs.com)



## Sausage and Spinach Frittata

1 link of Italian-style sausage removed from casing  
 5 large farm-fresh eggs  
 1/2 cup (125 mL) half-and-half cream  
 3 thin slices of proscuitto, diced  
 1/2 cup (125 mL) Jensen Swiss cheese, freshly grated  
 1/4 cup (60 mL) Paron Montasio (parmesan) cheese,  
 freshly grated  
 1 cup (250 mL) spinach leaves, cooked  
 2 tablespoons (30 mL) fresh flat-leaf parsley, chopped  
 2 tablespoons (30 mL) canola oil  
 3 tablespoons (45 mL) Paron Montasio cheese, freshly grated  
 Ontario salt



Preheat oven to 450°F (225°C). In a skillet over medium-high heat, sauté sausage meat until done, about 6 to 7 minutes. Remove from skillet and set aside. Break the eggs into a medium-sized bowl and whisk until frothy. Add cream and whisk more. Season with salt. Add the sausage, proscuitto, cheeses, cooked spinach, and parsley. Stir gently to combine. In a 10-inch oven-proof skillet, heat the oil over medium heat. Pour in the egg mixture and reduce heat to low. Cook until the eggs begin to set but are still slightly runny, about 2 to 3 minutes. Sprinkle with remaining parmesan. Transfer pan to the oven and bake frittata until just set, about 1 minute. Serves 4.

## LOCAL FOOD AMBASSADOR ANNOUNCED

On February 21 at the Ontario Farm Fresh Marketing Association Annual General Meeting, held at the Crowne Plaza Hotel in Niagara Falls, Lynn Ogryzlo was named Ontario's new Local Food Ambassador. Association president Jesse Lauzon (Springridge Farm, Milton) praised Lynn's 20-year career promoting local food, calling her a crusader for the farmer. Lynn is a food writer with a weekly column in *Niagara This Week* newspaper (Metroland) where she writes about local farmers and harvest festivals, and has developed over 4000 local food recipes. Lynn is author of *Niagara Cooks: From Farm to Table*, which won Best Local Food Cookbook in the World (Gourmand World Cookbook Awards, Paris, France), and the Canadian bestseller *The Ontario Table* cookbook. Lynn is also founder and food editor of this ezine, **The Ontario Table \$10 Challenge: A Year of Eating Local**. You can contact Lynn for questions or comments at [www.ontariotable.com](http://www.ontariotable.com).



LOCAL

# DISHES

*march's seasonal dishes*

## Breakfast Scramble

2 slices pork belly, diced  
1 onion, sliced  
4 country-fresh Ontario eggs  
4 tablespoons (60 mL) egg whites  
2 tablespoons (30 mL) farm-fresh milk  
2 tablespoons (30 mL) butter  
½ cup (125 mL) Ontario cheese (Monforte Athena), finely shredded  
a large handful of greenhouse spinach (about 1 cup)  
Ontario salt to taste

In a skillet, add pork belly and sauté over medium-high heat until browned, about 4 to 5 minutes. Add onion and continue to cook until onion is translucent, about 3 minutes. Remove from skillet and set aside. Wipe skillet with a paper towel. In a large bowl, beat together eggs, egg whites, and milk. In a large skillet over medium-high heat, melt butter. Add eggs and cook, without stirring, until eggs begin to set. Sprinkle pork belly and onions on top of the eggs. Stir eggs until roughly scrambled. Keep doing this until eggs are fully cooked, about 10 to 15 minutes. Add the cheese and spinach, and keep stirring to mix well. When spinach begins to wilt, divide the eggs between 2 dishes and enjoy.

Serves 2.



## BURNBRAE FARMS

It seems you see their name everywhere nowadays yet **Burnbrae Farms** is a 50-year-old family-owned and -operated egg-producing farm located in the Village of Lyn, just outside Brockville in Eastern Ontario. Some of their customers are major grocery stores and food service operations throughout Ontario. Besides cartons of fresh eggs, they break and package eggs that are sold to the bakery and hospitality industries, they package eggs and egg whites in cartons, and now they even sell vacuum-packed hard-boiled eggs—perfect for kids' lunchboxes or for a healthy protein snack on the run.

[www.burnbraefarms.com](http://www.burnbraefarms.com)

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## Maple Bread Pudding

4 eggs  
 1 cup (250 mL) whipping cream  
 2 cups (500 mL) milk  
 1/2 cup (125 mL) sugar  
 1/2 teaspoon (2.5 mL) cinnamon  
 1/4 cup (60 mL) maple syrup  
 1 teaspoon (5 mL) pure vanilla extract  
 1 panettone, very stale, 1-inch cubed  
 icing sugar for dusting

Butter a 9 x 13-inch baking dish or a 12-muffin tin. Beat the eggs, cream, milk, sugar, cinnamon, maple syrup, and vanilla in a large bowl. Put the bread cubes in the buttered baking dish and pour the egg mixture over. Let bread soak for about 30 to 35 minutes. Preheat oven to 350°F (180°C).

If necessary, press down on the bread with your hands so it soaks up the liquid. If using muffin tins, spoon bread pudding into 12 muffin tins. Bake for about 30 minutes or until golden on top. Remove from oven and let cool completely. Dust with icing sugar and serve with maple syrup on the side.

## WHITE MEADOWS FARM

From mid-February to the end of March the 64-acre sugar bush at **White Meadows Farm** flows with the sweet, sticky sap that Murray and Ann Bering along with son, Richard, and his wife, Amanda, turn into the region's best maple syrup. While maple harvest is in the spring, The Maple Sweet Shop is open year round to offer a mammoth variety of maple products. This quaint on-farm retail shop offers four grades of luscious maple syrup: light, medium, amber, and dark. White Meadow's dark maple syrup is rich with flavours of molasses and caramelized sugars, an incredibly unique product. Come out in the spring for maple syrup fun. Take a wagon ride to the sugar bush to experience maple syrup first hand. With loads of activities and re-enactors demonstrating the history of maple syrup, there's great family fun to be had. Enjoy breakfast in the Pancake House and let the warm pancakes sop up loads of fresh maple syrup. Maple syrup is 100% pure and natural.

2519 Effingham Street, St Catharines (Pelham)

[www.whitemeadowsfarms.com](http://www.whitemeadowsfarms.com)



## ONTARIO WINE



March is a sleepy month at Ontario's wineries. It's the time of year to think of bottling the new year's whites while topping up the reds in barrels. It's a good time to visit a winery in Ontario and discover just how delicious local wine can be. Here are some suggestions to start with.

Baco Noir is a unique Ontario grape variety that creates an ultra rich and soothing red wine. **Sue-Ann Staff Estate Winery Baco Noir** (\$15.15) has the ability to caress the palate with hints of tobacco, grilled meats, and seductive, black chocolate.

Sue-Ann Staff Estate Winery  
3210 Staff Ave., Jordan  
[www.staffwines.ca](http://www.staffwines.ca)

Classic, classy, and smooth, this Pinot Noir carries the Dean's List distinction, which is given to very few wines. **Niagara College Dean's List Pinot Noir** (\$32.95) is a sensuous wine that is drinkable now and lingers long.

135 Taylor Road, Niagara-on-the-Lake  
Niagara, St. David's Bench  
[www.nctwinery.ca](http://www.nctwinery.ca)

Rich and heart warming with layers of ripe pear and pineapple encased with toasty notes of biscuit on a full body, **Waupoos Chardonnay** (\$14.95) delivers on a cold March day

Waupoos Estate Winery  
3016 County Road 8, Picton  
Prince Edward County  
[www.waupooswinery.com](http://www.waupooswinery.com)

A seductive blend of Merlot and Cabernet Franc turns rich, smooth, and full in **Burning Kiln's Strip Room** (\$24.95). It's a wine that lingers long.

Burning Kiln Winery

1709 Front Road, St. Williams  
Norfolk County  
[www.burningkilnwinery.ca](http://www.burningkilnwinery.ca)



THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

April 2012

**Ontario-Grown  
Greenhouse  
Produce Is Back!**

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**Celebrate Easter  
with Local Foods**

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**Irresistible Dishes  
with Ontario Veal  
and Rabbit**

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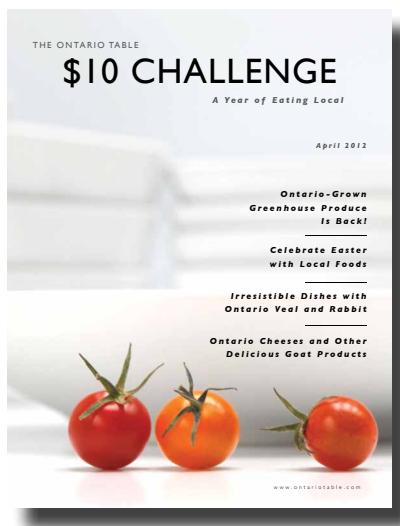
**Ontario Cheeses  
and Other Delicious  
Goat Products**



THE ONTARIO TABLE \$10 CHALLENGE

# APRIL

*There are plenty of ways and reasons to eat local in April.*



## FEATURES

What the \$10 Challenge Is All About

Seasonal Eating in April

Ontario Veal, Goat, and Rabbit

Celebrating Easter

Greenhouse Vegetable Produce

## Plus...

Your best bet in a grocery store:

Rowe Farms

As I write this introduction it appears that March has become April and April has become May. The unusually warm weather has put our growing season about one month ahead of schedule. On the upside, this means a longer growing season and potentially one of the best yet. However, I'm always reminded by Ontario farmers that the dance with Mother Nature is never predictable. If she decides to show her mean and devastating side, this could go down in the history books as the year we lost it all. Let's keep our fingers crossed and our palettes whet for another delicious year. Join us for the launch of **The Ontario Table \$10 Challenge: A Year of Eating Local** at The Green Living Show, April 13 to 15, Direct Energy Centre, in Toronto. You'll find us at the Rowe Farm booth (1309) with some great local food giveaways. Use **The Ontario Table \$10 Challenge** ezine to eat along with the season.

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LYNN OGRYZLO

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## SEASONAL FAVOURITES

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apples	herbs, greenhouse and dried
barley	honey
beans, dried and canned	lake fish
beetroot	maple syrup
bottled water	meat, farm-raised
butter	milk and dairy
carrots	mushrooms
celery root	onions
charcuterie	potatoes
cheese: cow, goat, sheep	poultry
chilies, dried	sweet peppers, greenhouse
cider	sweet potatoes
cooking oils, canola and soy	stone-ground flour
cucumbers, greenhouse	tofu
eggplant, greenhouse	tomatoes, canned and greenhouse
eggs	whole grains
garlic	wine
greens, greenhouse	



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

CELEBRATE

# FOOD

april's fresh food from the farm

INDEPENDENT GROCER  
ROWE FARMS



**Rowe Farms** isn't just a great grocer—there's much more going on behind the scenes than initially meets the eye. It's actually a cooperative of farmers led by internationally acclaimed farmer Roger Harley. Roger's philosophy is to farm economically in an environment that supports healthy animal welfare. All of the farms in the cooperative allow their animals to graze freely, to eat plants not feed, and they don't use any engineered animal proteins, antibiotics, or growth hormones. At **Rowe Farms** you'll find a variety of cuts of beef, chicken, lamb, and pork, as well as cured products such as sausages and patties, and farm-fresh eggs. Real butchers and chefs work at all locations professionally preparing their products, and some of the meats are marinated for your convenience. While meat is their main focus, you'll also find an amazing selection of local foods from Organic Meadow dairy products, Ontario's Own specialty products, and fresh produce in season. To find a store near you, see [www.rowefarms.ca](http://www.rowefarms.ca).



DIRCREST HOLSTEINS

**Judy Dirksen** is a veal farmer and loves every minute of it. In 2000, with her husband, Dick, she turned their 100-acre dairy farm north of Guelph into a veal farm. "We always raised some veal," says Judy, who prefers the melt-in-your-mouth flavour of veal to that of hardier cuts of beef. They buy 300-pound calves and raise them to fully grown (700 pounds). All veal start off with a diet of milk then gradually move on to whole corn with an all-vegetable protein supplement. "It's our business. We take good care of our veal, and they look after us." The Dirksen's sell some frozen veal from their farm; best to call first for availability.

near Harriston  
519-338-3083

[ontariotable.com](http://ontariotable.com) 61

## ONTARIO VEAL, GOAT, AND RABBIT

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Ontario family-farmed veal is a versatile, nutrient-dense, and high-quality protein. Goat cheese is earthy, rich, dreamy, and comes in many varieties—from chèvre to gouda to brie. Rabbit may be new to most palates but you'll be thrilled to discover how tasty this alternative meat can be. Go on a delicious adventure to discover new Ontario foods.

### ONTARIO VEAL

Ontario is the second-largest producer of veal. Contrary to popular belief, veal is a byproduct of the dairy industry. Since male dairy cows (bulls) don't produce milk, they're sold off to farmers who raise them as cattle to produce the elegant, lean, nutrient-rich, and high-quality meat.

Veal are raised until they reach 700 pounds, which takes approximately 7 months. This makes them the second-oldest and second-largest animal we consume (second to beef cattle).

Ontario produces both milk-fed and grain-fed veal, each with its own unique flavour profile. Milk-fed veal is light pink in colour and very tender with a subtle, succulent taste. Grain-fed veal is a fleshier pink colour; also very tender, but with a hint of beef flavour. In both cases, Ontario veal has the ability to absorb the flavours it is cooked with, making it the perfect canvas for your favourite seasonings and sauces.

### ONTARIO RABBIT

Rabbits are grown commercially throughout Ontario. The all-white meat has a rich flavour and a graceful texture. Rabbit meat has no skin or fat layer, and is very low in cholesterol. Rabbit can be roasted, barbecued, stewed, grilled, fried, or simmered all day in a crock pot. Whole rabbits can be stuffed and roasted. The meat absorbs the flavours of the stuffing and the resulting roast is über delicious.

### DID YOU KNOW?

The **Ontario Veal, Goat, and Rabbit Association** is a business-to-business association that works behind the scenes on the marketing and market development of its three delicious and unique Ontario meats. Through its websites, you'll find information on nutritional benefits, the different cuts of meat, as well as lots of scrumptious recipes. Explore, learn, shop, cook, and enjoy something different. See [www.ontariovealappeal.ca](http://www.ontariovealappeal.ca) and [www.ontariogoatcheese.ca](http://www.ontariogoatcheese.ca).

## Roasted Veal Shoulder with Caramelized Shallots



**Shallots** offer an elegant flavour that pairs well with the lighter flavours of veal. One of Ontario's root vegetables, they're available throughout the winter and spring months.

**Veal** is elegant, tender, and juicy, veal takes on the flavours it's partnered with in the pan. It's versatile enough to take on both the caramelized sweetness of maple syrup and the tang of icewine vinegar.

**Maple Syrup** is one of the first harvests of the year and certainly one that offers more sweet fun than any other. Ontario is the world's second-largest producer of maple syrup. Make sure you visit a sugar bush in March or April to get involved in the season's local food.

6-pound (2.72 kg) veal shoulder roast  
 1 pound (0.45 kg) shallots, unpeeled  
 2 teaspoons (10 mL) maple syrup  
 2 teaspoons (10 mL) icewine vinegar  
 Ontario salt

Preheat oven to 500°F (250°C).

Season veal well. Place in a large roasting pan and roast for 15 minutes at 500°F (250°C). Reduce oven temperature to 350°F (180°C) and place unpeeled shallots around the veal roast. Roast for 1 hour, turning shallots with tongs after about 30 minutes. Remove from oven. Transfer veal to a platter and tent loosely with foil. Add maple syrup and vinegar to the roasting pan with the shallots and cook over medium heat, shaking the pan to coat shallots. Cook until syrupy and shallots begin to caramelize, about 5 minutes. Transfer shallots to a shallow bowl. Carve the veal roast and serve with shallots, drizzling any extra pan drippings over top. Serves 8.

## Mustard Cream Rabbit

1 whole Ontario rabbit, cut into pieces

1/4 cup (60 mL) Dijon-style mustard

4 tablespoons (60 mL) all-purpose flour

2 tablespoon (30 mL) farm-fresh butter

1 tablespoon (15 mL) Ontario canola oil

1 onion, peeled and diced

4 garlic cloves, peeled and sliced

4-ounce (100 grams) piece pork belly, diced

1 cup (250 mL) whipping cream

fresh parsley for garnish

Coat the rabbit pieces evenly with mustard and refrigerate overnight. Remove rabbit from the refrigerator and dust evenly with flour. Over medium heat, warm half the butter and oil in a large, oven-proof skillet. Add pieces of rabbit in a single layer. Lightly brown the rabbit pieces on both sides, about 5 minutes per side. Repeat with remaining rabbit. Transfer the rabbit to a plate and set aside.

Add remaining butter to the skillet and add onion, garlic, and pork belly. Sauté for 5 minutes. Stir to remove brown bits from bottom of skillet. When onion is soft, about 8 minutes, return rabbit to skillet. Cover with a lid and cook over low heat for 30 minutes. Remove the skillet from the heat and stir in the whipping cream. Preheat the oven to 350°F (180°C). Cover the skillet and transfer to middle rack of the oven. Bake for 45 minutes. Remove from oven and garnish with parsley. Serves 4.



## MARIPOSA FARM



**Mariposa Farm** produces my favourite blue goat cheese. I know you've seen their Celebrity Goat Cheese at the dairy counter of your grocery store. They make luscious, soft chèvre as well as flavoured chèvres (check out their award-winning cranberry chèvre). Sharon and Bruce VandenBerg started Mariposa Dairy when they were first married. Sharon wanted a small business that she could run on the farm while she raised their four children. With her three-legged wooden stool, she milked a small herd of 25 sheep and made the cheese that she sold from the farm. That was then. They've since travelled the road to success and today milk a herd of 12,000 dairy goats on 330-acres—and have won a cabinet full of awards for their delicious goat cheeses. All of their products are sold through Finica Foods ([www.finica.com](http://www.finica.com)).

[www.mariposadairy.ca](http://www.mariposadairy.ca)

Lindsay

## ONTARIO GOAT CHEESE

There are almost 200 goat dairy farms throughout Ontario raising Alpines, Saanens, Nubians, Toggenburgs, and La Mancha's for their prized milk. Many people who have trouble digesting cow's milk are happy to find they're able to tolerate goat milk products, and there are lots to choose from: drinking milk, milk powder, cheese, curd, yogurt, and ice cream. Goat's cheese is both low in calories and nutrient-rich, making it a great addition to everyone's diet.

Goat's milk cheese is different in flavour than traditional cow's milk cheese. It has a slightly rustic tone that layers throughout an elegant texture. Intermingling are the different flavours that represent the many stages of cheese making. For example, spring cheeses may have more of a bright, wild flower essence and yet the same cheese may offer a savoury element in the winter months.

Goat's milk cheeses come in many varieties, from a creamy, rich chèvre to a very firm, sweeter gouda-style. In between, you'll find salty and tangy goat feta and sexy, lush brie-style. Try them all and discover more Ontario goodness.



## C'ESTBON CHEESE

George Taylor used to work in television in the big city of Toronto. About 10 years ago, he left it all and returned to his family farm in St. Marys. If you've ever had C'estbon cheese, you'll know how impressive and dreamy Taylor's cheeses are. His signature chèvre is milky sweet with hints of earthiness and herbs layered throughout. The texture is ultra creamy with an essence of purity in every bite. The C'estbon cheese factory is a 2500-square-foot, certified organic goat fromagerie.

For 10 years Taylor has been the single owner of the business. He makes the cheese, fills out the paperwork, and cleans the factory. Taylor used to milk the goats, but he now gets the highest quality goat milk delivered to him from Hewitt Dairy. With no time left for marketing and sales, Taylor's successful cheese business can be attributed to word of mouth. Most of his business is wholesale, but Taylor admits, "If someone came to the factory door to buy, I wouldn't refuse him."

4675 Line 3, St. Marys  
[www.cestboncheese.com](http://www.cestboncheese.com)



LOCAL

# DISHES

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*april's seasonal dishes*

## Crusted Potato Salad



1 small log chèvre, cold  
2 large potatoes, thinly sliced (24 slices)  
4 tablespoons (60 mL) sundried tomato pesto  
2 teaspoons (10 mL) vegetable oil  
2 teaspoons (10 mL) shallots, finely chopped  
6 tablespoons (90 mL) good quality extra  
virgin canola oil  
2 teaspoons (10 mL) Ontario verjus  
1 tablespoon (15 mL) red wine vinegar  
1-inch slice chèvre, room temperature  
Ontario salt  
2 large bunches mixed fresh baby greens

Cut chèvre into 12 thick slices about  $\frac{1}{4}$ -inch thick. Cut potatoes into 24 slices about  $\frac{1}{8}$ -inch. Smear pesto on one side of a potato slice, top with chèvre and another potato slice. Continue until you have 12 potato sandwiches. Warm canola oil in a skillet over medium heat. Cook goat cheese-filled potatoes, about 5 minutes each side. Remove from skillet and drain on paper towels.

Put shallots, canola oil, verjus, red wine vinegar, 1 slice of chèvre, and salt in a jar with a tight-fitting lid. Shake vigorously until thick. Pour over salad greens and toss lightly. Divide salad greens amongst 6 individual salad plates and top each with 2 chèvre sandwiches. Serves 6.

## MORNINGTON GOAT CHEESE

Ontario Dairy Goat Co-Operative celebrates 10 years of goat milk brokering. It's a large cooperative in Teeswater that's comprised of over 100 individual family goat farms producing over 16,000,000 litres of farm-fresh goat milk (in 2011). Their recent purchase of the Mornington cheese factory in Millbank allows them to continue to produce irresistible goat cheddars in mild, medium, old, extra old, and marble styles. Their newest product is a drinkable goat yogurt that's a nutritious addition to any school lunchbox. They also craft delicious, creamy, unsalted goat butter (an award winner) and milk in both 2% and 3.5% under the Mornington label. Look for Mornington goat products at the dairy counters of your local grocery stores across the province.

[www.morningtondairy.com](http://www.morningtondairy.com)



## CELEBRATING EASTER

Celebrations are all about food, especially local food. We plan our menu, we source the best, we put time and heart into the preparations. We share a piece of ourselves each and every time we gather at the table. Easter is no different: from fasting to feasting, it's all about traditional foods. The foods our parents prepared are the dishes that remain true to our own personal culinary celebrations.

### EGGS

The egg is a symbol of fertility, the start of new life. In Christianity, it's a symbol of resurrection. Ontario produces over 2 million eggs annually and, during Easter, you'll find them everywhere, embedded in traditional breads as well as colourfully painted then hidden for children to find.

The search is on for Ontario's best egg! The panel of "eggs-perts" are searching for the best decorators throughout the province. With every valid entry, Egg Farmers of Ontario will donate \$1 to Breakfast for Learning. [www.eggsfactor.ca](http://www.eggsfactor.ca)



### RABBIT

Rabbit is a favourite Easter tradition for many European Canadians. Rabbit pieces, or "joints" as they're called, simmered slowly with tomatoes creates superb rabbit cacciatore, or simmered with a meat gravy creates a delicious rabbit stew, or stuffed whole with a savoury mixture and roasted makes a rich Easter feast.

### BREAD

Centuries ago, pagans would offer up loaves of bread to please the spirits of the spring in the hopes that their gratitude would bring a bountiful season. Today sweet breads are blessed by the church. Sweet breads come in many forms, from traditional hot cross buns to braided egg breads, both made with eggs and embedded with hard-boiled eggs.

### LAMB

Lamb and Easter are synonymous. As the bible recounts, the sacrificial lamb was roasted and eaten in hopes that the angel of God would pass over homes and bring no harm. Christians often refer to Jesus as "The Lamb of God." Traditionally, lamb is a young sheep less than a year old. Spring lamb is milk-fed, usually born in late winter and sold in the spring. It's considered by many to be a delicacy and is highly sought after for Easter dinner. Find your Easter lamb at a farm near you by using the locator tool at [www.ontariosheep.org](http://www.ontariosheep.org).

### THE ONTARIO TABLE

Browse through the pages of **The Ontario Table** cookbook to find recipes perfect for Easter celebrations: Hawberry Cider Lamb on page 150, Apple Sticky Toffee Pudding on page 241, and Craig's Honey Ham on page 149.

## GREENHOUSE VEGETABLE PRODUCE

Modern greenhouse agriculture is a fantastic way to produce delicious food in Ontario. Greenhouse growing gives the farmer a completely controlled environment, free from unpredictable weather and hungry pests. It also extends the growing season by creating a warm, sunny environment for almost an entire year. However, since plants don't live forever, greenhouses pull out their crops in December and then scrub and sanitize and replant in January. The new plants begin producing in March and grow through to December again. How exciting to find Ontario greenhouse produce in our grocers' produce section again.

### GREENHOUSE FACTS

Growing crops in a greenhouse allows farmers to grow approximately 10 times the amount as the same-sized field would yield outdoors: tomato and pepper plants, for example, can reach up to 20-feet tall! Most greenhouse operations are hydroponic (using water) and are certified in the most current food safety standards. Pest management is also easier in a controlled environment, and the farmers introduce good bugs to manage the bad bugs.

### WHERE IT'S GROWN

While most people believe the largest greenhouse operations are in Essex Kent County, the warmest spot in Ontario, the reality is that greenhouses, both large and small, are located throughout the province from Windsor to Niagara and across to Ottawa.

### DID YOU KNOW?

**Ontario Greenhouse Vegetable Growers (OGVG)** is a not-for-profit organization representing over 220 greenhouse farm members from across the province with greenhouses that cover over 2000 acres of glistening glass. Under this glass they grow many varieties of tomatoes, cucumbers, and multi-coloured sweet pepper crops. Besides research, lobbying, and product development, OGVG engages in marketing. Chances are you've seen their logo in grocers' produce sections next to the Foodland Ontario banners. They also produce a delicious cookbook called *A Taste of Ontario*. [www.ontariogreenhouse.com](http://www.ontariogreenhouse.com)

For the **Roasted Eggplant with Walnuts and Yogurt** recipe, see page 195 of *The Ontario Table*



## Greenhouse Tomatoes, Basil, & Mozzarella

Fresh Ontario greenhouse **tomatoes** are available 10 months of the year. These are ripe cluster tomatoes, but you can also find the smaller grape tomato in both red and yellow for a completely different look. Find them in the produce section of your favourite grocer.

Brilliant Ontario **basil**, used fresh as well as dried, is *the* quintessential herb. It couples well with tomatoes, cheese, and extra-virgin canola oil. Look for fresh pots of herbs at on-farm markets and farmers' markets this spring.

One of many **Ontario Cheeses**, this mozzarella melts lushly and, when mixed with brick, has both a flavour and texture that's over-the-top delicious. Visit [www.ontariocheese.org](http://www.ontariocheese.org) for a listing of local cheeses.



5 ripe greenhouse tomatoes, sliced  
canola oil

3 ounces (75 grams) Ontario mozzarella cheese, grated

2 slices day-old bread, torn into small pieces

6 basil leaves, chiffonade  
Ontario salt

Preheat oven to 350°F (180°C). Slice the tomatoes into 1/2-inch slices. Place on a parchment-lined baking sheet and drizzle with a scant amount of canola oil. Season liberally with salt. Bake for 30 to 35 minutes.

Remove from oven and spread grated mozzarella over tomatoes and litter with small torn pieces of bread. Return to oven to soften the cheese, about 15 minutes. Remove from oven, season, and sprinkle all over with shredded basil leaves.

Serve warm. Serves 4.

# LOCAL DISHES

*april's seasonal dishes*



## Simply Cucumbers

1 greenhouse English cucumber  
1/4 red onion  
1/2 Jalapeño pepper, minced  
1 tablespoons (15 mL) Ontario  
canola oil  
pinch of Ontario salt

Cut the ends off the cucumber and slice in half horizontally. Slice the halves into thin half-round slices. Transfer to a bowl and thinly slice the red onion into slivers. Add the pepper; drizzle with oil, and season with salt. Refrigerate for 30 minutes or until the vegetables express some of their liquid. Toss. Serve chilled. Serves 2.

### BEVERLY GREENHOUSES



An additional 7 acres of English cucumbers on top of their existing 15 acres will grow **Beverly Greenhouses** to a huge 22-acre greenhouse facility. With that much space producing millions of cucumbers annually you may wonder why you don't recognize the name. It's because they're one of the partner members of Mucci Farms. When you pick up an English cucumber from Mucci Farms, chances are it's a Beverly cucumber. Proud owners Jan and Dale Vanderhout also maintain a small roadside stand at their Waterdown facility so neighbours can pick up "seconds" at a reduced price. What a bargain for a premium, nutrient-rich, top-quality cuke!

### COPPOLA FARMS INC



They farm 10 acres of cluster tomatoes under glass. Talk to Tony Coppola and you can quickly tell he's a proud tomato grower. His dad came to Canada from Italy in 1968 and worked at the Heinz factory in Kingsville. He invested in a 60-acre farm and this is the site on which Tony, his brother, Frank, and two cousins, Tony Jr. and Joe, erected the greenhouse in 2000. At **Coppola Farms** the tomatoes are hydroponically grown and sold to distributors. Without knowing it, you are probably buying a cluster of Coppola's finest tomatoes.

Kingsville

[www.coppolafarms.com](http://www.coppolafarms.com)

## BELLEVILLE FARMERS' MARKET



The **Belleville Farmers' Market** is a community tradition dating back to 1816. You can visit it Tuesday, Thursday, and Saturday from 7 a.m. to 6 p.m. This outdoor, year-round market is an all-Ontario market, meaning they only sell Ontario produce. Visit them in April when you'll find plenty of root vegetables along with hydroponic tomatoes, lettuce, radishes, arugula, honey, and maple syrup in addition to home-baked goods (including gluten-free), artisan pasta, and locally grown and milled grains and flours. The market is complete with fresh meat, goat's milk and cheeses, wild leeks, fiddleheads, rhubarb, spring green onions, and possibly even asparagus. There are over 24 market vendors, and they're looking forward to the market growing as more neighbouring farmers harvest spring crops.

Market Square behind City Hall  
[www.farmersmarketsontario.com](http://www.farmersmarketsontario.com)

### FARMERS' MARKET DUSTED DONUTS

½ cup (125 mL) butter, soft  
 1 cup (250 mL) sugar  
 2 farm fresh eggs  
 ½ cup (125 mL) milk  
 1 ½ (375 mL) cups all-purpose flour  
 1 teaspoon (5 mL) baking powder  
 ½ teaspoon (2.5 mL) salt  
 icing sugar

Preheat oven to 350F (180C). In an electric mixer, cream together butter, sugar and 1 egg. Beat in second egg. Blend in milk. In a separate bowl, whisk together flour, baking powder, and salt. Pour into batter. Mix to moisten. Spoon 2/3's full into greased mini donut tins and bake for 25 to 30 minutes or until edges begin to brown. Remove from oven and cool for 10 minutes. Remove from tins and transfer to a wire rack. Dust with icing sugar. Makes 2 dozen mini donuts.



## ONTARIO WINERY RESTAURANTS



Spring is a glorious season to dine at one of Ontario's fine winery restaurants and enjoy the fruits of the land, on both the plate and in the glass. Celebrate the awakening of a new season with a wine country dining experience.

**Benchmark Restaurant at Niagara College Teaching Winery**  
135 Taylor Rd., Niagara-on-the-Lake  
[www.niagaracollege.ca/dining](http://www.niagaracollege.ca/dining)

**Featherstone Estate Winery & Vineyard**  
3678 Victoria Ave., Vineland  
[www.featherstonewinery.ca](http://www.featherstonewinery.ca)

**The Good Earth Food & Wine**  
4556 Lincoln Ave., Beamsville  
[www.goodearthfoodandwine.com](http://www.goodearthfoodandwine.com)

**Henry of Pelham Family Estate Winery**  
1469 Pelham Rd., St. Catharines  
[www.henryofpelham.com](http://www.henryofpelham.com)

**Hillebrand Winery & Vineyard Cafe**  
Niagara Stone Road, Niagara-on-the-Lake  
[www.hillebrand.com](http://www.hillebrand.com)

**Huff Estates**  
1527 Highway 62 at County Road #1, Bloomfield  
[www.huffestates.com](http://www.huffestates.com)

**The Kitchen House at Peninsula Ridge Winery**  
5600 King St., Beamsville  
[www.peninsularidge.com](http://www.peninsularidge.com)

**Norm Hardie Winery Restaurant**  
1152 Greer Road, Hillier  
[www.normanhardie.com](http://www.normanhardie.com)

**On the Twenty Restaurant at Cave Springs Winery**  
3868 Main St., Jordan  
[www.cavespringcellars.com](http://www.cavespringcellars.com)

**Peller Estate Winery Restaurant**  
290 John St., Niagara-on-the-Lake  
[www.peller.com](http://www.peller.com)

**Ravine Vineyard Estate Winery**  
1366 York Rd., St. Davids  
[www.ravinevineyard.com](http://www.ravinevineyard.com)

**Ridgepoint Wines**  
3900 Cherry Ave., Vineland  
[www.ridgepointwines.com](http://www.ridgepointwines.com)

**Rockway Glen Golf Course & Estate Winery**  
3290 Ninth St. Louth, St. Catharines  
[www.rockwayglen.com](http://www.rockwayglen.com)

**Viewpoint Winery**  
151 County Road 50 East, Harrow  
[www.viewpointewinery.com](http://www.viewpointewinery.com)

**Vineland Estates Restaurant**  
3620 Moyer Road, Vineland  
[www.vineland.com](http://www.vineland.com)

**Waupoos Winery Restaurant**  
3016 County Road 8, Picton  
[www.waupooswinery.com](http://www.waupooswinery.com)

LOCAL FOOD

*april's fresh food from the farm*

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THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

May 2012



Organic Food  
& Wine

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Buzzing About  
Ontario Honey

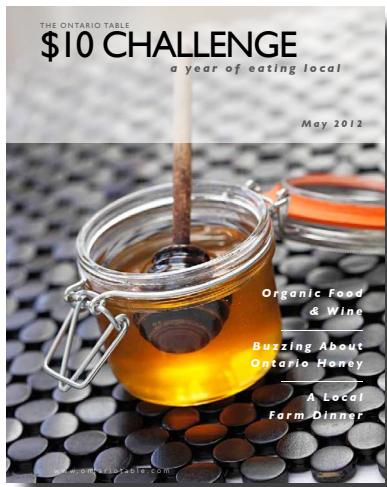
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A Local  
Farm Dinner

THE ONTARIO TABLE \$10 CHALLENGE

# MAY

*There are plenty of ways and  
reasons to eat local in May.*



## FEATURES

What the \$10 Challenge Is All About

Seasonal Eating in May

Organic Food in Ontario

May Is the International Month of

Cooperatives

Ontario's Second Sweet Harvest: Honey

## *Plus . . .*

Your best bet in a grocery store:

*The Big Carrot*

We've had an unusually warm winter and spring, and as a result most crops are early. If our warm weather holds, we can expect to see our first strawberry and asparagus crops hit the markets in late May. In this issue we feature Ontario's best organic produce as well as a less-celebrated crop: the season's first honey.

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

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LYNN OGRYZLO

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## SEASONAL FAVOURITES

While plenty of locally produced foods are available year round, the face of the local food available in May begins to change. We'll see field crops such as salad greens, strawberries, and asparagus reach the farmers' market stalls along with our warm weather. It's a great time of year to get reacquainted with your neighbourhood farmers' market.

apples	meat, farm-raised
asparagus	milk and dairy
barley	mushrooms
beans, dried and canned	onions
butter	potatoes
carrots	poultry
charcuterie	radishes
cheese	ramps (wild leeks)
chilies, dried	rhubarb
cooking oils, canola and soy	salad greens
cucumbers, greenhouse	smelts
eggplant, greenhouse	stone-ground flour and whole grains
eggs	strawberries
fiddleheads	sweet peppers, greenhouse
garlic	sweet potatoes
greens, greenhouse and field	tofu
herbs, greenhouse and dried	tomatoes, canned and greenhouse
honey	wild garlic
lake fish	wine
maple syrup	



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

## SPRING PLANNING



There are so many different ways to access local food. For some people, a neighbourhood farmers' market is not only a great source of freshly harvested food but a community hub as well. Others love to garden and find eating from their own backyard rewarding. For the busy person, a Community-Shared Agriculture (CSA) program might be best. Larger cities like Toronto and Ottawa harbour home delivery businesses that distribute Ontario's finest produce right to your door. Find the fit that's right for you early so you can enjoy the full bounty of the season.

## PLANT A ROW • GROW A ROW

Gardeners are among the most generous people you can find, and they're also passionate about their communities. Faced with a bumper crop, one home gardener decided to donate the excess to the local food bank and the organization **Plant a Row • Grow a Row** was started. The Compost Council of Canada spearheads the initiative today so many gardening groups across Ontario can continue feeding the hungry in their community. If you're a home gardener, consider planting extra this year and start your own campaign. Supported through the **Plant a Row • Grow a Row** website and the program's toll-free helpline: 1-877-571-GROW (4769).

[www.growarow.org](http://www.growarow.org)

## PLANTING HEIRLOOM VEGETABLES

When you plant your seeds depends on the type of seed and the last date for potential frost in your area. In Ontario, the last date for potential frost is typically the Victoria Day weekend, towards the end of May. Your seed package should tell you the rest. Many people start seeds indoors in small containers and plant the seedlings in the ground after the May long weekend. If you start your own plants, why not take the opportunity to plant heirloom varieties?

Heirloom vegetables are the original varieties before decades of grafting and manipulation of the plants. They offer more flavour than vegetables that have been bred for transportability. They're also healthier—nutrition is the component of heirloom foods that begins to deteriorate first (this is why heirloom vegetables don't travel well or keep as long as modern-day designer vegetables).

## GARDENING RETREAT

If you're looking to learn more about gardening try submersing yourself totally in the experience at the **Whole Village Community & Ecovillage** in Caledon. It's here they offer a **Permaculture** (Permanent Agriculture) **Design Course**. It's a two-week course taught on a 190-acre farm for first hand experience on the lessons offered in organic gardening, edible landscaping, fruit and nut production, and even poultry care. They have optional accommodation on site so you can live and breathe the experience totally. There are expert teachers, guest speakers, and meals. Contact Brenda Dolling for more information at 519-942-4010, [bdolling@wholevillage.org](mailto:bdolling@wholevillage.org). [www.wholevillage.org](http://www.wholevillage.org)

## ORGANIC FOOD

“No single industry has as much impact on climate change, water and soil quality, and global security as the food industry”, (Organic Council of Ontario).

Choosing organic is a direct and effective way to create a world according to your values, and it's working. Organic foods have been steadily growing in popularity for decades and the supply to meet those demands is also growing.

### A HOLISTIC APPROACH

“Organic agriculture is a holistic approach to production that promotes and enhances biodiversity, protects long-term soil health, and respects ecological balance through the use of environmentally and ecologically sustainable practices”, (Organic Council of Ontario).

### DID YOU KNOW?

The **Organic Council of Ontario** (OCO) connects health and environmental issues with our food. The OCO is comprised of many of Ontario's leading organic farmers who contribute to designing a set of practices and standards meant to improve the social, environmental, and economic sustainability of our food system and the health of our food. If you would like to get involved and be part of our changing food system, see [www.organiccouncil.ca](http://www.organiccouncil.ca).



### ORGANIC MEANS

Most people seek out organic produce because it is grown without the use of synthetic pesticides or synthetic fertilizers. This ultimately reduces the amounts of toxins on our food and in the environment.

Others buy organic food because it's pure, safe, healthy, and simply tastes good. They also enjoy the sense of community from supporting their local organic farmers. Organic farms are mostly small, independently run farms that care about producing food for their local communities.

Farming organically keeps the ecological balance and creates a more sustainable system, and because organic farmers don't use synthetic pesticides or fertilizers, they preserve ground water quality.

Organic farming also preserves biodiversity through the use of traditional and heirloom seed varieties. It respects the natural diversity of the land by rotating crops, by allowing animals to pasture, and by not using harmful pesticides and fertilizers.

Genetically modified organisms (GMOs) are not allowed in organic farming, so it's a simple way for consumers to find non-GMO products.

When buying organic foods, look for the Foodland Ontario Organic certification. This is your guarantee that organic foods and products have been grown and handled in accordance with sustainable procedures.

LOCAL

# DISHES

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*may's seasonal dishes*

## Organic Meadow Cheddar and Herb Purses

2 tablespoons (30 mL) fresh chives  
2 tablespoons (30 mL) fresh parsley  
2 tablespoons (30 mL) fresh thyme  
3 1-inch pieces garlic scapes  
dash of hot sauce (optional)  
24 wonton wrappers  
6 ounces (170g) Organic Meadow white cheddar cheese  
24 long chives, soaked in water  
Ontario salt



Preheat oven to 325°F (160°C). Put the herbs and garlic scapes in a mini food processor and mince. Transfer to a bowl, add a drop of hot sauce (optional), and season. Set aside.

Cut 24 small ½-inch square pieces of Organic Meadow white cheddar.

Lay a piece of cheese in the centre of a wonton wrapper. Spoon a bit of the herb mixture on top, about half a teaspoon. Dampen the edges of the wonton and fold it by bringing all four points together into a bundle. Tie with a chive strand and place on a baking sheet. Repeat for all 24 wonton wrappers.

Bake for 20 minutes or until edges of wonton wrappers are golden brown. Makes 24.

### P & H (ORGANIC) FARMS

Betsy Price grew up on a dairy farm, and while her career took her to the book publishing industry, when an opportunity to return to farming came along, she took it. Betsy and husband Omar run a unique 200-acre farm that is carved into a dozen 10-acre fields enclosed by cedar hedges. The hedges provide the ideal conditions to monitor specific plant culturing, pollination, and disease control of the various crops. One plot has become a hazelnut grove; another a fruit orchard. One is dedicated to lavender, and another grows organic and heirloom produce, including over two dozen varieties of tomatoes and other vegetables. Betsy and Omar sell their produce at the Port Hope Farmers' Market and they're about to open their first store in beautiful downtown Port Hope called **Marché 59**. On the second floor will be a hospitality room used for community events and garden dinners.

1170 4th Line, Port Hope  
[www.marche59.ca](http://www.marche59.ca)



PINE HOUSE

ontariotable.com 79

LOCAL **FARMER** *the face of our food*

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**Artisan Bacon** Many independent butchers make and smoke their own bacon. You can ask them to slice it thick. Dice it for the best texture.

**Spring Onions** You'll find these tender, delicious, organic spring onions at farmers' markets now.

**Organic Dairy** There are many different kinds of organic cream, and you're sure to find them in your grocer's dairy section.

Use organic ingredients

## Organic Spring Onion Tart

1/2 pound (0.23 g) new potatoes, peeled  
 4 slices smoky artisan bacon, diced  
 1 rectangular cooked tart shell  
 3 farm-fresh eggs  
 1/2 cup (125 mL) half-and-half cream  
 1/2 cup (125 mL) Organic Meadow cheddar cheese, grated  
 2 tablespoons (30 mL) wholegrain mustard  
 1 bunch garden spring onions, trimmed and halved lengthways  
 Ontario salt

Place potatoes in a saucepan and cover with cold salted water. Bring to a boil and simmer for 10 minutes or until tender. Drain well and set aside to cool. While the potatoes are cooking, sauté the bacon in a skillet until crisp. Remove from skillet and drain on paper towels.

Preheat the oven to 400°F (200°C). Thinly slice the cooled potatoes and arrange on the base of the cooked tart shell. Beat the eggs, cream, cheese, mustard, and bacon in a bowl and season to taste. Arrange the spring onions on top of the potatoes. Pour over the egg mixture. Place in oven and bake until set but still a bit wobbly, approximately 25 minutes. It will set further as it cools. Let stand for 5 minutes, then slice and serve. Makes 1 tart.

# LOCAL FARMERS

*the face of our food*



## SAMSARA FIELDS



They're certified organic farmers and they run a CSA program. Meet JP Gural and So Young Lee of **Samsara Fields** in Waterford. Deeply concerned about food and its connection to poverty issues on the planet, they decided to set down roots and began farming organically. JP believes "it's an important direction if humanity wants to survive an impending environmental collapse." JP and So Young specialize in heirloom varieties of vegetables including garlic, salad vegetables, herbs, sweet peas, radishes, and spring onions. They offer 2 sizes of CSA to fit many needs and the drop-off locations range from Toronto to southern Halton and Peel regions. Check their website for specifics. Throughout the year they offer workshops in organic farming to their CSA members so others may follow a healthier way of living. "Organic living is a simple way of chemical-free living," advises So Young.

206 Charles St., Waterford [www.tenthousandpaths.com](http://www.tenthousandpaths.com)



## ORGANIC MEADOW



**Organic Meadow** is made up of 67 organic dairy farmers who collectively produce a whopping 90% of Ontario's organic milk. The cooperative grows their own animal feed, collects the milk, and stores, processes, and markets their own line of organic dairy products including milk, cream, yogurt, ice cream, cottage cheese, cheddar cheese, butter, and eggs under one name. Organic Meadow milk comes from cows that are not given any added synthetic hormones to stimulate their milk production. "What we love most in organic farming is livestock grazing and running free," says Cyril Schneider of Dameya Holsteins, an Organic Meadow member. All Organic Meadow's cows are fed a healthy organic diet and produce an average of 25 litres of fresh milk a day. To find a local supply of Organic Meadow near you, see the store locator at [www.organicmeadow.com](http://www.organicmeadow.com).

## Cilantro Radish Relish

1 bunch fresh cilantro  
1 bunch radishes (about 5), cleaned and diced  
1 spring onion, sliced finely  
2 tablespoons (30 mL) Ontario honey  
2 tablespoons (30 mL) white cider vinegar  
1/2 jalapeño pepper, minced  
Ontario salt

Pluck the cilantro leaves from the stems and wash in a salad spinner. Spin dry and place in a medium bowl. Add diced radish and chopped spring onion. Toss to mix. In a small bowl, mix honey with cider and minced jalapeño pepper. Season to taste with salt and add to radish mixture. Toss to completely coat. Relish is best served within 2 hours of preparation. Makes 1 cup.



*Browse through the pages of  
The Ontario Table  
for more spring recipes and  
more stories of organic  
farmers.*



## INTERNATIONAL YEAR OF THE COOPERATIVES

2012 is the **International Year of Cooperatives**.

United Nations Secretary-General Ban Ki-moon says, "Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility." Cooperative businesses are about working together to solve a need and not based on greed. It's a model where members collectively share the benefits instead of shareholders.

The cooperative model is very well suited to agriculture and food, see, for example, The Big Carrot on page 13 and Organic Meadows, on page 8.

## ONTARIO HONEY

Mark it on your calendar! May 29 is the National Day of the honey bee. Honey bees work hard behind the scenes to bring us the sweet golden nectar that luxuriates across our tongues with a hint of butterscotch woven between layers of candied ambrosia. Did you realize that 1 out of every 3 mouthfuls of the food that we eat is a direct result of bee pollination? Even farm animals feed on products that have been pollinated by honey bees—how sweet is that?

### DID YOU KNOW?

**The Ontario Beekeepers' Association** works with all honey producers to ensure the highest quality honey is available to consumers as well as provides you and me with information on the various grades of honey and honey products. Behind the scenes, they coordinate the movement of hives so the honey bees can pollinate crops in a timely and effective manner. For example, hives may travel to northern Ontario to pollinate blueberry crops, thus producing blueberry honey.

[www.ontariobee.com](http://www.ontariobee.com)

### ABOUT HONEY

Ontario honey comes in various colours and flavours. The colour and flavour of a batch of honey will depend on what flowers were available to the bees at the time when they were gathering the nectar.

Honey made from only one flower source has a distinctive flavour and colour. Beekeepers often keep beehives where the bees have access to only one type of flower in order for the bees to create wonderfully flavoured honeys. Some examples of Ontario flower honeys are clover, alfalfa, buckwheat, basswood, golden rod, and summer flowers.

All liquid honey will naturally granulate and may be used in that state or be re-liquefied by placing the container in warm water until all crystals are gone. This smooth and opaque honey spreads especially well on bread or crackers.

### TYPES OF HONEY

**LIQUID HONEY** is extracted from the comb and strained for clarity.

**CREAMED HONEY** or whipped honey is produced by crystallizing liquid honey under controlled conditions.

**COMB HONEY** is as it comes “packaged by the bees” still in the original beeswax combs.

**PASTEURIZED HONEY** has been heat-treated to destroy the natural yeasts.



## ONTARIO HONEY

### HOW IT'S MADE

Honey needs no processing. It's one of the most natural products you can buy. With a hot knife, beekeepers scrape off the top layer of a honey comb. Then the combs are transferred to a centrifuge where the liquid honey is gently separated from the comb. The honey trickles into a vat that's either sold to the food industry or is subsequently bottled for retail sales.



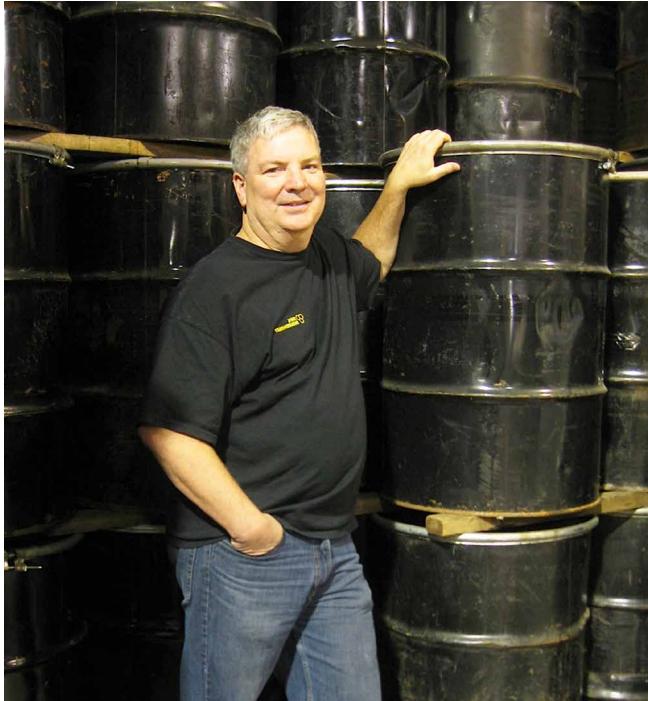
## Honey Garlic Flank Steak

1 pound (450 g) flank steak  
3 tablespoons (45 mL) soy sauce  
2 tablespoons (30 mL) verjus  
2 tablespoons (30 mL) Ontario canola oil  
1 tablespoon (15 mL) honey  
3 garlic cloves, minced

Put the steak in a shallow dish just large enough to hold it snugly. Whisk remaining ingredients together and pour over steak. Cover and marinate for 1 to 2 hours.

Place on a broiler pan and broil for 6 to 8 minutes per side. Remove from oven and let rest for 10 minutes. Slice diagonally and serve warm with simple salad. Serves 4.





## MONRO HONEY



John Bryans of **Munro Honey** manages over 3000 colonies of bees to produce upwards of 500,000 pounds of honey a year. John explains that the bees start collecting nectar in April, with dandelions being their primary source of food. The bees feed on this nectar until their colony is strong enough to increase production. The early honey of each year is usually clover; the lighter honey. As the season progresses and the bees feed on wildflowers and goldenrod, the honey becomes darker. You can visit John's farm retail store and browse over 14 different honey products, from pure liquid honey to gourmet cinnamon creamed honey that is yummy and nutritious spread on toast. Over 2 decades ago John learned that he could make alcohol from honey and today he produces 7 different meads from dry to fruit-flavoured. Munro Honey is available in many grocery stores, and the mead is available at the farm store.

3115 River Street, Alvinston  
[www.munrohoney.com](http://www.munrohoney.com)



## CHATSWORTH HONEY



Kelly Rogers is a bee breeder who sells bees to other beekeepers as well as manages a 700-hive beekeeping business. At **Chatsworth Honey**, Kelly specializes in varietal honey, that is honey from specific plants. Their Star Thistle honey and Autumn Blossom honey (a fall honey) are medium bodied; the Buckwheat is a fuller-bodied honey; and their main honey is a lighter mix of clover and alfalfa. Honey is a seasonal product with lighter flavours available in the spring and the fuller honeys harvested in the fall, but like any agricultural crop, these norms can change. Visit their on-site retail store for their full selection of honey. You can also find a window from which you can view the extracting room—from August to mid-October you can watch some of the all-natural honey processing. Kelly wants everyone to know that “every Ontario apple that you eat is the result of the hard work of Ontario honey bees, part of the 30% of the food we eat that relies on pollination by honey bees.”

777998 Highway 10, Chatsworth  
[www.chatsworthhoney.com](http://www.chatsworthhoney.com)



**Chicken** There are poultry farms throughout Ontario. 99.9% of the chicken you buy in a grocery store is local chicken.

**Canola Oil** You can see golden canola fields in mid to late summer in rural Ontario. Pristine Gourmet produces a gourmet canola found in specialty food stores and also an all-Ontario soy sauce.

**Ontario Honey** As a sweet ingredient, honey is all natural and full of nutrition.

## Honey-Glazed Chicken Chopsticks

2 tablespoons (30 mL) canola oil  
 1 small red onion, coarsely chopped  
 4 cups (1 L) apple juice  
 4 sprigs fresh thyme  
 1/4 cup (60 mL) pure Ontario honey  
 1 tablespoon (15 mL) Ontario soy sauce from Pristine Gourmet  
 4 chicken breasts, cut into 1-inch chunks  
 2 tablespoons (30 mL) canola oil  
 Ontario salt

Preheat the grill to medium-high. Heat oil in a medium saucepan over high heat, add the onion and cook until soft, about 2 minutes. Add the apple juice and thyme, and bring to a boil and cook, stirring occasionally, until thickened and reduced to approximately 1/2 cup, 15 to 20 minutes. Strain the mixture into a bowl and whisk in the honey and soy sauce. Let cool to room temperature. Can be made 2 days in advance and brought to room temperature before using. Brush chicken cubes on all sides with canola oil and season with salt. Cut a slit into the chicken pieces and insert the chopsticks. Skewer all chicken onto 8 chopsticks. Grill for approximately 5 minutes, turning halfway through. Brush with the glaze and continue grilling, turning often to prevent burning, for an additional 4 to 5 minutes or until chicken is cooked through. Remove to a platter, drizzle with apple honey syrup and season. Serves 4.

INDEPENDENT GROCER  
**THE BIG CARROT**

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**The Big Carrot** was founded in the early 80s when 9 like-minded individuals were inspired by cooperative models of business and sought their own independence. It has grown to a tight-knit group of 70 members who all own shares in the company, ensuring their mission stays true and sharing in the profits. The Big Carrot was the first grocery store to be certified organic. On staff they have nutritionists, naturopaths, as well as health and beauty experts who answer customer questions, and they also offer tours of the store for individuals who are on strict diets. Visit The Big Carrot and pick up one of their handy GMO cards—it's a quick reference guide for consumers wanting to avoid GMO foods. The Big Carrot also has an organic café with in-house chef-prepared salads, and entrées.

348 Danforth Ave., Toronto

[www.thebigcarrot.ca](http://www.thebigcarrot.ca)

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BOARD'S HONEY FARM

**Ann and Stephen Board** moved from Hamilton to their 10-acre farm in Restoule in 1974 and started beekeeping.

They have 1 bee yard on their farm and 13 others on neighbouring farms in the Nipissing area. If you have a dream of being a beekeeper, the Board's run a course on the fundamentals of beekeeping right on their farm so you can get first-hand experience with bees and beekeeping equipment. Their on-farm store is open from mid-May to mid-October, and they offer a selection of honeys including flavoured honeys that Ann makes from the vegetables and fruit she harvests from their 3-acre garden. Ann also makes a line of condiments, syrups, sauces, and herbal teas along with natural cosmetics.

6866 Highway #534, Restoule  
[www.boardshoneyfarm.com](http://www.boardshoneyfarm.com)



LOCAL

# DISHES

*may's seasonal dishes*

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## Apple Flan with Honeyed au Jus



Spend

\$10

a week on local food

1 1/4 cups (310 mL) all-purpose flour  
1/2 cup (125 mL) cold unsalted butter, cut into 1/2-inch cubes  
1/4 teaspoon (1.5 mL) salt  
2 to 4 tablespoons (30 to 60 mL) ice water  
6 Northern Spy apples, peeled, cored, halved, and sliced 1/8-inch thick  
1/4 cup (60 mL) honey  
1 cup (250 mL) water  
3 tablespoons (45 mL) honey  
2 tablespoons (30 mL) cold butter, sliced

Pulse together flour, butter, and salt in a food processor until most of the mixture resembles coarse meal or peas. Add 2 tablespoons (30 mL) of ice water and pulse 2 or 3 times, or just until incorporated. Add more water if necessary. Turn dough onto a floured work surface and form into a ball, wrap in plastic wrap, and refrigerate for at least 20 minutes. Meanwhile, wash the apples well, pat them dry, and peel them, reserving the apple peelings. To make apple water, put apple peelings in a medium-size pot and add honey and water. Bring to a boil and cook for approximately 15 minutes. Strain and set aside. Preheat oven to 375°F (190°C). On a lightly floured surface, roll out dough into a 13-inch round and fit it into a 10-inch tart tin with a removable bottom and fluted rim, trimming the excess. Brush the bottom of the shell with apple water and arrange the apples decoratively on the pastry shell, overlapping them. Drizzle the 3 tablespoons of honey on top of the apples, top with butter slices, and bake in the middle of the oven for 45 minutes or until the crust is cooked through and the apples are golden. To serve, puddle apple water on a serving dish and lay a slice of warm apple tart over top. Makes 1 tart.

SOURCING

# LOCAL

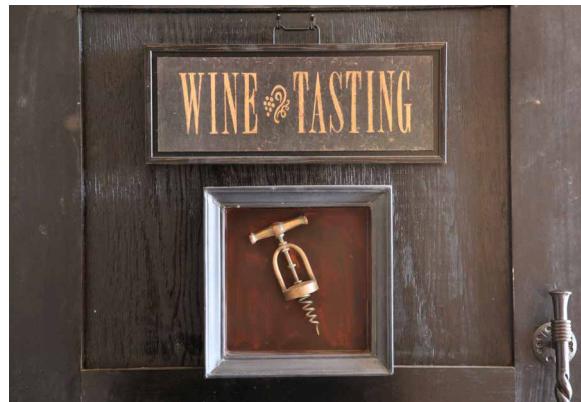
*spend \$10 a week on local food*

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April is the perfect month for baking up the frozen fruit from last season.

## ONTARIO WINE



May is the time of year we typically see the vineyard in full bloom. Unlike the beautiful blossoms of orchard fruit, grapes' tiny little green clusters, about 2-inches in diameter, are often not visible from a distance. You'll have to walk up close and inspect carefully around the leaves.

You may think mead is sweet, but this dry mead from **Munro Honey & Meadery** (\$15.12) is delightfully refreshing on a spring day when served chilled. The flavour is a dance of baked pineapple and light honey with a hint of cinnamon and a clean, crisp finish.

Munro Honey & Meadery  
3115 River St., Alvinston  
[www.munrohoney.com](http://www.munrohoney.com)

Ontario's only certified organic winery, **Frog Pond Winery 2009 Riesling** (\$16.00) is a full and fruity Alsatian-style wine the pairs beautifully with lighter spring salads.

Frog Pond Farm & Winery  
1385 Larkin Rd., Niagara-on-the-Lake  
[www.frogpondfarm.ca](http://www.frogpondfarm.ca)

The vineyards are certified organic, the winery is a LEED gold-certified building, and the wines are spectacular. Drinking the **Southbrook 2011 Triomphe Rose** (\$19.95) is like sipping on sunshine. It's always a beautiful spring wine.

Southbrook Vineyards  
581 Niagara Stone Rd., Niagara-on-the-Lake  
[www.southbrook.com](http://www.southbrook.com)

Another Ontario winery with certified organic vineyards, **Ravine Vineyards Sand & Gravel Riesling** (\$17.95) is a serious Riesling that starts crisp, clean, and light on the palate then works into a full, luscious, fruity mouthfeel mid-palate. It's a wine that lingers long.

Ravine Vineyard  
1366 York Rd., St. Davids  
[www.ravinevineyards.com](http://www.ravinevineyards.com)

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

June 2012

*Spring  
Asparagus Is  
Sprouting*

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*Happy Birthday  
The Ontario  
Table*

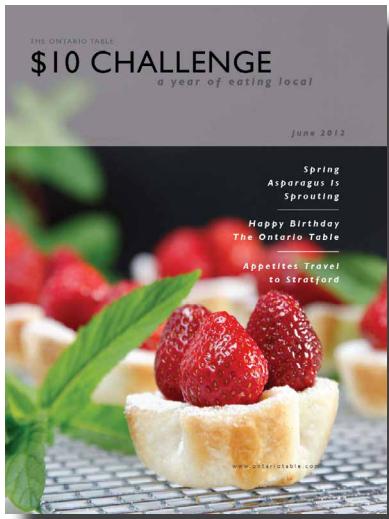
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*Appetites  
Travel  
to Stratford*

THE ONTARIO TABLE \$10 CHALLENGE

# JUNE

*There are plenty of ways and  
reasons to eat local in June.*



## FEATURES

- What the \$10 Challenge Is All About
- How the Season Is Shaping Up
- Ontario's Asparagus
- Appetites Travel to Stratford
- White Wines of the Season
- The Ontario Table Is One Year Old

## *Plus . . .*

Your best bet in a grocery store:

*Sunripe Marketplace*

Spring arrived 3 to 4 weeks early this year and the result is an early harvest of strawberries and asparagus. Celebrate asparagus with our delicious Asparagus and Horseradish Pea Purée recipe and strawberries with the Strawberry Tarts with Chardonnay Curd. This month we introduce a new series of food travel stories starting with a foodie's guide to eating your way through Stratford. With the warm weather it's time to get out and taste the local offerings of new destinations. Enjoy! Use **The Ontario Table \$10 Challenge** ezine to eat along with the season.

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LYNN OGRYZLO

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## SEASONAL FAVOURITES



While plenty of locally produced foods are available year round, June you'll find more fresh produce. Field crops such as salad greens, strawberries, and asparagus start to reach the farmers' market stalls. It's the best time of year to get reacquainted with your neighbourhood farmers' market.

apples	lake fish
Asian vegetables	maple syrup
asparagus	meat, farm-raised
barley	milk and dairy
beans, dried and canned	mushrooms
beans, green and wax	onions, cooking and green
broccoli	peas, green and snow
butter	peppers, greenhouse
cabbage	potatoes
carrots	poultry
cauliflower	radishes
charcuterie	ramps (wild leeks)
cheese	rhubarb
cherries	salad greens
chilies, dried	smelts
cooking oils, canola and soy	spinach
cucumbers, greenhouse and field	stone-ground flour and whole grains
eggplant, greenhouse	strawberries
eggs	sweet peppers, greenhouse
fiddleheads	sweet potatoes
garlic	tofu
greens, greenhouse and field	tomatoes, canned and greenhouse
herbs, greenhouse and dried	wild garlic
honey	wine

## A NEW SEASON

On May 12, Niagara was selling its first flats of strawberries and they sold quickly. A week before that they were harvesting asparagus in Norfolk County. And a week before that Port Colborne was harvesting fiddleheads. So what kind of season is it shaping up to be? Here are some expert opinions.

## MAPLE SYRUP

In Lavigne, Tracy Seguin of Sucrerie Seguin Sugarbush says the warm weather had an effect on her maple season. In one great week the sap ran wonderfully and they were able to make about 4000 L of beautiful, luscious maple syrup at their 6500-tap operation. (A typical season would yield 1 L of syrup per tap.) Then a week of extremely warm weather hit and the maple trees began to bud. Once a maple tree buds, the flavour of the sap changes and the resulting maple syrup flavour is affected for the remaining season. They did make more maple syrup when the weather cooled again, but it was too late. Sucrerie offers taste tests in their store and have had mixed reactions from consumers so in love with traditional maple syrup, they simply won't accept anything else.



## TENDER FRUIT

The summer-like weather this spring brought blossoms early, leaving fruit trees vulnerable to recent frost and cold temperatures. Frost damage affects a tree's ability to bear fruit: from none at all to much lower yields, with some of the fruit showing visible damage. Initial assessments by the Ontario Apple Growers and Ontario Tender Fruit Board indicate up to 80 percent of the province's apple crop has been affected, as well as an estimated 30 to 40 percent loss in peach production and a virtually complete devastation of the cherry and plum crops.

"We won't know the full extent of losses for another few weeks, but we've never seen damage this widespread," says Phil Tregunno, Chair of the Ontario Tender Fruit Producers' Marketing Board, which represents growers of peaches, nectarines, pears, plums, seedless coronation grapes, and chilled and pitted cherries. "There are some government programs available to assist farmers, but there are gaps, and we will need the government to work with us to ensure support for affected growers."

Spend  
\$10  
a week on local food

## ONTARIO ASPARAGUS

Though we've enjoyed many weeks of warm spring weather, the season is now officially validated with the sighting of the first fresh Ontario asparagus spears at farmers' markets and on-farm markets. And even though we are enjoying delicious greenhouse crops of tomatoes and cucumbers, we consider asparagus one of the first crops of the season along with fiddleheads and strawberries.

### THE COLOURS OF SPRING

There is mainly one variety of green asparagus grown in Ontario and it is called Millennium. Ontario grows very little white asparagus and no purple that we can find. The thickness of the spear is dependent on when the asparagus is picked, so you can buy the ones you like to eat the best.

### HEALTHY ASPARAGUS

**EatRight Ontario** offers information on the health benefits of asparagus. Asparagus is rich in folate and Vitamins C and A, and one cup of asparagus contains approximately 50 calories. Check the Eat Right Ontario website for delicious recipes or **The Ontario Table** cookbook. You won't be able to resist the Asparagus Leek Soup on page 37.  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

### DID YOU KNOW?

The **Ontario Asparagus Growers Marketing Board** (OAGMB) is very busy right now assisting with the logistical work necessary to ensure Ontarians get their share of fresh Ontario asparagus. Look for it in your grocer's produce section. Check the OAGMB website for more delicious recipes and an asparagus farm near you. [www.asparagus.on.ca](http://www.asparagus.on.ca)

### PICKING IT FRESH

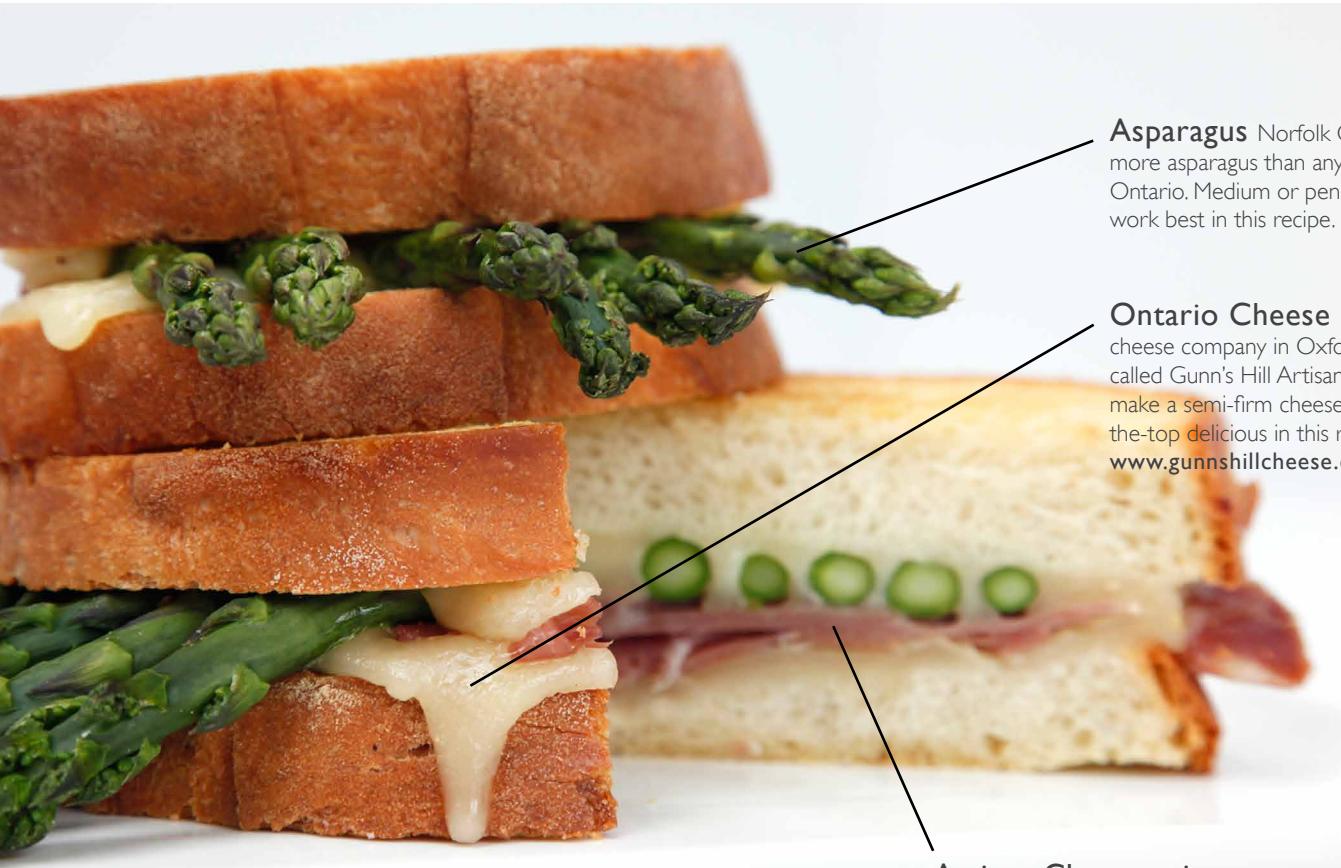
Asparagus spears should be straight, crisp, and have tight green or greenish-purple tips. When you bring it home, you can store it in the same manner as fresh lettuce--wrapped in a damp paper towel wrapped in plastic. The spears will keep in the refrigerator for approximately 5 to 8 days, but for the best flavours, eat them the day you get them home. Asparagus has a sweet-pea freshness when first picked that tends to dissipate by the minute. For the best-tasting asparagus, find a grower near you and arrange for the freshest asparagus you can get. You won't be disappointed.

In the spring, asparagus has no foliage or fronds and the spears push their way out of the cold, brown earth into the sunlight, which produces chlorophyll and turns the spears green. To produce white asparagus, farmers mound earth over the asparagus as it grows, preventing the sunlight from turning it green and the result is white asparagus. White asparagus is thought to be milder in taste and is often more expensive.

Asparagus is quick and easy to prepare, and is one of those vegetables that benefits from less cooking. First wash the tips of the asparagus to rinse out any dirt, then boil or steam for 2 to 4 minutes depending on the thickness of the stalks.



## Asparagus Grilled Cheese Sandwich



**Asparagus** Norfolk County grows more asparagus than anywhere else in Ontario. Medium or pencil-sized spears work best in this recipe.

**Ontario Cheese** There's a new cheese company in Oxford County called Gunn's Hill Artisan Cheese. They make a semi-firm cheese that is over-the-top delicious in this recipe. [www.gunnshillcheese.ca](http://www.gunnshillcheese.ca)

**Artisan Charcuterie** Many butchers are trying their hand at artisan charcuterie. You don't need to stick to ham in this recipe. Try prosciutto or talk to your butcher and try a cured meat that he's made and is proud of.

1 bunch asparagus spears, washed and trimmed  
1 tablespoon (15 mL) soy oil  
Ontario salt  
1 loaf of sourdough bread  
2 teaspoons (10 mL) grainy mustard  
8 slices Gunn's Hill semi-firm cheese  
8 slices Ontario ham, thinly sliced  
fresh farm butter, room temperature

Toss the asparagus in the oil and season well with salt. Arrange the asparagus in a single layer on a baking sheet. Roast in a preheated 400°F (200°C) oven until al dente, about 10 to 15 minutes. Remove from oven and set aside.

Meanwhile, cut 8 slices of bread and lay them on a clean work surface. Spread mustard on one side of each slice and top with a slice of cheese. Lay spears of asparagus on each cheese slice, top with ham slices and the top slice of sourdough.

Heat a skillet to medium heat. Butter both the top and bottom of the sandwiches and lay in the skillet. Cook until the bread begins to turn golden, about 3 minutes. Turn the sandwich over and cook for another 3 to 4 minutes. Makes 4 sandwiches.

LOCAL

# HARVEST

*the seasons bounty*

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The first asparagus of the year defines the season.

LOCAL

# DISHES

june's seasonal dishes

## Asparagus with Horseradish Pea Purée

2 cups (500 mL) fresh or frozen peas  
2 tablespoons (30 mL) sour cream  
2 teaspoons (10 mL) prepared horseradish  
1 tablespoon (15 mL) chopped fresh chives  
Ontario salt  
2 pounds asparagus spears

Bring a large pot of salted water to a boil. Add peas and cook 3 to 5 minutes, or until tender. Drain, reserving 1/4 cup cooking liquid. Transfer peas to food processor. Add sour cream, horseradish, and reserved cooking liquid, and blend until smooth. Season to taste with salt.

Snap the tough ends from each asparagus spear. Fill a skillet with 1-inch of salted water and add asparagus. Cook only until water comes to a boil. Remove from heat, drain, and rinse immediately under cold water.

Arrange the asparagus in 4 folded napkins and place on 4 individual plates. Place horseradish pea purée in mini ramekins, sprinkle with chives, and serve on the side.

Serves 2.



## MURPHY'S FARMSTEAD

The legacy of the Murphy family started over 175 years ago when Andrew Murphy came to Ontario from Ireland. Five generations of Murphys later the land continues to be farmed in a sustainable manner that sets an example for others to follow. In 1993 Mark and Shawn Murphy were named Outstanding Young Farmers in all of Canada. The youngest generation of Murphys now run their retail store. With their passion for baking, the Murphys also opened an on-site bakery. They've quickly became known for their fruit pies. You'll also find new varieties of fruit and vegetables, and, of course, fresh asparagus.

5141 Simcoe Road 10, Alliston  
[www.murphysfarmstead.com](http://www.murphysfarmstead.com)





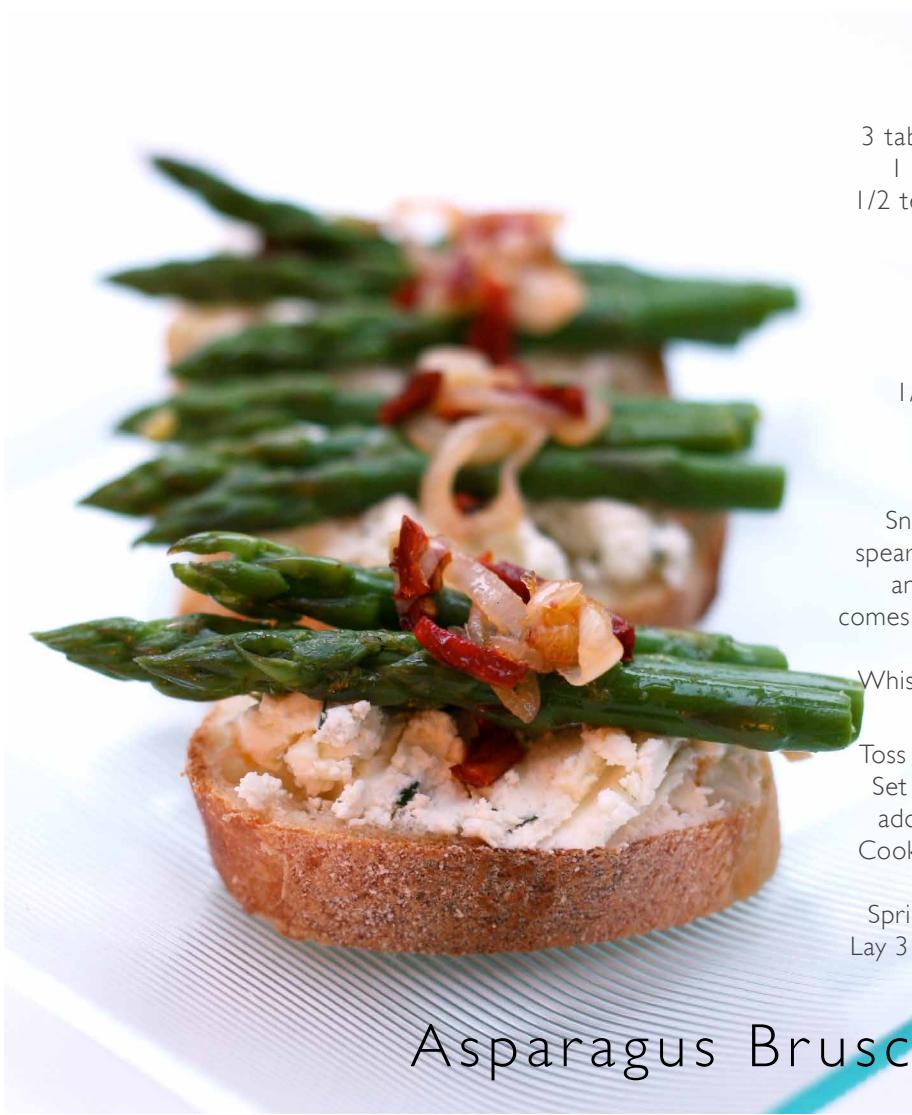
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## WOLFE CREEK ORGANIC FARMS

Bob Kerr is a 100% dedicated second-generation asparagus grower who will tell you, "I grow the most delicious asparagus anywhere!" His dad planted the original 35-acre plot in 1969, and today Bob is expanding with an additional 10 acres. Like a winemaker, Bob walks the asparagus fields and measures the sweetness of his spears with a refractometre. This year they're coming in at 10°Brix (Brix is a measurement of sugar content) and he's happy with that. Proud of his toys, Bob also has an intelligent asparagus grader that can detect the diameter and length of each asparagus spear. If you want just-picked asparagus in sizes like slim, medium, and fat, there is an onsite retail store so you can buy direct from the farm. The remaining 4000 pounds of asparagus he harvests supplies Pfennings Organics, Loblaws, and President's Choice organic produce sections. Bob also exports to a Wisconsin-based cooperative called Organic Valley that supplies the Northwest USA with premium organic asparagus.

Open 7 days a week in asparagus season  
115 Indian Creek Road E., Chatham

More than 200 years ago, in 1780, Kingston became home to the first farmers' market in Ontario.



## Asparagus Bruschetta

24 thin asparagus spears  
 3 tablespoons (45 mL) Ontario canola oil  
 1 tablespoon (15 mL) red wine vinegar  
 1/2 teaspoon (2.5 mL) dijon-style mustard  
 Ontario salt  
 1 tablespoon (15 mL) butter  
 3 shallots, sliced paper thin  
 2 sundried tomatoes, diced  
 1 garlic clove, minced  
 1/2 cup (125 mL) Ontario feta cheese,  
 crumbled  
 8 pieces baguette, diagonally sliced

Snap the tough ends from each asparagus spear. Fill a skillet with 1-inch of salted water and add asparagus. Cook only until water comes to a boil. Remove from heat, drain, and rinse immediately under cold water. Whisk together the oil, vinegar, and mustard, and season with salt.

Toss with asparagus until completely coated. Set aside. In a small skillet, melt butter and add shallots, sundried tomatoes, and garlic. Cook for 2 minutes or until shallots are soft. Set aside.

Sprinkle feta cheese on each baguette slice. Lay 3 asparagus spears on each and top with sundried tomato mixture. Serves 4.

## MAZAK FARMS

A family farm for 38 years, **Mazak Farms** is a fully certified organic asparagus farm. In one year they could grow approximately 12,000 lbs of green asparagus. They mound part of their asparagus field with earth and grow white asparagus. Second generation Sarah and Barry Harrison are now in charge of the family farm that Sarah's parents, Rick and Mary Mazak, started. This year they'll have plenty more delicious white asparagus and garlic. You can buy directly from the farm retail store or various grocery and specialty stores.

40075 Longhurst Line, St. Thomas  
[www.mazakfarms.ca](http://www.mazakfarms.ca)



## STRAWBERRY SEASON

Yeah! It's strawberry season! Italian's call it *fragola*, German's *erdbeere* and the French *fraise*. The strawberry by any name is the most celebrated spring berry around the world. Strawberries are considered one of the most important small fruits grown in the western hemisphere.



### PICK YOUR OWN

The best strawberries are the ones you pick yourself or buy from your local strawberry patch during the harvesting season. Thankfully, we have many pick-your-own farms throughout Ontario. Find one near you through [www.ontariofarmfresh.com](http://www.ontariofarmfresh.com).

If you're going to pick your own strawberries as so many families do, try to pick early in the morning or later in the day when the fruit is cool. Strawberries are best used within 2 to 3 days of picking. A pint box of medium-sized berries will generally hold 2 cups (500 mL) of berries; crushed berries will yield about 1 cup (250 mL) of purée.

Enjoy this strawberry season and indulge. Try new ways of preparing strawberries and preserve some for those winter days when a reminder of spring will brighten your day.

### AN ONTARIO STRAWBERRY MOMENT

Ontario strawberries are so delicate that just by virtue of picking them you can bruise them; the flesh and juice 'cream' together under the weight of your fingers. Just pick a ripe strawberry from a country patch and place it on your tongue. Now press up firmly against the roof of your mouth. The juice trickles over the sides of your tongue luxuriating the flesh as it gives way to release its intense flavour. This is an Ontario strawberry moment.

Berries can be diced into a compote, dried for year-round use, or suspended in ice cubes for fancy drinks. Try eating them

freshly picked from the field, dipped in a bit of whipped cream spiked with a splash of *Fragola* (strawberry wine).



## Strawberry Tarts with

## Chardonnay Curd

1 1/4 cups (310 mL) all-purpose flour  
3 tablespoons (45 mL) sugar  
1/2 teaspoon (2.5 mL) salt  
6 tablespoons (90 mL) cold unsalted butter, cubed  
2 tablespoons (30 mL) cold shortening  
1/4 cup (60 mL) ice water  
1/3 cup (80 mL) chardonnay curd from Kurtz Orchards  
1 pint whole strawberries, hulled  
mint leaves for garnish

Combine the flour, sugar, and salt in a food processor. Pulse to combine. Add the butter and shortening and pulse about 10 times, or until the butter is in the size of peas. Add the ice water and process until the dough comes together. Dump on a well-floured board and form into a disk. Wrap in plastic and chill for at least 30 minutes.

Meanwhile, preheat the oven to 375F (190C). Roll out the dough and cut into 3-inch circles. Fit into small muffin tins, prick the bottoms with a fork and bake for 10 minutes. Check to make sure the crust is not puffing up, prick again with a fork and bake for another 11 to 15 minutes until lightly browned. Set aside to cool.

Before serving, fill the tart shells with chardonnay curd, top with whole berries, and garnish with sprigs of mint. Makes 12 tarts.



Recipe for Strawberry Soup with Pound Cake Croutons can be found on page 177 of **Niagara Cooks**, from *farm to table* cookbook.

LOCAL

# HARVEST

*the seasons bounty*

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## STRATFORD

Early on Saturday mornings, in the centre of town, the **Slow Food Farmers' Market** sets up, ready for the hungry customers in search of the season's new harvests and conversations with the most important people of the town: the farmers who grow their food.

**Slow Food** ([www.slowfood.ca](http://www.slowfood.ca)) is an international food organization in defense of all we've lost when we bought the dream of fast-paced progress. They are supported by thousands of chapters around the world. Slow Food supports a farming way of life and a slower pace, asking us to relax while we eat good farm-grown/raised food and promoting food as one of life's simplest albeit most precious treasures. You could call it an agricultural preservation society.



The Saturday morning market is run by the town's **Slow Food convivium** ([www.SlowFoodPerthCounty.com](http://www.SlowFoodPerthCounty.com)), and it only offers food from farmers who grow the food they're offering and culinary artists who are prepared to set new standards with their goods.

Besides the talent drawn to this little country town by the world-renowned Stratford Theatre, Stratford boasts some home-grown celebrity farmers.

On the other side of town is **Paul Finkelstein**, chef and culinary arts teacher at Northwestern High School, who created one of the province's only independent high-school cafeterias called the **Screaming Avocado Café**. The money raised from the cafeteria as well as from the special local food dinners his class puts on for the public are used to take the students on food field trips around the world. Paul is also star of his own television show called *Fink on Food* Network Canada.

Once a year the town holds one super-duper local food feast they call **Savour Stratford** ([www.savourstratford.com](http://www.savourstratford.com)). Chefs and farmers come together to produce local food dishes that will sweep you off your feet. Woven through are cooking demonstrations by celebrated cookbook authors and farmers' market stalls selling fresh produce along with ready-made tastes of their farms. It's a fantastic day along the banks of the stunning Avon River.

### Two Ways to Extend Your Visit

#### ST. MARYS

Just 20 minutes west of Stratford, St. Marys has all the amenities of a big city. The Thames River runs through this quaint country village with walking paths and parks that meander along it and a bridge that goes over it. Spend a day exploring, shopping, and relaxing.

[www.townofstmarys.com](http://www.townofstmarys.com)

#### LONDON

Throughout the country roads between Stratford and London the farm homes are mostly made from limestone-rich yellow bricks. London, the big city of the west, has the highest concentration of yellow brick Victorian homes bringing the ambience of the country into the city. You'll find museums, inns, shops, restaurants, and food shops all housed in yellow brick buildings. Spend a day following London's yellow brick roads. [www.londontourism.ca](http://www.londontourism.ca)

Every town has  
a food story.  
Eat it up!

APPETITES

# TRAVEL

*discover the flavours of...*

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INDEPENDENT GROCER  
SUNRIPE MARKETPLACE



A farm boy turned grocer, Will Willemsen and wife, Ingrid, opened their first grocery store 30 years ago, focussing on Sarnia's fresh produce and other local foods. They opened their second location in London 7 years ago. Being an independent grocer, Will is able to offer fresher, tastier produce to his customers. He travels to the Toronto Food Terminal 2 to 3 times a week to taste and hand pick the produce he purchases for his stores. (The Toronto Food Terminal distributes Ontario produce from over 500 farmers.) In addition, Will has personal connections to farmers in the area he grew up, Bleinham. Inside the Sunripe stores you'll find meat and deli counters, an in-house bakery, and a kitchen where they prepare healthy foods for their customers' convenience.

1130 Lakeshore Road, Sarnia  
744 Adelaide Street N., London

**STRATFORD**  
*Continued...*



On the other side of the event tent is the **York Street Kitchen** ([www.yorkstreetkitchen.com](http://www.yorkstreetkitchen.com)). They're setting new standards in what we should be expecting from a sandwich. If you can't get a seat in the restaurant you can always order from their take-away window on the sidewalk out front.

You build your own sandwich by filling out a card with their selections of breads, meats, and condiments. Whatever you do, don't even think of a sandwich without their corn relish—it's an OMG flavour experience!

**For stories of Stratford and area farmers, see**

*The Ontario Table*

Anne Slater's Organic Vegetables, page 189

August's Harvest, page 133

Caveman Crops, page 33

Monforte Dairy, page 197

Perth Pork Products, page 164

Soiled Reputation, page 31

## STRATFORD

Continued...

**Boomers Gourmet Fries** is a short walk up Erie Street, and they have the best sweet potato fries on the planet. A few doors down is the **County Food Company** where they take beautiful fruit, vegetables, and meats from the surrounding farms and put them together in feel-good dishes you'll quickly yearn for. They make a simple carrot salad I just have to travel for to get again.

Then there is the **Butcher & The Baker** on Wellington Street—simply a fantastic food shop. And you can't forget a visit to **McCully's Hill Farm Market**, just outside of town on the way to the beautiful country village of St. Marys.

For the **C'estbon Cheese** blog story, see [www.ontariotable.com](http://www.ontariotable.com)

A story about Stratford isn't complete without mentioning its amazing cheeses.

**Monforte Dairy** and

**C'est Bon Cheese** are the two signature, premium, artisan cheese companies and both are worth a visit. Monforte Dairy has a retail shop onsite, and while C'est Bon Cheese doesn't, owner and cheesemaker George Taylor admits he wouldn't turn anyone away.

One last mention about cheese is the **Bright Cheese House**, one of the region's oldest cheese houses with some amazing cheddars.

I would be remiss if I didn't mention Stratford's chocolate legacy. It started with **Rheo Thompson**



## ESSENTIALS

Getting there from Toronto, Ottawa, and Montreal: Follow Hwy. 401 west to interchange 278 at Kitchener. Follow Hwy. 8 west through Kitchener, then join Hwy. 7/8 west to Stratford.

## WHERE TO STAY

Stratford WhiteHouse: [www.stratfordwhitehouse.com](http://www.stratfordwhitehouse.com)  
The Parlour Historic Inn & Suites: 101 Wellington St. [www.theparlor.ca](http://www.theparlor.ca)  
Foster's Inn: 111 Downie St. [www.fostersinn.com](http://www.fostersinn.com)

## FURTHER INVESTIGATING

[www.savourstratford.com](http://www.savourstratford.com)  
[www.slowfoodperthcounty.com](http://www.slowfoodperthcounty.com)  
[www.eatdrinkmag.net](http://www.eatdrinkmag.net)

*Browse through the pages of The Ontario Table for more information on Stratford and its farmers.*



## COBOURG FARMERS' MARKET



One of Ontario's oldest and most eclectic farmers' markets is now open for the season. The Market Building on the corner of Second Street and Albert Street, behind Victoria Hall, is full of vendors overflowing into the surrounding outdoors to offer fresh-picked fruits and vegetables as well many other delicious goodies. Kingsholm Farms offers up a variety of cuts of naturally raised, free range, and delicious beef; Victoria's Pastry offers honey garlic sausage rolls; and Adolphus Hadwen deep fries fresh donuts on the spot. When Lenni Workman of Art Farm isn't painting, this artist-turned-farmer drives in from Warkworth to offer fresh produce from his organic farm. Burnham Family Farm sells a full selection of market vegetables. You can replenish your maple syrup stock at Cranbrook Farm or buy twig chairs from Paradise Gardens. Don't miss an opportunity to shop at the Cobourg Farmers' Market any Saturday this summer.

Runs from May to December (Christmas)  
Victoria Hall, Cobourg

## STRATFORD

Continued...

**Chocolates** (their mint smoothies are the best in the world!), and when people began to travel to Stratford specifically for Rheo Thompson chocolates, more chocolate shops sprung up, each with their own specialty. Stratford now has a **Chocolate Trail** where local businesses promote their chocolate prowess.

**Stratford Chef's School** must be a driving influence behind the culture in this town that offers culinary getaways, a local food map, a Slow Food farmers' market, a chocolate trail, and a culinary festival. The school and the students offer daily dinners at **The Prune Restaurant** and lunches Wednesday to Friday at **Rundles Bistro**. These restaurants also run a number of dinner features that set a high standard that the town seems to have no trouble keeping up with.

The best approach to food is simple. Simply eat the best, the freshest, the healthiest, and the tastiest—eat local.

If I haven't whet your appetite enough to have you planning your next trip to Stratford, then follow their local food blogger Steven Stacy at [Local-Come-Lately.blogspot.com](http://Local-Come-Lately.blogspot.com).

It's not unusual for people to travel for food. Marco Polo travelled the world in search of spices, and Europe has been able to lure us to their shores with their brilliant foods for decades. Ontario is Canada's richest agricultural province and within Ontario are unending pockets of mouthwatering adventures just waiting for you to eat up!

## HOLLAND MARSH

We are fortunate to be able to eat Holland Marsh produce 12 months of the year. They grow everything from salad lettuces and seasonal vegetables that carry us through the spring and summer to a full range of root vegetables that carry us through the fall and winter. The soil of the Marsh is velvety black, and if you've ever been you will know it is so remarkable that it makes you want to start planting. Look for the town of Bradford listed on boxes and packages of produce. It's Holland Marsh Gold.

The Holland Marsh is a wetland tamed by a complex canal system with dykes (some 28-kilometres long) that divert water from the Holland River. It's a charming agricultural community with narrow waterways that contrast the brilliant green of the vegetables against the jet black soil. It is definitely Ontario's most visually vibrant agricultural region.

The Holland Marsh just north of Toronto is a 7000-acre pocket of the richest, most fertile soil where 125 family farms grow a great diversity of produce, from asian vegetables to artichokes to root vegetables to salad greens.  
[www.hollandmarshgold.com](http://www.hollandmarshgold.com)

## Radish and Cucumber Salad



1 1/2 cups (375 mL) white-tipped radishes, sliced in chunks  
1 1/2 cups (375 mL) baby cucumbers, sliced in chunks  
1 tablespoon (15 mL) canola oil  
2 teaspoons (10 mL) red wine vinegar  
4 thick slices Upper Canada Halumi Cheese  
Ontario salt

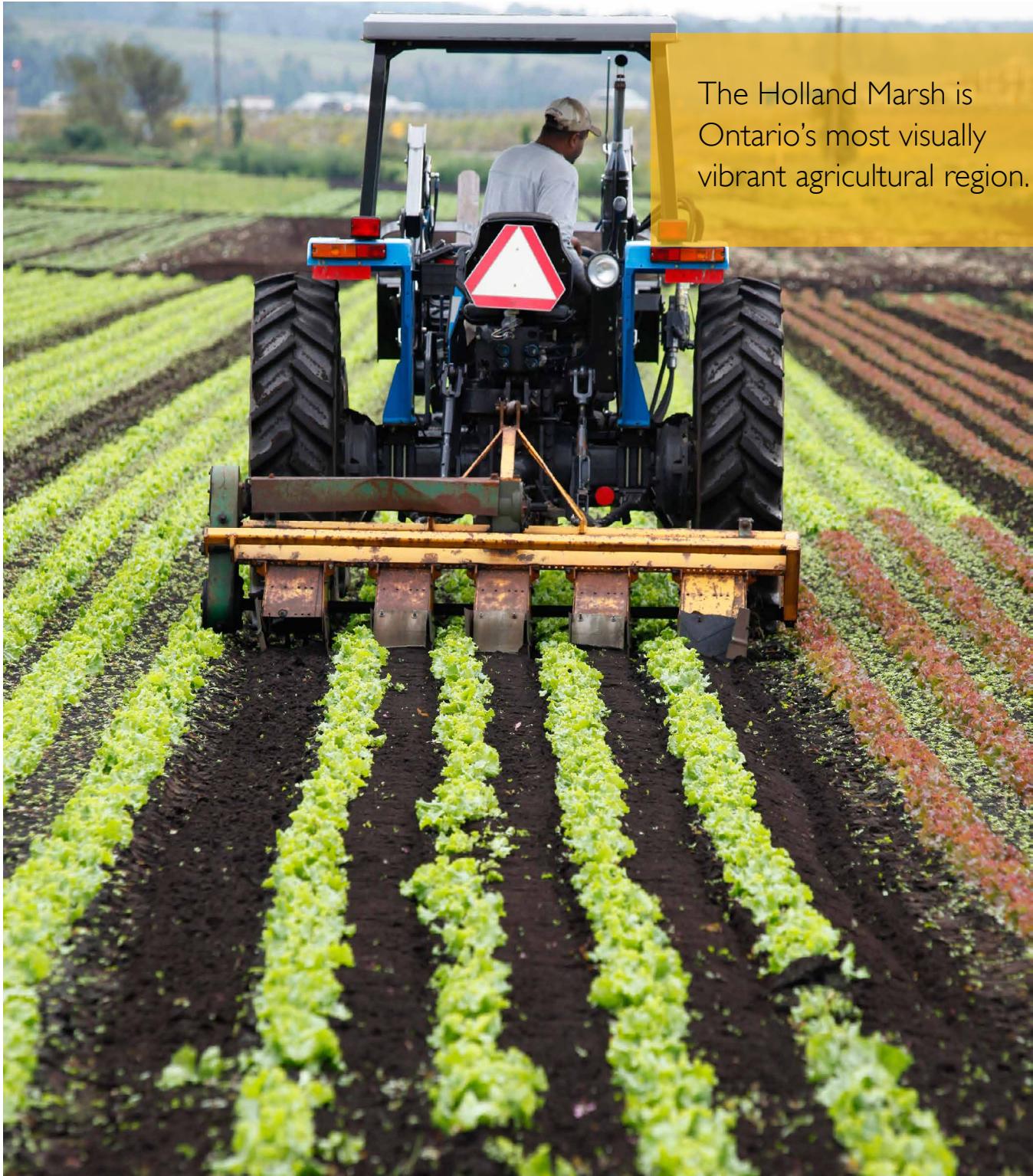
Place radishes and cucumbers in a small bowl. In a separate smaller bowl, whisk canola oil and vinegar. Season with salt and pour over salad. Toss lightly to coat. Divide the salad amongst 4 dishes. In a skillet over moderately high heat, grill the halumi cheese until golden, about 1 minute. Flip and grill for another minute or until golden. Lay a piece of cheese over each salad and serve while cheese is warm.  
Serves 4.

LOCAL

# HARVEST

*the seasons bounty*

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The Holland Marsh is Ontario's most visually vibrant agricultural region.

## Holland Marsh Spring Salad



**Lettuce Greens** Ontario salad greens can be found at your local farmers' market.

**Verjus** is unripe, unfermented grape juice with an incredible tartness and acidity. Replace lemon juice in all of your recipes with verjus. Find it at [www.niagaracuisine.com](http://www.niagaracuisine.com)

**Ontario's Oils** You can find extra virgin canola oil and extra virgin soy oil at [www.pristinegourmet.com](http://www.pristinegourmet.com)

2 tablespoons (30 mL) extra virgin canola oil  
1 tablespoon (15 mL) verjus or white wine vinegar  
1 tablespoon (15 mL) minced shallots  
6 cups (1.5 L) Ontario garden greens  
Ontario salt

In a large bowl, whisk together the canola oil, verjus (or white wine vinegar), and minced shallots. Add salt to taste. Toss gently with garden greens. Serves 4.

## ONTARIO WINE



My palate is roaming towards whites this month. Not necessarily the lighter whites of a warm summer, but more the full-bodied whites that offer richer, satisfying flavours and lightness in the glass.

The stoney Jack Rabbit Flats Vineyard gives this wine an attractive minerally core. **Fielding Estate Winery 2011 Rock Pile Pinot Gris** (\$26.15) is produced from established, 25-year-old low-yielding vines for an exceptional wine.

4020 Locust Lane, Beamsville  
Niagara  
[www.fieldingwines.com](http://www.fieldingwines.com)

A drier and warmer vintage comes through with the bright blanched almond and white peach flavours of **Reif Estate Winery 2009 Meritage White** (\$20.15). Be prepared for this sensuous wine with a deliciously salty finish.

15608 Niagara Parkway, Niagara-on-the-Lake  
Niagara  
[www.reifwinery.com](http://www.reifwinery.com)

A creamy, ripe-tasting rose, the **Karlo Estates Winery 2011 Frontenac Gris Rose** (\$16.00) shows flavours of meringue, watermelon rind, strawberry, and plum that remain fresh through the spicy finish.

561 Danforth Road, Wellington  
Prince Edward County  
[www.karoestates.com](http://www.karoestates.com)

A beautiful mid-year wine with a focused racy beam of white asparagus, fleur de sel, and zesty citrus notes. The **Willow Springs Winery 2008 Sauvignon Blanc** (\$24.95) is well-defined on the finish.

5573 Bethesda Road, Stouffville  
York Region  
[www.willowspringswinery.ca](http://www.willowspringswinery.ca)

JOIN US AND

# CELEBRATE

HAPPY BIRTHDAY!

## THE ONTARIO TABLE



***The Ontario Table, The Best Food Across the Province*** cookbook  
launched with its **\$10 Challenge** on  
June 22, 2011, at Nathan Phillips Square, Toronto.

This year it's a one year old virtual birthday party! Invited were a few amazing food bloggers who brought recipes, good wishes and book reviews of **The Ontario Table**. Everyone was welcome to join in the food talk, feast with your eyes or bring your own local food recipes to the party.



### The Ontario Table-Cloth

Everyone who bought a copy of *The Ontario Table*, signed a tablecloth. To date, 16 tablecloths are full of signatures, inspirational sayings and heart-felt sentiments. I especially love the artists who showed their appreciation for Ontario agriculture with beautiful sketches and drawings.

This year, we'll roll out the 120-foot tablecloth at over a dozen farm and community dinners across Ontario. Check the website for details.

[www.ontariotable.com](http://www.ontariotable.com)

*who's came to the party!*



### Rebecca LeHeup

Ontario Culinary Tourism Alliance

Follow Rebecca.

[www.ontarioculinary.com](http://www.ontarioculinary.com)

Facebook: OCTA-Ontario-Culinary-Tourism-Alliance

Twitter: @ontarioculinary

YouTube: [ontarioculinary](http://ontarioculinary)



### Charmian Christie

Christie's Corner

Follow Charmian.

Blog: [www.christiescorner.com](http://www.christiescorner.com)

Facebook: christiescorner

Twitter: @charmian\_c

Pinterest: charmianc



### Steve Stacey

Local-Come-Lately

Follow Steve.

Blog: [local-come-lately.blogspot.ca](http://local-come-lately.blogspot.ca)

Twitter: @localcomelately

### Don & Jenn

Foodie Prints

Follow Don & Jenn.

Blog: [www.foodieprints.com](http://www.foodieprints.com)

Facebook: foodieprintspage

Twitter: @foodiePrints

Pinterest: foodieprints

JOIN US AND

# CELEBRATE

LET'S PARTY!

ONE YEAR OLD

It's been an amazing first year. I attended 55 events with book signings, cooking demos, and talks on local food. Because you bought the book you generated \$150,000 profit for Ontario agriculture. In turn, I gifted \$14,000 to Ontario agricultural organizations and, together, we generated \$6 million in economic activity in Ontario.

LYNN OGRYZLO



The possibilities in our second year are limitless!



THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

July 2012



It's the  
Season for  
Ontario  
Berries

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Cooking  
with Fire

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Appetites Travel  
to Ottawa

[www.ontariotable.com](http://www.ontariotable.com)

THE ONTARIO TABLE \$10 CHALLENGE

# JULY

*There are plenty of ways and  
reasons to eat local in July.*



## FEATURES

What the \$10 Challenge Is All About

Preserving the Best of Summer

Ontario Berries

Appetites Travel to Ottawa

Playing with Fire

Terroir Dining

## Plus . . .

Your best bet in a grocery store:

Concord Food Centre

July marks the official arrival of summer: long hot days and a season of cooking and eating outdoors. In this issue we bring you plenty of tempting reasons to cook al fresco. Who can resist Balsamic Glazed Portobello Beef or Barbecued Beef Ribs? Or the simple joy of fresh berries? Ontario strawberries are now being joined by many other varieties of berries—blueberries, raspberries, and gooseberries. Check out our recipe for Triple Berry Ice Cream. Whatever you do, don't forget that summer's flavours are fleeting. Plan on preserving some of your favourite fruits and vegetables for savouring in the winter months.

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LYNN OGRYZLO

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## SEASONAL FAVOURITES



This month at **The Ontario Table** we're separating the fresh seasonal produce from the local food that's available year round. We hope it helps you get a true sense of all the great local food available in Ontario and how local food changes with the seasons.

### SEASONAL FAVOURITES

apricots  
beans, green and wax  
beets—a new crop  
blueberries  
broccoli  
cabbage—a new crop harvesting  
carrots—a new crop harvesting  
cauliflower  
celery  
cherries  
corn  
cucumbers, field  
currents, red and black  
garlic  
gooseberries  
greens, field  
herbs  
onions, green  
onions, cooking—a new crop harvesting  
peaches  
peas, green and snow  
peppers, field  
plums  
potatoes—a new crop harvesting  
radishes  
raspberries  
rhubarb  
salad greens  
spinach  
strawberries  
tomatoes, field  
watermelon  
zucchini

### YEAR-ROUND LOCAL FOOD

barley  
beans, dried and canned  
butter  
charcuterie  
cheese  
chilies, dried  
cooking oils, canola and soy  
cucumbers, greenhouse  
eggplant, greenhouse  
eggs  
greens, greenhouse  
herbs, greenhouse and dried  
honey  
lake fish  
maple syrup  
meat, farm-raised  
milk and dairy  
mushrooms  
peppers, greenhouse  
potatoes  
poultry  
stone-ground flour and whole grains  
sweet peppers, greenhouse  
sweet potatoes  
tofu  
tomatoes, canned and greenhouse  
wild game  
wine

*\*Note: "a new harvest" refers to crops that are also stored*

## PRESERVING SUMMER FLAVOURS

'Tis the season to begin preserving! From strawberry jam to peaches in syrup and everything in between, canning the flavours of summer has become a beloved activity for more and more people who seek to brighten dreary winter days with fresh tastes.

### PRESERVING TRADITION

We all remember our grandmothers' preserves. Growing up we'd scoop up homemade jam and raid cold cellars lined with big ruby red jars of whole beets, and smaller jars of sweet cherries, and even smaller jars of relish, taking whatever our parents needed.

No longer does anyone really preserve to save money or to provide for a leaner time of year. Instead we store food to capture the fresh flavours of bright summer days and, moreover, to recall the experience of how our food got into the jar.

We remember the family pick-your-own day or the conversation with the farmer from whom we bought the food. Perhaps we purchased jars from a neighbourhood garage sale or we brought up from the basement a good supply of hand-me-down jars, each with their own memory.

Preserving, whether you intend to give it away as gifts or plan on enjoying it with your family, is an expression of love for the people and food around you—what a full life local food brings.

### IT'S EASIER THAN YOU THINK

No page dedicated to preserving is complete without a mention of expectations. Canning jars are sold by the dozen and many think this is how canning must be done: by the dozen. But if you are harvesting beans from your garden and you only have enough to fill 3 jars, then go ahead: can 3 jars!

It's much easier than facing the sometimes daunting task of working with larger amounts of food. You can preserve the season's fruits and vegetables one at a time or as many at a time as you want.

When it's tomato season, my family gets together and 5 of us will preserve about 50 jars of tomato sauce for the year. It's a beautiful tradition that we enjoy around the table at family meals every Sunday. Start your own family food traditions.

Creative ways to use canning jars and loads of canning recipes. See Pinterest site [www.pinterest.com/ontariotable/preserving-the-best](http://www.pinterest.com/ontariotable/preserving-the-best)



LOCAL HARVEST

*the seasons bounty*

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Ontario strawberries;  
simple, yet seductively  
irresistible.

## ONTARIO BERRIES



In Ontario our main berry crops are strawberries, blueberries, and raspberries.

You will also find farmers growing and selling blackberries and their hybrid cousins tayberries, loganberries, and boysenberries. At farmers' markets you'll see tart, flavourful gooseberries; sweet, blueberry-like Saskatoon berries; and golden Sea Buckthorn berries. Try them all!

— LISA PETERSON —

### A GOOD YEAR FOR BERRIES

Ontario ranks as the fourth-largest producer of berries in North America and we eat them all ourselves! "The consumers of Ontario really relish our berries," said Ontario Berry Growers Association representative Kevin Schooley. "They are very receptive to them, and we don't export much except a bit to Manitoba."

According to Schooley, the Ontario berry crops have not been greatly affected by the year's weather extremes."A lot of the berries were not at a sensitive stage when the cold weather hit," he explains, "and our growers have been able to utilize technology such as irrigation sprayers, wind machines, and floating row covers to protect the crops. We have experienced one of the earliest harvest years ever."

Warm, dry weather increases the sweetness of berries by concentrating their natural sugars. The traditionally dry months of July and August lure berry lovers afield with one sweet bite after another. Eat them fresh or indulge in homemade pies, scones, muffins, and jams at your local farmers' market.

### SELECTING BERRIES

In the past, each berry season was woefully short. Now, careful clonal selection has allowed local farmers to extend their growing season with plants that produce for longer periods of time.

**Strawberries:** Choose strawberries that are plump, firm, and a deep red colour with bright green caps. Refrigerate for 1 to 2 days, and wash just before serving. Strawberries are loaded with 140% of the RDA of Vitamin C.

**Blueberries:** Select berries that are deep in colour and plump. One of the true "blue" foods, blueberries should be refrigerated and eaten within 10 to 14 days or frozen for up to a year. They are full of vitamin C and dietary fibre with a minimum of calories (43 in half a cup!), and they top the list of cancer-preventing, antioxidant foods.

**Raspberries:** Ontario produces both red and yellow raspberries and while bursting with flavour, they are very fragile. Choose berries that are whole and juicy. Refrigerate and eat within 2 days. No need to wash raspberries, but a light rinse before eating won't hurt. Raspberries are loaded with Vitamin C (25% of the RDA).

## FREEZING BERRIES

Just imagine how great you could make a dreary day if you had some frozen berries in your freezer waiting to be made into muffins, pancakes, smoothies or cakes. You can buy freshly picked berries right now from your favourite farmer and quickly freeze them at home. Simply immerse the fresh berries in a clean sink full of cold water (remove green caps from strawberries). Remove them gently and lay them on paper towels to dry. When completely dry, lay them out on a baking sheet in one layer. Try not to crowd them and place them in the freezer. When completely frozen, measure out the desired amounts you want to freeze, transfer them to a freezer bag and return to the freezer until ready to use.

## WILD BLUEBERRIES

Blueberries grow wild throughout Sudbury and the Algoma Region, and are prized for their intense flavour. Asking someone for their favourite picking spot is like asking someone where their favourite fishing hole is—the best patches are considered sacred ground and kept secret! Many people actually leave work during blueberry season just to pick and sell blueberries at roadside stands.

## DID YOU KNOW?

**The Ontario Berry Growers Association (OBGA)** represents about 200 growers throughout Ontario who produce 80% of the berry crops grown in Ontario. The OBGA website provides up-to-date information on availability of Ontario berries as well as how to find pick-your-own farms and farm markets in your area.

[www.ontarioberries.com](http://www.ontarioberries.com)



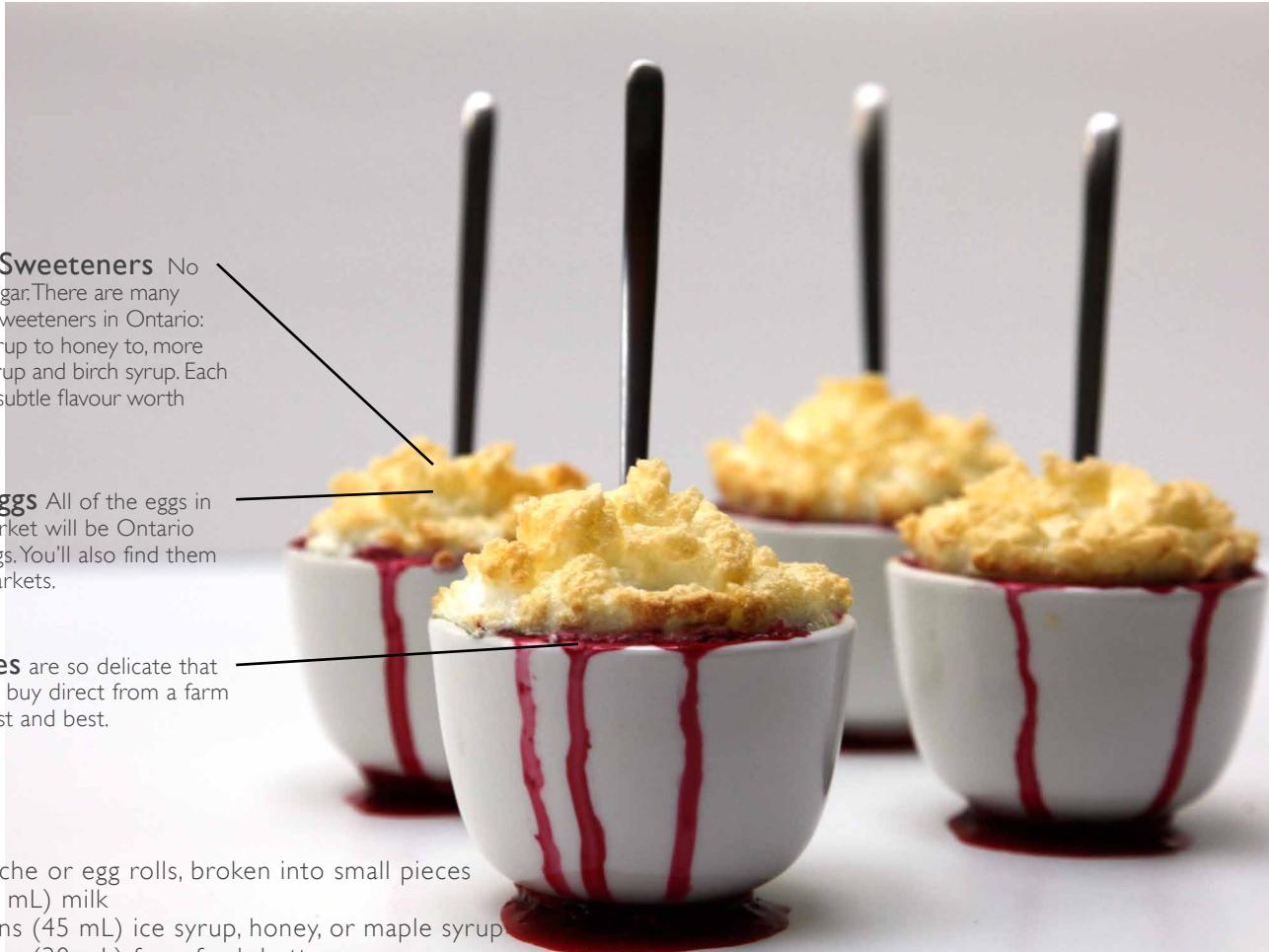
For every one person you see working at the market, another two are busy at work in the back of the farm. As many as 27,000 people in Ontario are directly involved in preparing and selling the food you find at the market.



LOCAL

# DISHES

*what's on the plate*



**Ontario's Sweeteners** No need to use sugar. There are many other natural sweeteners in Ontario: from maple syrup to honey to, more recently, ice syrup and birch syrup. Each has their own subtle flavour worth investigating

**Ontario Eggs** All of the eggs in your supermarket will be Ontario farm-fresh eggs. You'll also find them at farmers' markets.

**Raspberries** are so delicate that you're best to buy direct from a farm for the freshest and best.

2 small brioche or egg rolls, broken into small pieces  
2 cups (500 mL) milk  
3 tablespoons (45 mL) ice syrup, honey, or maple syrup  
2 tablespoons (30 mL) farm-fresh butter  
4 eggs, separated  
½ cup (125 mL) sugar  
½ cup (125 mL) raspberry jam  
2 cups (500 mL) just-picked raspberries  
½ cup (125 mL) sugar  
pinch cream of tartar  
2 tablespoons (30 mL) sugar

## Raspberry Pudding

Preheat oven to 350°F (180°C). Butter 4 large individual ramekins. Pack the brioche into the ramekins so they are half full. In a small saucepan over medium-high heat, bring milk, ice syrup (if using), and butter almost to a boil. It's ready when tiny bubbles form along the sides of the saucepan. Turn off the heat. Meanwhile, separate the eggs and beat egg yolks with sugar. Pour the hot milk mixture over the egg yolks slowly, whisking constantly. Pour the mixture over the brioche and let sit to soak for 5 minutes. Bake for 20 to 25 minutes or until the brioche is golden and puffed up (it will collapse when cooled).

Meanwhile heat raspberry jam with the fresh raspberries for 2 minutes over medium heat. Remove from heat when jam has melted. When the brioche has a few minutes left in the oven, whisk the egg whites in a very clean bowl with sugar and cream of tartar until they form soft peaks. Spoon the raspberries on the cooled brioche and top with whipped egg whites. Scatter a little sugar over each, then bake for 15 minutes or until golden. Serve warm. Serves 4.

LOCAL

# FARMERS

*the face of our food*

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## BARRIE HILL FARM

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Adrien Gervais, Nia Gervais and Morris Gervais of Barrie Hill Farm

The Gervais family produced tobacco at Barrie Hill Farm from 1968 until young Morris convinced his father to "give up" tobacco in the late 1970s. Barrie Hill Farm is one of Ontario's largest high bush blueberry producers in addition to growing acres of strawberries, raspberries, and other fresh produce. "Eighty percent of our crops are sold directly on our farm," said Morris. The Gervais also run a pick-your-own strawberry operation and a second crop of raspberries in the fall. Morris explains, "Every job has its challenges, but this [farming] is it for me. You really have to work with the weather, the seasons, the soil, and be in tune with nature."

2935 Barrie Hill Road, Barrie  
[www.barriehillfarms.com](http://www.barriehillfarms.com)



## Triple Berry Ice Cream

1 cup (250 mL) milk  
1 cup (250 mL) heavy cream  
3 large egg yolks  
1/2 cup (125 mL) sugar  
1 cup (250 mL) fresh strawberries, hulled and halved  
1 cup (250 mL) fresh blueberries  
1 cup (250 mL) fresh raspberries  
1/4 cup (60 mL) sugar

In a heavy saucepan, add the milk and half of the cream. Cook over medium heat until bubbles form around the edges of the pan, about 2 minutes. Meanwhile, whisk the egg yolks, sugar, and remaining cream in a bowl until sugar dissolves. Remove the milk from the heat and gradually whisk half of the hot milk into the egg mixture, whisking constantly.

Gradually pour the egg mixture into the saucepan with the remaining hot milk while whisking. Cook over medium-low heat to make a custard, stirring constantly with a wooden spoon until thick enough to coat the back of the spoon, about 6 minutes. Remove from heat.

Meanwhile, put all of the berries and sugar in a food processor and process until smooth. Add the berry purée to the custard and stir to combine. Cover with plastic wrap to prevent a skin from forming and refrigerate until completely cooled, about an hour.

Pour the berry custard into an ice cream machine and make according to manufacturers' instructions. Makes about 1 quart.



### HEEMAN STRAWBERRY FARM

The Heeman Strawberry Farm, near London, has been growing strawberries for 49 years. Florence Heeman has watched her children and the children of their customers grow with the farm. "A lot of our customers have become like family," she said. "We have third generation buyers coming in, and that's such a treat. But it really makes our day to hear new youngsters try their first farm-ripe strawberry and say, 'Mommy! I've never tasted one so good before!'" The farm has also benefitted from using social media, to allow customers to learn first-hand how crops are progressing.



For more local food recipes, browse through the pages of **The Ontario Table**.

20422 Nissouri Road, London  
[www.heeman.ca](http://www.heeman.ca)

# WHAT'S IN SEASON

*july is the season for...*

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## COOKING WITH FIRE

There's no better time of year for family and friends to gather and enjoy each other's company, great weather, and even better food. Put a deboned, rolled prime rib on the rotisserie for the afternoon or oil up the grill for 2-finger-thick lamb steaks. Either way, outdoor cooking lends a smoky, caramelized flavour to your summertime cooking.

### BARBECUING (INDIRECT HEAT)

Having trouble with wild flames and burnt food when you cook outdoors? It's a simple thing to correct. Turn both of your barbecue burners on high. Close the lid and let it heat up to the desired temperature. When your barbecue is nice and hot, lift the lid and add your food to only one side of the barbecue. Close the lid and immediately turn the gas off under your food, but leave the gas on the other side of the barbecue. As the barbecue comes back up to the desired temperature, it will cook your food without any flames lapping up and around your food. If you're wanting to add wet wood chips or vines, place them in a covered metal container with many holes to allow the smoke to escape. Place them over the flame and your barbecue will fill with smoke, enveloping your food with a tasty smoky flavour. Barbecuing is slow and deliberate.

#### Barbecuing vs Grilling

Barbecue is all about low and slow cooking, and that's very different from grilling. You can barbecue juicy, succulent ribs, an entire turkey, or a rolled veal roast crusted in fresh summer herbs. Grilling demands smaller cuts like butterflied chicken breasts, lamb chops, or 2-finger-thick, well-marbled steak. Your neighbourhood butcher can help you out with your barbecue and grilling needs.

Cooking over indirect heat is a great way to barbecue foods without burning them. It's also a perfect opportunity to use vines or wood chips to add a smoky flavour to the foods you're cooking.

### GRILLING (DIRECT HEAT)

Outdoor hibatches are the perfect picnic grill—quick and easy. Make sure the grill is basted with cooking oil before lighting the grill. If you're cooking with charcoal, make sure the coals are glowing red and the flames have subsided. Lay your meat on the grill. The grill will seize your food. Don't try to remove it. As the food cooks and it is ready to turn, the grill will naturally release it to enable you to turn it easily. Whatever you do, never pierce your food with a fork or slice it with a knife to see if it is done. You'll lose too many juices and end up with a piece of dry meat. Cooking meat on the grill is a matter of trial and error and following these few handy tips.

LOCAL FOOD

*july's food fresh from the farm*



INDEPENDENT GROCER

CONCORD FOOD CENTRE  
OAK RIDGE FOOD MARKET



Joseph Greco immigrated to Canada from Italy in 1930 and opened a fruit stand on the Danforth in Toronto, focussing on the freshest fruits and vegetables available. Today there are two grocery stores, Concord Food Centre in Thornhill and the Oak Ridges Food Market in Richmond Hill, run by his grandson Joe and great-grandson Anthony. The stores may have changed over the generations, but not the Greco's commitment to fresh, quality produce. "No one can beat our [Ontario's] apricots and peaches," says Joe Greco, proudly. The full-service grocery stores each have an excessively large produce section that they strategically stock with as much local food as possible. They shop daily at the Toronto Food Terminal, have direct connections to farmers in the Holland Marsh, and let their customers know what is local by using Foodland Ontario signs throughout. "Our customers ask for local produce so we supply them with it," explains Joe.

13144 Yonge Street, Richmond Hill  
1438 Centre Street, Thornhill

## Whisky Barbecued Beef Ribs

This is an adaptation of 40 Creek  
Pork Rib recipe on page 36, of  
**Niagara Cooks**, a seasonal attitude.  
[www.NiagaraCooks.ca](http://www.NiagaraCooks.ca)



## OTTAWA

Our nation's capital fills us with pride. With a population of 850,000, there are an unbelievable 1,276 farms inside the city limits! This is an urban space that feeds itself.

For a decadent taste of the region, go to Murray Street or, as the locals call it, "gastro-alley." Here five chef-owned restaurants promote local dishes, each in their own unrivaled way: **Navarra, Murray Street Cafe, Sweetgrass Aboriginal Bistro, Domus Café, and Benny's Bistro.**

Just around the corner from gastro-alley is the **Byward Farmers' Market**. It's a huge market that occupies several streets. Along Byward Street you'll find small artisan shops like the **House of Cheese**. This tiny



shop is overloaded with cheeses from Ontario and Quebec. Interestingly, many of the Quebec cheeses are considered local because they're produced within the 100-mile radius that most deem necessary to make this claim.

Still within the market on York Street is **Aubrey's Meat Market**. Owner Brian Henley works with local meats

exclusively. Recently, he had an idea to get more people into his shop, so he sold coupons worth \$175 for produce in his shop for only \$55!

Within a few days, he had sold well over 3,000 coupons and had to bring a quick end to the promotion. The day I was in the butcher shop, most of his shelves were empty with eager customers cashing in. But Henley had sold more than meat and produce; he earned new customers interested in the concept of eating local.

Saturday mornings are the liveliest time at the market, with stalls overflowing with fresh produce ranging from market vegetables in the summer to root vegetables, maple syrup, and honey in the winter. It's a paradise for locavours and there's so much to experience such as unique to Ottawa, Beaver Tails.

BeaverTails are delicious fried disks of whole wheat dough, shaped like a beaver tail and topped with all things sweet like honey or maple syrup — yum! Now

Every town has  
a food story.  
Eat it up!

### Two Ways to Extend Your Visit

#### CARLETON PLACE

Just 40 minutes west of Ottawa on the Mississippi River, tucked in amongst farms in rural Lanark County, Carleton Place is a quaint village dotted with lovely historic buildings. While there, you must eat at a restaurant called Ballygibblins. The chef buys his food from neighbouring farms. The food is casual but seriously great.

[www.careltonplace.ca](http://www.careltonplace.ca)

#### PERTH

Perth is a small town with all the amenities of a big city. The downtown core is vibrant and most people visit for its festivals. My picks are the Perth Garlic Festival in August and the Festival of the Maples in April.

[www.beautifulperth.com](http://www.beautifulperth.com)

APPETITES

# TRAVEL

*discover the flavours of...*



## OTTAWA

Continued...

found across Canada (and even in Saudi Arabia), the original BeaverTail shack is on George Street (within the market).

The Ottawa Farmers' Market, in Brewer Park, is a true locavore farmers' market with meat producers, organic vegetable producers, and more. Artisan bread bakers offer seductive loaves and specialty goods like gluten-free products. It's here that Dave Neil got his start in the charcuterie business. Dave started with a stand at the market, built up a clientele, and then opened his shop, The Piggy Market ([www.thepiggymarket.com](http://www.thepiggymarket.com)) on Winston



Avenue. Indeed, farmers' markets serve as incubators for many new businesses. Another is Pascale's Ice Cream ([www.pascalesicecream.com](http://www.pascalesicecream.com)). Pascale Berthiaue's all-natural ice cream flavours are inspired by the fresh produce that surrounds her at the market.

If you're spending the night in Ottawa, choose The Arc Hotel. Executive Chef Jason Duffy's menus read like a geography lesson on the area's farms and you can get a true taste of the region through his cooking.

Of course, an overnight stay at the Château Laurier is the stuff of dreams. It's also home to an event called Savour Ottawa, a farmer tradeshow eagerly attended by chefs in the capital city. In each booth farmers display photos of their summer produce and samples of their year-round products. They talk with chefs—who rush in and out all day long—about produce, prices, and delivery. It's an event that fills Ottawa restaurants with more local food.

There's a culinary movement happening in Ottawa and it's not where you'd expect. Inventive artisan food business are rolling in. Take, for example, the likes of Stone Soup Foodworks ([www.stonesoupfoodworks.ca](http://www.stonesoupfoodworks.ca)). It's a food truck you'll find on the streets serving up amazing soups. Making celebrities out of farmers is Michael's Dolce ([www.michaelsdolce.com](http://www.michaelsdolce.com)) line of jams. He offers a Peach & Cardamom Jam made with Torrie Warner's (Beamsville) fresh peaches. And then there's also The Red Apron ([www.redapron.ca](http://www.redapron.ca)). Jennifer Heagle

For stories of Stratford and area farmers, see

*The Ontario Table*

Acorn Creek Garden Farm, p. 280

Alpenblick Farm, p. 260

Mariposa Farm, p. 99

O'Briens Farm, p. 85

Piggy Market, p. 243

Rochon Gardens, p. 20

Stanley's Olde Maple Lane Farm, p. 159

## OTTAWA

*Continued...*

and Jo-Ann Laverty cook up delicious foods from neighbouring farms and deliver their gourmet creations 3 days a week to over 500 hungry discerning customers. They call it their Mid-Week Dinner Club.

If you're visiting the region and would like to be guided through some of Ottawa's tastiest spots, C'estbon Epicurean Adventures ([www.cestboncooking.ca](http://www.cestboncooking.ca)) has some amazing food tours and cooking classes. Ottawa is also home to Canada's only campus of Le Cordon Bleu Culinary Arts School ([www.lcbottawa.com](http://www.lcbottawa.com)). If there are no classes going on here, it's worth the trip to shop in their kitchen in their magnificent, historic building.

Ottawa has a local food web directory, agriculture and culinary map, seven farmers' markets, and lots of on-farm markets that offer fresh food in season.

## ESSENTIALS

## Getting there

Follow Hwy. 401 west to interchange 721A then follow Hwy. 416 to Ottawa. From the 416, take exit 75B and follow Hwy. 417 into Ottawa.

## WHERE TO STAY

The Arc Hotel, [www.arcthehotel.com](http://www.arcthehotel.com)  
Château Laurier, [www.fairmont.com/laurier](http://www.fairmont.com/laurier)

## FURTHER INVESTIGATING

[www.justfood.ca](http://www.justfood.ca)  
[www.ottawatourism.ca](http://www.ottawatourism.ca)  
[www.ottawavalleyfood.org](http://www.ottawavalleyfood.org)  
[www.ottawafarmersmarket.ca](http://www.ottawafarmersmarket.ca)  
[www.byywardmarket.com](http://www.byywardmarket.com)



## Blueberry Crumb Squares

1 cup (250 mL) white sugar  
2 1/2 (625 mL) cups all-purpose flour  
1 pinch ground cinnamon  
1 1/4 cups (310 mL) shortening  
1 egg, beaten  
1 teaspoon (5 mL) baking powder  
pinch of salt  
4 cups (1L) fresh blueberries  
1 tablespoon (15 mL) late harvest riesling  
1/2 cup (125 mL) white sugar  
3 teaspoons (15 mL) cornstarch

Preheat the oven to 375°F (190°C). Grease a 9x13-inch pan. In a medium bowl, stir together sugar, flour, and cinnamon. Using a fork or pastry cutter, cut in the shortening and then the beaten egg. Divide mixture in half and to the generous half, add baking powder and salt (dough will be crumbly) and pat it into the prepared pan.

In another bowl, mix the blueberries with the late harvest riesling to completely coat them. Stir together the sugar and cornstarch and sprinkle over the wet blueberries. Stir gently to completely coat the berries in the sugar mixture. Spoon the blueberry mixture evenly over the crust. Crumble remaining dough over the berry layer.

Bake in preheated oven for 50 minutes or until top is slightly brown. Cool completely before cutting into squares. Makes 16 squares.



### AVONMORE BERRY FARM

On their farm, David and Pam Phillips bring people and food together. "We like to encourage families to come here as family outing," said Pam. In addition to growing plump raspberries and succulent strawberries, they offer a pick-your-own strawberry patch, a children's play area, snacks on site, and bakery products for a full farm-and-country experience. In their on-farm market the bakery offers their own homemade jams, muffins, and fruit pies, fresh or frozen. Avonmore is a large farm employing approximately 20 students during the growing season. They're open 7 days a week until December.

16365 Fourth Road, Avonmore  
[www.avonmoreberryfarm.com](http://www.avonmoreberryfarm.com)



## ONTARIO MEAT

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It's not a great summer without something delicious sizzling away on the backyard grill. You'll find everything you need for super simple summer meals in your grocer's meat counter, at small butcher shops, at farmers' markets, and at farms where the animals are raised. Here are a few of the organizations in Ontario to follow for great turkey, pork, sheep (lamb), veal, chicken, beef, and corn-fed beef recipes.

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KRISTIN JUKES

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### ONTARIO'S FINEST

All across the province family-owned and -operated farms raise sheep, turkey, pigs, veal cattle, chickens, and, of course, a variety of cattle breeds. Our farming industry is one of the safest in the world thanks to some of the organizations mentioned here.

So what is the best way to enjoy Ontario meats and poultry? Barbecued or grilled, either way it's all about outdoor cooking in the summer.

### DID YOU KNOW?

**Ontario Independent Meat Processors** (OIMP) is a non-profit organization that works hard to create better access to Ontario's delicious meat and poultry products. It represents the most dedicated and caring family-owned and -operated meat and poultry producers, processors, retailers, suppliers, and wholesalers in the industry. You can find them through the product locator function on the Ontario Meat and Poultry website.

[www.ontariomeatproducts.ca/product-locator](http://www.ontariomeatproducts.ca/product-locator)

### HOME GROWN ONTARIO

#### Ontario Independent Meat

**Processors** (OIMP) manages the Homegrown Ontario™ program (identified by a unique logo: a small red barn with a trillium in the centre) to help consumers identify Ontario-grown meat and poultry. When buyers see this symbol on meat or poultry at a local retailer, they can be assured that the animal was raised and processed in Ontario.

[www.ontariomeatproducts.ca](http://www.ontariomeatproducts.ca)  
[www.homegrown-ontario/about](http://www.homegrown-ontario/about)



### PREMIUM BEEF

**Ontario's Heritage Meat** (OHM) is a branding program that promotes artisanal-style beef, pork, lamb, turkey, and chicken. All processors in the program meet strict guidelines and criteria, including an Ontario place of origin. In 1987 OHM held a meat competition for the best-tasting and high-quality products. This year's winners include VG Meats Apple Cinnamon Glazed Back Bacon and Stemmler Meats Spinach and Feta Chicken Sausage. Consumers can search for award-winning products and Ontario's Heritage Meat in the product locator.

[www.ontariomeatproducts.ca/product-locator](http://www.ontariomeatproducts.ca/product-locator)

LOCAL **FOOD**

*july's food fresh from the farm*

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SOURCING

# LOCAL

*spend \$10 a week on local food*

Ontario's farmers' markets are gathering places with a community spirit



## Balsamic Glazed Portobello Beef

**Portobello Mushrooms**

Ontario produces many different kinds of mushrooms including large beefy portobellos.

**Tenderloin Beef** is the most tender cut of meat. It needs very little fuss but gives much pleasure.**Ontario Balsamic Vinegar**

Artisan producers range from culinary entrepreneurs to farmers. Check [The Ontario Pantry](#) for specific brands.

1/2 cup (125 mL) Ontario balsamic vinegar  
1/2 cup (125 mL) icewine vinegar  
1/4 cup (60 mL) brown sugar  
2 tablespoons (30 mL) vegetable oil  
4 large portobello mushrooms  
4 tenderloin steaks, tied into rounds  
Ontario salt to taste  
fresh rocket as garnish

In a small saucepan over high heat, add the vinegars and brown sugar. Stir until the sugar is dissolved, then cook for 6 minutes more or until slightly thickened and syrupy. Set aside to cool.

Preheat the oven to 450°F (230°C).

In a large oven-proof skillet heat the oil over medium heat. Add the whole mushrooms and cook for 5 minutes. Transfer skillet to the oven and cook for 15 minutes. Set aside.

Sprinkle the steaks with salt. In a separate skillet over high heat, sear the steaks for 2 minutes each side. Transfer to the oven and cook for an additional 5 minutes for medium rare. Remove from oven and let rest for 10 minutes.

When ready to serve, lay a steak on a dinner plate and top with rocket. Top with a mushroom and drizzle with icewine glaze. Garnish with more rocket. Serves 4.

LOCAL

# DISHES

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*july's seasonal dishes*

Summer steak  
right off the grill.



## SARNIA BAY FARMERS' MARKET



The Sarnia Bay Farmers' Market may not be the largest farmers' market, but it is by far one of the more beautiful. Picture 15 to 20 farmers gathered along a boat-filled marina with the sun shining on the water and splashing over the fresh produce, succulent meats, and artisan baked goods. Market vendors include Bluewater Beef, a popular cattle farm; Lena's Lamb, hosting a small freezer full of various cuts of succulent lamb; Williamson Farm laden with heaping piles of fresh, beautiful vegetables; Forests Glen Herb Farm, with aromatic dried and fresh herbs; Don's Organic Gardens, with veggies, beef, and chicken; and The Whole Pig, with samples of their 100% all-pork sausages - yum! The One Tomato project is also there encouraging everyone to garden by growing just one tomato plant - simply brilliant! A marine market wouldn't be complete without a fish monger; Purdy's Fisheries is there with glistening, delicious lake fish.

Runs every Sunday from May to October from 9 a.m. to 1 p.m.  
Sarnia Bay Marina

## CHARLES QUALITY MEAT

Charles LoBrutto immigrated from Sicily over 30 years ago and began farming a 5-acre plot of land where he raised animals naturally as traditionally done in Italy. When his three sons took over the business, they continued their father's legacy of "from the stable to the table." Today they have close to 200 acres of land where they raise lamb, goat, beef, veal, and rabbit in addition to growing their own crops the natural way. All products are processed at the farm without preservatives or MSG. Visit them at the farm in St. Agatha or at either the Kitchener Farmers' Market or the St. Jacob's Farmers' Market.

1448 Wilby Road, St Agatha



JOIN US AND

# CELEBRATE

OUR FIRST ONE

## TERROIR DINING

On Thursday, June 14, the Culinary Educators Canada Conference took place at the Canadian Food and Wine Institute at Niagara College. One of the days focussed on local foods, and after a day-long tour of farms and artisan producers, culinary professors from across Canada settled into the teaching vineyard at the Niagara College Niagara-on-the-Lake campus for a spectacular dinner over **The Ontario Table-Cloth**.



## ONTARIO WINE



July is about Riesling; light, crisp, refreshing and the perfect accompaniment to summers lighter dishes. These are great wineries that are worth a visit this summer so mark them on your calendar and make a visit. You won't be disappointed. In the meantime, here are a few of the most refreshing Rieslings in Ontario.

Catherine Langois crafts a beautiful **Sandbanks 10 Riesling**, VQA, (\$14.95) in a feminine fashion with hints of grapefruit and lime peel over a core of stone fruit all balanced on the elegant side with a lingering finish.

17598 Loyalist Parkway, Wellington  
Prince Edward County  
[www.sandbankswinery.com](http://www.sandbankswinery.com)

**Stoney Ridge 2010 Riesling** VQA, (\$15.95) starts off with a hint of honeysuckle over ripe apple, picking up citrus and wet stone midpalate. The fruit and acidity integrate beautifully for a cool, refreshing mouthful on any hot July day.

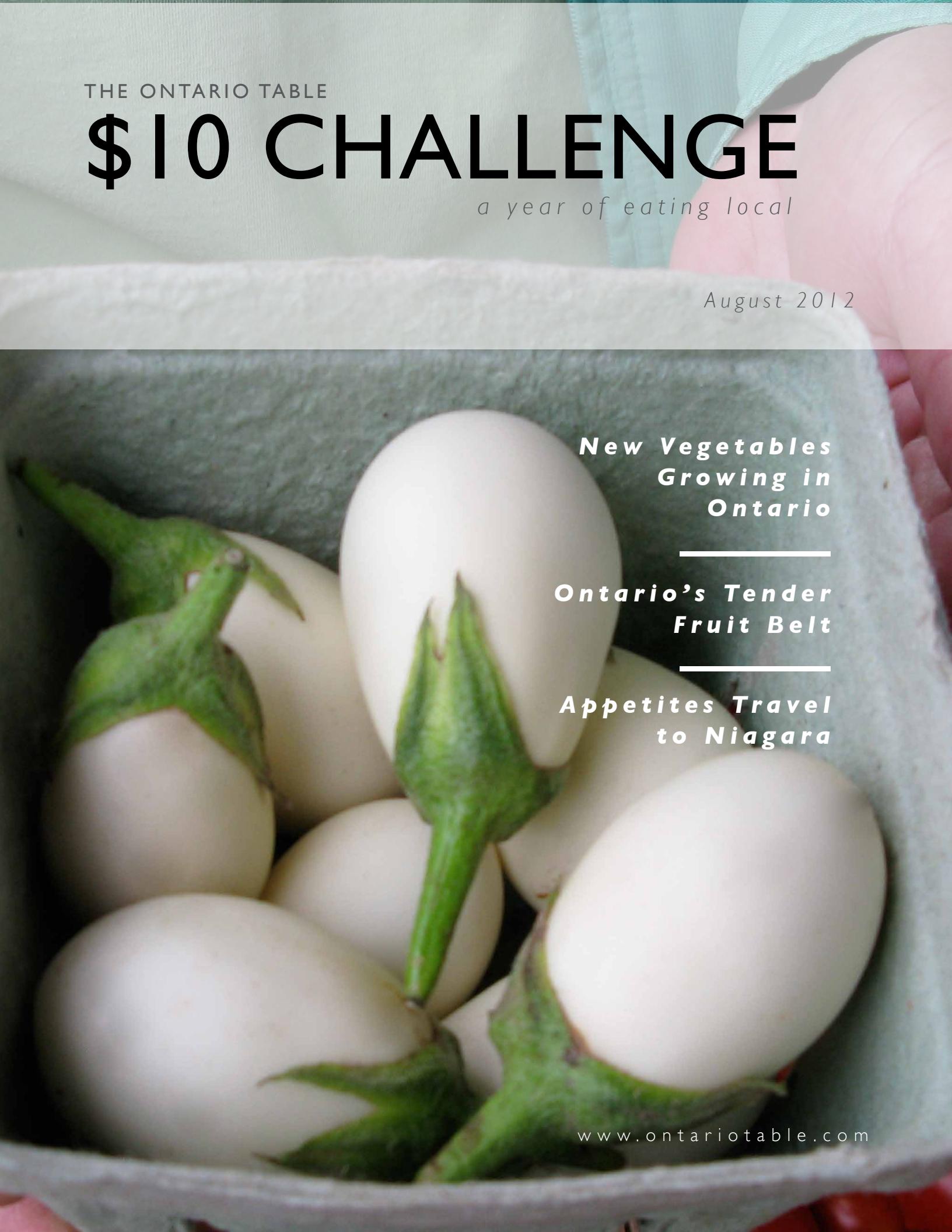
2301 King St, Vineland  
Niagara  
[www.stoneyridge.com](http://www.stoneyridge.com)

The **Viewpoint 09 Riesling**, VQA (\$14.95) is well integrated and focused, featuring apricot, almond candy and citrus with fine zip and length. A touch of spice peeks through on the finish for an interesting drink.

151 County Road, Harrow  
Erie North Shore  
[www.viewpointewinery.com](http://www.viewpointewinery.com)

Pure delight in every sip of **Ravine 10 Estate Riesling**, VQA (\$28.00). Botrytis adds richness and concentrates the grapefruit, honey, citrus and mineral flavours. Racy and tasting elegant, it glides across the palate to a long finish.

1366 York Road, St. Davids  
Niagara  
[www.ravineyineyards.com](http://www.ravineyineyards.com)



THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

August 2012

**New Vegetables  
Growing in  
Ontario**

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**Ontario's Tender  
Fruit Belt**

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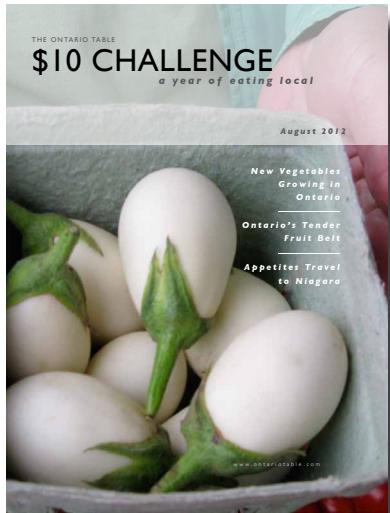
**Appetites Travel  
to Niagara**

[www.ontariotable.com](http://www.ontariotable.com)

THE ONTARIO TABLE \$10 CHALLENGE

# AUGUST

*There are plenty of ways and  
reasons to eat local in August.*



## FEATURES

What the \$10 Challenge Is All About

New Vegetables Growing in Ontario

Putting Aside Summer's Sunshine

Ontario's Lavender Harvest

Ontario's Tender Fruit Belt

Appetites Travel to Niagara

Summer Red Wines

## *Plus . . .*

Your best bet in a grocery store:

*Organic Garage*

It's August and fruit and vegetable harvests are ramping up like never before! The long, hot, dry summer means the produce has intense flavour and juiciness. Celebrate the variety of just-picked vegetables with recipes for our delicious Heirloom Tomato Salad, Country Corn with Chive Butter, and Parmesan-Crusted Cauliflower. Swoon over seasonal orchard fruit with Yellow Plum Sorbet, Honeyed Peaches, and Red Plum Tart. Summer is in full swing, and it's time to get out and taste the local offerings of new destinations. This month we introduce a new series of food travel stories starting with a foodie's guide to eating your way through Niagara. Enjoy!

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LYNN OGRYZLO

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## SEASONAL FOOD AVAILABLE IN AUGUST



This is the second month **The Ontario Table** is separating the fresh seasonal produce from the local food that's available year round. We hope it helps you get a true sense of all the great local food available in Ontario and how local food changes with the seasons.

apricots	onions, green
beans, green and wax	onions, cooking—a new harvest*
beets—a new harvest*	peaches
blueberries	peas, green and snow
broccoli	peppers, field
cabbage—a new harvest*	plums
carrots—a new harvest*	potatoes—a new harvest*
cauliflower	radishes
celery	raspberries
corn	rhubarb
cucumbers, field	salad greens
currents, red and black	spinach
garlic	strawberries
gooseberries	tomatoes, field
greens, field	watermelon
herbs	zucchini
nectarines	



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

**\*Note:** "A new harvest" refers to a fresh crop of vegetables that are also stored and made available at other times of year.

YEAR-ROUND LOCAL FOOD  
AVAILABLE IN AUGUST

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barley  
beans, dried and canned  
butter  
charcuterie  
cheese  
chilies, dried  
cooking oils, canola and soy  
cucumbers, greenhouse  
eggplant, greenhouse  
eggs  
greens, greenhouse  
herbs, greenhouse and dried  
honey  
lake fish  
maple syrup  
meat, farm-raised  
milk and dairy  
mushrooms  
pastry flour  
peppers, greenhouse  
potatoes  
poultry  
stone-ground flour and whole grains  
sweet peppers, greenhouse  
sweet potatoes  
tofu  
tomatoes, canned and greenhouse  
wild game  
wine

**\*Note:** "A new harvest" refers to a fresh crop of vegetables that are also stored and made available at other times of year.

## ONTARIO FRUIT & VEGETABLES

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Ontario is Canada's richest agricultural province: our diverse climatic conditions, soil types, and geological environments work together to create a delicious culinary landscape of orchards, vineyards, gardens, greenhouses, and fields.

From market garden farms to farms with on-site markets and bakeries to large, thousand-acre farms, Ontario farms grow and offer an abundance of amazing food!

### ONTARIO'S GROWING NEW VEGETABLES

Art Smith, CEO of the OFVGA, explains how changing demographics have influenced vegetable production in Ontario. "In the 1950s and 60s, it was European immigrants who came to Canada, and they very much influenced what we ate and what we grew here in Ontario. Our immigration patterns have changed, with far more people coming from the Middle East, Asia, and the Caribbean, and these people are having a great influence on the types of vegetables that we are growing today." The OFVGA is working closely with the Vineland Research and Innovation Centre to determine the feasibility of growing many new vegetables, such as bok choy, okra, fuzzy melon, and new varieties of eggplant, to satisfy the tastes of the huge wave of these new immigrants. "It is important for the industry that we can produce these new crops in sufficient quantities and at competitive prices. The changing demographics of Ontario is creating a new opportunity for Ontario fruit and vegetable farmers."

New and different varieties of fresh vegetables are being researched and planted every year. It's the changing face of Ontario's vegetables.

### WHERE THINGS GROW

A diversity of fruits and vegetables blankets our entire province, with pockets of produce favouring different growing conditions. A high concentration of apple orchards flourish throughout the Blue Mountain area, home of the Apple Pie Trail, which stretches into Northumberland County, home of the Apple Route. Leamington in Essex County is the tomato capital while Simcoe in Norfolk County claims the title for asparagus. Prize-winning potatoes concentrate around the Sudbury region, and soup and salad vegetables grow especially well in the Holland Marsh.

The freshest, healthiest, and tastiest food grows throughout the province. Find the best in your area and boast about your favourite farmer by posting it on [Facebook/OntarioTable](#).



## ONTARIO FRUIT & VEGETABLES

### THE FLAVOUR OF ONTARIO

Ontario has a maritime climate that bumps up the acidity in all that grows here and gives Ontario a unique and delicious flavour profile. This high acidity dances across your palate, making the flavours and sugars sparkle and come alive. This is why people from all across Ontario flock to orchards for peaches that are bursting with flavour. It's why our tomatoes are so amazing when picked ripe from the field. Enjoy Ontario fruit: it's the envy of North America. Taste the difference! Taste Ontario!

### DID YOU KNOW?

The **Ontario Fruit and Vegetable Growers Association** (OFVGA) represents 7500 fruit and vegetable farmers across the province. The organization works to grow Ontario's industry forward by keeping members informed of the latest information and research on fruit and vegetables and how they relate to Ontario's growing climate and conditions. It also steers the industry into a profitable future as well as liaises with government on issues affecting Ontario farmers. The consumer portion of the OFVGA website provides 42 links to agricultural associations that can put you in touch with farms, markets, and local food shops near you.

[www.ofvga.org](http://www.ofvga.org)

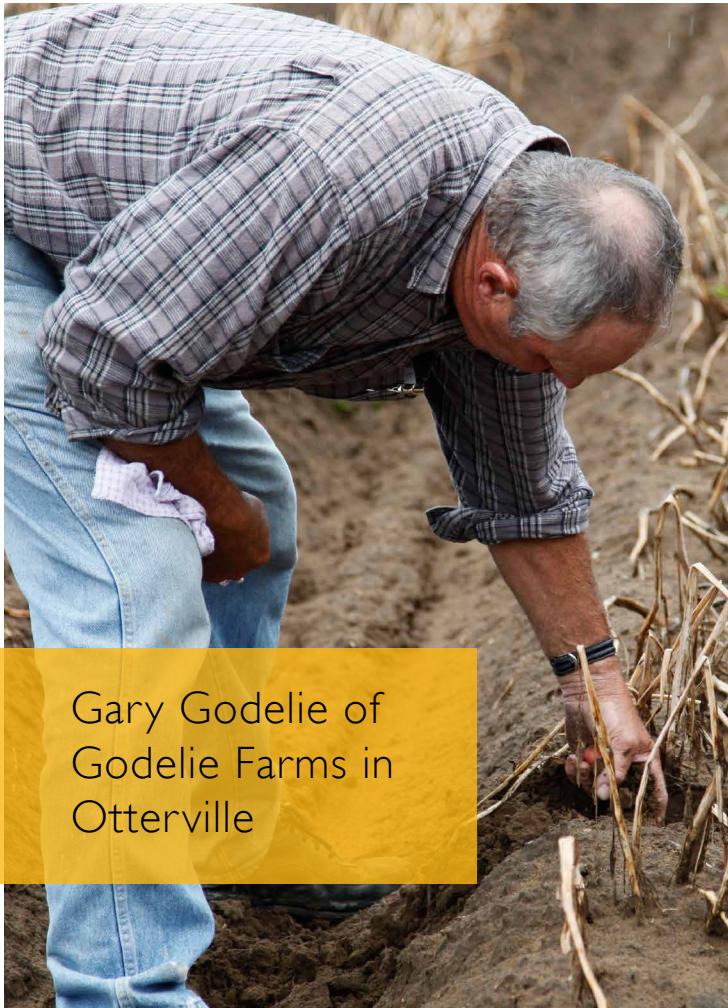


### JOSAMAR ACRES

It's a good food story at **Josmar Acres**. The thriving farm and retail market on 550-acres began in 1974 as a small 25-acre chicken farm. Today, the family farm produces a great diversity of fruit and vegetables—*asparagus, raspberries, tomatoes, sweet corn, peppers, and more*—that are sold in their retail market (open year round). What they can't grow **Jos and Margaret deBieck** buy, including fresh produce and farm-made food products like maple syrup and preserves from neighbouring farms. Margaret is proud of the fact that they have a strong community customer base. In fact, she can often count three generations of many families that shop at their farm.

568 Lynden Road, Lynden  
[www.josmaracres.com](http://www.josmaracres.com)

## GODELIE FARMS



Gary Godelie of  
Godelie Farms in  
Otterville

**Gary and Blanche Godelie** were once tobacco farmers who have moved on to growing a wide variety of vegetable crops on their farm in Oxford County. Gary is most passionate about his potatoes and sweet corn. Their potato varieties include white flesh, small baby potatoes, red skin, and snow-white flesh potatoes called Dakotah Pearls. Yukon Gold and the popular Laura's red skin are the two yellow flesh varieties. Different? Yes, and the new flavours and textures, from creamy butter to sweet and savoury, excite their customers. Sweet corn to Gary is "more than Peaches and Cream." He grows Jester, Navajo, and others that are multi-coloured but with a more satisfying, intense corn flavour. You can buy Godelie Farms produce—from strawberries and raspberries, tomatoes, squash, pumpkins (including freaky gourds and freaky pumpkins)—at their farm stand or at three different MyPick® markets in Toronto: Bloor and Borden, East Lynn, and St. Andrews.

Farm market open seasonally  
225754 Otterville Road, Otterville





**Ontario Cheese** Look to your local artisan cheesemakers for aged cheeses to grate up and add amazing flavours to dishes.

**Eggs** Ontario excels in delicious farm-fresh eggs, which come in many sizes and varieties, from free range to Omega3 enriched. For most recipes that call for eggs, use large-size eggs.

**Cauliflower** grows across Ontario, and you can find the snow-white balls at farmers' markets and on-farm markets.

## Parmesan-Crusted Cauliflower

1 cauliflower, washed and broken into florets  
1 farm-fresh egg  
2 farm-fresh egg whites  
3/4 cup (180 mL) breadcrumbs  
1 teaspoon (5 mL) chopped fresh parsley  
1/2 cup (125 mL) Parmesan cheese, grated  
Ontario salt

Preheat oven to 350° (180°C). Place the cauliflower florets in steamer or colander over boiling water and steam, covered, for 10 minutes. Remove from heat and allow to cool for 10 minutes. Meanwhile, whisk the egg and egg whites in a large bowl and season with salt. Place the breadcrumbs, parsley, and parmesan in a freezer bag and shake to combine. In small batches, roll the cooled cauliflower in the eggs and then drop in bag with breadcrumb mixture. Gently shake bag to completely cover cauliflower. Place florets on a baking sheet and repeat until all cauliflower is coated in breadcrumbs. Bake for 20 minutes or until browned. Serves 4.

LOCAL

# FARMER

*the face of our food*

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Angie Koch of  
Fertile Ground CSA  
in St. Agatha

Walk around this 4-acre organic vegetable patch and large crickets scatter in every direction. Two or three bees are busy inside each zucchini flower, collecting their pollen. **Angie Koch** grows a huge variety of vegetables for her farm's community-shared agriculture (CSA) program, **Fertile Ground CSA**.

Each long row of vegetables is different. Some are full, crimson, and tall; others are bright green with vines weaving their way to the top of rustic fencing. Meandering through the lush herb garden will send seductive aromas wafting your way. It's enchanting.

Angie is a powerhouse of a tiny woman with a unique vision on how to feed over 110 households in the Kitchener-Waterloo area. She offers choice. With a traditional CSA, each week members pick up their share of vegetables that have been selected and packed for them. Angie believes this results in a lot of waste since customers don't always know what to do with an unfamiliar vegetable or simply don't like others. Angie's CSA is rather unique: half of a member's share is selected for them, but the remaining weekly half is left up to them. Members can choose from the variety of vegetables available that week. If they're having company and need more of one item, they can choose it; if they're canning and want more of another, they can choose it.

Angie grew up in a Mennonite family where food was more than something to eat. Food was a place of gathering, of connecting: it was celebrated, appreciated, and a way to communicate. A social worker by profession, Angie loves the way a CSA can build a stronger community. "It's about doing what you love and feeling you're actually making a positive difference in the community." Angie doesn't sell off the farm, but if you don't subscribe to her CSA you'll find her at the Kitchener Farmers' Market every Saturday morning.

1560 Carmel-Koch Road, St. Agatha

[www.fertilegroundcsa.com](http://www.fertilegroundcsa.com)

ontariotable.com 150

## New Potatoes with Garlic Oil and Basil

6 large new potatoes, unpeeled and cubed  
2 garlic cloves, minced  
4 tablespoons (60 mL) canola oil  
4 basil leaves, shredded for garnish  
Ontario salt

Put the potatoes in a pot of salted water and bring to a boil. Reduce heat to a simmer and cook for approximately 15 minutes or until potatoes are soft throughout. Meanwhile, in a mini food processor add garlic, oil, and basil. Process until minced well.

Drain potatoes and allow to steam dry for a minute before adding garlic oil. Stir carefully to cover potatoes with garlic oil. Serves 6.



### J & M FARMS

A city boy, **John Trudeau** always knew he wanted to farm. He made a career for himself in the construction industry, but then, one day, saw an opportunity to follow his dream. Six years ago John bought a farm with his wife, Megan, and their children, Benjamin, Katy, and Amanda, and nephew Josh Leed. Today, John's family produces up to 70 tons of potatoes a year that they sell to local restaurants and food stores. John added two greenhouses to his farm, and now they also grow a diverse variety of vegetables including peas, peppers, cucumbers, squash, tomatoes, and lettuce to sell at their farm gate and local farmers' markets.

1764 Second Line West, Sault Ste. Marie

### RAINBOW HERITAGE GARDENS

**Rainbow Heritage Garden** is a seventh-generation family farm owned and operated by **Kylah Dobson** and her husband, **Jedidiah "Zach" Loeks**. Using natural techniques such as integrated cropping and companion planting on their 20-acre farm, they grow more than 100 varieties of fruit, vegetables, herbs, and edible flowers for their 16-week CSA program and the farmers' markets they attend. Zach notes that once people have experienced the flavour of fresh, organic produce, they realize how wonderful and effortless cooking can be. You can find Rainbow Heritage Gardens at the Ottawa Farmers' Market at Brewster Park and at the Carp Farmers' Market.

1907 Snake River Line, Cobden  
[www.rainbowheritage.ca](http://www.rainbowheritage.ca)

## Tomato Basil Tart

1 cup (250 mL) all purpose flour

½ cup (125 mL) cold butter

1 teaspoon (5 mL) Ontario salt

pinch of sugar

1 farm-fresh egg

1 tablespoon (15 mL) cold milk

2 1/2 ounces (70 g) chèvre, room temperature

2 tablespoons (30 mL) fresh garden pesto

Ontario salt

about 48 red and yellow cherry tomatoes

6 basil leaves for garnish, shredded



Heap the flour on a work surface and make a well in the centre. Put the butter, salt, sugar, and egg in a food processor and pulse until butter is in small bits the size of peas. Spoon the butter mixture into the flour well. Little by little, with your hands, draw in the flour, working the dough delicately until it has a grainy texture. Add the milk and incorporate gently with your fingertips until the dough begins to hold together. Knead the dough 5 or 6 times, wrap in plastic, and refrigerate for 30 minutes.

Preheat the oven to 375°F (190°C). On a floured surface, roll out the dough and gently place it into a 9-inch tart shell. Blind bake it by lining the tart with greased aluminum foil and pie weights. Bake for 40 minutes. Remove from oven and allow to cool, about 15 minutes. Mix the chèvre and pesto together. Season with salt and spread it evenly across the bottom of the tart. Starting at the outer edge of the tart and working towards the centre, fill the tart with a circle of cherry tomatoes. Continue to fill the tart with cherry tomatoes, alternating colours, if possible, until the entire tart is filled. Bake for an additional 25 minutes or until the filling bubbles. Remove from oven and allow to cool completely. Garnish with fresh shredded basil. Serve warm or cool.

LOCAL

# DISHES

*august's seasonal dishes*

## Country Corn with Chive Butter



$\frac{1}{2}$  cup (125 mL) butter, room temperature  
 $\frac{1}{3}$  cup (80 mL) finely chopped fresh chives  
 $\frac{1}{2}$  teaspoon (2.5 mL) Ontario salt  
8 ears of fresh farm corn

Mix butter, chives, and salt together. Set aside. Turn barbecue to medium-high heat. Remove just a few of the outer layers of corn husks on each ear of corn. Fold back remaining husks and remove corn silk. Spread corn kernels with chive butter and rewrap inner husks around corn. Grill until husks are slightly charred and corn is tender, turning often for about 20 minutes. Serve warm. Oven method: Put buttered corn in a preheated 350°F (180°C) oven. Bake 10 to 12 minutes. Remove from oven. Serve warm.



## PUTTING ASIDE SUMMER'S SUNSHINE

Lately there has been a resurgence in the activity of canning as a new generation of consumers concerned about their food are collaborating with market farmers or growing their own food and putting some of it away for the leaner months. This makes eating locally a year-round experience.



A new generation of consumers concerned about their food has brought about a resurgence in canning. Consumers are collaborating with market farmers or growing their own food and putting some of it away for the leaner months, making eating locally a year-round experience.

My grandmother's cantina was most beautiful every fall. The room was approximately 10 feet by 10 feet, and three walls were lined with short, narrow shelves, the perfect size for large canning jars. In the centre was a concrete wine press, the favoured corkscrew kind of Italian home winemakers.

The large cantina was in the basement of the house with a few small vents covered with mesh to let in the outside

air, which my grandfather replaced each year to keep out the rodents who were eager to feast on our delicious work.

To feed a family of 13 over the winter the walls would hold well over a hundred jars of vegetables and fruit, sauces and jam. Sometimes the neighbours would collect in the garage with my grandmother and my aunts to help turn the bushels of roma tomatoes into tomato sauce for our all-time favourite meal, spaghetti and meat sauce. I was lucky enough to be part of these communal canning events.

Some would can while others would cook. Perhaps it would be some fresh tomato sauce used to make cabbage rolls or lasagna, or a meat sauce that was spooned over a board of polenta.

# LOCAL HARVEST

*the seasons bounty*

Peaches would spur another great neighbourhood event of laughter, sharing, and canning. We lived in an agricultural community where the Italian women worked on farms in the summer. After a hard day on the farm, they would bring us bushels and baskets of seconds. We would go into the house, put out a bowl of the best specimens, and put a pot of water on the stove to boil for the rest. We would can them all. My favourite was the crimson jars of sweet cherries in a sticky syrup.

Then in the winter when we opened a jar and sat down to eat, I would remember the summer days with my grandmother in the kitchen and feel like my world was right-side-up when I tasted the bright flavours of summer.

Those of us who grew up setting summer flavours aside for a cold winter day are blessed with family traditions to carry forward and the most delicious of memories—not

to mention good food to eat.

The world moves a little faster today and my cantina looks a little different from my grandmother's: 2 jars of

jam, 4 jars of peaches, 4 jars of cherries, a jar of onion confit, and a jar of salsa. One dozen canning jars are filled

with an eclectic and colourful variety as we put aside a little of what the season has inspired. The new amounts fit nicely into our fast-paced lifestyles.

**www.ontariotable.com**  
has canning stories and  
recipes

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LYNN OGRYZLO

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## ONTARIO TENDER FRUIT BOARD

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Ontario's tender fruit belt spreads from Niagara across to Haldimand, Norfolk, Elgin, Chatham-Kent, and Windsor-Essex counties. This micro-climate band by Lake Ontario and Lake Erie moderates the climate and allows for the production of wine and table grapes, pears, peaches, nectarines, cherries, and plums.

### ONTARIO PEACHES

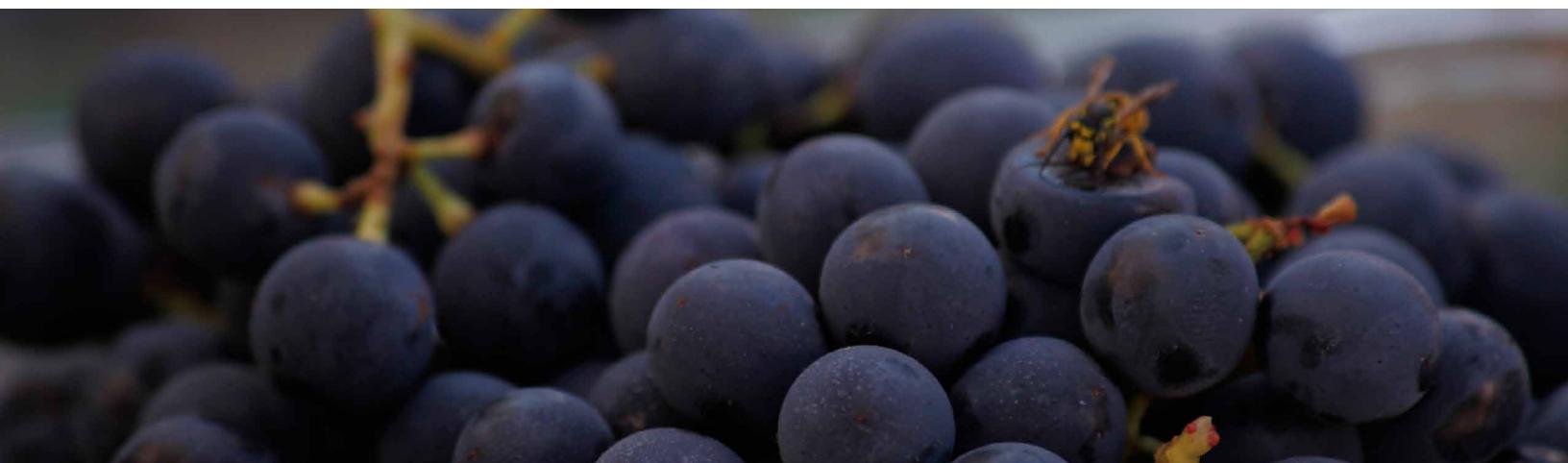
People drive for miles for the fresh, juicy peaches grown in Ontario. Straight from the farm, the flavour is ultra sweet and the juices extra runny.

For a true peach experience, select peaches that are soft and give a fresh, sweet aroma. Lean forward and bite into one. The juices will run through your fingers, down your arm, and drip off your elbow while the sweet, intense flavour dances across your palate and into your pleasure senses. Ontario peaches are divine! July 7 marked one of the earliest peach harvests for Ontario. Semi-freestone peaches are first, followed by freestone, which are in full swing right now. Look for Red Haven or Vivid for two of the sweetest peachy flavours. Use free-stone peaches for your canning because they fall away from the pit easily. It is expected peach harvest will only last until mid-September, so don't be left out—get them now!

### TABLE GRAPES

Covered in a sexy bloom, Sovereign Coronation grapes are Ontario's quintessential eating grape. They're deep purple and shaped more like a large blueberry than the elongated, tasteless imported grapes, and their taste is a pure explosion of what grapes were always meant to taste like.

Traditionally harvested the second week of August, this year you'll find them in grocery stores, farmers markets', and at roadside stands all this month—but only this month; the season is short. To enjoy them fresh, wash them lightly and lay them on paper towels to drain. Because they have a firm, jelly-like flesh, they also cook up beautifully into delicious grape pies. Look for traditional grape pies at your farmers' markets. The white grapes called Himrod are also big on flavour and small in berry size. They're a little more difficult to find, but worth the effort.



## DID YOU KNOW?

The **Ontario Tender Fruit Producers Marketing Board** is an independent farming organization representing over 400 of Ontario's peach, pear, plum, nectarine, cherry, and table grape growers. Their website is full of information on selecting the best fruit, storing it, and using it, complete with some pretty irresistible recipes. You can also meet some of Ontario's fruit farmers through their farm videos, which put a trusted face behind the delicious fruit you'll find in your grocery store.

[www.ontariotenderfruit.ca](http://www.ontariotenderfruit.ca)



## ONTARIO RAISINS

Klaus Reif, owner and winemaker of Reif Estate Winery in Niagara-on-the-Lake, is making Sovereign Coronation raisins. He bought a few refurbished tobacco kilns from Norfolk County intending to make *appassimento*-style wine. Funny thing happened on the way to the kiln: instead of drying wine grapes, the kilns were used to dry eating grapes from a neighbour's farm. The results were exciting. The raisin is powerfully delicious and incredibly unique to Ontario. Instead of the traditional white grapes used for raisins, Coronation grapes are red, larger, and have a thicker skin. They're great eating straight from the hand, soaked in a bit of icewine for a luscious dessert, or baked into cookies, cakes, and breads—they're absolutely delicious!

15608 Niagara River Parkway

[www.riefwinery.com](http://www.riefwinery.com)



## TREGUNNO FARMS

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**Phil and Lorna Tregunno**, along with their sons Jordan and Ryan, and Ryan's wife, Melissa, manage one of Niagara's largest tender fruit farms of just over 700 acres. They grow peaches, apricots, nectarines, plums, and grapes (eating grapes, notably Sovereign Coronation, and vinifera grapes, destined for the wine industry).

Fourth- and fifth-generation farmers, Tregunno employs about 90 seasonal workers during the peak harvest season. To ensure only the ripest peaches are picked, each tree is harvested once a day for 3 days. His pickers are trained to have a good eye for ripeness and the right background colour, indicating the peaches are ready to eat. Once picked, the peaches never stop moving. They go from the tractor into the packing barn where conveyor belts move them through grading lines, packing stations, and onto pallets that are loaded into large transport trucks and sent off to Vineland Growers Co-Operative, who then ship them to grocery stores.

"It's been a spectacular year for peaches," explains Phil. "The long, hot, dry year has bumped the sugars way up above normal. They're really sweet." In the grocery stores you can pick up a plastic clam-shell of Ontario peaches with the green Foodland Ontario logo on it. If you want to get closer to a farm, drive through Ontario's tender fruit belt and follow the peach aroma: you'll end up at a peach farm. If you drive along the Niagara River Parkway in Niagara-on-the-Lake, you'll see a large barn behind a vineyard with the name Tregunno Farms in giant letters. You can't miss it. Tregunno Farms is a wholesale-only farm with no retail sales permitted, but it's a beautiful tender fruit farm in Ontario.



## Red Plum Tart



1 cup (250 mL) all purpose flour  
1/2 teaspoon (2.5 mL) baking powder  
1/2 cup (125 mL) unsalted butter, room temperature  
1/4 cup (60 mL) sugar  
1 farm-fresh egg  
3 plums, halved and cored  
1 1/2 teaspoons (7.5 mL) ground cinnamon  
3 tablespoons (45 mL) sugar  
1/4 cup (60 mL) apricot jam  
1 tablespoon (15 mL) water

Heat oven to 350°F (180°C). Butter a long 14 x 4-inch rectangular tart pan and set aside. Combine the flour and baking powder, and whisk to blend. In a large bowl of an electric mixer, cream butter and sugar at high speed. Lower speed to medium, add egg, and beat until incorporated. Gradually add the flour mixture. The dough will be very soft. Push the dough into the pan with floured fingers to form an even crust. Arrange the plum halves in the tart, cut side down. Mix the cinnamon and sugar together and sprinkle over the tart. Bake until the crust is golden brown, about 45 minutes. Remove from oven and let cool. Heat the apricot jam and water in a small saucepan over medium-low heat; stir and cook until jam has melted, about 5 minutes. Remove from heat and brush gently over the entire tart. Makes 1 tart. Serves 6.

Spend  
\$10  
a week on local food

## Pear Cupcakes

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

For the Icing:

1/2 cup (125 mL) unsalted butter, room temperature  
1 teaspoon (5 mL) pure vanilla extract  
2 cups (500 mL) icing sugar  
4 tablespoons (60 mL) Niagara Cooks pear butter (for recipe, click [here](#))  
dried pears, sliced

Preheat oven to 350°F (180°C) and line 12 muffin cups with paper liners. In an electric mixer, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each. Beat in the vanilla extract. In a separate bowl, whisk together the flour, baking powder, and salt. Add the flour mixture and milk, alternately, to the

batter mixture, beginning and ending with flour. Divide the batter evenly among the 12 muffin cups and bake for 20 to 22 minutes or until nicely browned and a toothpick inserted comes out clean. Remove from oven and place on a wire rack to cool.

To make the icing, cream the butter in an electric mixer until smooth and well blended. Add the vanilla. With the mixer on low speed, gradually beat 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.

Once the cupcakes have completely cooled, cut a small hole in the top of each cupcake. Fill the hole with half a teaspoon of pear butter. Frost each with icing and garnish with dried pear slices. Makes 12 cupcakes.



The 15th Annual **TASTE CANADA** Food Writing Awards, in conjunction with The University of Guelph, honours **The Ontario Table** by short listing it in the Regional/Cultural Cookbook category. The Award Ceremony and Gala Reception will be held on Monday, November 5 at the new Arcadian Court in Toronto.

LOCAL

# HARVEST

*the seasons bounty*

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## ONTARIO'S WHEAT HARVEST



I hope you didn't miss the opportunity to take a Sunday drive in rural Ontario in the month of July. The beautiful wheat fields, cut short with the harvest and rolled into bales of straw, dotted thousands of acres of Ontario countryside. The good news is that you can still see them—they're absolutely stunning.

I've often thought of wheat as a silent harvest; one that rarely gets any press, attention, or celebration. Wheat is harvested by a combine that beats the seeds or wheat off the plant. The straw is thrown back into the field to be formed into bales and used for animal bedding; the wheat is ground into soft, white Ontario flour.

Ontario grows mostly soft, red winter wheat that is planted every fall and harvested the following July. A bit of soft, white winter wheat is grown; the difference being simply the colour. Soft flour is perfect for pastries and cookies. In Ontario we don't have a climate suitable for growing hard types of flour that would be suitable for bread and pizza crusts.

White Rose mills the Ontario wheat into flour. While a lot of it is used in the commercial baking industry, some of it goes into the consumer market. Look for White Rose pastry flour on your grocer's shelves and know you're buying a local product. I discovered that our flour excels when used to bake cookies. It is sold to many cookie manufacturers in an area known as the "cookie cluster": the territory occupied by most of North America's cookie manufacturers that stretches from Ontario through to Ohio and Michigan.

## MARCHE 59



The new generation of farm markets.



**Marché 59** is a new vision of farm market. Sure, it has the abundance of produce straight from the farm and an on-site bakery, but there's an unmistakable difference. Marché 59 has a sophistication that makes you rethink what you knew about farm vegetables and country baking. Owner Betsy Price and her husband, Omar, run a unique 200-acre farm that is carved into a dozen 10-acre fields, divided by cedar hedges. The hedges provide the ideal conditions to monitor specific plant culturing, pollination, and disease control of the many different crops they grow, from hazelnut trees to baby red onions. Instead of opening a market on their farm, they chose to open a beautiful store in downtown Port Hope. Walk into the bright store with original wooden floors and tall embossed ceilings, and on the left is a wall of the most luscious, irresistible garden vegetables piled in wicker baskets, waiting to be brought home and served up as delicious meals. On the right is a wall of fine Parisian pastries. Pâtissier Gilles Prevel and baker Anna Nulty left their bakery in Paris a year ago and immigrated to Canada. Taking farm-fresh produce from Betsy and Omar's farm, Gilles naturally creates both sweet and savoury pastries while Anna crafts some amazing loaves of bread. They buy their wheat from four different Ontario sources: from CIPM (Maddock) they buy rye, spelt, and two different kinds of whole wheat flour (regular and red fife); from K2 Milling (Schromberg) they buy pastry and bread flour; from Cherryvale (Picton) they buy rye and spelt; and from Brand Mills they buy spelt and different types of organic rye (dark, light, and rye flakes). It's all Ontario flour for this amazing farm market. Marché 59 fits nicely into the lifestyle of those who seek out the very best quality food at its peak of ripeness and freshness.

59 Walton Street, Port Hope  
Open 7 days a week, 10 a.m. to 6 p.m.



## Honeyed Peaches in Riesling Mint Syrup

**Peach** season in Ontario is one of the most glorious times of the year!

**Ontario Herbs** You can easily grow your own herbs or find them at farmers' markets or at your favourite on-farm market.

**Ontario Honey** can be found at most farmers' markets and on-farm markets. It's one of nature's most perfect foods.



1 cup (250 mL) water  
1 cup (250 mL) Riesling wine  
1/2 cup (125 mL) sugar  
1/4 cup (60 mL) Ontario honey  
2 springs of fresh mint  
6 to 8 small, ripe, firm, whole peaches

In a 4- to 6-quart saucepan, combine the water, Riesling, sugar, honey, and mint. Stir to combine and bring to a full boil. Add peaches and return to a boil. Reduce heat to low, cover, and continue cooking for 5 to 10 minutes, until peaches are tender. If the water doesn't cover the peaches, add more wine or water to just cover the fruit. Using a slotted spoon, remove peaches to a bowl to cool. When cool enough to handle, peel the peaches by gently slipping the skins off. Remove mint leaves from cooking liquid and discard. Over high heat, boil the syrup for about 10 minutes or until reduced by about half. To serve, place each peach in a shallow soup bowl and spoon the syrup over top. Serves 6.



## Yellow Plum Sorbet

3/4 cup (180 mL) sugar  
1/2 cup (125 mL) water  
12 yellow plums, pitted

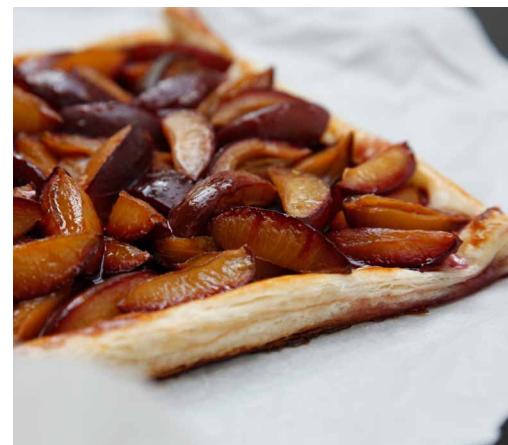
In a medium saucepan over high heat, combine sugar and water and cook until the sugar dissolves and the mixture comes to a boil, about 5 minutes. Reduce heat to medium and add the plums. Cook for 6 to 8 minutes or until they start to soften. Stir often. Remove from heat and let the mixture cool to room temperature.

Pour the plum mixture into a blender and purée until smooth. Refrigerate until cold, then process in an ice-cream maker according to manufacturer's instructions. If you have no ice-cream maker, transfer it to a shallow plastic container and place it in the freezer. Once every hour, mash the plum mixture with a fork. After 3 rounds of mashing (i.e., 3 hours) you'll have a delicious granita. Makes about 1 quart.



Black Plum Tart recipe on page 251 of **The Ontario Table** cookbook.

Yellow Plum Puree recipe on page 274 of **The Ontario Table** cookbook.



# NIAGARA



Niagara is often referred to as the Burgundy of Ontario, with an amazing number of small farmers all making a living off an acre or two of land. It certainly makes for an eclectic and diverse agricultural landscape, as they're neatly tucked in amongst larger, more traditional farms.

The Niagara Escarpment runs through the region from east to west, creating a microclimate that changes the agricultural landscape dramatically north and south of it. North of the escarpment is Niagara tender fruit belt and wine country. South of the escarpment are apple orchards, chicken barns, and cash crops.



Throughout its history, travellers would come from miles around to indulge in its tender fruit harvests: sexy peaches, luscious apricots, juicy cherries, and succulent plums. Farm stands are everywhere, offering up the latest harvest, and restaurants design menus that complement the bounty of the region.

Between the orchards and gardens are acres of vineyards. Niagara is Ontario's largest wine region, with an eclectic mix of wineries from small, family-run operations to large international companies.

The wines range from darn good house wines to vineyard-designated premium choices and eye-popping gems from a few wineries that are totally dedicated to super-premium production at super-premium prices. All are unique in their own right.

A new trend in this innovative region is to dry grapes in tobacco kilns to concentrate the flavours of red wines to make them fuller, rounder, and bigger in body.

**Every town has  
a food story.  
Eat it up!**

## *Two Ways to Extend Your Visit*

### PORT COLBORNE

Just 20 minutes south of St. Catharines, Port Colborne is a pretty town on Lake Erie at the mouth of the Welland Canal. It's here the giant lakers saunter their way into the canal where they eventually make their way down the flight locks and into Lake Ontario. Quaint shops line the canal and the dining is both casual and local. Canal Days in August is their signature festival.

[www.portcolborne.ca](http://www.portcolborne.ca)

### RIDGEVILLE

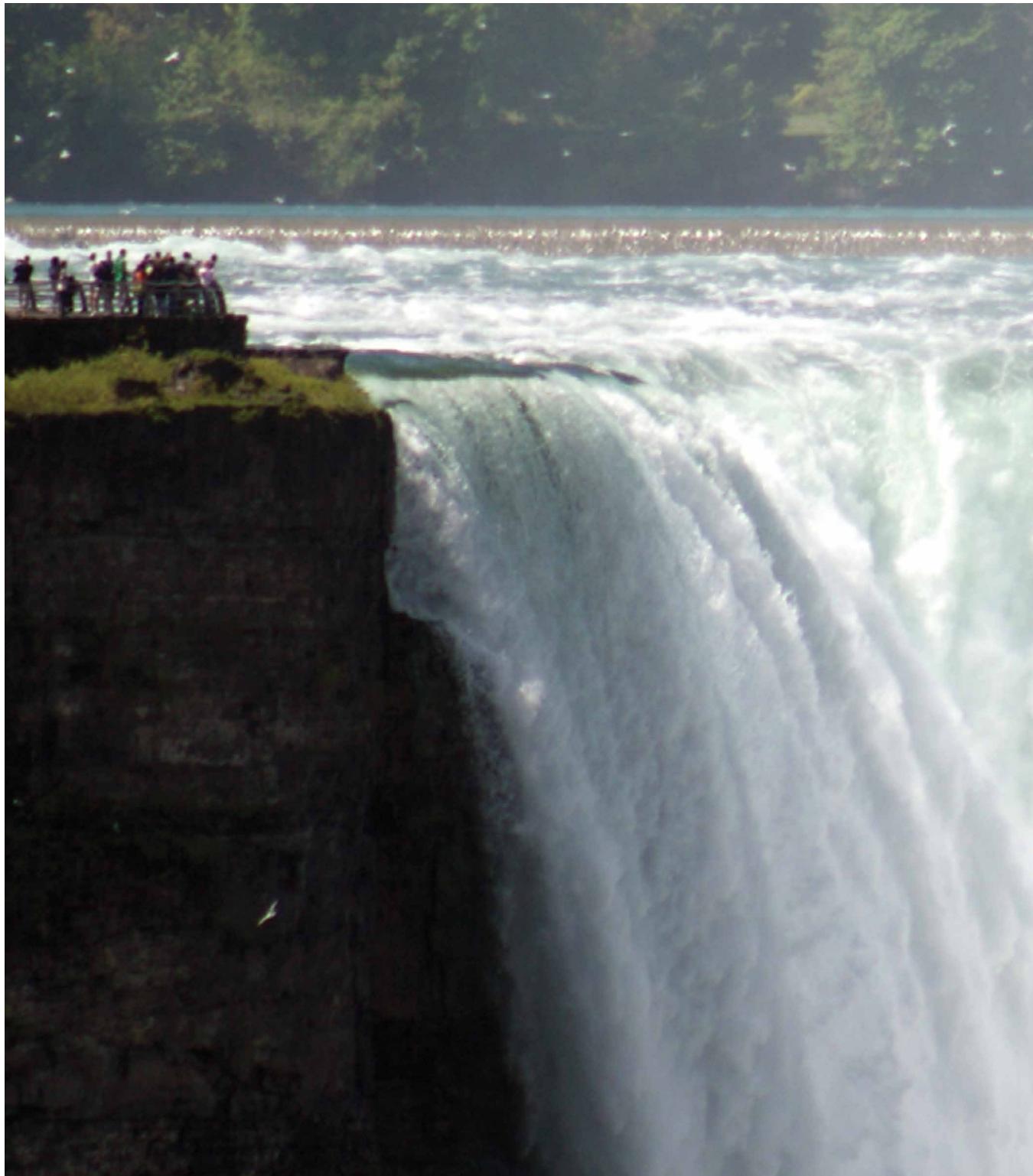
In the beautiful Effingham Hills in the back roads of rural Niagara sits a country village worthy of a visit. Farm homes restored into retail shops include a small country cafe, a home decor showroom and a kitchen gadget store with gourmet take-home meals. Farm and country conviviality at its best. [www.tourismniagara.com](http://www.tourismniagara.com)

APPETITES

# TRAVEL

*discover the flavours of...*

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## NIAGARA

Continued...

Other wineries prefer to increase the quality of their wines traditionally by cropping low yields in the vineyard—some are incredibly low. Some wineries are gravity fed; others are tucked away in caves; and many operate in a corner of a barn. This diversity makes Niagara a destination for lovers of fine wines.

Niagara also produces some interesting culinary products from the vineyard. Verjus is unfermented green grape juice with many uses, from reduction sauces to salad dressings. It is superb in preventing oxidation on fruits, and in this way becomes Niagara's substitute for lemons. Ice syrup is an unfermented and concentrated icewine juice that creates excitement when basted on grilled meats or used in a marinade. Both are culinary essentials in this region. Bioflavia is a powder made from Southbrook grape skins that have been dried and pulverized into a powder. Add it to the flour in most baking recipes and you're adding dark, rich healthy reaveratrol properties to breads and pastries.

The Queen Elizabeth Highway cuts the region in half from north and south, and it would be a shame to approach Niagara solely on this road. Instead, drive the back roads to experience the real Niagara. Take King Street from Grimsby east and you'll meander through small towns and villages like Vineland, Beamsville, and Jordan. Chances are you'll find a farm vehicle loaded with produce. Follow it because it's most likely destined for a restaurant. Go in, ask your server

what's fresh and local, and enjoy the goodness of the region.

Niagara is filled with restaurants that use local food—from casual eateries to fine dining establishments. August Restaurant on King Street in Beamsville runs its kitchen on a two-acre vegetable plot situated on a fruit farm nearby. It's a casual place with a real country feel. On the posh side is Peller Estate Winery Restaurant, with its house-made charcuterie that cure in the wine cellar with their delicious wines. Inniskillin Wines, on the Niagara Parkway, has a culinary studio where they prepare many

### For stories of Niagara and area farmers, see

### *The Ontario Table*

Bluemin' Acres, page 279

Busy Bee Gardens, page 134

Hughes Vineyard, page 251

Inn the Pines Market, page 187

Kurtz Orchards, page 275

Minor Fish, page 103

Niagara Food Specialties, page 179

APPETITES

# TRAVEL

*discover the flavours of...*



## NIAGARA

Continued...

delicious local food dishes for guests who drop in. Southbrook Winery is a satellite location for Chef Stephen Treadwell who runs an outdoor pizza patio with Italian-style thin-crust pizzas made from Bioflavia.

The culinary culture includes entrepreneurs like Mario Pingue, who brings his Italian craft of curing meats to create the best prosciutto in the province; the Kurtz Family, who turn the harvests of their fruit farm into gourmet food products sold in their gourmet marketplace on the Niagara Parkway; Paul Moyer, for his farm-grown taffy apples and red fyfe wheat pasta; and Cherry Lane Farm, where you can buy frozen fruit from the region year round.

There appears to be more on-farm markets in Niagara than in any other region in Ontario, and this is where the best baking can be found, from incredibly delicious fruit pies to Ontario's quintessential butter tarts. Two farm markets in particular are known for their duelling butter tarts. Between Whitty Farm Market in St. Catharines and The Fruit Shack in Niagara-on-the-Lake, no one can decide who makes the province's best butter tart. Visitors are more than welcome to try them both and offer up their opinions, but a word of warning: Get there in the morning or they will most definitely be sold out.

Some other facts visitors should also know: The Fruit Shack in Niagara-on-the-Lake tree ripen their peaches. They're so ripe and delicate that if you touch one you're likely to get yelled at! Whitty Farms focusses on traditional or heritage varieties of

### ESSENTIALS

Getting there from Toronto and eastern Ontario: Follow the Gardiner Expy. W. to the QEW and follow it into Niagara.

Getting there from London and Western Ontario: Follow Hwy. 401 to 403 W. to the QEW to Niagara.

### WHERE TO STAY

White Oaks Resort and Conference Centre:  
[www.whiteoaksresort.com](http://www.whiteoaksresort.com)

Harbour House Hotel: [www.harbourhousehotel.ca](http://www.harbourhousehotel.ca)  
Inn on the Twenty: [www.innonthetwenty.com](http://www.innonthetwenty.com)

### FURTHER INVESTIGATING

[www.niagaraculinarytrail.com](http://www.niagaraculinarytrail.com)  
[www.tourismniagara.com](http://www.tourismniagara.com)  
[www.winecountryontario.ca](http://www.winecountryontario.ca)

tomatoes that pack loads of flavour. Busy Bee Gardens do the unexpected with the province's first saffron and lemon grass crops.

When in the region it would be a shame to overlook the markets. The largest year-round farmers' markets are in Welland and St. Catharines. They both have an eclectic mix of farmers and artisans. Seasonal market locations include Port Colborne with a real town feel; Grimsby and Fonthill with a strong community atmosphere; and trendy, preppy Niagara-on-the-Lake.

Niagara has a local food web directory, an agriculture and culinary map, 12 farmers' markets, and lots of on-farm markets that offer fresh food in season. See the Niagara Culinary Trail: [www.niagaraculinarytrail.com](http://www.niagaraculinarytrail.com).

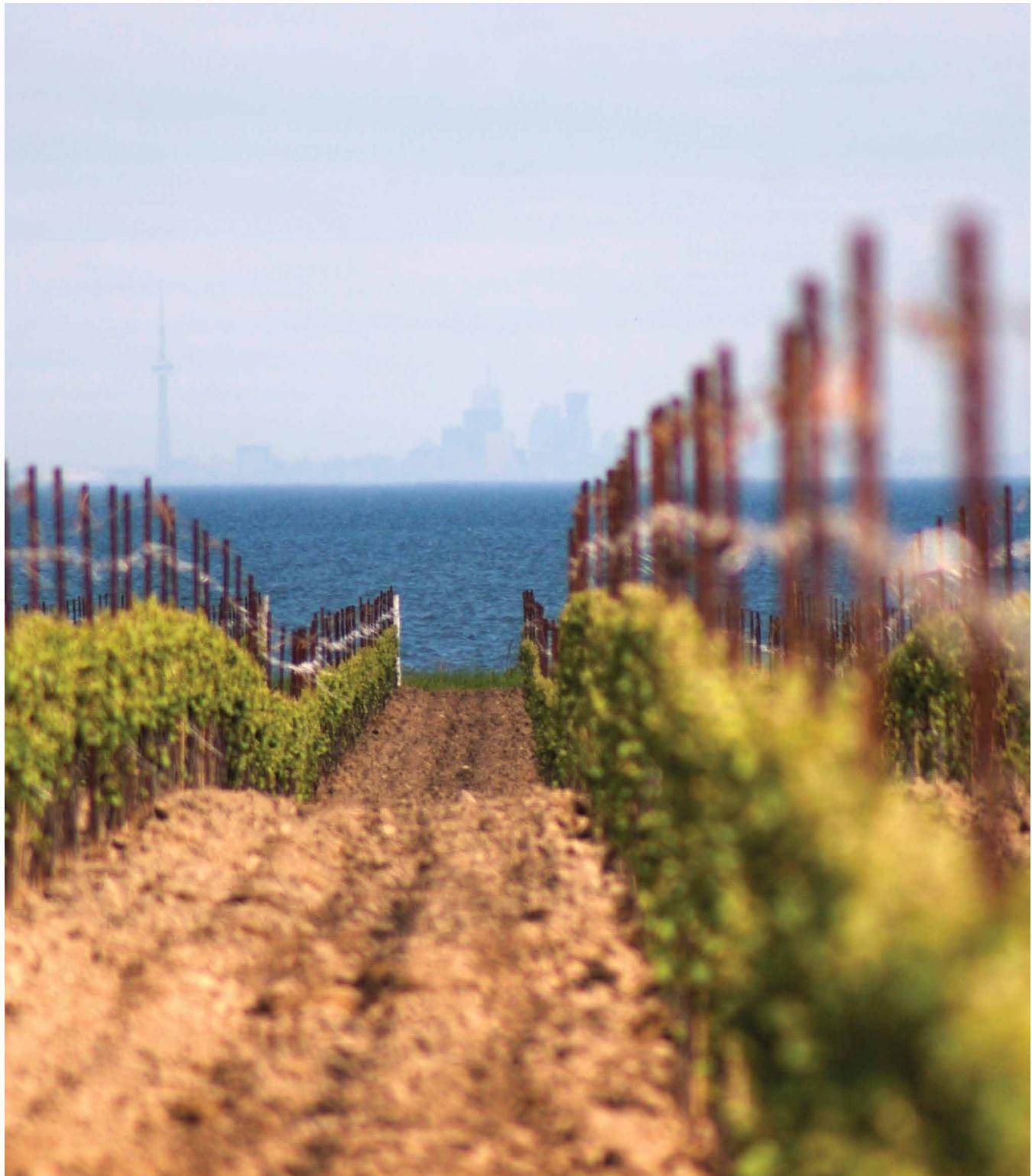


APPETITES

# TRAVEL

*discover the flavours of...*

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## INDEPENDENT GROCER ORGANIC GARAGE



It all started in Hyde Park, Toronto, when **Matt Lurie** test-marketed an idea for an organic grocery store. To his delight the response was overwhelming! He moved forward opening his European-style, no-nonsense urban organic grocery store in Oakville called **The Organic Garage**. Matt is a fourth-generation grocer and proudly tells stories of his family's immigration from Poland and the immense success of their own chain of grocery stores, Sunnybrook. Matt's mother, Nina, and sister, Shawna, both work actively in the store. You can find local organic foods across all departments: bakery, dairy, produce, and meat. In the dairy department you will find Harmony milk, Mapleton yogurt, and Burnbrae Farms eggs. In the meat department you can choose from Yorkshire Valley, Rowe Farms, Fenwood Farms, and du Breton, a Quebec company who raises their animals in Ontario.

579 Kerr Street, Oakville

Store open Monday through Saturday 9 a.m. to 9 p.m., Saturday to 8 p.m., Sunday 10 a.m. to 6 p.m.

[www.organicgarage.ca](http://www.organicgarage.ca)

Author Lynn Ogryzlo named  
**ONTARIO LOCAL FOOD AMBASSADOR**  
by Ontario Farm Fresh Marketing Association.



**Accolades for  
The Ontario Table**

"Love, love, love "The Ontario Table" cookbook....bought at last year's Delicious Food Show at the Ex....BUY IT...you won't be disappointed....beautiful pix, words and of course recipes! Congratulations to Lynn and the team who worked on this project....a true testament to Ontario farmers and what it takes to bring us local produce! Every recipe I've made from this book has gotten rave reviews!"

Judy Weinberg

LOCAL

# HARVEST

*august's food fresh from the farm*

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Purple Daze  
2985 Rhineland Road, Delhi  
[www.purpledazelavender.com](http://www.purpledazelavender.com)

## ONTARIO'S LAVENDER HARVEST

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Lavender is a relatively new crop for Ontario. It loves dry, sandy, well-drained soils, the same kind of conditions tobacco thrives on. So far there are approximately 100 acres of lavender beautifying Ontario's agricultural landscape.

A former tobacco farmer, **Robert Koprich** now grows 17 acres of French Provençal lavender and English lavender on his 150-acre farm in Delhi in Norfolk County. From the beginning of July to mid-August, the field is a beautiful blanket of billowy purple. In the middle is a large sunflower patch to give the farm that "Monet look," it's simply beautiful.

Like many other agricultural crops, there is good news and bad for this year's harvest. The winter was very warm and the bushes didn't get the blanket of snow they needed, so there was some winter kill. The summer has been dry and windy, resulting in only half the bloom of a traditional year, yet the colour is more intense. Like many farmers, Robert harvested early this year, which means he's anticipating a second harvest from his crop. While this sounds like good news, the reality is that it will double his labour costs. Not good news for Robert's bottom line.

Lavender harvest takes place in the early morning hours before the sun evaporates the oils off the bushes. Robert removes about a foot off the top of the bushes, which grow approximately 2-feet tall (English lavender) to 3-feet (Provençal Lavender). This year's harvest is of superior quality because the plants have an excess of oil,

which means the dried lavender will have much higher levels of aromatics than in previous years—great news for lavender lovers.

**Purple Daze** produces dried lavender buds, lavender honey, herbs de Provence, and lavender oil along with a variety of lavender bath products. There is an on-site retail store or you can find the Koprichs at the Simcoe Farmers' Market on Thursdays and the Port Dover and Brantford Farmers' Markets on Saturdays.

With the assistance of the University of Guelph, Ontario lavender growers are experimenting with the over 100 different varieties of lavenders in Ontario growing conditions. Currently, about 12 varieties show promise. Robert grows four of them: French Provençal, English, Melissa (white lavender, heavier in oil), and Purple Hidcote (super deep-purple in colour). An average lavender plant grows to 3-feet tall; English lavender is the shorter variety at about 2-feet tall.

During the second weekend in July, Robert hosts the Purple Daze Festival, which celebrates everything lavender and includes a community of artisans, yoga classes, and belly-dancing classes. "The colourful costumes of the belly dancers in the lavender field is just beautiful," says Robert.



## PORT HOPE FARMERS' MARKET



The **Port Hope Farmers' Market** is celebrating its 34th year of bringing food grown in rural Northumberland County into the city, or in this case the town of Port Hope. Named "Most Beautifully Preserved Town in Ontario," the market is tucked just behind the main street across from the library. It's here where Wicklow Way sells its artisan breads and unique vegetables like zucchini stuffers and petti pans; where you can get radish pods and jars of dill pickle garlic scapes from Turtle Back Hollow. A unique farmer, Marcy Adzich of Fox Hollow Wild Edibles forages the region for wild leeks, fiddleheads, morels, and ginger. SunEcrest Farm, Willow Grove Farms, Over the Hill Farm, Green Plough Farm, Kent Farms, Leslie's Veggies, and Willow Glen Farm all bring their abundance of vegetables to market along with preserves, baked goods, soap, and other products from the farm, like wool spun from the sheep at Osland's Lamb and Beef Farm.

May to October, Saturday mornings from 8 a.m. to 12 p.m.  
Port Hope Municipal Parking Lot

## Sweet Cherries in Rose

2 cups (500 mL) rose wine  
½ cup (125 mL) sugar  
3 cups (750 mL) whole sweet cherries

Add the wine to a large saucepan and add the sugar. Heat the wine to almost boiling, reduce heat to maintain temperature and stir to dissolve sugar. Add cherries and cook gently for 5 minutes. Remove cherries with a slotted spoon into 4, 250 mL canning jars. Increase the heat and boil the liquid for 6 to 8 minutes or until slightly syrupy. Pour over the cherries in the jars. Wipe the top of the jars clean and attach lids and rings. Process in a boiling water bath for 5 minutes. Remove from water and place on kitchen towel. The lids will 'pop' within 5 minutes.



## ONTARIO WINE



Starting with a strong core of pure cherries and black pepper, the **Southbrook Estate 2009 Triomphe Cabernet Franc Rosé** (\$19.00) follows through with a dance of minerality and acidity that pleases the palate. Nice lingering finish.

581 Niagara Stone Road, Niagara-on-the-Lake  
Niagara  
[www.southbrook.com](http://www.southbrook.com)

The lighter soils of this particular vineyard crafts an elegant gentlemen's Cabernet Franc. **Tawse Winery 2010 Laundry Vineyard Cabernet Franc** (\$31.95) has a mouthful of a cherry mélange up front with a hint of stone and black pepper. The finish is long, dry, and fruity. Simply delicious.

3955 Cherry Avenue, Vineland  
Niagara  
[www.tawsewinery.ca](http://www.tawsewinery.ca)

A beautiful summer Cabernet Franc with just enough weight to pull off a warm summer day, **Peller Estate 2011 Family Series Cabernet Franc** (\$11.95) shows rich summer berry flavours of raspberry, currant, and blackberry.

290 John Street, Niagara-on-the-Lake  
Niagara  
[www.peller.com](http://www.peller.com)

**Stratus** grows 11 different red wine grapes in its vineyard, and Cabernet Franc is one of them. It is used, however, not as a varietal but in a magnificent blended wine simply called **Stratus Red** (\$29.00). The flavours are of perfectly ripe red berries that matured over time. Incredibly balanced to offer maximum pleasure anytime you imbibe.

2059 Niagara Stone Road, Niagara-on-the-Lake  
Niagara  
[www.stratuswines.com](http://www.stratuswines.com)

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

September 2012



**A Great  
Year for  
Ontario Grapes**

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**Ontario's  
Potatoes Are  
Sweet!**

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**Appetites Travel  
to Sarnia**

[www.ontariotable.com](http://www.ontariotable.com)

THE ONTARIO TABLE \$10 CHALLENGE

# SEPTEMBER

*There are plenty of ways and  
reasons to eat local in September.*



## FEATURES

What the \$10 Challenge Is All About

The Grapes that Grow in Ontario

How Buying Local Benefits Everyone

All About Ontario Potatoes

It's Herb Season All Year Long

Appetites Travel to Sarnia

September Artisan Wines

## Plus . . .

Your best bet in a grocery store: Foodsmiths

This September we celebrate another great harvest month with juicy Ontario grapes and sweet new potatoes. We include easy and tasty recipes that fit neatly into any kitchen routine, such as Mashed Potatoes with Chives, and Concord Grape Pudding. We also delve into the \$10 Challenge and outline how supporting local food and initiatives filters money throughout communities so everyone prospers.

Our newest food travel column entices you to eat your way through Sarnia. Enjoy!

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LYNN OGRYZLO

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JOIN US AND

# CELEBRATE



Spend

\$10

a week on local food

## SEASONAL FOOD AVAILABLE IN SEPTEMBER



From field, orchard, and garden, Ontario's fresh harvest peaks mid-August through to end of September. Right across the province farmers' markets and on-farm markets are laden with the best of the season. It's the easiest time of year to buy local.

apples	muskmelon
artichokes	nectarines
beans, green and wax	onions, green and red
beets—a new harvest*	onions, cooking—a new harvest*
blueberries	parsnips
bok choy	peaches
broccoli	pears
brussels sprouts	peas, snow
cabbage—a new harvest*	peppers, field
carrots—a new harvest*	plums
cauliflower	potatoes—a new harvest*
celery	radishes
corn	rapini
crabapples	raspberries
cucumbers, field	spinach
eggplant, field	squash
garlic	strawberries
grapes	tomatoes, field
greens, field	watermelon
herbs	zucchini
leeks	



For more local food recipes, browse through the pages of **The Ontario Table**.

**\*Note:** "A new harvest" refers to a fresh crop of vegetables that is also stored and made available at other times of year.

## YEAR-ROUND LOCAL FOOD AVAILABLE IN SEPTEMBER

*barley  
beans, dried and canned  
butter  
charcuterie  
cheese  
chilies, dried  
cooking oils, canola and soy  
cucumbers, greenhouse  
eggplant, greenhouse  
eggs  
greens, greenhouse  
herbs, greenhouse and dried  
honey  
lake fish  
maple syrup  
meat, farm-raised  
milk and dairy  
mushrooms  
pastry flour  
peppers, greenhouse  
potatoes  
poultry  
stone-ground flour and whole grains  
sweet peppers, greenhouse  
sweet potatoes  
tofu  
tomatoes, canned and greenhouse  
wild game  
wine*



For more local food recipes,  
browse through the pages of  
**The Ontario Table.**

## ONTARIO GRAPE GROWERS

We snack on them. We juice them. We ferment them into wine. Ontario grapes are seductive with rich juicy flavour. Different grape varieties are used for eating, drinking, or making wine. Labrusca grapes are best for making jams, jellies, and juice; they're also the most delicious eating grapes. Vinifera grapes are best for making Ontario's world-class wines, and hybrids can be used for both wine and juice. Below are the faces of some of the people who grow Ontario's wine grapes.



Kevin Watson



Trevor Falk



Thomas and Debra Marshall



Randy, Doug Sr., & Doug Jr. Funk



Tanya Mitchell

### FROM GRAPES TO WINE

The romantically beautiful vineyards of Prince Edward County through the Niagara Peninsula, down to Lake Erie North Shore, and to the furthest tip of Pelee Island cover 15,000 acres of vineyards with over 17 million vines. Our cool climate means the grapes ripen slowly for a finer flavour character, producing adequate sugars for fermentation and a lively acidity that gives the resulting wine an exciting flavour. Some grape growers are also winery owners, but most are not. Ontario is home to over 150 wineries and more than 500 grape growers. It takes a lot of grape growers to supply an industry. This vintage year will go down in history for the earliest harvest and for its spectacular quality, especially in red grapes. As always, the excitement and anticipation for 2012 red wines, released next year, is at a frenzy.

### DID YOU KNOW?

The **Grape Growers of Ontario** are celebrating 65

years as the official organization representing more than 500 Ontario grape growers. Their website provides information on growers and vineyards, as well as industry facts and grape and wine resources. Check their Facebook for periodical contests that offer great prizes in wine country.

[www.grapegrowersofontario.com](http://www.grapegrowersofontario.com)



## GRAPE JUICE

Ontario's grape juice industry is more artisan than commercial. Wiley Brothers in Niagara is the largest of the producers. They crush grape juice, and sell it to farmers to bottle under their own labels. In St. Catharines, farmer David Honey crushes his own juice and you can find it at his roadside wagon. Bev and Terry Yungblut of Fonthill crush grape juice under the label of the "King of Grapes." The name comes from the fact that Terry and his dad have been crowned Grape Kings by Ontario Grape Growers.

Ontario grape juice is both delicious and nutritious. Researchers have linked the consumption of grape juice to increased memory and cognitive health. Daily consuming of purple grape juice helps maintain a healthy heart and improves blood flow, while white grape juice is a recommended alternative to apple or pear juice for infants or toddlers. Because Ontario grape juice is a natural product, there will most likely be sediment on the bottom of the bottles. A simple shake will redistribute the particles back into the juice for a delicious drink.



Look for Ontario's VQA (Vintners Quality Alliance) wines. This is an assurance that you are buying wines produced from Ontario grapes of the highest standard.  
[www.vqaontario.com](http://www.vqaontario.com)

## Grape & Fennel Harvest Bread



3/4 cup (180 mL) warm water  
1 tablespoon (15 mL) sugar  
1 envelope yeast  
1 3/4 cups (430 mL) all-purpose flour  
1 tablespoon (15 mL) Ontario canola olive oil  
1/2 teaspoon (2.5 mL) Ontario salt  
2 cups (500 mL) Sovereign Coronation grapes  
1/4 cup (60 mL) sugar  
1 teaspoon (5 mL) fennel seeds

Add yeast to warm water and sugar and let sit for 10 minutes. Stir in 1 cup flour and set aside for 1 hour. To the yeast mixture, add the remaining flour, canola olive oil, and salt and knead on a floured board until smooth, soft, and slightly sticky. Divide into 2 equal pieces and roll each half into a

12-inch round. Place 1 round on a baking sheet and scatter with grapes, leaving a 1-inch border around the edge. Sprinkle with half the sugar and half the fennel seeds.

Place second round on top of first round to cover bottom and fold over edges. Make a few half-inch slits in the top of the dough. Sprinkle with remaining sugar and fennel seeds. Cover and let rise in a warm place for 1 hour. Bake at 375°F (180°C) for 50 minutes or until top is golden around the edges. Makes one harvest bread.

# LOCAL DISHES

september's seasonal dishes

## Concord Grape Pie with Streusel Topping



4 cups (1 L) Concord grapes  
3/4 cup (180 mL) sugar  
1/4 cup (60 mL) all-purpose flour  
2 teaspoons (10 mL) apple juice  
Ontario salt  
1 9-inch unbaked pastry shell  
Streusel Topping  
1/2 cup (125 mL) quick-cooking oats  
1/2 cup (125 mL) brown sugar, packed  
1/4 cup (60 mL) all-purpose flour  
1/4 cup (60 mL) farm-fresh butter



Grape and  
Rosemary  
Foccacia  
recipe on  
page 236 of  
**The Ontario**  
**Table**  
cookbook.

Squeeze the grapes to separate skins from pulp. Reserve the skins and put the pulp into a medium, heavy-bottom saucepan over high heat. Bring to a boil and stir for 1 minute. Press through a strainer to remove the seeds. Combine pulp, reserved skins, sugar, flour, apple juice, and a pinch of salt. Pour into the unbaked pastry shell. Set aside. To make the streusel topping, whisk together the oats, brown sugar, and flour. Using a pastry cutter, cut in butter until crumbly. Sprinkle the streusel over the filling. Cover edges of pastry with foil to prevent burning. Bake at 425°F (210°C) for 15 minutes. Remove foil and bake 20 minutes more or until golden brown. Cool on a wire rack. Makes one pie.

# LOCAL DISHES

september's seasonal dishes



## HONEY VALLEY FARM

In the Township of Lincoln, Sixteen Mile Creek is a beautiful place with hills and valleys, a meandering creek, and thick forest. David Honey's herd of cattle roam here, at Honey Valley Farms, a heritage farm of almost 100 acres. Besides being lovely pasture, it's also amazing land for growing grapes. David Honey grows a lot of grapes for a lot of different reasons. Fourth-generation farmer, Dave inherited a labrusca vineyard with Concord and Niagara grapes that are the best for jam, jelly, and juice. In addition, he grows wine grapes that he sells by the bushel to home winemakers who like to crush their own. Of course, David also sells fresh, seedless eating grapes in season. These are Sovereign Coronation grapes, and they're also great for cooking and baking. David is one of the few farmers who press grapes into juice. He makes 5 different kinds of pasteurized juice, and they're all available in 1-litre and half-litre jugs as well as frozen unpasteurized juice. All of David's juice is preservative-free. You can buy fresh grapes and grape juice at the roadside honour stand at the farm. David also attends the Welland, Port Colborne, and Fonthill farmers' markets. A full price list for grapes and beef are available on his website.

2131 King Street, St Catharines  
[www.davidhoney.com](http://www.davidhoney.com)

## Concord Grape Pudding

3 cups (750 mL) Sovereign Coronation grapes  
1/2 cup (125 mL) sugar  
5 farm-fresh egg yolks  
1/2 cup (125 mL) sugar  
2 cups (500 mL) milk  
1/2 cup (125 mL) Sovereign Coronation grapes  
1 teaspoon (5 mL) pure vanilla extract

Wash grapes, pat them dry, and remove the grapes from the stems. Squeeze the pulp from the grapes into a medium saucepan. Reserve the skins. Cook grape pulp until soft, about 10 minutes. Add the skins and sugar; cook until skins are tender, about 15 minutes. Let cool, add 1 1/2 cups (375 mL) of milk and purée in a blender. Pour grape/milk mixture into a medium saucepan and heat over medium heat until bubbles begin to form around the edges.

Meanwhile, whisk the egg yolks, sugar, and remaining 1/2 cup of cold milk for 3 minutes, or until it becomes lemony yellow in colour and sugar dissolves.

Remove grape/milk mixture from heat and slowly drizzle a bit of it into the beaten eggs, whisking constantly. Continue to add more, whisking continuously and in small amounts until all is used up. Place the saucepan back on the stove and pour the grape custard into the saucepan. With a wooden spoon, stir over medium-low heat until the custard thickens and coats the back of a spoon, approximately 6 minutes. Remove from heat and add vanilla. Pour into 4 small dessert glasses or 8 small liqueur glasses and cool in the refrigerator until needed. Serves 4.



THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*

## THE \$10 CHALLENGE WHAT DOES IT MEAN?

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**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.

Can you imagine what our communities would be like if we captured this money locally? If everyone started shopping at their local farmers' markets, our money would begin to circulate in our communities and the multiplier effect would begin:

- Local farmers sell more and earn more.
- Market farmers get to keep a larger slice of their customers' food dollars than they would ever get from supermarket brokers.
- Farmers would no longer need off-farm jobs to make ends meet. They in turn quit their off-farm jobs thus creating job openings for city folk who have been struggling with unemployment.
- With more people paying into a system and less drawing from it, communities have larger budgets for road repairs, community pools, libraries, and other social services.
- The produce is delivered in small pick-up trucks instead of tractor-trailers, so the air is cleaner and the tax bill for highway repairs is cut.
- With more townspeople earning and spending money, more people are shopping at farmers' markets and consumers begin to ask for variety.



THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*

- Farmers cater to local demands and start growing a variety of crops rather than endless fields of corn or soybeans.
- Farmers switch to a variety of crops that allows them to follow organic practices. They crop rotate, sidestepping the need for pesticides and chemical fertilizers.
- Having cut down their input costs for chemicals, the farmers make more money.
- One farmer loans an acre of land to a local school that offers students and low-income families the chance to grow their own food and bring the students to the country to learn about their food.
- The students begin to link an unhealthy diet of pop and chips with disease and learning disabilities. Students demand healthier foods in their school cafeterias.



THE ONTARIO TABLE

# \$10 CHALLENGE<sup>©</sup>

*a year of eating local*



- Farmers sell more produce and make more money that in turn is spent in our communities, and our communities prosper.
- Our money just keeps circulating throughout our communities. Abandoned empty storefronts come alive with new businesses that consumers will buy from—we now have more choice.
- Local business people take ownership of their communities by sitting on hospital boards and head fundraising campaigns for the less fortunate.

Every dollar we spend is a vote for the kind of food community we want.

How are you voting?

Our money bleeds out of our communities if we don't pay attention to how we spend it.

LOCAL

# DISHES

*september's seasonal dishes*

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## Garlic Roasted Game Hens with Crispy Sage



Spend  
**\$10**  
a week on local food

2 garlic cloves, minced  
1/2 teaspoon (2.5 mL) Ontario hot chili pepper flakes  
16 garden-picked sage leaves  
3 tablespoons (45 mL) Ontario canola oil  
2 game hens or very small chickens, halved  
4 garlic heads  
crispy sage leaves  
Ontario red wine vinegar for drizzling  
Ontario salt

Preheat oven to 400F (200 C). Combine the garlic, chili flakes, sage leaves, and oil. Season well. Set aside. Lay the hens on a baking sheet lined with parchment paper. Slice the top of each garlic head, exposing the cloves inside, and place on baking sheet with the hens. Brush all with garlic oil. Roast for 55 minutes, basting periodically or until game hens are cooked through and the garlic is tender. Top with crispy sage leaves and drizzle with red wine vinegar. Serves 2.

**Crispy sage leaves:** Fill a small saucepan with 1 inch of oil and heat over high heat. When oil is hot, drop 3 to 4 sage leaves into the hot oil and cook for 1 minute. Remove with tongs and drain on paper towels.

INDEPENDENT GROCER  
FOODSMITHS



In 1976, Don and Claire Smith started a small grocery store in the beautiful town of Perth with a focus on local food and healthy food. It was a natural evolution to the growing demand the Smith's experienced when they sold bulk flours and grains from a converted shed on their farmstead. A small store was logical. Today, the Foodsmith's store is over 6500 square feet, but their commitment to good quality, locally produced and healthy foods is as strong today as it was when they were managing the farmstead shed.

Just ask customer and marketing assistant Molly Forsythe about their local foods and she begins to talk of families and neighbouring small businesses instead of the food and ways to use it. To the Smiths local food is personal, and they take major steps to introduce their customers to the families who help them offer artisan and local food, including hanging from the ceilings a series of large, colourful banners with the faces of those people who bring them the best local foods.

In the cheese bunker is a great variety of cheeses from Thornloe Cheese, Empire Cheese, Pinehedge, Woolwich Dairy, Back Forty Artisan Cheese, Clarmell Farms, and Lanark Highlands. The bakery department is heavily laden with baked goods from Delicious Baking by Joan, and the dairy section is full of Kawartha Dairy, Organic Meadow, Pinehedge, Reinink Family Farm, and Mapleton Organic products. The fresh meat department is full of fresh and cured meats from Lanark County producers, and the freezer meat department is full of brown-wrapped meats from local producers, each one with the name of the neighbourhood farmer on the wrapper. There's a local tofu section with premade products from Sol Cuisine, the Noble Bean, Pulse Foods, and Limestone Organic. There is fruit juice from Black River and salsa from Neal Brothers. There's also a line of specialty-labelled salsas and sauces made from Perth Pepper & Pestle. When it comes to gluten-free, Foodsmiths is building a great inventory of wheat-free choices.

106 Wilson Street West, Perth  
Open 8 a.m. to 8 p.m. Monday to Friday; Saturday and Sunday until 6 p.m.  
[www.foodsmiths.com](http://www.foodsmiths.com)

## ONTARIO POTATO BOARD

Whether you're scalloping white potatoes, baking russets, mashing yellows, roasting your reds, or buttering your fingerlings, potatoes provide a delicious, nutritious, and affordable way to balance any meal.

### ONTARIO POTATOES

A whopping 60% of the potatoes consumed in Ontario are grown in Ontario, making potatoes the second-largest fresh vegetable crop in Ontario, second only to tomatoes. While potato production concentrates around the Leamington, Simcoe, Delhi, Shelburne, and Alliston areas, it is possible to grow potatoes throughout Ontario. Our warm summer days and cooler evenings are ideal conditions for the production of high-quality potatoes and bountiful yields. Growing potatoes requires constant water, and farmers often irrigate to supplement summer rainfalls. In dry years, such as 2012, we can expect juicy potatoes with loads of flavour even though the size and overall crop may be smaller.

Greening is a normal colour change that occurs after potatoes are exposed to light.

### DID YOU KNOW?

The **Ontario Potato Board** represents and supports 185 members in both fresh market potatoes and potato processing across the province with an annual crop value of over \$100 million. The organization focuses on marketing, negotiating commercial contracts, and ensuring Ontarians have the freshest, best-tasting potatoes possible. The consumer area of the Ontario Potato Board website provides health information, purchasing information, recipes, and food services. [www.ontariopotatoes.ca](http://www.ontariopotatoes.ca)



### POTATO SKINS

Some like them peeled, others scrub the skins and eat them up. Potato skins are full of nutrients that should make you think twice about peeling. Naturally fat-free, potatoes and their skins offer a wonderful array of vitamins and minerals including Vitamin C, potassium, calcium, and iron. As well as supplying almost half the suggested daily fibre intake, the skin of the potato provides a healthy source of phytonutrients—an antioxidant that helps prevent cellular deterioration of the body. You can boil potatoes and mash potatoes with their skins as well as make French-fries or potato wedges with their skins intact. Great ways to keep the nutrition in your potato dishes.





**Brie** Many brie-style cheeses are made by artisan cheesemakers across the province.

**Potatoes** You'll need a medium-dry potato like a white potato for this dish. Slice them as thick or thin as you like.

**Bacon** You can find artisan bacon at many farmers' market or at independent butchers.

## Scalloped Potatoes

2 lbs (90 kg) white potatoes, sliced (about 6 potatoes)  
 2 tablespoons (30 mL) butter  
 1 onion, diced  
 2 tablespoons (30 mL) canola oil  
 3 garlic cloves  
 6 slices country bacon, diced  
 2 tablespoons (30 mL) fresh thyme leaves  
 1 cup (250 mL) light cream or whole milk  
 100 mL wheel brie, cut into slices  
 Ontario salt

Preheat oven to 350F (180C). Place the sliced potatoes in a large saucepan and cover with cold salted water. Cook over high heat until water is boiling. Boil for 2 minutes more, remove from heat and carefully drain. Keep lid off and allow to steam dry.

Meanwhile, melt the butter in a small saucepan over medium heat. Add onions, garlic, and thyme and cook, stirring for 3 minutes, until onions are soft but not browned. In a small skillet, cook bacon until crispy, about 5 minutes. Drain on paper towels. In a small saucepan, warm cream for 2 minutes or until warmed thoroughly. Set aside. In a greased 8-inch oven-

proof casserole dish, place one-third of the potatoes in a single layer. Season well and then spread half the onion mixture and the bacon over top. Repeat layers. Arrange remaining potatoes on top. Pour warm cream over top, using the tip of a knife to ease sauce down the sides if necessary.

Place the baking dish on a baking sheet to catch the milk if it bubbles over. Cover and bake for 1 hour. Uncover and lay slices of brie over top and bake until cheese has melted and potatoes are lightly browned and tender, about 30 minutes longer. Let stand for 5 minutes before serving. Makes one casserole serving 6.

LOCAL

# FARMER

*the face of our food*

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## VROLYK FARM

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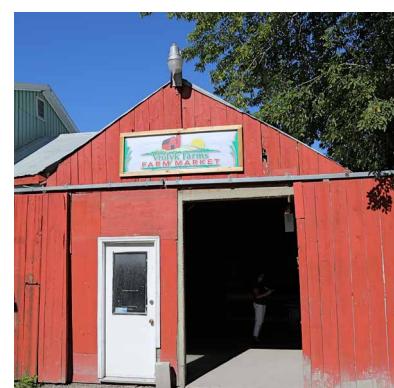
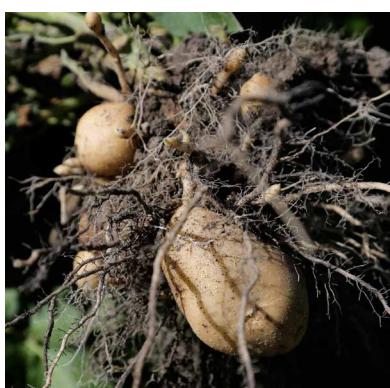


Farmer Arthur Vrolyk grows some of the best potatoes in Lambton County and sells them to the famous chip wagons under the bridge in Sarnia. Located on the outskirts of the city, the 200-acre farm devotes a 55-acre potato plot to only 5 different varieties. “[I grow] only the ones that make the best fries,” explains Arthur, who claims to grow half a million pounds a year because “Alberts & Suzie’s, downtown Sarnia, easily goes through 200 50-pound bags [of potatoes] a week.” And that’s just one of Arthur’s customers.

Arthur is a third generation Dutch farmer who is busy planning the farm’s 80th anniversary celebration next year. He’s especially proud of his family farm, claiming the quality of his potatoes is a direct result of growing in the richest soils around. The land the Vrolyk Farm now sits on was once part of the Sarnia Marsh or the Wawanash Wetlands, rich in organic matter. The building of the Perch Creek successfully diverted the water, leaving Vrolyk Farm with rich soils to produce some pretty outstanding vegetables—over 40 different kinds of vegetables, in fact; everything from broccoli and cauliflower to tomatoes and pickling cucumbers. Picking these little cukes is an arduous job that is done every second day in season. Inside the barn is a sorting machine that allows him to sell his customers pickling cucumbers in many different sizes: from gherkins, baby dills, dills, bread and butter, to jumbo.

The farm also hosts both an orchard with peaches, pears, and plums, as well as naturally raised pigs, beef, roasting hens, and a daily supply of fresh eggs. You can buy from Vrolyk Farms at the Sarnia Farmers’ Market every Saturday or drive up the farm laneway. He’s turned one of the smaller barns on the right-hand side into a retail outlet, leaving most of the original features intact. When you shop at Vrolyk’s there’s no mistaking you’re buying right from the farm.

1567 Michigan Line, Sarnia  
Open year round Monday to Friday, 8 a.m. to 6 p.m.



## POTATO FLAVOURS

Potatoes are versatile and sold according to their different varieties and uses. For information on which potato variety is best suited to your favourite method of cooking, check out the Ontario Potato Board website.

The flavour of potatoes also changes while they're stored. For the first few months after potatoes are harvested, their sugar content is highest. They taste almost sweet, especially when prepared simply and with butter and fresh herbs. As potatoes are stored over the winter months, the sugar naturally converts to starch and the flavours become more earthy and savoury, perfect to accompany winter's hardy dishes of soups, stews, roasts, and casseroles.



LOCAL

# DISHES

september's seasonal dishes

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## Grilled New Potatoes

4 garlic cloves  
handful of fresh parsley  
Ontario salt  
4 tablespoons (60 mL) canola oil  
24 small new red or white potatoes  
12 12-inch wooden skewers, soaked in water

Put garlic, parsley, salt, and oil in a mini food processor and pulse until garlic and parsley are minced. Preheat grill to high. Wash potatoes well and cut in half. Skewer 4 potato halves onto each wooden skewer. Brush potatoes with garlic oil and grill, turning often so they don't burn. Grill until soft, about 20 minutes. Serves 6.

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Find more potato recipes in **The Ontario Table** cookbook:



Potato-Crusted Chevre Salad,  
page 63



Baked Potato Sticks,  
page 202



Spring Potato Salad,  
page 60

## Skillet Fingerling Potatoes



3 tablespoons (45 mL) vegetable oil  
1/2 pound (0.23 kg) red flesh fingerling potatoes  
1/2 pound (0.23 kg) blue flesh fingerling potatoes  
1/2 pound (0.23 kg) yellow flesh fingerling potatoes  
3 small onions, sliced  
8 cloves garlic, peeled  
Ontario salt  
1 tablespoon (15 mL) fresh thyme leaves  
2 to 4 thyme sprigs

Heat the oil in a large sauté pan over medium-high heat and add the potatoes, onions, and garlic. Stir the mixture to coat evenly in the oil. Season with salt and add the thyme leaves. Reduce the heat to medium and cook uncovered, stirring occasionally, until the onions are soft and the potatoes are tender and golden, about 30 minutes. Season again and serve with sprigs of fresh thyme. Serves 6.

# LOCAL DISHES

september's seasonal dishes



## Herbed Chips

4 Ontario potatoes, scrubbed  
herbs such as parsley, sage and thyme  
Ontario salt

Preheat oven to 425F (210C). slice the potatoes very thin on a mandoline. Transfer to a bowl of ice water to prevent oxidation. Wash the herbs and pluck from the stems. Set aside to dry.

Dry a few potato slices and lay on a parchment paper lined baking sheet. Place an herb on top and season liberally with salt and pepper if you like. Repeat with remaining potato slices.

Bake for 20 minutes or until edges are golden brown.  
Serves 4



LOCAL **HARVEST**

*september's food fresh from the farm*

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## FOREST GLEN HERB FARM

It's herb season all year long!



From the main road you may have to squint to see Forest Glen Herb Farm, hidden from sight behind a row of tall, thick bushes, but as you drive up the entrance your eyes will get bigger and bigger as garden by garden it unfolds. Owner Cynthia Cook has created a beautifully rich and incredibly intense farm where every inch of property is filled with romantic colour and seductive aromas that only a passionate herb expert can create.

Cynthia grows over 1500 different culinary herbs organically. If you've ever wondered which one would go best with your favourite recipe, she has many opinions that you'd be best to heed: she's as good a cook as she is a gardener.

The original plank-and-stone farmstead barn is used as the retail outlet. Most of the original features have been left intact, and it's bursting full of beauty. With barely a path to walk, dried herbs like Sea Lavender hang down from the rafters; Straw Flowers reach out from the walls; Golden Marguerite cover the posts; baskets of fuzzy Amaranth line the floor; and Flowering Onions spill themselves across antique tables. It's a Willy Wonka wonderland of beautiful dried herbs, flowers, and intoxicating aromas.

In the back is an ancient room with antique furniture where herb workshops take place. Cynthia entertains groups with treats such as rich herbal dips, delicious sandwiches, and her own blends of specialty herbal teas. It's here in this warm, romantic room where Cynthia teaches classes on fresh herb cooking and dried herb flower arranging.

If you're not in the area to catch a class, she can also arrange a spectacular event for small groups in the beautiful herb gardens or in another garden she's created: one specifically for teaching the culinary uses of herbs and another planted in categories of fragrances. Of course, the main herb garden is a blaze of amazing colours and textures that impress all who visit. Relax on the willow garden furniture in the various gardens and spend a few hours in pure farm and country bliss.

Open 7 days a week, 10 a.m. to 5 p.m.

8333 Glendale Drive, Lambton Shores

[www.forestglenherbfarm.com](http://www.forestglenherbfarm.com)



## SARNIA

It's an agricultural terrain unique to Ontario: It's precision planned with all rural roads in a perfect grid. The terrain is flat with vast horizons of barns and silos. The countryside is dotted with a mix of small country towns sure to excite the most seasoned globe trotter and oil refineries the size of cities that become alien space encounters at night. This is a region rife with honest, home-grown goodness. Who wouldn't want to taste the flavours of Sarnia and explore surrounding Lambton County?



The city of Sarnia is a mix of restored, historic buildings and modern architecture. It has a small-town feel and a pristine waterfront. All along the St. Clair River into the mouth of Lake Huron is a beautiful boardwalk with manicured parks, pristine beaches, and marinas filled with stunning white sail boats that bob in the glistening sun-kissed waters.

On the edge of town is Sarnia's most imposing structure, the giant Blue Water Bridge that connects its shores with Port Huron, Michigan. Under the Blue Water Bridge is

Every town has  
a food story.  
Eat it up!

*Two Ways to Extend Your Visit*

## GRAND BEND

Just 30 minutes north-east of Sarnia along Hwy. 7, Grand Bend is a fun, colourful beach town full of youthful, holiday appeal. There are beaches, and colourfully painted retail shops with bathing suits and inflatable water toys that spill out onto the sidewalks in the bright sun. Great food and fun on Lake Huron. [www.grandbend.com](http://www.grandbend.com)

## PETROLIA

About 15 minutes south-east of Sarnia through rural Lambton County is the beautiful little town of Petrolia. Historically, this town was the cradle of the global oil industry and its former wealth can be seen in its restored mansions and grand churches. In the centre of town is a beautiful park that beckons you to sit and imagine its magnificent past.

[www.town.petrolia.on.ca](http://www.town.petrolia.on.ca)

APPETITES

# TRAVEL

*discover the flavours of...*

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## SARNIA

*Continued...*



Point Edward. Once a fishing village, the area's only casino now supports the quaint little enclave that is also a deep water dock for "lakers," the giant ships that travel the great lakes. Sharing a parking lot with the dock is Purdy Fisheries.

The Purdy family fish Lake Huron daily for perch and pickerel that they bring onshore, clean, and fry up into their famous Purdy's Fish and Chips. People come from miles around for the experience of dining against the water's edge on picnic tables, enjoying fish so fresh you can still taste the cold, pristine lake water and watching the boats go by. Sarnia's dining experiences don't get any better than this.

Below the Blue Water Bridge is a small collection of chip wagons, the original food trucks. Sarnia has a reputation for their chip wagons because they fry up the best fresh fries in all of Ontario. They load paper baskets with hot, glistening chips, and if you want vinegar, they shower it on with a makeshift hose. Of course, no chip wagon is complete without a self-serve shelf with malt vinegar and ketchup, but add ketchup and it's a sure sign you're a visitor. The flavour of Sarnia chips is salt and vinegar only.

It's not unusual for each chip truck to go through 100,000 pounds of potatoes a year. Denise and Don Franklin own Yogi's Fresh Cut Fries (also the home of deep fried pickles). Don explains "the secret is knowing how to cook a high-sugar potato and a high-starch potato." When potatoes are harvested, the sugar content is high and the chips taste naturally sweet. By the spring of the following

year the sugars have slowly converted to starch in cold storage. The flavours become more savoury than sweet. Either way, there's no mistaking these chip wagons take their job of producing Ontario's best chips seriously.

The chip wagons source their potatoes locally. A popular source is a farm just outside Sarnia called Vrolyk Farms. See their story on page 12.

Across the bay from the chip wagons is the Sarnia Bay Farmers' Market. The market overlooks the marina and beautiful white boats bobbing on the blue water. The market takes place every Sunday and draws a variety of farmers, from meat producers like The Whole Pig, Lena's Lamb, and Bluewater Beef; to vegetable farmers like Williamson Farms with their abundance of fresh vegetables and delicious country baking; to fruit farmers like Forest Glen Orchards with their baskets of peaches and nectarines. In between are country bakers with their tempting cakes and Forest Glen Herb Farm with fresh and dried herbs.

Every August Lambton has a 30-Day Local Food Challenge ([www.30dayfoodchallenge.ca](http://www.30dayfoodchallenge.ca)) where farms and restaurants team together for special tours and dishes. Many farms open their doors to visitors during this event, such as Franz Turkey Farm, Munro Honey and Meadery, and Smith Homestead Farm. When you visit a farm and have a passport stamped, you're eligible to win one of many prizes, including a grand prize of a local food dinner for 8 prepared by a local chef.



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



## SARNIA

*Continued...*

Lambton County takes advantage of the fact that Food Day Canada falls on the first weekend of August and organizes a grand farm dinner. The dinner focuses on a different kind of menu: one that centres around the food, its origins, and its preparation. As much time and attention is spent on the raising of animals and the butchered meat and the planting, nurturing, and harvesting of produce as there is on the preparation of the best food of the county into a delicious, memorable meal. A true farm dinner is an appreciation of how our food is conceived, not procured. This year the farm dinner took place at Smith Homestead Farm.

So what was everyone eating on? The Ontario Table brought the longest tablecloth in the world dedicated to Ontario local food. The tablecloth, when joined end to end, is over 150-feet long and on it are hundreds of dedications to farmers, home-grown food, and The Ontario Table. It was the perfect backdrop to a farm feast!

Smith Homestead Farm is an 84-acre green-innovation teaching farm where you can learn a variety of techniques on sustainable farming practices and some other pretty fun stuff. Owners and passionate naturalists Paul and Jenn Smith are planning a 2-day seminar on how to build a wood-burning bread oven. Keep an eye on their website, [www.smithhomestead.ca](http://www.smithhomestead.ca), for information. The beautifully manicured farm is also home to a retail barn where you can buy their amazing heirloom tomatoes and other organically grown vegetables.



## ESSENTIALS

Getting there from Toronto and eastern Ontario: Just 2.5 hours from downtown Toronto. Follow Hwy. 401 west to Hwy. 402 west into Sarnia.

Getting there from London and Western Ontario: Just 2 hours from Windsor; follow Hwy. 401 to Hwy. 40 north into Sarnia.

## WHERE TO STAY

Quality Inn: [www.choicehotels.com](http://www.choicehotels.com)

Holiday Inn Sarnia: [www.holidayinn.com](http://www.holidayinn.com)

Guildwood Inn: [www.guildwoodinn.com](http://www.guildwoodinn.com)

## FURTHER INVESTIGATING

[www.locallylambton.com](http://www.locallylambton.com)

[www.tourismsarnialambton.com](http://www.tourismsarnialambton.com)

[www.ontariofarmfresh.ca](http://www.ontariofarmfresh.ca)

On the main street in downtown Sarnia is Blackwater Coffee House. If you're wondering how an expert coffee roaster like Dave Duguay fits into the local food scene in this region, it's because Dave collects over 200 pounds of used coffee grounds a week from his busy coffee-roasting business and delivers it to Smith Homestead Farm where they're composted into rich soil for their organic vegetable production. Dave and his wife, Alyssa, are so passionate about Lambton's sexy agricultural flavours they've become the team spirit behind the collection of farmers who work with restaurants to offer up specialty flavours of the county. They've inspired chefs like Executive Chef Philip Washington of Bridges Restaurant at the Holiday Inn to weave the region's most delicious foods into their dishes.

From Sarnia to Grand Bend, the shores of Lake Huron are the most spectacular with stretches of white sand beaches. Canatara Park offers plenty of parking and beach access as well as tranquil picnic grounds. On the way to Grand Bend are an abundance of farms and markets like Juicy-Fruit Orchards Market and small roadside stands like Awesome Berries where you can pick up fresh raspberries or strawberries to nibble on along your journey. On-farm markets like Williamson Farms offer a wide variety of vegetables, fresh eggs, and maple syrup products, and large production farms like Grand Bend

## SARNIA

*Continued...*

Produce dedicate thousands of acres to potatoes.

Once in Grand Bend there is an active farmers' market that takes place every Wednesday. Restaurants worth a visit are the Schoolhouse Restaurant, which is more of a casual gastro café, and F.I.N.E. Restaurant, which specializes in regional cuisine.

Unique to this part of Lambton County is Forest Glen Herb Farm and Bed & Breakfast, which grows over 1500 different culinary herbs (see story on page 17), and Twin Pines Orchards & Cider House. The Cider House sits in the front of the 50-acre apple orchard that was once a tobacco farm. Alma and Joe Vansteenkiste are the original founders of the orchard while sons Mark and Mike craft fine authentic British sparkling cider along with a line of Alma's preserves and frozen fruit pies.

On the south-east side of Sarnia is the small village of Petrolia with its opera house and exquisite mansions.



Travel to the sweet side of Lambton for Munro Honey & Meadery, one of Canada's largest producers of honey. While driving through central Lambton pause to enjoy the trails of Lorne C. Henderson Conservation Area, launch your boat in the Shetland Conservation Area, picnic at the Charles McEwen Conservation area, or camp at the Warwick Conservation Area. These are the beautiful, unspoiled back roads of Lambton County.

Tucked in amongst the pastured lands of beef and lamb is a family-run pig farm called Sara's Natural Pork where they grow and maintain control of their naturally raised animals by farming their own feed. The pigs are kept in a temperature-controlled barn and raised without any artificial enhancements. You can buy various cuts of fresh and frozen pork and also smoked products (without water injection) right from the farm. Farm owner Rita Felder and daughter Sara tell us that their fresh, natural pork can also be found in Wholefoods Markets both in Canada and the United States.

Lambton County is also home to a project called One Tomato, which encourages consumers to plant, grow, and eat more home-grown vegetables and also share the abundance of their gardens with the local food bank. Whether it's a single tomato plant or an entire community garden, residents are empowered to make a difference in the lives of the less fortunate with this amazing project.

Many more farms, farm dinners, tours, and friendly country villages are to be discovered in Lambton County. Use the city conveniences of Sarnia as your base to explore the beauty and wholesome goodness of the surrounding countryside.



## MILKHOUSE FARM & DAIRY

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Kyle White and Caitlin Hynes Dobson are living and making cheese in a charming century farmstead in beautiful Lanark County. The 130-acre farm includes a restored farmhouse and barns, but what makes the farmstead so idyllic is the weathered wooden split rail fencing around the property and sectioned pastures. Caitlin's family runs Dobson Split Rail Fencing, and the farmstead has become a showpiece. Between the fencing and restored stone and plank barns, Milkhouse is an elegant, romantic, and pure vision of farm and country life.

Artisan cheese-making is done in season. At Milkhouse, the ewes are milked twice a day from spring to fall. Throughout the season, the quality, colour, and richness of milk—and ultimately the flavour—depends very much on the weather conditions. This year has been a very hot and dry year meaning Kyle has had to be very strategic in managing the pastureland to ensure a constant supply of fresh pastureland for the sheep, with only a small supplement of grain.

The farm is divided into various pastures for the sheep. The milking herd of ewes is currently at 15, but the plan is to grow it to 60 within the next few years. Inside the largest barn is a well-designed milking station. Gone is the three-legged milking stool; instead, they've built an elevated milking station complete with feeding station to keep the sheep calm and occupied during milking.

The unpasteurized sheep milk is then taken a few feet to the new fromagerie and the cheese-making begins. Both with science degrees, Kyle and Caitlin are surprised

to find themselves applying their education to cheese-making. They've become very passionate about the quality and techniques of their craft and are honing some recipes that will truly reflect their own personal style and farmstead.

Currently, they are crafting an Italian-style Tomme that is rich and firm with a natural rind that picks up nuances of the surrounding meadow. The flavour is earthy with layers of a buttermilk tang, white mushrooms, and a hint of grassiness weaving through some slight nutty tannins. It finishes long with a sweet, dry, creamy texture on the palate. Their first Milkhouse Tomme is sure to mature beautifully into one of Ontario's most complex and satisfying cheeses. Enjoy it young as an addition to cheese boards where red wines or full-bodied whites are served. It will be exciting to see how this Tomme develops with age and what esteemed position it will be given in the culinary world.

Kyle and Caitlin are perfecting their traditional cheese recipes to suit the terroir of the land. You can buy some of the first Tomme cheese to come out of the cheese cave at the Kemptville Kinsmens Farmers' Market, Sundays from 2 p.m. to 4 p.m. Otherwise, you can call Milkhouse and place an order. Either way, you don't want to miss out on getting your hands on Ontario's newest artisan sheep milk cheeses.

1112 Matheson Drive, RR#1, Smiths Falls  
[www.milkhouse.ca](http://www.milkhouse.ca)



CELEBRATE

# FOOD

*september's food made at the farm*

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## EXETER FARMERS' MARKET



In beautiful downtown Exeter, the home of the white squirrel, Baldwin Street comes alive every Thursday afternoon with the hustle and bustle that is the Exeter Farmers' Market. O'Shea's Farm Fresh from Granston arrives with a table full of beautiful market vegetables, Thornloe cheeses, fresh-baked breads, and honey. The Garlic Box, Hayter's Turkey, and Full of Beans arrive with their local fare. In between is Good Luck Gardens with ultra sweet melons as well as home-grown popping corn and more market vegetables; Sheldon Berries with raspberries, preserves, and frozen blueberries; and Ferguson Apiaries with glistening honey, honey mustards, and beautiful beeswax candles. Eagelson Farms sells frozen cuts of naturally raised beef, pork, and lamb along with lots of luscious preserves and maple syrup. Every so often you'll catch a whiff of fresh-brewed coffee from Coastal Coffee and spot a white jacket, and that's most likely owner and Executive Chef of Eddington's of Exeter, Jamie Eddington.

May to October, Thursday afternoon from 2 p.m. to 6 p.m.  
Baldwin Street at Main Street

## FARMERS' MARKET TART

1 block of frozen puff pastry  
3 tablespoons (45 mL) Ontario canola oil  
2 garlic cloves  
1 zucchini, cut lengthwise into quarters then halved  
1 yellow pepper, cored, seeded, and sliced into strips  
20 grape tomatoes, halved and seeded  
3 tablespoons (45 mL) Ontario canola oil  
2 garlic cloves  
10 basil leaves  
2 tablespoons (30 mL) Ontario parmesan cheese  
Ontario salt



Thaw the puff pastry at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400F (200C). Lightly grease or line a baking sheet with parchment paper. Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 7 x 14-inch rectangle. Place on the prepared sheet. Prick the pastry thoroughly with a fork. Refrigerate for 30 minutes. Mince the garlic with oil in a small food processor. Place the zucchini, yellow pepper, and tomatoes in a single layer in a baking pan. Brush with the oil mixture. Turn vegetables over and brush with more oil. Season to taste. Broil the vegetables 6 minutes. Cool slightly. Place the oil, garlic, basil leaves, and parmesan in small food processor; season with salt. Process into a thick, chunky pesto, adding more oil if too thick. Remove pastry sheet from refrigerator and spread the pesto over top. Arrange the vegetables in rows on top of the pesto. Bake for 20 minutes or until golden. Serve immediately. Serves 4.

## ONTARIO WINE



September is grape harvest! Walk through a vineyard ready for picking and smell just how seductive Ontario grapes can be. This month is dedicated to some of the province's smaller, artisan, family vintners.

Bright and focussed this pretty **Rancourt 2007 Noble Rouge** (\$19.80) offers rich black cherry flavours enrobed in chocolate. It shows intensity without heavy weight and turns to juicy plum notes that echo on the finish. Rancourt is a small family-run winery with a farm market showcasing their rural roots.

1929 Concession 4 Road  
Niagara-on-the-Lake  
[www.rancourtwinery.com](http://www.rancourtwinery.com)

A delightful blend of Gamay and Pinot Noir, this **Reimer Vineyards 2010 Galahad, VQA** (\$31.95) has a mouthful of cherry up front with a hint of wet stone and raspberry. Winemaker Art Reimer started making wine over 20 years ago as an award-winning amateur winemaker.

1289 Line 3 Road  
Niagara-on-the-Lake  
[www.reimervineyards.com](http://www.reimervineyards.com)

A lively, flavourful wine with a sense of elegance and polish. The earthy cherry, wild berry, sage and herbal notes on the **Between the Lines Winery 2011 Pinot Noir** (\$14.95) are vaguely defined rather than sharply focussed. A new family-owned and -operated artisanal winery.

991 Four Mile Creek Road  
Niagara-on-the-Lake  
[www.betweenthelineswinery.com](http://www.betweenthelineswinery.com)

**Coffin Ridge Winery 2010 Back From the Dead Red** (\$16.80) is a spicy red with a distinctive profile showing plenty of peppery, anise-scented blackberry flavour on a juicy frame. Finishes with fine tannins and a hint of mint. A new winery in between Meaford and Owen Sound.

599448 2nd Concession North  
Annan  
[www.coffinridge.ca](http://www.coffinridge.ca)

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

October 2012



*It's a Vintage  
Year for Ontario Apples*

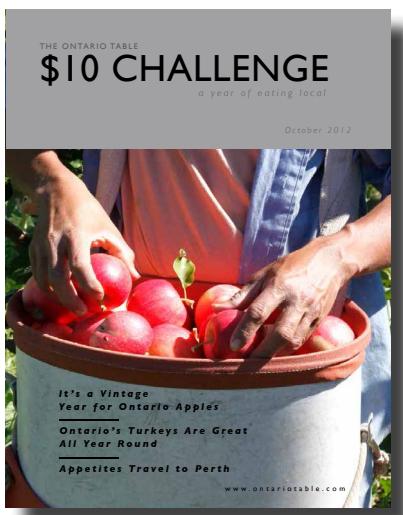
**Ontario's Turkeys Are Great  
All Year Round**

**Appetites Travel to Perth**

THE ONTARIO TABLE \$10 CHALLENGE

# OCTOBER

*There are plenty of ways and  
reasons to eat local in October.*



## FEATURES

What the \$10 Challenge Is All About

The Apples that Grow in Ontario

Artisan Food Producers

All About Ontario Turkeys

Charcuterie or Salumi?

Appetites Travel to Perth

October Wines

## Plus . . .

Your best bet in a grocery store:

*Your Local Market Coop*

October is a rich and savoury month as well as a sad month. Garden vegetables like tomatoes, eggplants, peppers, and onions all beg to be cooked into savoury dishes that warm our hearts while, sadly, we come to terms that it's time to put the gardens to bed for another season. So let's feed our sorrows with Apple Sticky Toffee Pudding, and Turkey Poutine and then get our savoury fix with Turkey Drumsticks with Bacon and Beans, and Mile-High Apple Pie. Enjoy them all!

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

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LYNN OGRYZLO

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WHAT TO **EAT**

october's food fresh from the farm



Spend

**\$10**

a week on local food

## SEASONAL FOOD AVAILABLE IN OCTOBER



It's what I call Ontario's savoury season. It's when peppers, tomatoes, eggplant, garlic, and onions are fresh, available, and beg to be roasted into savoury dishes that warm our souls on chilly autumn evenings.

apples	greens, field
artichokes	herbs
beans, green and wax	leeks
beets—a new harvest*	onions, green
bok choy	onions, cooking—a new harvest*
broccoli	parsnips
brussels sprouts	pears
cabbage—a new harvest*	peppers, field
carrots—a new harvest*	plums
cauliflower	potatoes—a new harvest*
celery	radishes
corn	rapini
crabapples	spinach
cranberries	squash
cucumbers, field	tomatoes, field
eggplant, field	zucchini
garlic	



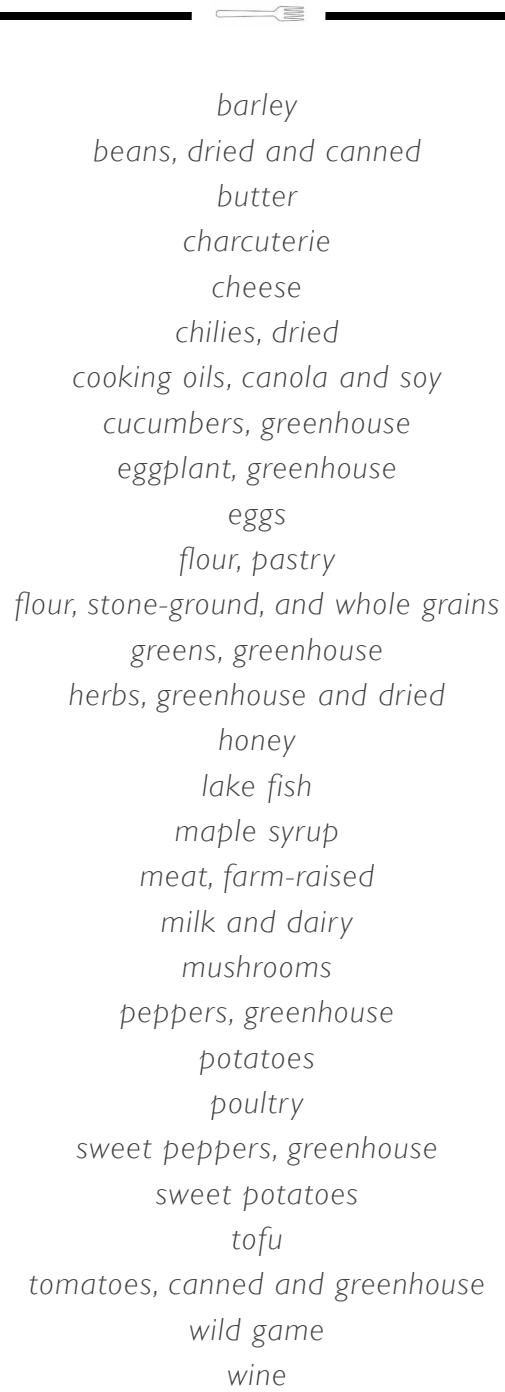
For more local food recipes,  
browse through the pages of  
**The Ontario Table.**

**\*Note:** "A new harvest" refers to a fresh crop of vegetables that is also stored and made available at other times of year.

WHAT TO **EAT**

*october's food fresh from the farm*

YEAR-ROUND FOOD AVAILABLE IN OCTOBER



For more local food recipes,  
browse through the pages of  
**The Ontario Table.**

## ONTARIO APPLE GROWERS

Crisp, sweet, juicy, flavourful apples seduced Eve in the garden of Eden, and Ontario apples continue to please everyone who sinks their teeth into a tree-ripened, just-picked apple. This is a banner year for apples. After a hot dry growing season, their flavour is super-sweet and texture is ultra-crisp. Ontario apples grow best near large bodies of water, benefitting from the moderate climate and extended growing season. The majority of our apple farms are along the shores of Lake Ontario, Lake Erie, Lake Huron, and Georgian Bay.

### MCINTOSH APPLE

It was John McIntosh of Dundela, Ontario, who discovered an amazingly delicious apple over 200 years ago. It's the same crisp, red-and-green apple with the bright-white flesh we enjoy today. Since then, other apples have been developed from it, including Cortland, Empire, Macoun, and Melba apples.

An Ontario apple a day keeps the doctor away. It's true, apples contain vitamin C, flavonoids, complex carbohydrates, B-complex vitamins, and beta carotene.

### DID YOU KNOW?

The Ontario Apple Growers represents 215 commercial apple growers across the province of Ontario who farm approximately 12,000 acres of apples. They assist apple growers by providing growing information, market issues, and research and development in addition to informing consumers about the benefits of apples and their uses. Whether you're craving a tart apple or a sweet one, a baking apple or freshly squeezed apple cider, you'll find all things apple on their website, including lots of great apple recipes, tips, and facts. [www.onapples.com](http://www.onapples.com)



There's nothing better than spending time in an apple orchard, picking your own apples, and going home to bake the perfect Apple Crisp or Mile-High Apple Pie. Local food doesn't get any better than this!



## BEST FOR BAKING

The best apples for pie baking are Cortland, Crispin, Golden Delicious, Idared, Jonagold, McIntosh, Northern Spy, and Spartan. Many people like to combine them because of their different flavours and textural contrasts, not to mention how they hold up differently during baking. A blend of Crispin, Empire, Idared, Jonagold, McIntosh, Northern Spy, and Spartan makes the most delicious apple sauce.

## APPLE FACTS

Did you know that it takes 4 apples to make 1 glass of pure, tasty apple juice? Or that 3 medium apples weigh approximately 1 pound? Or that 1 medium apple will give you about 3/4 cup of diced apples? Or that when baking you can substitute half the oil with applesauce to reduce calories without affecting the flavour?



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



## BIRTCHE F FARMS

It may be pumpkin-picking time at **Birtch Farms**, but it's also apple season, and their on-farm retail store is full of apples! Just north of Woodstock, the 90-acre Birtch Farms sits in a beautiful country setting. In 1946, McKay Birtch bought the farm and 10 years later planted the first apple tree. Grandson Bob Birtch says the apple trees at the front of the property were among the original trees planted by his grandfather. Bob and wife, Dyann, have since replanted new apple orchards, built new storage facilities, and added a winery where they make delicious apple wines as well as other fruit wines. In their bakery you'll find pumpkin and apple pies. In fact, you'll find almost as many apple pies as there are apple varieties, including apple crisp, apple caramel pie, apple custard pie, apple streusel pie, and traditional apple pie. There are lots of great reasons to visit Birtch Farms this apple season.

655514 15th Line, Woodstock

[www.birtchfarms.com](http://www.birtchfarms.com)

## Mile-High Apple Pie



1 double-crust pie pastry (see page 297 of **The Ontario Table** cookbook), chilled  
10 large apples, peeled, cored, and sliced thinly by hand or on a mandoline  
1/4 cup (60 mL) white sugar  
1/4 cup (60 mL) brown sugar  
1 tablespoon (15 mL) ice syrup  
1 teaspoon (5 mL) ground cinnamon  
1/4 teaspoon (1.5 mL) Ontario salt  
2 tablespoons (30 mL) farm-fresh butter  
1 egg white, slightly beaten  
2 tablespoons (30 mL) sugar  
1/2 teaspoon (2.5 mL) cinnamon

Preheat oven to 425F (220C). In a large bowl, combine the sliced apples, sugars, ice syrup, ground cinnamon, and salt. Remove the pastry from the refrigerator and divide in half. On a floured surface, roll out one half to a 12-inch circle. Carefully line the pie pan with the pastry, allowing the excess to hang over the edge. Fill the pie with the apple slices. Roll out the remaining dough into another 12-inch circle. Brush the bottom lip of the pie pastry with a little beaten egg white to form a seal. Place the second pastry circle on top of the apples and trim off the overhanging excess. Crimp the edges of dough together with your fingers to make a tight seal. Cut slits in the top of the pie so steam can escape while baking. Set the pie on a baking sheet to catch any drips while baking and tent it with a piece of aluminum foil to prevent the crust from cooking faster than the apples. Bake for about 30 minutes.

In a small bowl, combine the sugar and cinnamon. Remove the pie from the oven; brush the top with the remaining egg white and sprinkle with sugar-cinnamon mixture. Return to the oven and bake, untented for an additional 20 to 25 minutes or until the juices start to bubble through the slits and the apples feel tender (not mushy) when a toothpick is inserted through one of the slits. Remove the pie from the oven and place on a wire rack to cool for about 1 to 2 hours before cutting. Serve at room temperature. Serves 8.

LOCAL

# DISHES

*october's seasonal dishes*

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## Apple Sticky Toffee Pudding



1 cup (250 mL) apple cider  
1/2 cup (125 mL) dried apples, chopped  
2 teaspoons (10 mL) baking soda  
3 tablespoons (45 mL) butter, room temperature  
1/2 cup (125 mL) sugar  
2 farm-fresh eggs  
1 1/4 cup (310 mL) all purpose flour  
2 teaspoons (10 mL) baking powder  
1 teaspoon (5 mL) ground cinnamon  
1/2 teaspoon (5 mL) ground nutmeg  
1 1/2 cups (375 mL) Spy apples, peeled and chopped  
3/4 cup (180 mL) Ontario Northern pecans, chopped  
Toffee Sauce  
6 tablespoons (90 mL) country-fresh butter  
1/2 cup (125 mL) brown sugar  
1/3 cup (80 mL) whipping cream  
1 teaspoon (5 mL) pure vanilla extract

In a large saucepan, bring cider and dried apples to a boil. Remove from heat; carefully stir in baking soda. Cool about 20 minutes. Preheat oven to 350F (180C). Meanwhile, in a mixing bowl, beat the butter and sugar until light. Add eggs, one at a time, and beat well. In a small bowl, whisk together flour and spices. Alternately add flour mixture and cider with dried apples to the butter mixture until it is well combined. Add chopped apples and pecans. Pour into a greased 9-inch pan or 6 individual ramekins. If using ramekins, place on a baking sheet. Bake for 35 to 40 minutes or until set in the middle.

**To make sauce:** Melt butter in a small saucepan. Add brown sugar and cook until sugar is dissolved, about 4 minutes. Slowly add whipping cream and simmer until slightly thickened. Remove from heat and stir in vanilla. Serve warm pudding drizzled with toffee sauce. Serves 6 to 8.

Spend  
**\$10**  
a week on local food

## Apple, Butternut Squash, and Beer Soup

1 tablespoon (15 mL) Ontario canola oil  
 2 cups (500 mL) onions, chopped  
 1 clove garlic, minced  
 1 teaspoon (5 mL) dried thyme  
 4 cups (1 L) butternut squash, peeled and chopped  
 3 cups (750 mL) McIntosh apples, peeled and  
 chopped  
 2 cups (500 mL) chicken broth  
 2 cups (500 mL) Ontario microbrewery lager  
 1/2 cup (125 mL) 15% table cream  
 Ontario salt  
 Croutons for garnish

Heat oil in a large soup pot over medium heat. Add onions and cook about 5 minutes or until softened, stirring occasionally. Stir in garlic and thyme, and cook 1 minute. Add squash, apples, broth, and lager. Turn heat to high and bring to a boil; reduce heat and simmer for about 15 minutes or until squash is tender. Remove from heat and allow to cool. Purée in small batches in blender or food processor. Return purée to soup pot, add cream, and reheat. Season with salt. Garnish with croutons and serve warm. Serves 8.



## WILMOT FARM



Charles Stevens is quick to point out that while he grows some of the most delicious blueberries that you can buy straight from the farm, his apples are strictly wholesale. Charles sells to Loblaws and

Walmart, and this year was the poster farmer for Longo's apple program. Charles doesn't grow dozens of different apple varieties; instead he focuses on the sweeter palate of today's changing urban demographics. He's the second-largest producer of Ambrosia apples and one of the largest producers of Honeycrisp apples in Ontario.

On his 160-acre farm, just over 100 acres are dedicated to ultra-sweet and crisp eating apples, which are processed next door at Algoma Orchards, another large apple grower. This year Charles has lots of apples thanks to his frost fans and the other creative techniques he uses to minimize the "wrath of Mother Nature."

3337 Concession Road #3, Newcastle  
[www.wilmotblueberries.com](http://www.wilmotblueberries.com)



## ARTISAN FOOD PRODUCERS

“Artisan” is a term used to describe food produced by non-industrialized methods. Many artisanal methods are handed down through generations, and some are now in danger of being lost forever.

The best food is grown and raised all around you. I give many talks about the health, family, community, and economic benefits of buying local food, about knowing the people you buy from, and about paying attention to where you spend your money and why. I find what gets overlooked in all this local food talk is the artisan food producer.

This issue is dedicated to all of the people, some farmers, others passionate foodies, who search out the best local foods then lovingly and painstakingly turn them into delicious products that make our lives easier, healthier, and happier.

In the industry these products are called “value-added.” But by the time you and I are interested in them, no one really cares about industry talk; we just care about what it is, who made it, and how it tastes. If you’re into local food, you already know how personal it is, and you probably know most of the people who grow or raise your food. Artisan food producers with their passion for good quality and often times traditional food are equally important in what they bring to our plates.

Here are some of the culinary artisans and entrepreneurs I’ve come across. Please introduce me to some of yours on [www.facebook.com/theontariotable](http://www.facebook.com/theontariotable).



## Evelyn's Crackers

Evelyn is only 6 years old and already has a line of amazing products to call her own. Her parents, Ed Rek and Dawn Woodward, source out the best Ontario organic wheat and heritage grains to make a line of gourmet crackers. Spelt, Red Fife, oatmeal, and other flours come from small artisan millers like CIPM and K2 Milling. For example, Evelyn's sweet and nutty Slightly Seedy crackers are made from Red Fife wheat; savoury Cheddar Crispies are made from spelt; Sawbucks, with their fabulous texture, is made from a blend of buckwheat, cornmeal, and Red Fife; and hearty rye goes into making Currant in the Rye crackers—all irresistibly delicious! In fact, Ed will be presenting their Red Fife wheat cracker, Slightly Seedy, at this fall's Slow Food Salon del Gusto in Turin, Italy.

[www.evelynscrackers.com](http://www.evelynscrackers.com)

Find them at specialty food shops or direct from the website.



## K2 Milling

Mark Hayhoe comes from generations of millers. His dad and grandfather owned and operated Hayhoe Mills in Woodbridge from 1935 to 2007, when it sadly closed its doors. Milling in his blood, Mark Hayhoe opened his own small mill in 2003 where he mills small batches of grains and flours from neighbouring fields and his own 50-acre organic rye field. In his ancient mill, Mark has the capacity to mill about 44 bags an hour—small time compared to his ancestors' generation, but for Mark it's all about balancing work, play, health, and family to create a good-quality life. Mark sells cotton bags of buckwheat, Red Fife, spelt, pastry flour (soft wheat), rye flours, and oatmeal. He sells rye and spelt flour to Evelyn's Crackers, spelt flour to Our Farm Bakery for their bread, and whole grain flour to Pasta Generations Choice for their spaghetti.

[k2milling.blogspot.ca](http://k2milling.blogspot.ca)

K2 Milling flours at specialty food shops or from their blog.



## Maple Apple Cream Galette

4 Niagara Spy apples  
4 tablespoons (60 mL) maple syrup  
1 package frozen puff pastry, thawed  
1 tablespoon (15 mL) milk  
course sugar

Preheat oven to 450°F (225C). Peel, core and dice apples. Put them in a skillet with maple syrup over medium-low heat. Cook until apples are soft, about 5 minutes. Stir and cool.

Meanwhile, roll out 1 puff pastry sheet into a 12-inch square on a lightly floured surface with a floured rolling pin. Cut out an 11-inch round with the tip of a sharp knife by tracing around an inverted plate. Transfer to large baking sheet and discarding trimmings. Chill. Repeat procedure with second pastry sheet.

Mash cooled apples and spread mixture in center of pastry round, spreading slightly. The mixture will spread itself when it cooks. Dip a pastry brush in the milk and wet the edges of the bottom pastry. Cover with the second round of puff pastry. Press edges together lightly to seal. Using the tip of a knife, make several small slits on the top of the galette to create steam vents. Brush the top lightly with milk (you can decorate with thinly sliced apples) and sprinkle with coarse sugar.

Bake galette in lower third of oven until puffed and pale golden, about 15 minutes. Transfer to a top shelf in the oven and bake until edge is golden brown, about 12 to 15 minutes more. Transfer to a rack to cool slightly. Sprinkle with icing sugar and serve warm.



## MARTIN'S APPLE FARM

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Steve Martin is very vocal when it comes to the price of food. In his apple store in St. Jacobs you'll find fresh vegetables and jugs of apple cider as well as bushels and bushels of dozens of different apple varieties. Look a little closer at the prices and you'll notice that Martin offers "seconds" as well as the beautiful, perfect apples we all love to sink our teeth into.

When apples are graded they're divided into what is called "firsts" or "number one." These perfect apples find their way into retail stores. The apples that may have a blemish on them or perhaps are perfect but too small in size end up as "seconds." Normally seconds go to processing, but Steve offers them to people who may want to bake with them or who simply can't afford perfect apples. The price difference between firsts and seconds is dramatic.

**Martin's Apple Farm** has a 100,000-square-foot processing plant that moves millions of apples a day from tree to truck using technology to treat them gently on their journey. Apples are more delicate than eggs, and they bruise easily. In processing they're washed, dried, sprayed, sorted, weighed, bagged, and boxed into 4- and 6-pound bags. Most of the apples' journey is made while floating through water or gently carried upon sponge conveyor belts.

The apples are graded and inspected by hand. Then they're put into bags and the bags gently put into boxes. To avoid any damage to the apples at the retail level, Martin's boxes are put on retail shelves—it's not the bags of apples retail clerks are handling. This means less bruising and a better apple for consumers. "It means better quality of local food being brought to consumers," explains Steve.

Each box of Martin's Apples has a batch number that includes information on the orchard it was picked from, the date of packing, who packed it, the storage date, when it came out of storage, and the people who handled it. Apples love temperatures that loom just above zero; they stay firm and crisp longer. Martin recommends you spray your apples with water before you put them in the crisper; they like water and humidity.

The retail store on the farm is next to the processing plant. You'll find Steve's wife, Rosemary, working there, making sure everyone who comes gets the best apples.

1420 Lobsinger Line, St. Jacobs (Waterloo)

[www.martinsapples.com](http://www.martinsapples.com)

# LOCAL FOOD

october's food fresh from the farm

## INDEPENDENT GROCER YOUR LOCAL MARKET COOP



It's not a new way to run a grocery store, but it's a great way. Drea Kerr, Heather Walker, Chris Walker, and Katelyn Vere all live in and near the downtown core of Stratford. Most of the grocery stores and farmers' markets are on the outskirts of Stratford, so naturally they felt a void of affordable food alternatives in downtown Stratford. The four of them got together, brainstormed the idea of a worker cooperative grocery store, and, within a few months, opened their doors. In essence, there's not one owner, but four like-minded store owners. They all agree that the produce and meats must be grown or raised within 100 miles (160 km) of Stratford. Even the processed foods are bought with the same criteria. The store is unlike a traditional grocery store: in the produce section many of the mismatched boxes and bins hold food in the original containers the farmers dropped them off in; and in the dry goods section, tables and small shelves with foods stacked high substitute for impersonal walls of glaring shelving. It's a comfortable store with stories of farmers everywhere, making sure their customers know how personal local food is.

They have a busy in-house bakery and kitchen. Chris, who has the most baking experience, is responsible for the loaves of sexy artisan bread (hard to resist, especially when they're still warm); Katelyn works her magic with pastries and cookies; and Heather has the best taste buds, so she cooks their homemade salsas, dips, and other foods. Drea focuses on sourcing farmers and artisan food products. But they all chip in wherever they're needed, from front of shop to bakery.

Drea, Heather, Chris, and Katelyn welcome everyone to come in, shop, and meet them. They run workshops in the kitchen on such topics as how to make healthy sourdough bread and traditional bone broth. They run a grocery delivery program that is delivered by bicycle. Old-fashioned, you say? Naw, it's a more sustainable model; a kind of shared entrepreneurship that makes it easier for four people to run a business than just one. And it's where, under one roof, you'll find some of the best, healthiest, tastiest foods you'll ever be offered anywhere.

Store hours Monday through Saturday 8 a.m. – 8 p.m., Sunday 9 a.m. – 5 p.m.

129 Downie Street, Stratford

[www.yourlocalmarketcoop.com](http://www.yourlocalmarketcoop.com)



LOCAL **FOOD**

*october's food fresh from the farm*

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Orange is the  
colour of October!

## TURKEY FARMERS OF ONTARIO

Turkey was once a Canadian tradition tied to holiday celebrations, but today's turkey burgers and turkey chili upgrade any occasion, and turkey is now recognized as an all-round nutritious and delicious alternative to other types of poultry.

### POWERHOUSE OF NUTRITION

Many consumers choose turkey because it's lean, healthy, and naturally low in cholesterol. It's called a superfood in *SuperFoods Rx: 14 Foods That Will Change Your Life* by Steven Pratt, M.D., and Kathy Matthews (2004). It's elegant flavour is an excellent source of vitamin B12, niacin, selenium, phosphorous, and potassium. You can substitute turkey in almost all chicken and pork recipes, and the flavour will be more elegant. Be bold: substitute it in beef dishes for exciting flavour transformations that excite the palate!

Early explorers to North America introduced turkey to Italy, France and England.

### TURKEY CUTS

**Ground turkey:** The leanest and most flavourful choice for chili, burgers, stuffed peppers, or cabbage rolls. Make a turkey meatloaf for a really delicious meal.

**Turkey breasts:** Breast meat picks up the flavour of the seasonings you cook with, so dust them liberally with ground sage or thyme and serve with roasted potatoes for a lovely fall dinner.

**Turkey drumsticks:** Drumsticks cook up fork-tender when braised slowly with pearl onions in a reduced wine sauce.

**Turkey thighs:** Thighs are super juicy and rich in savoury flavour, making them perfect for a turkey pot pie.

**Turkey necks and bones:** Don't let these pieces go to waste! They're brilliant for making stock for stews, soups, and luxurious sauces.



## DID YOU KNOW?

The **Turkey Farmers of Ontario** represents and supports 185 turkey farmers across Ontario producing about 63 million kilograms of turkey a year. All of the turkey farmers are dedicated to ensuring the most humane treatment and care of the birds, so consumers who buy Ontario turkey can rest assured they're getting the highest-quality food on the market today.

[www.turkeyrecipes.ca](http://www.turkeyrecipes.ca)

## COOKING TURKEY

Turkey is probably more versatile than any other meat on the market because its combination of dark and light meats offers up exciting culinary options. Use turkey for everyday meals: Turkey scallopini takes just 10 quick minutes to make. Turkey chili with white kidney beans is simply luscious. Turkey burgers leave you feeling lighter and energized.

To stuff or not to stuff the bird? Because turkey takes on the flavours surrounding it, stuffing gives it a deeper, more robust flavour compared with the clean, elegant flavour of an unstuffed bird. The most popular stuffing flavours are sage, mushroom, and bacon.

## HAYTER'S TURKEY

Third-generation turkey farmer Tom Hayter and his family run a farm in Huron County that produces over 350,000 turkeys. On this Ontario farm, the highest-quality product is maintained throughout all stages of production because the entire family is there to watch over it all. Not only do they raise the beautiful white birds, but they produce delicious turkey products including sausage, pepperettes, and burgers, so consumers can enjoy the lean goodness of turkey more often. Because everything is done on-site, from raising the birds to harvesting and processing, Hayter's turkeys are fresher and more flavourful. Look for Hayter's Farm products on your grocers' shelves as well as at their on-farm retail shop.

37467 Dashwood Road, Dashwood

Store hours Monday to Saturday, 9 a.m. to 6 p.m., and Sunday, 11 a.m. to 4 p.m.

[www.haytersfarm.com](http://www.haytersfarm.com)

## FRANZ TURKEY FARM

A 50 year old family-run business with third and fourth generation Franz' overseeing operations. Ninety thousand birds are sold each year, especially at Thanksgiving and Christmas. You'll find Franz turkey at independent grocery stores throughout Lambton County, additionally and on their on-farm store where customers can pick up fresh turkeys at Christmas or Thanksgiving and frozen throughout the year. On this 400-acre operation, there can be nearly 30,000 turkeys found daily. The turkey processing plant is located on the farm to guarantee unsurpassed care through each stage of production and processing. Franz turkeys are fed vegetable grain grown locally, with no by-products or antibiotics to ensure only the best reach your table.

Store hours Thursday, Friday 10 a.m. to 4 p.m.

Saturday 10 am to 12 p.m.

2590 Plank Road, Petrolia

[www.franzturkeyfarms.com](http://www.franzturkeyfarms.com)



LOCAL

# DISHES

*what's on the plate*



## Turkey Poutine

### Potatoes

You'll need a medium-dry potato like a white potato for this dish. Slice them as thick or thin as you like.

### Turkey

If there's no leftover turkey, you can roast a leg, shred the meat, and make this delicious dish.

### White Cheddar

Say yay!! to all the amazing cheeses that are made in Ontario.

2 pounds (0.91 kg) potatoes, cleaned and cut into french fries

3 tablespoons (45 mL) canola oil

2 cups (500 mL) cooked turkey, shredded

2 cups (500 mL) turkey gravy

8 ounces (200 g) white cheddar cheese curds

2 tablespoons (30 mL) chopped fresh parsley

Ontario salt

Preheat oven to 400F (200C). Toss potatoes in large bowl with canola oil and plenty of salt. Spread in a single layer on a baking sheet. Roast for 30 to 35 minutes or until browned and tender. Meanwhile, in a saucepan, heat turkey in gravy until hot. Divide baked fries among individual plates or shallow bowls. Top with shredded turkey and gravy. Season with salt. Lay cheese curds over top. Sprinkle with parsley. Place in warm oven until curds have melted, about 6 minutes. Serve immediately. Makes 6 servings.

## Turkey Drumstick with Bacon and Beans

1 turkey drumstick  
 1 teaspoon (5 mL) dried sage  
 4 rashers artisan bacon, diced  
 1 onion, peeled and diced  
 2 tablespoons (30 mL) Ontario canola oil  
 1 can (16 oz) navy beans, drained  
 1 teaspoon (5 mL) dried sage  
 Ontario salt  
 garnish with fresh sage

Preheat oven to 350°F (180°C). Place turkey drumstick in an ovenproof skillet, sprinkle with dried sage, cover, and bake for 30 minutes. Meanwhile, in another skillet, sauté bacon and onions in oil over medium heat until bacon is crisp and onions are soft, about 6 minutes. Add navy beans, and sage and season with salt; stir to incorporate well. Cook for another 5 minutes until beans are warmed through. After roasting the turkey for 30 minutes, remove turkey from the oven and spoon beans around the drumstick. Cover and return to oven for another 30 minutes. Check the beans after 15 minutes to make sure they're moist. If they become dry, drizzle 1 tablespoon (15 mL) of canola oil over top and stir well. Cook for 15 minutes more. Remove from oven, garnish with fresh sage, and serve warm. Serves 2.



### OEGEMA TURKEY FARM

A great Ontario turkey farm in Talbotville, Oegema Turkey Farm is a family farm owned and operated by second-generation Heiko and third-generation Mike and Wayne Oegema. It was Heiko's parents who started the farm in 1958, and today the business has grown to 55,000 turkeys a year. You can taste the difference in turkeys raised with care and attention. On the farm are 5 large barns. The birds begin in the brooder barn and after 6 weeks are taken to the grow-out barns to grow. The Turkey Shoppe is an on-farm retail shop with fresh and frozen whole birds along with dozens and dozens of various turkey cuts and turkey products that are all made on the farm. They make and sell everything turkey, from smoked turkey pepperettes and kielbasa to turkey pies, schnitzel, meatloaf, and 9 different kinds of turkey sausages. You can buy marinated turkey breasts in many flavours, wings, drumsticks, and ground turkey. Oegema products are also sold at the Brantford and Horton Farmers' Market in St. Thomas.

10882 Sunset Road, Talbotville

Store hours are from Monday to Friday, 9 a.m. to 5:30 p.m., and Saturday, to 4 p.m.

## Turkey Breast with Sauvignon Mushrooms



2 tablespoons (30 mL) canola oil  
1/4 cup (60 mL) all purpose flour  
2 skinless, boneless turkey breasts  
1 tablespoon (15 mL) farm-fresh butter  
1 onion, peeled and diced  
1 cup (250 mL) fresh mushrooms, sliced  
1/2 cup (125 mL) Sauvignon Blanc wine  
1/2 cup (125 mL) 35% whipping cream  
1 teaspoon (5 mL) fresh thyme leaves  
Ontario salt

Add the oil to a large skillet and preheat on medium-high. Put the flour in a plastic bag and season with salt. Add a turkey breast and shake well to coat it with seasoned flour. Shake off excess flour and place in hot skillet. Repeat with second turkey breast. Sauté turkey until browned on one side, about 4 minutes. Turn over and repeat. Remove to a plate and set aside.

Add butter to skillet with onions and mushrooms. Reduce heat to medium. Cook for 6 minutes, until onions are soft and mushrooms are browned. Spoon over turkey breasts. Set aside. Pour the wine into the hot skillet and reduce to half, about 2 minutes. Reduce heat to medium-low and slowly add cream, stirring to make a rich sauce. Return turkey breasts and mushrooms to the skillet, add thyme leaves, cover, and reduce heat to lowest setting; cook until turkey breasts are cooked through, about 20 minutes. Season with salt. Serves 2.

LOCAL

# DISHES

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*october's seasonal dishes*

## Apple Turkey Loaf

3 tablespoons (45 mL) farm-fresh butter  
2 stalks celery, finely chopped  
1 onion, chopped  
1 Ontario apple, peeled, cored, and chopped  
1 1/2 pounds ground turkey  
1 egg  
1/3 cup (90 mL) applesauce  
2 tablespoons (30 mL) whole milk  
1/2 cup (125 mL) dry bread crumbs  
2 teaspoons (10 mL) poultry seasoning  
1 teaspoon (5 mL) ground sage



### Applesauce topping:

1/3 cup (90 mL) applesauce  
1 tablespoon (15 mL) Dijon mustard  
2 teaspoons (10 mL) honey

Preheat oven to 400F (200C). In a skillet over medium heat, melt the butter then add the celery and onion. Season with salt and sauté, stirring occasionally, until the onions are soft and browned, about 8 minutes. Stir in the apple and remove from the heat.

In a medium-size mixing bowl, lightly mix together the ground turkey, egg, applesauce, milk, bread crumbs, poultry seasoning, and sage. Season with salt. Mix in the cooked vegetable-apple mixture. Using your hands, form the mixture into a loaf and place it into the centre of a 9 x 12-inch baking pan lined with aluminum foil.

To make the topping, mix together the applesauce, Dijon mustard, and honey in a bowl; spread the glaze over the top and sides of the meat loaf. Bake in the preheated oven for 30 minutes, then reduce the temperature to 375F (190C) and bake for another 30 minutes. Allow the loaf to rest for 5 minutes before serving. Serves 6.



Sage & Sausage Cornbread Stuffed Turkey recipe on page 142 of **The Ontario Table** cookbook.

## Turkey Cheese Burger

1 egg white  
1/4 cup (60 mL) minced fresh parsley  
2 tablespoons (30 mL) dry bread crumbs  
1 teaspoon (5 mL) Dijon mustard  
1/4 teaspoon (1 mL) salt  
1/4 teaspoon (1 mL) dried basil or thyme  
1 clove garlic, minced  
1 lb (454 g) ground turkey  
1 tablespoon (15 mL) Ontario canola oil  
6 slices Ontario artisan cheese

In a bowl, whisk egg white; whisk in parsley, bread crumbs, mustard, salt, basil, and garlic. Mix in turkey and, using your hands, shape into 6 patties about 1/2 inch (1 cm) thick.

In a lightly greased nonstick skillet over medium heat, on a grill, or using your broiler, cook for about 5 minutes per side or until golden brown on both sides and no longer pink inside. Top with cheese slices; cook until cheese melts. Serves 6.



## BILL'S TURKEY FARM

Bill van Kempen has been raising top-quality turkey for over 50 years, and he believes it's because he feeds his birds longer and better than industry norms, resulting in a lot of extra flavour in every mouthful. He also hangs the birds in the traditional fashion, which means the birds will be more tender and juicy. Bill runs a small specialty turkey operation where the birds are raised and processed on the farm and are available only during the Easter, Thanksgiving, and Christmas seasons, which is too bad because turkey is a lean superfood and something we should all eat year round. You can order online at 905-478-4677, and you will be informed of a pick-up date.

2978 Hilborn Road, Queensville  
[www.billsturkeyfarm.com](http://www.billsturkeyfarm.com)

LOCAL FOOD

october's food fresh from the farm

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## CHARCUTERIE

It's more than just meat!

Throughout Toronto down the Golden Horseshoe and into Niagara, the mere mention of Pingue Prosciutto causes everyone's mouths to water in anticipation of the best-tasting cured meats around. Curing meats, whether European-style or North American, is not new, but the trade of artisanal charcuterie-making in Ontario is.

**Niagara Food Specialties** or **Pingue Prosciutto** is Ontario's largest producer of cured meats, but it wasn't always that way. Mario Pingue Sr. made prosciutto and various sausages in his cantina, a small room carved out of the escarpment in Queenston. This natural stone environment maintained the perfect temperature and humidity for hanging and aging Italian-style cured meats. Mario Jr. and brother Fernando Pingue run a slightly larger and more modern facility in Niagara Falls. Today at their production facilities you'll find dozens of ham hind quarters hanging, aging like wine. They buy heritage breeds of pigs, Tamworth, Berkshire, and a wild boar breed. Others come from drug-free Duroc or Landrace animals that have not been fed any animal by-products. The brothers still adhere to traditional, Italian artisanal methods to produce their prosciutto and the rest of their cured meat products. (See [www.pingueprosciutto.com](http://www.pingueprosciutto.com).) There is no retail store on the facilities, so look for them in specialty stores and fine restaurants.

Mike McKenzie started **Seed to Sausage** in 2010. He'd previously travelled a lot with the military through Europe, Asia, and the Middle East and became obsessed with charcuterie, particularly salami. Then when living in Portland and San Francisco, where the quality of cured meats was so outstanding, Mike was inspired to make his own salami and other cured meats in his garage. When he came to Kingston, Ontario, he couldn't find any good salami, so he made his own. Soon chefs found out about his passion for charcuterie and began buying it. Mike's charcuterie business, Seed to Sausage, is just over a year old, and he now makes over 40,000 pounds of cured meats, from sopressata, lonzino, and bresaola to Genoa salami. Mike explains his meats taste just a little different than those from the regions in which they originate, and he likes to honour this uniqueness by changing the names from Genoa salami to Frontenac salami. When you visit his shop you'll know that Mike is honouring the region he's in now with the best he's made—yum! (See [www.seedtosausage.ca](http://www.seedtosausage.ca).) The on-site store is open seasonally. Check their website for availability or find Seed to Sausage products at The Piggy Market in Ottawa, Foodsmiths in Perth, and at specialty stores and fine restaurants throughout Eastern Ontario.



# LOCAL FOOD

october's food fresh from the farm

"Charcuterie" is a French word yet most of the popular charcuterie available is made by Italians, in an Italian style that is not called charcuterie, but salumi. "Salumi" is the Italian word for a family of cured sausages.

John Zagaria began making salumi in his father's butcher shop and went on to open his own business, **Dolce Lucano**. Just outside of Toronto in the Italian community of Woodbridge, John, with his wife, Paula, are completely dedicated to the old tradition of salumi making. Their products include many salumi, including sopressata, capicollo, Veneto salame, rosetta, and culatello, to name a few. They start with traditional recipes and keep them

as true as possible, ensuring the production method is authentic. Paula explains, "Sure, we can take short cuts, but you won't end up with the same product." Even the aging time for each salumi is decided upon by how it feels and where it is in the aging process, not by some recipe. Dolce Lucano has grown, but the only people they let work in their salumi business are those who make salumi at home. They have a store at 133 Regina Road in Woodbridge (check website, [www.dolcelucano.com](http://www.dolcelucano.com) for times), and you can find Dolce Lucano salumi at specialty stores and fine restaurants.



# PERTH



Lanark County is a small region just to the west of Ottawa, far enough north to tempt wild blueberry lovers and far enough south to make it an easy destination for food lovers. Perth is the main town of the region.

Perth is beautiful. The small Tay Canal snakes its way through the heritage downtown core and, together with the Tay River, creates two main channels with an island in the middle. Much of downtown Perth, including the town hall, boutiques, specialty shops, and restaurants, operate out of century-old stone buildings on the island. It's part of the Rideau system, with enchanting stone canal walls constructed by the Scottish stonemasons. Along the canal are eateries of all kinds, providing waterside dining alongside manicured parks with flowers that cascade down the rocks.

Tay Basin is a lovely, still pond with three fountains in the centre. Surrounding the pond are enchanting grounds and

the Crystal Palace, an impressive glass-and-iron structure constructed from the discarded remains of a glass street enclosure that used to be on Rideau Street in nearby Ottawa. This glamorous structure houses the Perth

Farmers' Market every Saturday in the summer.

The Perth Farmers' Market is full of market gardeners of all kinds, from organic to natural, with specialty heirloom tomato and eclectic vegetables growers like Coral Sproule of Queen Beet Farm, who grows heirloom vegetables, vibrant greens, and beets of all colours, shapes, and sizes, and who also sells farm-fresh eggs.

Sebastien Bacharach of Millham Gardens in Drummond/North Elmsley, in Lanark County, is a farmer and

**Every town has  
a food story.  
Eat it up!**



## *Two Ways to Extend Your Visit*

### CARLTON PLACE

Just a 15-minute drive along Hwy. 7, the little town of Carlton Place appears to be frozen in time. The historic district is quaint with stone buildings and boutique shops in restored downtown buildings. The beautiful Mississippi River winds its way through the town. [www.carltonplace.ca](http://www.carltonplace.ca)

### WESTPORT

10 minutes south-east of Perth through rural Lanark County is the beautiful little town of Westport. There's lots to draw a foodie: Kudrinko's Food Store, a grocery store loaded with local foods from around the region; Rosie Yumski's, a great fine food and kitchen store; and The Cove Country Inn, a great eaterie where they tell stories of where they get their food. [www.westportontario.ca](http://www.westportontario.ca)

APPETITES

# TRAVEL

*discover the flavours of...*

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## PERTH

*Continued...*

agricultural activist who sells vegetables at the farmers' market and organizes Vegetable Garden Tours for market shoppers. The day includes farm tours and gardening lessons on unique techniques and garden styles, from raised beds to roof-top gardens. See [www.transitionperth.ca](http://www.transitionperth.ca).

The farmers' market organizes summer potluck events. Throughout the summer in beautiful Stewart Park, and in August, Perth runs an event called Barns, Farms, & Wicked Chefs, which showcases the best from Lanark County's farmers and chefs. It's a benefit for the Table Community Food Centre in Perth.

On the other side of the farmers' market parking lot is an iron replica of Perth's Mammoth Cheese. The Mammoth Cheese was created in 1893 for the Chicago World's Fair and weighs 22,000 pounds. The cheese was talked about more than anything else at the fair, principally because it had crashed through the floor when they unloaded it. An amazing sight to see how giant a food item can get in a small town.

Perth is full of many different kinds of restaurants, from bakeries like the Sunflower Bake Shop with their delightful lunches and gluten-free menu, to casual outdoor dining at Fiddleheads Grill overlooking Stewart Park, and, of course, elegant fine dining at the romantic Stone Cellar. Located on Gore Street in the main part of the historic district, Chef Jamie Trout weaves the region's food throughout his menu at The Stone Cellar.

Lanark County produces maple syrup exceptionally well, and Jamie includes it creatively in both savoury and sweet dishes. Chef Jamie says, "Lanark maple syrup is the WD-40 of the kitchen." It's the secret behind his popular Lamb Meatloaf with St. Albert's Cheese Curd and Lanark Maple Syrup Gravy. Squash and Apple Soup made from his grandmother's secret recipe is laced with Lanark maple syrup. My favourite is the Sweet Potato Frites with Maple Syrup Drizzle—it's utterly addictive!

One of the larger maple syrup producers is Fulton's, owned and operated by Shirley Fulton-Deugo. On the 370-acre maple syrup farm are 4000 taps. They produce many maple syrup products including an exciting line of luscious maple bath and body products that they sell in their Maple Shoppe on the farm or online. (See [www.fultons.ca](http://www.fultons.ca).)

A few blocks away on the banks of the Tay River is beautiful Stewart Park. The stillness of the river and the sound of a distant waterfall is mesmerizing. Across from the park is Codes Mill, a renovated stone mill that now houses a restaurant and an eclectic boutique, Groundwaves. Everyone who visits Perth shops there.



# TRAVEL

*discover the flavours of...*



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

## PERTH

*Continued...*

Perth is home to the greatest garlic festival. Garlic grows well in this region because it loves the shallow, sandy loam soils and rocky landscape. Every August garlic farmers from near and far congregate at the Perth Fairgrounds to cook and sell garlic. You'll find it fresh, smoked, fried, roasted, and candied. You can buy garlic sausage, garlic fudge, garlic ice cream, pickled garlic, braided garlic, and varietal garlic. You can even buy wheelbarrows full of fresh garlic that you can use all year long.

Paul Pospisil is known far and wide as the garlic guru of Eastern Ontario. With his wife, Mary Lou, he farms his acre of garlic on a 17-acre farm called Beaver Pond Estates. Together they founded the Perth Garlic Festival and are publishers of *The Garlic News*, which provides garlic information as well as a networking forum for garlic growers.

Back in town, there is an amazing local food grocery store called Foodsmiths. Foods grown, raised, and produced from across Lanark County and Ontario can be found not just in their fresh produce, dairy, and meat sections, but in the dry goods aisles in cans, bottles,

jars, bags, and boxes. It's an amazing inventory of local produce and a great place to source local foods.

Cheese is another great reason to visit Lanark County. Balderson cheese is named after the little village just outside the town. A little further into the beautiful Lanark Highlands is Back Forty Artisan Cheese, operated by Jeff and Jenna Fenwick. Back Forty cheeses are handmade, raw, sheep's milk cheeses of award-winning quality. Their signature cheese is Lanark Highland Blue.

Lanark County has plenty of sheep grazing, and it inspired Kyle White and Caitlin Hynes Dobson to make



## PERTH

*Continued...*

cheese using their herd of sheep. Milkhouse Farm & Dairy produces an amazing Italian-style Tomme that's rich and firm. Their story is in the September issue of **The Ontario Table \$10 Challenge** ezine.

Ask anyone about Lanark County and they'll tell you it's big on meat. Not only are there pig and cattle farms, but there's also something surprising: a bison farm in Drummond, just outside Perth, where beautiful bison are raised free of steroids and growth hormones. Richard and Cheryl Allan named Battle River Bison after a river that runs through several of their family farms in Alberta. You can buy from the farm, at many of the farmers' markets, or at Foodsmiths grocery store in town.

Almost half way between Perth and Smiths Falls is a unique farm called Cedar View Dorpers, owned by Jeff and Karen Wright. Dorpers are a special breed of lamb renowned for their hair. They have thickly muscled hindquarters and long loins that are mild and tender when cooked. The animals are processed locally at Rideau Meats in Smith Falls and sold on the farm.

From garlic and maple syrup to meats and artisanal cheeses, Lanark County is a region rich in good taste and beauty. A food destination can't get any better.

## ESSENTIALS

Getting there from Toronto and Western Ontario: Just 3 hours from downtown Toronto. Follow Hwy. 401 east to Hwy. 37. Go north east on Hwy. 37 and turn right onto Hwy. 7 into Perth.

Getting there from Ottawa and Eastern Ontario: Just 1 hour from Ottawa, take Hwy. 417 west to Hwy. 7. Continue west into Perth.

## WHERE TO STAY

Codes Mill Inn + Spa: [www.choicehotels.com](http://www.choicehotels.com)  
Perth Manor Boutique Hotel: [www.perthmanor.com](http://www.perthmanor.com)  
Drummond House Bed & Breakfast: [www.drummondhouseperth.com](http://www.drummondhouseperth.com)

## FURTHER INVESTIGATING

[www.beautifulperth.com](http://www.beautifulperth.com)  
[www.lanarklocalflavour.ca](http://www.lanarklocalflavour.ca)  
[www.lanarkcountytourism.com](http://www.lanarkcountytourism.com)



## SHELDON CREEK DAIRY



**Sheldon Creek Dairy** is in the Sheldon Valley in Simcoe County. Hailing from a long line of dairy farmers, John and Bonnie Den Haan milk

50 head of Holstein cows. They grow all of their own feed, and the rest of the 400-acre farm is pastureland for the 5 families of cows. That's right, the Den Haan's know their cows from the families the cows were born into—talk about knowing your food!

Bonnie is vocal about the quality and flavour of the mass-produced milk on the market today, and she wants to see it get better. "It tastes great on the farm," says Bonnie, "but buy it at a grocery store and it's not good." John and Bonnie invested in an on-site pasteurizer and a production barn, and now the milk doesn't leave the farm. The cows are milked in the barn, and then the milk is wheeled over to the processing barn and pasteurized at 73°C for just 16 seconds. Then it's chilled, bottled, and ready for you to drink.

What is unique about Sheldon Creek milk is that it is not homogenized or clarified. Bonnie explains the process of homogenization is to force milk through an ultra-fine sieve, therefore blasting the fat particles into tiny bits that

change the structure. The fat particles in Sheldon Creek milk remain whole because it's not pasteurized, and you can tell by the ultra-velvety texture.

Sheldon Creek milk has a cream plug on the top. Just spoon it out, drink it, or save it for making whipped cream, then shake the bottle and enjoy! It's exactly like the old-fashioned milk your grandparents would get where the cream rose to the top of the bottle. The colour of the milk also makes a difference. Holstein cows milk is as bright white as a snow bank in the sunshine. Bonnie says milk tastes best in glass bottles, so you can see the bright white colour as it stands out in the cooler.

Sheldon Creek also makes chocolate milk, and it's the closest thing to good Parisian chocolate I've tasted in Ontario, which begs the argument that a good chocolate drink may be more about the milk than the actual cocoa. Currently Sheldon Creek is experimenting by making various flavours of ice cream. Now that's something to look forward to! You can buy Sheldon Creek Dairy milk at their on-farm retail store and artisan food shops around the Simcoe County area.

4316 Concession, Loretto

[www.sheldoncreekdairy.com](http://www.sheldoncreekdairy.com)

## GEORGETOWN FARMERS' MARKET



Rolling down Main Street of downtown Georgetown, the farmers' market brings an ancient kind of trade. Farmers bring mounds of fresh produce and the community comes out to socialize around fresh food. The Main Street of Georgetown may be closed for the market vendors but the businesses are open, blending an eclectic mix of home-grown with downtown commerce. The Mill Street Cheese Market offers up a range of Ontario cheeses in the middle of the market; Whole Circle Farms sell non-traditional vegetables like Japanese salad turnips; Thames River Melons Farm offers traditional vegetables and a wide range of melons; Hillsview Farms sells juicy tomatoes; Andrews Scenic Acres has fresh strawberries; and in between you'll find a honey producer, maple syrup, bakeries, and pastries. The Georgetown Farmers' Market will be closing for the season later this month, so now is the time to get to the market.

Main Street from James Street to Church Street  
Saturday mornings from 8 a.m. to 12:30 p.m., from June to October

## FARMERS' MARKET WHITE PUMPKIN MUFFINS

1/2 cup (125 mL) white pumpkin purée  
1/2 cup (125 mL) milk  
1/3 cup (80 mL) vegetable oil  
1/2 cup (125 mL) sugar  
1 egg, beaten  
1 3/4 cups all purpose flour  
2 teaspoons (10 mL) baking powder  
1/2 teaspoon (2.5 mL) salt  
1 teaspoon (5 mL) cinnamon  
1/4 cup (60 mL) brown sugar  
1/2 teaspoon (2.5 mL) cinnamon  
1/2 tablespoons (30 mL) butter, melted  
1/3 cup (80 mL) chopped walnuts



Pre-heat oven to 400F (200C). In a bowl of an electric mixer, combine pumpkin, milk, oil, sugar, and egg. Mix on medium until well blended. In another bowl, whisk together the flour, baking powder, salt, and cinnamon. Add to pumpkin mixture and blend until batter is just combined and still a little lumpy.

Grease a 12-muffin tin. Pour batter into muffin cups to about 3/4 full. In a small bowl, combine brown sugar, cinnamon, butter, and walnuts to make a streusel topping. Sprinkle topping over muffins. Bake for 18 to 22 minutes, until golden brown. Serve warm with plenty of butter. Makes 1 dozen muffins.

JOIN US AND

# CELEBRATE



# WINE

pressed from Ontario's finest fruit

## ONTARIO WINE



It's the time of year when aromas around Ontario wineries turn from just-picked grapes to the nuances of fermentation and the grapes' simple juices are transformed into a complex and seductive beverage. In between are the expert hands of the winemakers every step of the way.

The **13th Street Winery 2009 Pinot Noir Essence** (\$44.95) offers terrific fruit purity, depth, and complexity with concentrated black cherry, anise, berry, smoke, vanilla, and cola woven into a supple texture with just enough tannin to know it will age superbly.

1776 Fourth Avenue  
St. Catharines  
[www.13thstreetwinery.com](http://www.13thstreetwinery.com)

The ripe, supple, and harmonious **Rosehall Run 2011 Defiant Pinot Noir** (\$18.95) has an attractive range of plum, dried cherry, anise, sage, and spice, holding its focus and bowing out with a long, rich aftertaste. Very impressive.

1243 Greer Road  
Hillier  
[www.reimervineyards.com](http://www.reimervineyards.com)

Remarkably smooth, supple, and polished, the **Coyote's Run 2009 Black Paw Vineyard Pinot Noir** (\$35.95) has a pretty array of ripe black cherry, plum, wild berry, and raspberry that finishes with a complex fruity aftertaste with fine tannins.

485 Concession 5 Road  
Niagara-on-the-Lake  
[www.coyotesrunwinery.com](http://www.coyotesrunwinery.com)

Pinot Noir becomes rich, polished, and concentrated in **Colaneri Estate Winery's 2009 Virtuoso** (\$30.00). Brimming with juicy plum, black cherry, spice, mushroom, and mineral flavours, turning smooth and polished on the finish.

348 Concession 6 Road  
Niagara-on-the-Lake  
[www.colaneriwines.com](http://www.colaneriwines.com)

JOIN US AND

# CELEBRATE





The *Ontario Table* author and culinary activist **Lynn Ogryzlo** speaks at TEDx Bayfield on the health, personal, family, community, and economic benefits of buying local. Listen to the presentation on TED.com here or [www.ontariotable.com](http://www.ontariotable.com).

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

November 2012



**Savoury Ontario  
Mushrooms**

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

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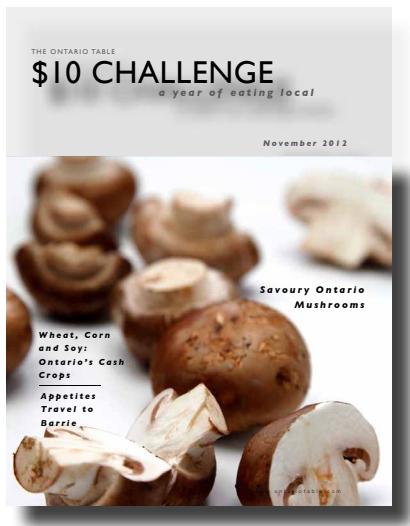
**Appetites  
Travel to  
Barrie**

[www.ontariotable.com](http://www.ontariotable.com)

THE ONTARIO TABLE \$10 CHALLENGE

# NOVEMBER

*There are plenty of ways and  
reasons to eat local in November.*



## FEATURES

What the \$10 Challenge Is All About

Ontario Mushrooms

How to Eat Local

Let's start a List of Local Food Shops

All About Ontario Grains

Appetites Travel to Barrie

November Wines

## Plus . . .

Your best bet in a grocery store:

*Harvest Barn*

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!

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LYNN O GRYZLO

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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.

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



For more local food recipes,  
browse through the pages of  
**The Ontario Table.**

## 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.

### 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 fast, tasty meals using fresh Ontario mushrooms at [www.mushrooms.ca](http://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.

### 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.

### 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.



## 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](http://www.mushrooms.ca)



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

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.

## 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](http://www.continentalmushroom.ca)

## 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.



## 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.enviomushroom.com](http://www.enviomushroom.com)



It is in our agricultural community where we find the most valuable resources, the greatest intensity of flavours, and the purest of produce.

## 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 side. 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.

## 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 Amhurstburg. Zlatko saw it as an opportunity to grow mushrooms the way he's always wanted. Today Vidmar Organic Mushrooms ([www.vidmar.ca](http://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](http://www.vidmar.ca)



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



Denis Vidmar of Vidmar Mushrooms



LOCAL **FOOD**

*november's food fresh from the farm*

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## 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

# FARMER

*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](http://www.harvestbarn.ca)

## 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](http://www.cibouletteetcie.ca)

Creemore 100 Mile Store  
176 Mill St.  
Creemore  
Jackie Durnford and Sandra Lackie  
[www.100milestore.ca](http://www.100milestore.ca)

Culinarium  
705 Mount Pleasant Rd.  
Toronto  
Kathleen Mackintosh  
[www.culinarium.ca](http://www.culinarium.ca)

Dolce Lucano  
133 Regina Rd.  
Woodbridge  
John and Paola Zagaria  
[www.dolcelucano.com](http://www.dolcelucano.com)

Karma Marketplace  
102-C Main St.  
Penetanguishene  
[www.karmamarketplace.com](http://www.karmamarketplace.com)

Local Foods Mart  
123 Dunlop St.  
Barrie  
Julian Daniel and Chan Ju Park  
[www.localfoodsmart.ca](http://www.localfoodsmart.ca)

Nicholyn Farms  
Horseshoe Valley Road West  
Phelpston (Barrie)  
Linda VanCasteren  
[www.nicholyn.com](http://www.nicholyn.com)

Piggy Market  
400 Winston Ave.  
Ottawa  
Dave  
[www.thepiggymarket.com](http://www.thepiggymarket.com)

Red Apron  
564 Gladstone Ave.  
Ottawa  
Jo-Ann and Jennifer  
[www.redapron.ca](http://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](http://www.rowefarms.ca)

## LOCAL FOOD SHOPS

Saucy: Meats & So Much More  
900 King St.  
London  
[www.facebook.com/SaucyMeatsSoMuchMore](http://www.facebook.com/SaucyMeatsSoMuchMore)

Warwick Hughes Food Market  
34 Ross St.  
Barrie  
Laurie Warwick  
[www.facebook.com/WarwickHughesFoodMarket](http://www.facebook.com/WarwickHughesFoodMarket)

Your Local Market Co-op  
123 Downie St.  
Stratford  
[www.yourlocalmarketcoop.com](http://www.yourlocalmarketcoop.com)

## THE MUSTARD SEED



It's a new local food coop in downtown Hamilton and the name is appropriate. Hamilton is home to G. S. Dunn, Canada's largest mustard miller. Their goal is to open a community-owned grocery store (in 2013) in the downtown core that offers a bountiful selection of wholesome foods, focusing on local producers. The Mustard Seed will do this by creating an educational environment to nurture the relationship between people and the food they eat. Mustard Seed coop membership continues to grow with over 450 Mustard Seed founding members supporting Hamilton's first non-profit co-operative grocery store! Everything is ramping up to the opening this summer: [www.mustardseed.coop](http://www.mustardseed.coop).



## 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.

When harvested, the head of the plant that houses the seeds (also called kernels) are cut off and the seeds removed from the plant. The seeds are then sold to flour millers while the dry stem, called "wheat straw," remains in the field and can be gathered into bales. The bales are used for animal bedding.

### 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.



# LOCAL FOOD

november's food fresh from the farm

## 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](http://www.whatsgrowingon.ca)



## 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.



LOCAL

# DISHES

*what's on the plate*

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**Ontario Wheat**

Ontario grows four different kinds of wheat.

**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  
1/4 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

## Walnut Sour Cream Cake

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.

LOCAL

# DISHES

*november's seasonal dishes*

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## 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.



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## 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 Legault with daughters Aneka, Kaitlyn and Tanya

## Old-Fashioned Doughnuts with Simple Glaze



### 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.

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.

This recipe was adapted from  
[www.christiescorner.com](http://www.christiescorner.com) - a great food blog!

LOCAL

# DISHES

*november's seasonal dishes*

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## ARMSTRONG ACRES

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"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.

## 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.



## Applesauce Carrot Cake

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.

### PARKLAND FARM

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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

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](http://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](http://www.ourcreemore.com)



## BARRIE

*Continued...*

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](http://www.simcoecountryfarmfresh.ca)

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 duKanada 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

*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



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

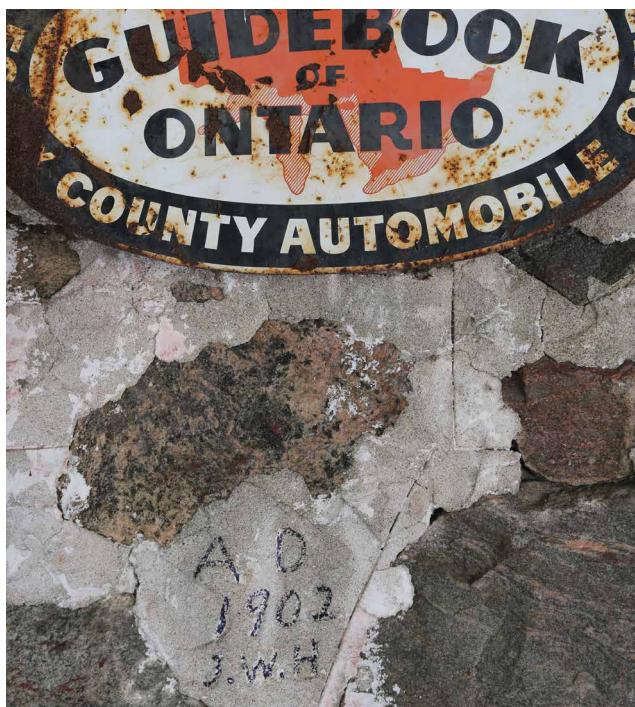
*Continued...*

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.

Simcoe County is an eclectic region that includes



A discovery at Carpe Diem Orchard in Barrie.

## 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](http://www.collingwoodbedandbreakfast.com)

Horseshoe Resort: [www.horseshoeresort.com](http://www.horseshoeresort.com)

Nottawasage Inn Resort: [www.nottawasagaresort.com](http://www.nottawasagaresort.com)

## FURTHER INVESTIGATING

[www.discoversimcoe.ca](http://www.discoversimcoe.ca)

[www.tourismbarrie.com](http://www.tourismbarrie.com)

[www.simcoecountyfarmfresh.ca](http://www.simcoecountyfarmfresh.ca)

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,

## BARRIE

*Continued...*

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 workshop on November 4 with Pastry Chef Jennifer McConnell. Check out the events page on page 28. [www.cibouletteetcie.ca](http://www.cibouletteetcie.ca)

West of Barrie be sure to venture to Creemore and visit the 100 Mile Store. Jackie Dunford and Sandra Luckie 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](http://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](http://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](http://www.justsaycheese.ca)



# LOCAL FARMER

*the face of our food*

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## CROSS WIND FARM

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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](http://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

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## FARMERS' MARKET SMOKED CHICKEN SANDWICH

2 smoked chicken breasts from an artisan butcher

4 tablespoons (60 mL) honey mustard

1 loaf cheddar, potato & herb bread

fresh garden lettuce leaves

6 cherry tomatoes

Slice the chicken breasts thin. Set aside.

Cut 12 slices of bread from the loaf and lay on a cutting board. Spread mustard on 6 slices of bread and place slices of smoked chicken on top. Top with lettuce leaf, a slice of bread and top with a cherry tomato skewered into the top with a toothpick.



## 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](http://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](http://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](http://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](http://www.tawsewinery.ca)

THE ONTARIO TABLE

# \$10 CHALLENGE

*a year of eating local*

December 2012



**Pork On  
The Holiday  
Table**

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**Introducing  
Ontario  
Christmas  
Markets**

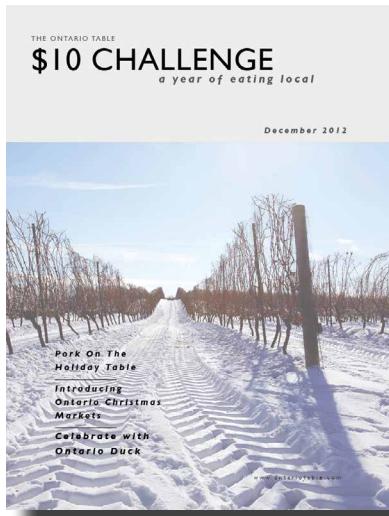
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**Celebrate with  
Ontario Duck**

THE ONTARIO TABLE \$10 CHALLENGE

# DECEMBER

*There are plenty of ways and  
reasons to eat local in December.*



## FEATURES

- What the \$10 Challenge Is All About
- Ontario Pork
- The Made in Ontario Holiday Challenge
- A Bumpercrop of Goodness
- Ontario Popcorn
- Ontario Duck
- Christmas Markets
- December Wines
- What's Next

## *Plus...*

Your best bet in a grocery store:

*Marilu's Market*

December is a month for celebrating and feasting. It's a time for looking back at the amazing accomplishments and forward to a brand-new year of possibilities. In this issue we celebrate with fun recipes like Duck Poutine and Bacon Meatloaf Muffins, and feast elegantly with Ice Syrup Brined Pork Chops and Grilled Duck Breasts with Icewine Apricots. From all of us at **The Ontario Table**, we wish you happy holidays filled with lots of love and a prosperous, happy and healthy new year. Join us and make 2013 a banner year for local foods. Use **The Ontario Table \$10 Challenge** ezine to eat along with the season.

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LYNN OGRYZLO

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WHAT TO  
**EAT**

december's food fresh from the farm



Spend  
**\$10**  
a week on local food

## LOCAL FOOD AVAILABLE IN DECEMBER



December is a time for feasting, to roast and bake  
the goodness of what the season has to offer.

apples	leeks
barley	lettuce, greenhouse
beans, dried and canned	maple syrup
beets	meat, farm-raised
butter	milk and dairy
cabbage	mushrooms
carrots	onions, cooking
charcuterie	onions, red
cheese	parsnips
chilies, dried	pears
cooking oils, canola and soy	peppers, greenhouse
cucumbers, greenhouse	potatoes
duck	poultry
eggplant, greenhouse	rutabaga
eggs	salt
flour, pastry	squash
flour, stone-ground and whole grain	sweet potatoes
garlic	tofu
hazelnuts	tomatoes, canned and greenhouse
herbs, greenhouse and dried	walnuts
honey	wild game
lake fish	wine



For more local food recipes,  
browse through the pages of  
**The Ontario Table**.

## ONTARIO PORK

Pork is full of flavour, tender and very versatile. It has a natural affinity for a wide variety of accompanying flavours, from assertive BBQ sauces to subtle herbal accents, as well as well as for traditional pairings with fruits of all sorts. The sweet mildness of pork can be adapted to a huge range of recipes and all cooking styles. Your options are as varied as your imagination allows.

### PORK CONSUMERS

Ethnic diversity in Canada is increasing. By 2017, more than half of Greater Toronto's population will be of non-European origin. People born outside of Canada will make up the larger percentage of the Canadian population (Hall, J.; 2005). The importance of the ethnic consumer market to Canada's agri-food industry is increasing, and as its overall influence upon dietary behaviour grows, the shift in consumption habits will have an impact on producers and other agri-food industry stakeholders. With over 600,000 Chinese consumers living in Ontario, they are the largest ethnic group in Ontario (the majority residing within the Golden Horseshoe). Presumed to be the largest consumers of pork (per person), they consume pork on average 3 to 4 times per week, compared to other ethnicities in Canada (3 times in a 12-week period).

### PORK CUTS

Today, all fresh trimmed pork cuts, except ribs and bacon, are extra-lean, with 10 common cuts of pork having 6 grams of fat or less per serving. Some of these common cuts include pork tenderloin, pork loin, pork rib roast, pork shoulder blade boneless chop, pork sirloin steak, and pork rib chops. Pork tenderloin is just as lean as boneless, skinless chicken breast.



Fresh Ontario pork at your butcher's counter.

## DID YOU KNOW?

Ontario pork producers are represented by an association called **Ontario Pork**. Their website is loaded with delicious recipes plus booklets for managing diabetes and gluten-free diets, slow cooking, and grilling with pork as a main protein in your diet. Ontario Pork offers consumers a complete picture of pork, from ethnic dishes to sausage-making and roasting techniques. Perfect for the cooler weather.

[www.ontariopork.com/recipes](http://www.ontariopork.com/recipes)



## COOKING WITH PORK

Pork is full of flavour and is tender and very versatile. It has a natural affinity for a wide variety of accompanying flavours, from assertive BBQ sauces to subtle herbal accents, as well as for traditional pairings with fruits of all sorts. The sweet mildness of pork can be adapted to a huge range of recipes and all cooking styles. Your options are as varied as your imagination allows. Improved production methods have resulted in leaner pork, and cooking to a hint of pink is both safe and desirable, especially for loin cuts. Cooking to an internal temperature of 155°F to 160°F (68°C to 71°C) and allowing the meat to rest for 10 minutes makes for a tender and delicious meal.



## Craig's Honey Ham

1 country-cured ham

2 bay leaves

1 onion, peeled and stuck with 2 cloves

3 cups (750 mL) off-dry riesling

3 tablespoons (45 mL) brown sugar

1 teaspoon (5 mL) ground cinnamon

1/2 teaspoon (2.5 mL) ground nutmeg

2 tablespoons (30 mL) honey

whole cloves

Soak the ham for 24 to 30 hours in cold water to cover. Drain. Place in a kettle or roasting dish with a close-fitting lid. Tuck the bay leaves around the ham, add the onion, riesling, and enough water to cover.

Bring to a boil, cover, and simmer very gently for 2 1/2 hours or until large bone in heavy end of ham becomes loose and protrudes. Lift the ham from the stock and place in a roasting pan to cool. Mix the brown sugar, cinnamon, nutmeg, and

honey to form a paste. As soon as the ham is cool enough to handle, remove the skin and with a sharp knife, make diagonal

cuts 1/8-inch deep and 3/4-inches apart in the fat layer to make a diamond pattern. Rub in the honey paste and stud with cloves. Preheat the oven to 375F (190C). Pour the cooking stock around the ham in the roasting pan to a depth of 1/2-inch. Bake, basting occasionally for 20 to 30 minutes or when the coating looks crisp and golden. Serve hot or cold, sliced thin with seasonal vegetables. Serves 8 to 10.



Read the story on Perth Pork Products on page 164 of **The Ontario Table** cookbook.



Roasted Pork with Rosemary White Beans recipe on page 167 of **The Ontario Table** cookbook.

## Ice Syrup Brined

## Pork Chops

1/2 cup (125 mL) Cabernet ice syrup  
 1/2 cup (125 mL) light brown sugar, firmly packed  
 1/4 cup (60 mL) coarse salt  
 1 tablespoon (15 mL) mustard seeds  
 1 tablespoon (15 mL) black peppercorns  
 1 bay leaf  
 10 sprigs fresh thyme, coarsely chopped  
 4 cups (1 L) water  
 1 cup (250 mL) ice cubes  
 4 bone-in centre cut pork chops  
 3 tablespoons (45 mL) Cabernet ice syrup  
 Ontario canola oil

Make the brine: Combine the ice syrup, brown sugar, salt, mustard seeds, peppercorns, bay leaf, and thyme with the water in a saucepan. Heat the brine over high heat and stir until sugar and salt dissolve, about 5 minutes. Remove the pan from the heat and add the ice cubes. Pour the brine into a glass dish large enough to hold the pork chops and refrigerate until chilled, about an hour. When the brine is completely cooled, place the chops in the brine making sure the meat is completely submerged. Add more water if necessary. Cover the dish and refrigerate the chops for at least 24 hours. Remove the chops from the brine and discard the brine. Rinse the chops under cold water and dry them with paper towels. Brush both sides of the chops with ice syrup. Let the chops sit at room temperature for 1 hour. Preheat the oven to 425F. Warm the oil in a large oven-proof skillet over medium-high heat. Cook the chops until browned, about 3 minutes per side. Transfer the skillet to the oven and bake the chops until they are firm to the touch, or 10 minutes. Remove from the oven and let the chops rest for 5 minutes. Serve warm. Serves 4.



## WILLOWGROVE HILL FARMS



Paul and Rosie Hill raise great pigs without the use of growth promotants and without any antibiotics. Paul has been raising pigs all of his life on the home property where he grew up in Mitchell. Rosie was raised on a farm as well, and holds a diploma in food service management. Together, the Hills are the first pork producers in Ontario to enrich their products nutritionally with DHA and EPA omega-3 fatty acids. This amazing nutritional enrichment process is actually patented in Canada. It's all about the pigs' diet, which is a special formula designed by professional hog nutritionists from Grand Valley Fortifiers, located in Cambridge. Because Willowgrove is a local company, the pork gets to our tables faster, fresher, and with a reduced carbon footprint. They have a simple on-farm store. Inside the store is a freezer full of pork, sausages, back ribs, and bone-in and boneless chops, - Paul explains, "everything that is from a pig." Willowgrove Hill pork has delicious, purity of flavour in every bite.

4608 Road 164, Mitchell

[www.willowgrovehill.com](http://www.willowgrovehill.com)

[ontariotable.com](http://ontariotable.com) 285

## Bacon Meatloaf Muffins

1 1/2 pounds (0.68 kg) ground pork  
 4 strips bacon, cooked and crumbled  
 1 small onion, cut into chunks  
 2 ribs celery, cut into 2-inch pieces  
 1 egg, beaten  
 1 cup (250 mL) plain bread crumbs  
 1/2 teaspoon (2.5 mL) smoked paprika  
 1/2 cup (125 mL) smoky barbecue sauce  
 1 tablespoon (15 mL) Worcestershire sauce  
 Vegetable oil  
 Ontario salt

Preheat oven to 450F (220C). In a large bowl, put ground pork with crumbled bacon and set aside. Put onion and celery into a food processor. Pulse to finely chop; add to the meat. Add egg, bread crumbs, and paprika to the bowl.

Next, mix together the smoky barbecue sauce and the Worcestershire sauce. Pour over meat and season with salt. Mix together with your hands until well combined. Brush a 12-muffin tin with vegetable oil. Divide the pork mixture between all 12 muffin cups. Bake about 20 minutes. To serve, wrap each meatloaf in parchment paper and tie with butcher's twine. Makes 12 individual servings.



## CRONIN FARMS

Farmers at heart, Amy and Mike Cronin grew up on dairy farms. When they got married they managed a nearby pig farm. Within 3 years, they bought the 600-sow pig farm and grew it to the 3500-sow pig business it is today. All of their six children, Alyssa, Tyler, Kyle, Liam, Emmy, and Sam, work in the business that supplies Ontario with a lot of high-quality, delicious pork. The commercial herd of pigs goes from their farm in Bluevale to a federal packer for sales throughout Canada and the United States. Chances are good that if you're buying pork at Costco, you're buying Cronin Farms pork. "Our team is what makes our operation work," says Amy of their 15 employees in Ontario. "They're a big reason why we do what we do." Cronin also owns a large pork production farm in Iowa.

Cronin Farms do not sell from the farm.



Mike, Sam, Alyssa, Liam, Amy, Emmy, Tyler, and Kyle Cronin.

## BUMPERCROP



It's a stressful dance when you run a food company that revolves around farmers. Sometimes the crop is small or nonexistent; often times it can't be picked because of rain; and seldom are crops ready to be harvested at the time that makes sense for a recipe. But Joanna Sable and Lisa Taerk are now three years into the dance and find it's becoming a beautiful waltz.

The two ladies from Toronto started Bumpercrop, inspired by what grows in Ontario. Their "local first, best always" philosophy reflects their belief that buying local is best for the economy, the environment, and our health. Armed with a warehouse full of canning jars and a team of farmers ensuring the products they need, Joanna and Lisa create seductively delicious recipes for their growing line of gourmet preserves and pickled products that are cooked in small batches and by hand to maintain the highest quality.

Among the delicious fruit and vegetables products the Beer line is most popular: Beer Beets, Beer Sweet Peppers, and Beer Onions, to name a few. These yummy products make weekday meals something to look forward to. Some are award-winning; all are made from Ontario craft beers.

Green Tomato Garlic Jam, and Apricot Mostarda are just two tasty examples from their savoury jam line. They're robust in flavour and seductive in texture. Try them as an accompaniment on a cheese and charcuterie board for an exciting burst of flavour.



Joanna Sable and Lisa Taerk

Bumpercrop's third line is called Twisted. Created with their secret cider vinegar syrup and cool spice blends, these amazingly delicious fruit and vegetable products are palate-pleasers. Try the garlic scapes (frozen, used in martinis) and yummy asparagus.

Their unforgettable labels are simple tags tied around glistening canning jars, and you'll find them at specialty food shops and Wholefoods. Check their website for a location near you.

It's an uncomplicated concept: preserving Ontario fruits and vegetables using the simplest and most traditional canning methods. The excitement comes from the personal flair Joanna and Lisa imprint through each recipe and in every jar.

Toronto

[www.thebumpercrop.com](http://www.thebumpercrop.com)



CELEBRATE

# FOOD

*december's food fresh from the farm*

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Holiday feasting the  
Ontario way!

Crown Roast Pork with Smoked Sausage and Apple  
Stuffing recipe in Niagara Cooks cookbook.  
[www.NiagaraCooks.ca](http://www.NiagaraCooks.ca)



## The Made in Ontario Holiday Challenge

The average Ontario shopper intends to spend almost \$700 on holiday gifting this year.

If just \$70 or 10% of this was spent on edible gifts crafted from Ontario artisan producers, the economic impact would equate to \$500 million extra dollars in our Ontario food system, supporting up to 10,000 food sector jobs.\*



We all want to buy well during the holidays. It's the season for giving, sharing, and emphasizing our values, traditions, and priorities. It's the time of year we volunteer to help those less fortunate, to give generously to charity, and to help our neighbours. The season brings out the best in us, and we relish in the little acts that show we care.

One little act to show you care is to buy local. Make this season a time to show your family and friends you are a conscious consumer by feasting on local foods and by giving gifts that are made in Ontario. Not only are you supporting your own community, but the gifts you give can influence those around you in a positive way.

Make this holiday season a **Made in Ontario** holiday! You can buy a **Made in Ontario** gift basket from a shop that carries local food items (see our listing of local food shops in the November issue), create a gift basket yourself with local ingredients found in the new Ontario Pantry ebook, or buy a gift certificate from a farm that can be used in the summer.

Don't get caught up in the hustle and bustle of the holiday season. Instead, take control and take a stand. Buy local! Let's make this a **Made in Ontario** holiday!

Take the **\$10 Challenge**  
year round and the  
**Made in Ontario**  
Challenge every holiday!

\*The numbers were compiled for The Ontario Table by Doug Vallery of Experience Renewal Solutions, Toronto.  
[www.experiencerenewal.com](http://www.experiencerenewal.com)

LOCAL **FOOD** matters

Buy, Eat, Drink, and Think Local  
This Holiday Season



THE ONTARIO TABLE

**\$10  
CHALLENGE**

**\$10 + 1 Week = \$2.4 BILLION**

Buy local wherever you can.

If you can't buy local, buy organic.

If you can't buy organic, buy fair trade.

Buy Ontario products whenever you can.

If you can't buy Ontario products, buy from a local retailer.

If you can't buy from a local retailer, buy Canadian.

Buying, eating, drinking, and thinking local is about keeping our money circulating in our community where we all prosper. This holiday season, give back to yourself and your community by becoming a conscious consumer. It's a great gift!



LOCAL

# HARVEST

*december's food fresh from the farm*

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Ontario farms  
are resting.

Give the gift of an experiential and  
delicious culinary journey!



THE ONTARIO TABLE

**\$10  
CHALLENGE**

\$10 + 1 Week = \$2.4 BILLION

Ontario means a lot of different things to different people. It's our home, and we tend to take it for granted. It's natural. But what if you were to think of Ontario as a foreign country you're vacationing in? You'd see Ontario with new eyes.

Your home would be a special place that would give you a new sense of excitement, your neighbourhood would be a place of hidden discoveries, the markets would be gold mines, to dig deep into, food would be an expression of this new culture and place, and meeting the people who grow the food would be akin to meeting celebrities. This is the Ontario as told through *The Ontario Table* book.

*The Ontario Table* local food cookbook and agricultural guide gives the gift of travel experience. The book has over 110 recipes, 125 grower and artisan stories, 20 culinary travel stories, and Ontario wine pairings so you can use it to travel the province discovering local food, meet farmers, track down the latest artisan cheese makers, eat in restaurants whose chefs buy from local farmers, enjoy culinary festivals, dine on a farm, or enjoy a charming weekend in a quaint village in rural Ontario. It's all in *The Ontario Table: featuring the best food from around the province*.

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

## ONTARIO POPCORN

Ontario grows mainly three different kinds of corn: field corn for industrial and commercial uses, seasonal sweet corn that we all love to sink our teeth into, and popping corn. It's a home-grown, healthy snack we all enjoy, and, like other foods grown in Ontario soils, it comes in many varieties. Here are four Ontario-grown sources of popcorn. Have some delicious fun threading it with some fresh Ontario-grown cranberries and string it around your Christmas tree.

### **Uncle Bob's Popping Corn**

Blair and Livia Townsend have a 50-acre farm in Norfolk County. Once tobacco farmers, Blair and Livia now grow popping corn. Along with the traditional yellow popping corn, they are able to grow a white, hull-less variety. Like tobacco, popping corn needs to be dried before being sold on the market. The Townsends converted their tobacco kilns into popcorn kilns, enabling them to dry the white hull-less variety which grows on a stalk too soft to dry in the field. They also make the whole popping cob that when placed in a paper bag in the microwave pops up into six cups of glorious, fluffy popcorn. Other varieties include Strawberry Red, Peaches and Cream, Shamu, and Purple Passion popcorn. Each one has a different look and flavour—try them all with a light sprinkling of Ontario salt!

[www.ontariopoppingcorn.com](http://www.ontariopoppingcorn.com)

### **Jones Popcorn**

A family farm in Blytheswood, just outside Leamington. Russell and Margaret Jones grow, harvest, dry, store, and package popping corn on their farm. The traditional popcorn pops up into a butterfly shape, light and fluffy. Their mushroom popcorn pops into a mushroom shape, great for making popcorn caramel balls. The white popcorn is smaller, more tender, delicate, with almost no hull. Their popcorn on the cob is a seasonal product, available in the late fall or until supplies last. Check their website for popping instructions and delicious, creative recipes.

[www.jonespopcorn.com](http://www.jonespopcorn.com)



## INDEPENDENT GROCER MARILU'S MARKET



Mario Antico and Luigi Nudo opened Marilu's Market in 1993 in their community of Burlington. This unusual grocery store has aisles of wooden shelving that look more like furniture than a place to store food; fresh Ontario meats are cut to your liking when you want them by the in-house butcher (and they specialize in fresh Ontario lamb); the aroma of just-baked bread wafts through the aisles; and Italian-trained pasta makers prepare fresh pasta on site. There is nothing about Marilu's that resembles your average grocery store. The shelves are stocked with hard to find gourmet foods as well as name-brand items. Mario and Luigi like to say "Marilu's is shopping the way it should be!"

4025 New Street (at Walker's Line), Burlington  
[www.marilusmarket.com](http://www.marilusmarket.com)

### POPCORN

*Continued...*

#### White Meadows Farm

It's a family affair: Ann and Murray Bering's 200-acre farm includes a sugar bush for their maple syrup and a few acres of popping corn. They grow both the larger mushroom popping corn and cob corn for the microwave. It was their son Richard who put the two farm products together to make their most popular product, Maple Kettle Corn. Their popping corn is popped either daily or weekly in a beautiful copper kettle, and their very own maple syrup is used as the flavouring. You can buy White Meadows Maple Kettle corn at their on-site retail store called The Maple Sweet Shop and at a few select farmers' markets.

[www.whitemeadowsfarms.com](http://www.whitemeadowsfarms.com)

[ontariotable.com](http://ontariotable.com) 294



#### From Farm to Table

Becky Smollett started Farm to Table Foods in 2009. She buys popping corn from Ontario farmers with no pesticides, no GMOs, and all from within 100 kilometres of her popcorn factory. All her growers conserve energy and cut greenhouse gases, protect and enhance wildlife habitats, employ sustainable production systems, and ensure safe and fair conditions for farm workers. From the popping corn she makes delicious popcorn products. In many grocery stores you'll find bags of her popcorn in various flavours, from Butter & Salt to Kettle Corn with Omega-3, to Ancient Grains.

[www.fromfarmtotable.ca](http://www.fromfarmtotable.ca)

LOCAL

# HARVEST

*december's food fresh from the farm*

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## ONTARIO DUCK

In Europe, it's quite common to find a crispy, dressed Christmas duck adorning the table during the holidays. In Asian countries, duck is a staple in their diet year round. Rich and full of flavour, it is said that a well-cooked duck is measured by how crisp the skin is, how succulent the meat is, and how much fat is rendered.

### ONTARIO DUCKS

White Pekin ducks are the most popular in the Ontario market. They have a heavier fat cap, intense flavour, and are an overall more tender bird than the second most popular duck in Ontario, Muscovy. Muscovy ducks are a slightly larger duck. The difference in size between the male and female is dramatic, and Muscovy duck breast can reach sizes up to one pound each.

They both have plump, succulent flesh with a savoury, robust, satisfying flavour. Duck is popular in Chinese and Thai cuisine as well as in European cuisine, which often pairs it with fruit such as oranges, raspberries, and cranberries. Whole ducks are good for roasting; breasts are best sautéed, grilled, or roasted; and legs are the choice for casseroles and stews.

Every part of the duck can be used. Besides breasts and legs, duck liver can be made into rich pâtés; duck eggs are delicious in baking; and Asian cuisine calls for duck feet, tongue, and gizzards.

When you're shopping in the grocery store, you're most likely to find White Pekin ducks, fresh or frozen. When buying duck, always look for birds or cuts that have clear, soft skin without bruises, blemishes, or tears.



When cooking a whole duck, an old Chinese trick is to place several heated metal forks in the cavity of the duck to intensify the heat.

## DUCK FAT

The fat that melts away during a long, slow roast is considered culinary gold in chef's circles. One duck should render approximately half a cup of duck fat that when drained and refrigerated can last for months. Scoop out a tablespoon or two when roasting potatoes, root vegetables, or entire heads of garlic. The flavours become glorious. Duck fat hash browns are delicious, and if you use duck fat in your mashed potatoes, you'll never go back to butter! Rub the skin of a chicken with duck fat to give a deeper, more savoury flavour to the chicken.

## COOKING DUCK

The best way to roast duck is using a slow-roasting method where the skin gets browned and crisped at the end. Begin by cutting off the excess skin. Then lightly pierce the skin, making sure you're not piercing the meat. Salt the duck inside and out, and truss the legs together.

At an oven temperature of 300F (150C), estimated roasting time is 30 minutes to the pound. For the first hour, roast the duck breast side up. After the first hour, flip the duck and roast for another hour, breast side down. Then flip the duck again and roast for an additional hour, breast side up. Continue to do this until the last 30 minutes of roasting. For the last 30 minutes, ensure the duck is breast side up, brush with a glaze of your choice, and increase the oven temperature to 400F (200C). When cooked and crisped, remove the duck from the oven, let rest for 5 minutes, and enjoy.



## KING COLE DUCK

King Cole Duck Farm is Ontario's largest farm-to-table duck farm, and they're hands-on all the way. It starts with duck breeding, hatching, and raising, and continues with processing, product development, and marketing their rich, flavourful ducks. They produce approximately 2 million ducks a year, and you can buy them either raw or in fully cooked entrées. Raw products include both whole ducks and duck parts, such as breasts and legs. Fully cooked entrées include duck l'orange, barbecued duck, and smoked duck breast. King Cole also proudly presents The Great Amazing Duck Race. An event that allows culinary students to learn about duck through a competition that starts with them cutting duck at the King Cole facilities, continues at the St. Lawrence Market where contestants buy ingredients, then finishes with them racing off to George Brown College to whip up their duck dishes. Everyone else wanting to learn more about duck should check the King Cole website for great recipes. You can find King Cole duck at major grocery stores and at specialty food shops throughout Ontario. They also have an on-site retail store in Newmarket.

15351 Warden Ave., Newmarket  
open 7 days a week from 9 a.m. to 4 p.m.  
[www.kingcoleducks.com](http://www.kingcoleducks.com)





1 (5 to 6 lb) Ontario Muscovy duck  
2 cups (500 mL) boiling-hot water  
1 tablespoon (15 mL) Ontario salt  
1/2 cup (125 mL) ripe blackberries  
2 tablespoons (30 mL) Ontario sparkling wine  
1 teaspoon (5 mL) brown sugar  
1 teaspoon (5 mL) butter

## Crispy Duck with Blackberry Cream

Put oven rack in the middle of the oven and preheat oven to 425F (210C).

Remove and discard excess fat from body cavity and neck of duck, then rinse inside and out with water. Prick skin all over with a sharp fork. Place duck, breast side up, on a rack in a deep roasting pan. Carefully pour boiling-hot water over duck, into the pan, to tighten the skin. Empty water from the cavity of the duck and pour out half the water from the pan. The water should not touch the bottom of the duck. Season well inside and out. Roast duck, breast side up, for 45 minutes.

Meanwhile, place blackberries, sparkling wine, and brown sugar in a small saucepan over medium-high heat. Cook for 2 minutes, breaking up blackberries with a fork. Remove from heat and stir in butter until melted.

After the first 45 minutes, turn duck over using two large forks and roast 45 minutes more. Then turn duck breast side up again, tilting duck to drain any liquid from cavity into pan. Continue to roast duck until skin is brown and crisp, about 45 minutes more. Total roasting time is about 2 1/4 hours. When cooked, transfer duck to a cutting board and let stand 15 minutes before carving. Discard liquid in roasting pan. Serve carved duck with plenty of blackberry sauce. Serves 4.

LOCAL

# DISHES

*december's seasonal dishes*

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Sugared fresh fruit gives the holiday table a sense of festive bounty.



## Grilled Duck Breasts with Icewined Apricots



8 dried apricots  
4 tablespoons (60 mL) Vidal icewine  
1 tablespoon (15 mL) unsalted butter  
3 tablespoons (45a mL) Ontario canola oil  
4 duck breasts  
1 tablespoon (15 mL) Niagara honey  
2 tablespoons (30 mL) unsalted butter  
Ontario salt  
Fresh thyme sprigs for garnish

Place apricots and icewine in a bowl and set aside to soak for approximately 20 minutes.

Preheat oven to 350F (180C). Warm an oven-proof skillet over medium-high heat and add butter and oil. Score the fat side of the duck breasts and lay them skin-side down in the skillet. Brush the duck breasts with honey and sprinkle with a little salt. Brown on both sides, about 4 minutes per side. Season with salt and transfer to oven to finish, approximately 6 minutes.

Meanwhile, melt butter in a small skillet over medium heat and add icewine-soaked apricots with juices. Cook for 3 to 4 minutes or until warmed through.

Remove duck from oven and let sit for 5 minutes. To serve, lay a duck breast on each of 4 dinner plates and top with warm apricots and icewine glaze. Serves 4.



Duck Leg, Cherry Tomato, and Watercress Salad recipe on page 67 of *The Ontario Table* cookbook.

Read about Mariposa Duck Farm on page 99 of *The Ontario Table*.

## EVERSPRING FARMS



Just north of London is a large duck farm and processing operation. Marianne and Dale Donaldson first started their business with a small flock of 200 geese. Today, they raise ducks along with their geese, but it's not so much the flocks that have grown as the processing operation. Today, Everspring Duck Farm processes approximately 700 Muscovy and 2000 Pekin ducks every week, from six farms as well as from their own flocks. Many of their ducks go to Ontario's ethnic markets. For example, they raise and process special 6-week-old Pekin ducks for the Chinese market. Other ducks are distributed to restaurants and through grocery stores. Everspring sells fresh and frozen, whole and portioned duck, as well as Cranberry Herb Muscovy Duck Breast and Orange Ginger Marinated Duck Breast. They have a small retail store on the property.

22370 Adelaide Street North, Ilderton

[www.everspringfarms.ca](http://www.everspringfarms.ca)



## Duck Legs with Portobello's

6 duck legs  
1 onion, chopped  
4 garlic cloves, minced  
bundle of thyme, bay leaf, rosemary, and a red chili, tied together  
2 celery ribs, sliced  
2 cups (500 mL) chicken stock  
8 ounces (200 g) medium-sized Portobello or brown mushrooms, trimmed and quartered

Preheat oven to 350F (180C). In a cast iron skillet or ovenproof roasting dish over medium heat, lay duck legs fat side down. No need to add oil as the duck fat will begin to melt into the pan. Brown the duck legs slowly on all sides for about 15 to 20 minutes. Remove the duck from the pan and pour off all but a tablespoon of fat. Return pan to heat and add the onion, garlic, and herb bundle; cook for 5 minutes, and then add the celery.

Lay the duck legs, skin side up, over the vegetables and pour the chicken stock over top. Roast for 1 hour, until the stock is gently bubbling. Remove from oven and scatter the mushrooms into the puddles of stock between the duck legs. Make sure the mushrooms are well basted in the juices. Return the skillet to the oven for an additional 30 minutes, until the duck legs are very tender and the mushrooms are cooked. Serves 6.

# CHRISTMAS MARKETS



It's that time of year when farmers' markets dress up for the holidays and offer up special treats and crafts. The concept originated in Europe over 200 years ago, and the markets are still popular cultural events today. In Europe, these huge outdoor Christmas markets are different from traditional farmers' markets in that they have very few fresh fruits and vegetables and more items appropriate for the upcoming special day.

The world's most decadent, beautiful, and incredible Christmas market is in Paris, France, where over 350 stalls spill out along the Champs Elyse and Christmas lights are strung across the boulevard and around every tree, and festive music plays while shoppers stroll casually with a cup of vin chaud (hot wine). There are stalls of gourmet foods and silk scarves; bins of nuts and charcuterie hanging from



Christmas Market along the Champs Elyse in Paris, France

poles. In between are steaming cauldrons of creamed mushrooms and sizzling grills laden with different kinds of sausages. These special markets run every day, the full month of December.

Here in Ontario, Christmas markets are traditionally one-day events not to be missed. Find one near you and take the whole family. Make visiting an Ontario Christmas farmers' market a family tradition.



Christmas Markets in Ontario



Christmas decorations at an  
Ontario farmers' market.

## CHRISTMAS MARKETS

*Continued...***Barrie Christmas Market**

Every Saturday until Christmas  
8 a.m. to 12 noon  
Barrie City Hall Rotunda

**Carp Christmas Market**

Saturday, December 1  
8 a.m. to 2 p.m.  
Carp Fairground, 3790 Carp Road  
Come with a donation of non-perishable food for the food bank, money for the 50/50 draws, and pick up your fresh Christmas tree.

**Christmas Market on Broadway**

Saturday, December 15  
9 a.m. to 1 p.m.  
Orangeville Town Hall

**Cobden Christmas Market**

Saturday, December 1  
9 a.m. to 4 p.m.  
Cobden Agricultural Fairgrounds,  
Farmers' Market Building  
More than 90 vendors make up this festive market.

**Cobourg Christmas Market**

Every Saturday until Christmas  
8 a.m. to 1 p.m.  
Market Square behind Victoria Hall  
Delicious holiday baking, preserves, fine handmade crafts, and live Christmas trees round out this holiday market.

**Creemore Christmas Market**

Saturday, December 1  
9 a.m. to 1 p.m.  
Inside Station on The Green, Caroline Street West  
Don't miss the Santa Claus Parade that begins at 10 a.m.

**Cumberland Christmas Market**

Saturday, December 1  
9 a.m. to 4 p.m.  
Location 1: 1115 Dunning Road, Halls A, B, and C  
Location 2: 2557 Old Montreal Road, St. Andrew United Church Hall. Breakfast with Santa, 8 a.m. to 1 p.m. Cumberland Lions Club Maple Hall across from St. Andrew United Church Hall  
Holiday gift items raffled off for special Christmas charities at both locations.



LOCAL FOOD

december's food fresh from the farm



## CHRISTMAS MARKETS

*Continued...*

### Frontenac Christmas Market

Saturday, December 15

9 a.m. to 2 p.m.

Lions Centre, 4504 Verona Sand Road in Verona (45 seconds from Hwy. 38)

Enjoy hot apple cider, tasty treats, and holiday music.

### Georgetown Christmas Market

Friday, December 7

3 p.m. to 8 p.m.

Knox Presbyterian Church

### Grimsby Christmas Market

Saturday, December 1

9 a.m. to 1 p.m.

Senior Centre on Livingston Street (indoors)

Unique holiday gift items, young artists selling Christmas cards for charity with cookies and apple cider being offered in the spirit of the holidays.

### Kitchener Christmas Market

Saturday, December 22

7 a.m. to 2 p.m.

300 King Street East

Christmas shop while carolers stroll the market.

### Lindsay Christmas Market

Saturday, December 15 and 22

9:30 a.m. to 3:30 p.m.

Victoria Park Armoury

Admission is a looney or toonie or a donation to the Kawartha Lakes Food Source.

### London Christmas Market

Saturday, December 15

10 a.m. to 2 p.m.

Covent Garden Farmers' Market, London

Bring the family to a special Christmas celebration in conjunction with the food bank.

### Metcalfe Christmas Market

December 8

9 a.m. to 2 p.m.

Greely Legion, 8021 Mitch Owens Drive, Ottawa  
Stroll, shop, and muse to holiday organ music.

### North Gower Christmas Market

Saturday, December 1

9 a.m. to 3 p.m.

North Gower RA Centre, 2300 Community Way

Come with a mitt full of non-perishable food (or cash!) for the food bank and be rewarded with a draw for a holiday gift basket.

### Orangeville Christmas Market

Saturday, December 15

8 a.m. to 1 p.m.

Orangeville Town Hall, 87 Broadway



## CHRISTMAS MARKETS

*Continued...*

### **Penetang Christmas Market**

Saturday, December 15 and 22  
9 a.m. to 1 p.m.  
Village Square Mall  
Handmade, home grown, and fair trade.

### **Port Hope Christmas Market**

Saturday, December 8  
10 a.m. to 3 p.m.  
Port Recreation Centre on McCaul Street.

### **Simcoe Christmas Market**

Thursday, December 20  
9 a.m. to 4 p.m.  
Norfolk County Fairgrounds, Homecraft Building  
In the spirit of the holidays, enjoy strolling, shopping, and mingling. Complimentary coffee, tea, eggnog, apple cider, and holiday goodies. Draws for market bucks, gift baskets, and, as always, the monthly market hamper will be drawn.

### **St. Catharines Christmas Market**

Saturday, December 8, 15, and 22  
10 a.m. to 2 p.m.  
91 King Street next to the old courthouse  
Sip on hot apple cider and snuggle under a blanket on a horse-and-carriage ride.

### **Welland Christmas Market**

Saturday, December 22  
9 a.m. to 11 a.m.  
50 Market Square  
Buy a ticket to win a basket of local food offered by the vendors. Bring the children to meet Santa, enjoy Christmas carolers, and discover what a snowman soup giveaway is all about.



## NIAGARA FALLS FARMERS' MARKET



The Niagara Falls Farmers' Market takes place every Saturday throughout the year. It's a busy place in a quiet parking area behind the Niagara Falls Museum. The long gazebo shelters against harsh weather and the small indoor area houses the meat counter and a few other vendors selling farm-fresh eggs, and baked goods. In the summer months the market vendors double with the harvests, starting with asparagus and strawberries. In the late summer and early fall the parking lot swells with bushels upon bushels of peppers, tomatoes, and eggplant. You'll find unique foodstuffs here, from tender zucchini flowers to giant globes of cauliflower to jars of pickled peppers. DeVries Farm pulls up the big cube truck with the makeshift side door for customers to enter. The walls in the truck are lined with bushels and baskets of dozens of apple varieties.

5943 Sylvia Place, behind the Niagara Falls Museum, Niagara Falls  
 Saturday mornings from 6 a.m. to 12:00 p.m., year round



### ONTARIO CHRISTMAS BISCOTTI

½ cup (125 mL) unsalted butter  
 1 cup (250 mL) sugar  
 2 farm-fresh eggs  
 1 teaspoon (5 mL) pure vanilla extract  
 2 cups (500 mL) all purpose flour  
 1 1/2 teaspoons (7.5 mL) baking powder  
 dash of Ontario salt  
 1 cup (250 mL) Niagara walnuts  
 1/2 cup (125 mL) dried Niagara cherries  
 or dried Ontario cranberries

Preheat oven to 325F (160C). In a large bowl of an electric mixer, beat the butter, sugar, and eggs until light and fluffy. Meanwhile, whisk together flour, baking powder, and salt. Add dry ingredients to the whipped butter mixture and stir only to incorporate. Fold in the walnuts and dried cherries or cranberries.

Divide the dough in half and, using your hands, shape the dough into 2 logs and place on a baking sheet lined with parchment paper. Flatten the logs to ¾-inch thickness. Bake for 30 minutes. Remove from the oven and reduce the temperature to 300F (150C). Cut each log into 1-inch slices and return the cookies to the baking sheet, placing each slice on its side. Bake for 10 minutes, remove from oven, turn the cookies over, and bake another 10 minutes. Remove from oven and cool. Makes approximately 4 dozen cookies.

## ONTARIO WINE



December is the month to celebrate with special wines and special drinks, so I've decided to share my favourite Ontario drinks with you as my gift of the season. I hope you enjoy them!

LYNN OGRYZLO



**Stratus Wildass Red** (\$19.95) offers a beautiful seductive burst of blackberry and plum flavour on a harmonious, extraordinarily supple frame. It lingers long and elegant with depth and intensity that give it staying power. A great gift for a wine lover and an even better sipper for oneself. This wine is very rare so contact the winery to reserve.

2095 Niagara Stone Road  
Niagara-on-the-Lake  
[www.stratus.com](http://www.stratus.com)

Ripe, round, and immensely fragrant, **Peller Estate Ice Cuvée Rosé** (\$34.95) offers gorgeous peach, pineapple, and nutmeg aromas and flavours that linger on the soft, generous finish. Tastes drier than the addition of icewine would suggest.

290 John Street East  
Niagara-on-the-Lake  
[www.peller.com](http://www.peller.com)

The aroma that has been known to fill a room can only be described as seductive. The **Southbrook Framboise** (\$15.95) has shades of raspberries laced with hints of vanilla, honey, and cream on an incredibly spry and delicate framework, all balanced and intense. The finish takes on a life of its own while it's big enough to stand up to any holiday dessert.

581 Niagara Stone Road  
Niagara-on-the-Lake  
[www.southbrook.com](http://www.southbrook.com)

This is the number-one rated whisky in North America, and for good reason. **Forty Creek Barrel Select Whisky** (\$25.90, 750 mL) has tons of caramel, walnuts, spice, and wood on an intense frame. A great sweet and dry balance lingering long after the spiciness—yum!

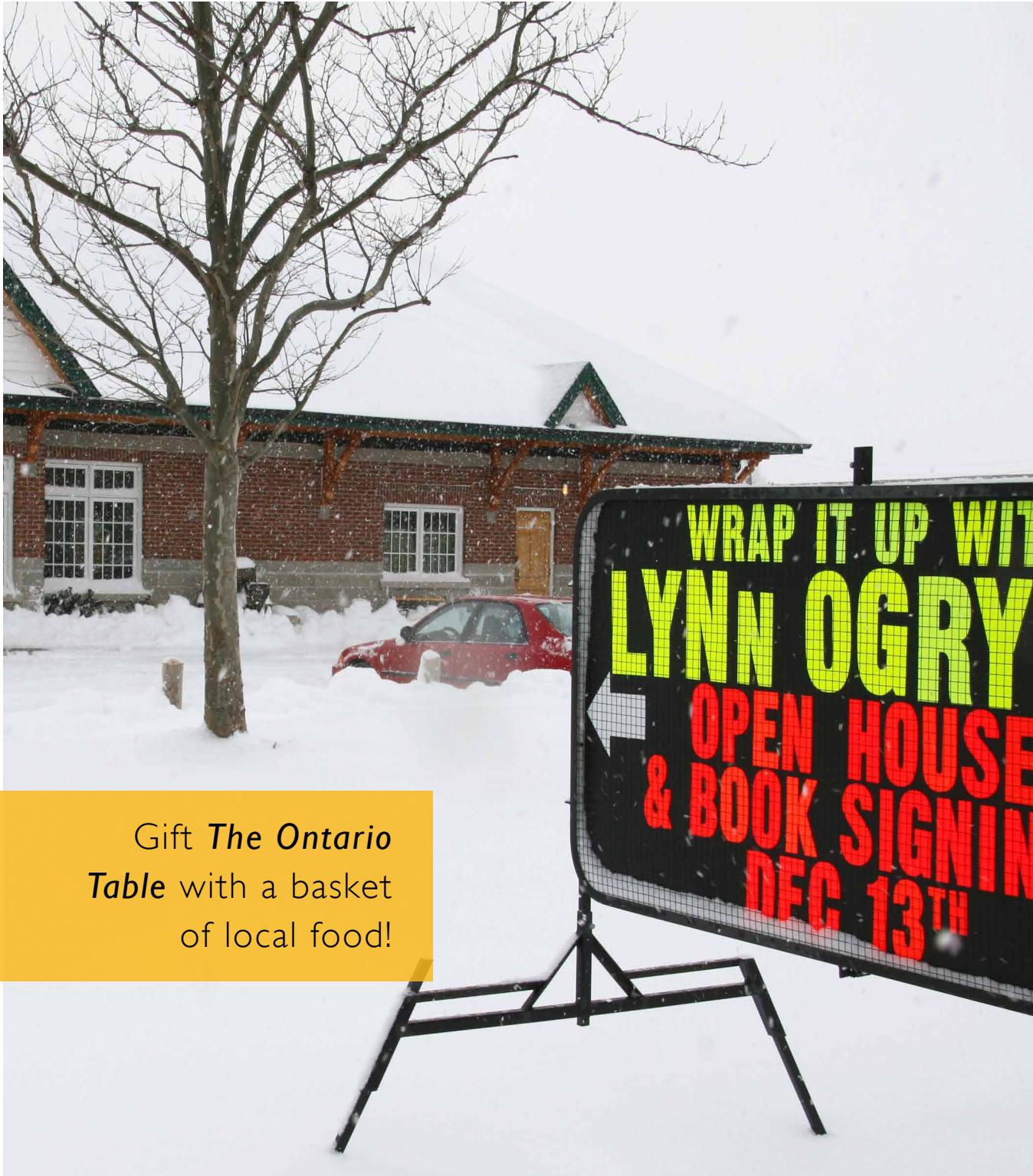
297 South Service Road  
Grimsby  
[www.kittlingridge.com](http://www.kittlingridge.com)

LOCAL

# HARVEST

december's food fresh from the farm

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This index is organized by the following categories for your convenience:

1. BUY LOCAL THINKING
2. FARMER FINDER
3. FARMERS' MARKET FINDER
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The Ontario Table  
cookbook is about culinary  
culture, regionalism, and  
having a healthy sense of  
pride in our agricultural  
heritage.

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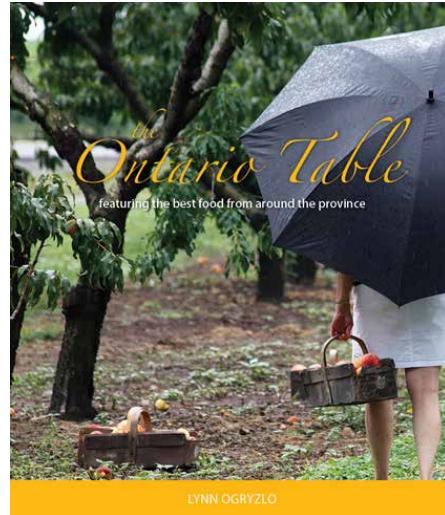
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# Connect with us, every day

[ontariotable.com](http://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.



## 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.

## \$10 CHALLENGE EBOOK

Beginning in January 2012, *The Ontario Table* launched the **\$10 CHALLENGE: A Year of Eating Local** ezine, a complement to the bestselling, award-winning cookbook and agricultural guide. Now the ezine has been compiled into an ebook. Find it on the website starting January 2013.



## ONTARIO PANTRY EBOOK

In *The Ontario Table*, Canada's bestselling, local food cookbook and agricultural guide, there is a chapter called "The Ontario Pantry." This chapter lists local foods you're likely to find in grocery stores that come in bags, boxes, bottles, and tins. Now this popular resource has been expanded into an ebook. You can find it on the website starting January 2013.



### The Ontario Pantry

Stay connected with **The Ontario Table** wherever you are!

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\$10 + 1 Week = \$2.4 BILLION

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Ontario Table \$10 Challenge icon  
for your website.

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