

THE ONTARIO TABLE

\$10 CHALLENGE

a year of eating local

May 2012

A glass jar with a metal clasp lid is filled with golden honey. A wooden dipper is stuck in the honey. The jar is placed on a surface covered with many small, dark coins. Another jar with an orange lid is partially visible in the background.

*Organic Food
& Wine*

*Buzzing About
Ontario Honey*

*A Local
Farm Dinner*

THE ONTARIO TABLE

WELCOME

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

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

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.

LYNN OGRYZLO

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

May's Local Food Events

Plus...

Your best bet in a grocery store: The Big Carrot



Look for the new Ontario organic food logo and buy with confidence. www.foodlandontario.ca

THE ONTARIO TABLE

\$10 CHALLENGE

BILLION \$\$ IMPACT

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

\$\$



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

Did you know...



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

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

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

The Ontario Table \$10 Challenge ezine is produced monthly by **The Ontario Table**.
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Photo on page 3 courtesy of The Compost Council of Canada. Photo on page 13 courtesy of The Big Carrot. Photos on page 15 courtesy of Chatsworth Honey and Munro Honey.

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

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



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. www.wholevillage.org

LOCAL FOOD

may's food fresh from the farm

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.

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.

FINDING ORGANIC FOOD

When buying Ontario-grown organic foods, look for this **Foodland Ontario** organic symbol. It represents both local food and organic food.



LOCAL DISHES

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.

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



LOCAL FARMER

the face of our food



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

LOCAL DISHES

may's seasonal dishes



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

- 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

Organic Spring Onion Tart

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

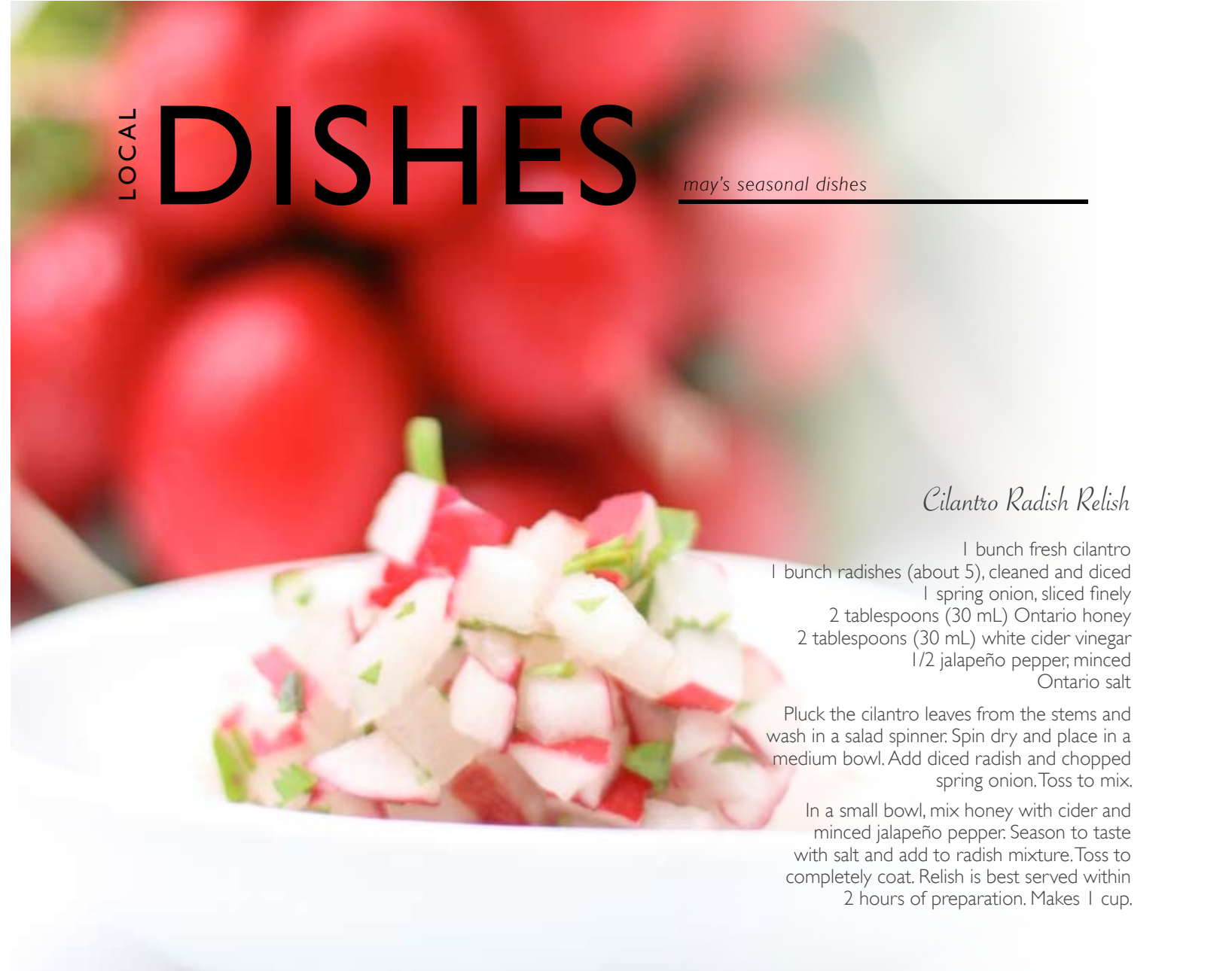


ORGANIC MEADOW

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.

LOCAL DISHES

may's seasonal dishes



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.

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.

*Spending \$10
a week on local
food is not that
difficult when you
know how.*

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?

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.

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.



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.

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



Spend **\$10**

a week on local food



Apple Flan with Honeyed au Jus

- 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) sugar
- 1 cup (250 mL) water
- 3 tablespoons (45 mL) sugar
- 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 1/4 cup of sugar 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. Sprinkle the 3 tablespoons of sugar 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.

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.



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

INDEPENDENT GROCER
THE BIG CARROT

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





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
 Freshly cracked black pepper

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.



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



MUNRO 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

TASTING NOTES WINE

pressed from Ontario's finest fruit

SPRING RELEASES



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. All of the wineries listed below ship across Ontario.



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

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

Frog Pond Farm & Winery
1385 Larkin Rd., Niagara-on-the-Lake
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

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

JOIN US AND CELEBRATE

FARM & COUNTRY CONVIVIALITY

May gives us plenty of reasons to celebrate the great food that is grown across the province. Get out and enjoy some farm and country hospitality and support your local producers.

NORFOLK COUNTY

The Causeway Restaurant in beautiful Long Point Beach is host to **The Ontario Table's** first **Local Cook-Off**. On **May 26**, selected contestants will prepare a local food dish. Causeway chefs will coach them on to local food victory while Lynn Ogryzlo moderates and judges. Come out to cheer your friends on and enjoy a Causeway lunch. Information: dining@atplay.ca or 1-800-272-4273

Catch and prepare your own Lake Erie perch at the **Port Dover Perch Derby** that is running from **now to May 5**. All ages are welcome. There are 40 tagged perch in Lake Erie off Port Dover that, when caught by registered derby participants, are worth over \$23,000 in prize money, plus daily draws and a grand prize. Information: call 800-699-9038 or visit www.norfolktourism.ca

NORTHUMBERLAND COUNTY

P & H Organic Farm is opening their new local food retail store, **Marche 59**, in downtown Port Hope. Inside you'll find fresh, local, organic, and heirloom produce and local food products. Don't miss the opening on **Victoria Day weekend**. 59 Walton St., Port Hope, www.marche59.ca.

HAMILTON-WENTWORTH

Plan on attending **The Hamilton Spectator's Nutrition and Wellness Expo** on **May 12**, from 10 a.m. to 4:30 p.m. Local food cooking demonstrations, neighbourhood farmers, speakers, and tastings all designed to showcase tools and strategies for enhancing nutrition and personal health. **The Ontario Table** issues the \$10 Challenge with a presentation of "Tales of a Country Roadtrip." Location: The Hamilton Spectator, 55 Frid St., Hamilton. www.thespec.com/nutritionandwellness



SIMCOE COUNTY

Cookstown Greens, Ontario's pioneering, organic, sustainable vegetable farm, is now opening its doors with an on-site retail store. Open on weekends starting in May. Also in May until the last of the late-fall root harvest, Cookstown will be offering **tours and tastings**. 6321 9th Line, Thornton www.cookstowngreens.com

PERTH COUNTY

Savour Stratford Spring Tastings. Signature tastings presented by Savour Stratford Perth County featuring delicious local fare and unique culinary combinations. Saturday afternoons throughout May, prices start at \$25 per person (plus HST). Tickets: www.visitstratford.ca

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

June



- The Holland Marsh is Ontario's Salad and Soup Bowl. We're celebrating Holland Marsh Gold.
- It's time to chow down on Ontario asparagus.

July



- From strawberries to blueberries to cherries, we're celebrating Ontario berries.
- It's barbecue season. Look what we're putting on the grill.

August



We're wealthy in all that matters! Loads of fresh fruit and vegetables are being harvested across the province.

September



- Grapes are not just for wine. In this issue we celebrate the eating kind.
- Learn all about Ontario potatoes.

October



- Apples, our quintessential Ontario fruit. Follow The Apple Route.
- It's time to stuff that turkey. Make sure it's Ontario turkey.

November



- Stuff them or sauté them, just don't crowd Ontario mushrooms.
- Take our class on Ontario grains.

December



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

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