

THE ONTARIO TABLE

\$10 CHALLENGE

a year of eating local

June 2012

*Spring
Asparagus Is
Sprouting*

*Happy Birthday
The Ontario Table*

*Appetites Travel
to Stratford*

www.ontariotable.com



THE ONTARIO TABLE

WELCOME

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

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

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.

LYNN OGRYZLO



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

June's Local Food Events

Plus...

Your best bet in a grocery store: Sunripe Marketplace

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...



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

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



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

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Photo on page 12 courtesy of Mazak Farms.
 Photo on page 17 courtesy of Wolfe Creek Organic Farms.

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.

SEASONAL FAVOURITES

While plenty of locally produced foods are available year round, the face of offerings begins to change in May. 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
 Asian vegetables
 asparagus
 barley
 beans, dried and canned
 beans, green and wax
 broccoli
 butter
 cabbage
 carrots
 cauliflower
 charcuterie
 cheese
 cherries
 chilies, dried
 cooking oils, canola and soy
 cucumbers, greenhouse and field
 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, cooking and green
 peas, green and snow
 peppers, greenhouse
 potatoes
 poultry
 radishes
 ramps (wild leeks)
 rhubarb
 salad greens
 smelts
 spinach
 stone-ground flour and whole grains
 strawberries
 sweet peppers, greenhouse
 sweet potatoes
 tofu
 tomatoes, canned and greenhouse
 wild garlic
 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 Sucrierie 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. Sucrierie 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."



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.



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.

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



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



Asparagus Grilled Cheese Sandwich

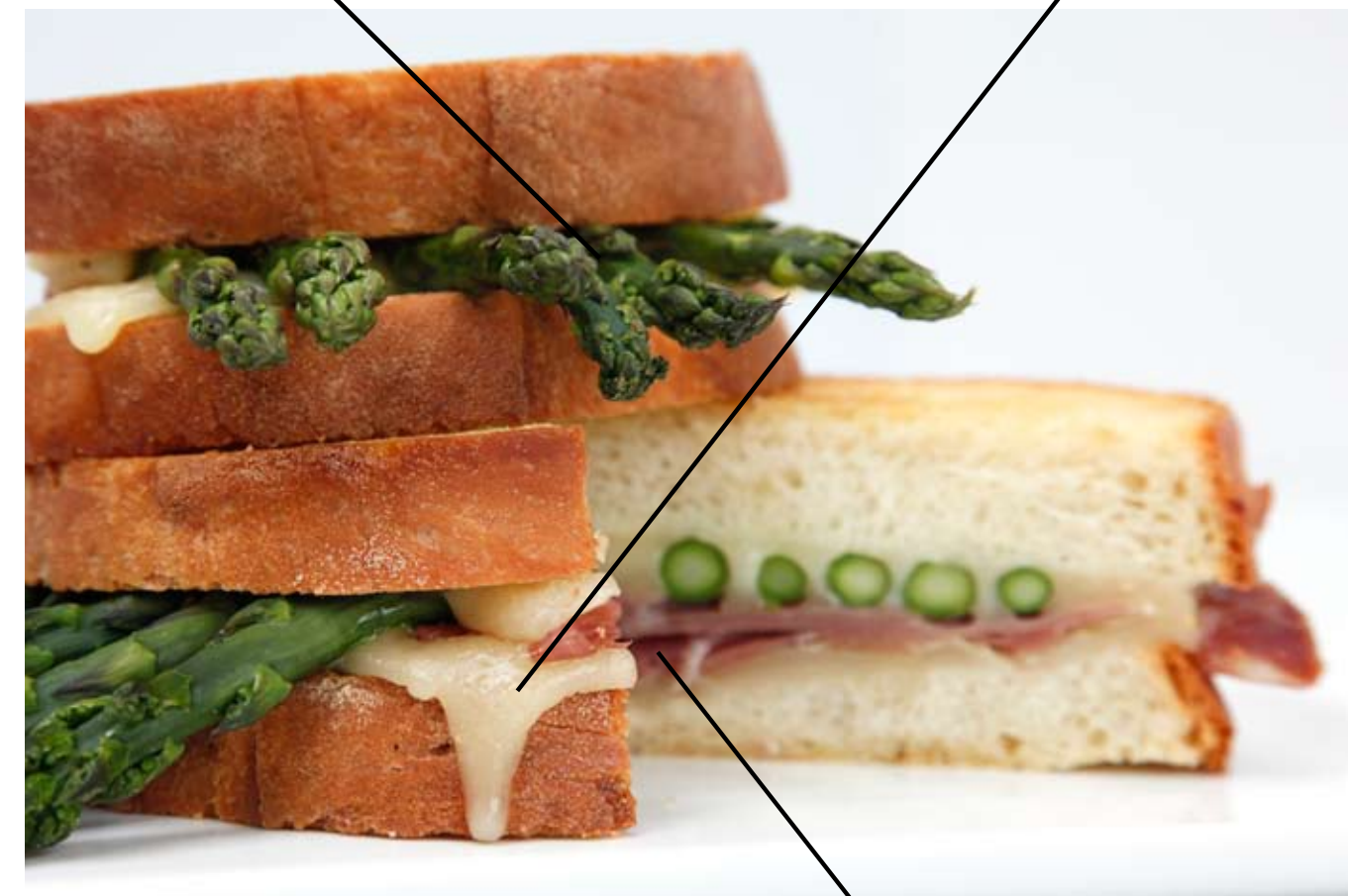
Asparagus

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



Artisan Charcuterie

Many butchers are trying their hand at artisan charcuterie. You don't need to stick to your butcher and try a cured meat that he's made and is proud of.

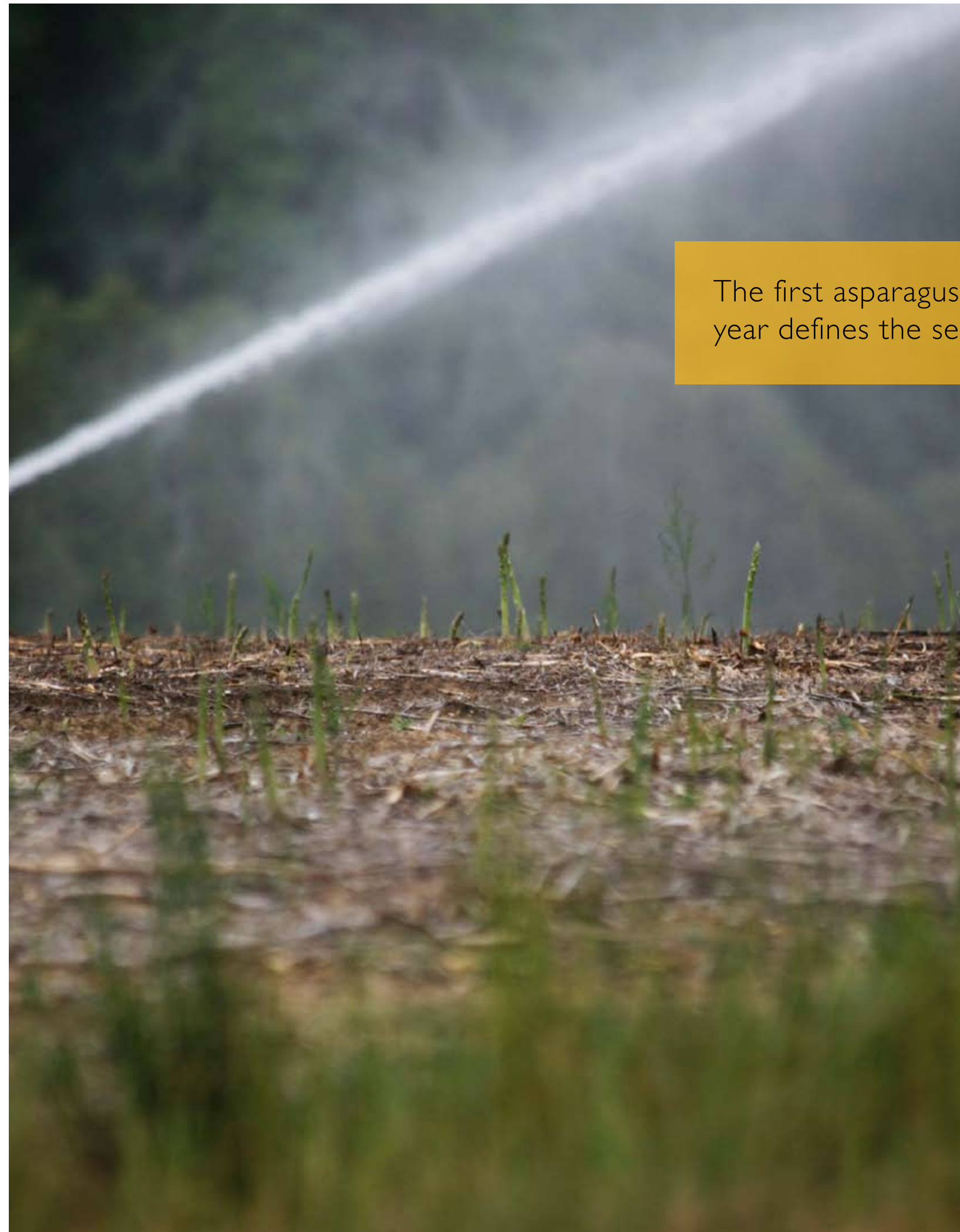
- 1 bunch asparagus spears, washed and trimmed
- 1 tablespoon (15 mL) soy oil
- Ontario salt
- 1 loaf of sourdough bread
- 2 teaspoons (10 mL) grainy mustard
- 8 slices Gunn's Hill semi-firm cheese
- 8 slices Ontario ham, thinly sliced
- fresh farm butter, room temperature

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** *june's food fresh from the farm*



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.



meet an Ontario asparagus grower



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 become 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

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.

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.

Strawberry Tarts with Chardonnay Curd

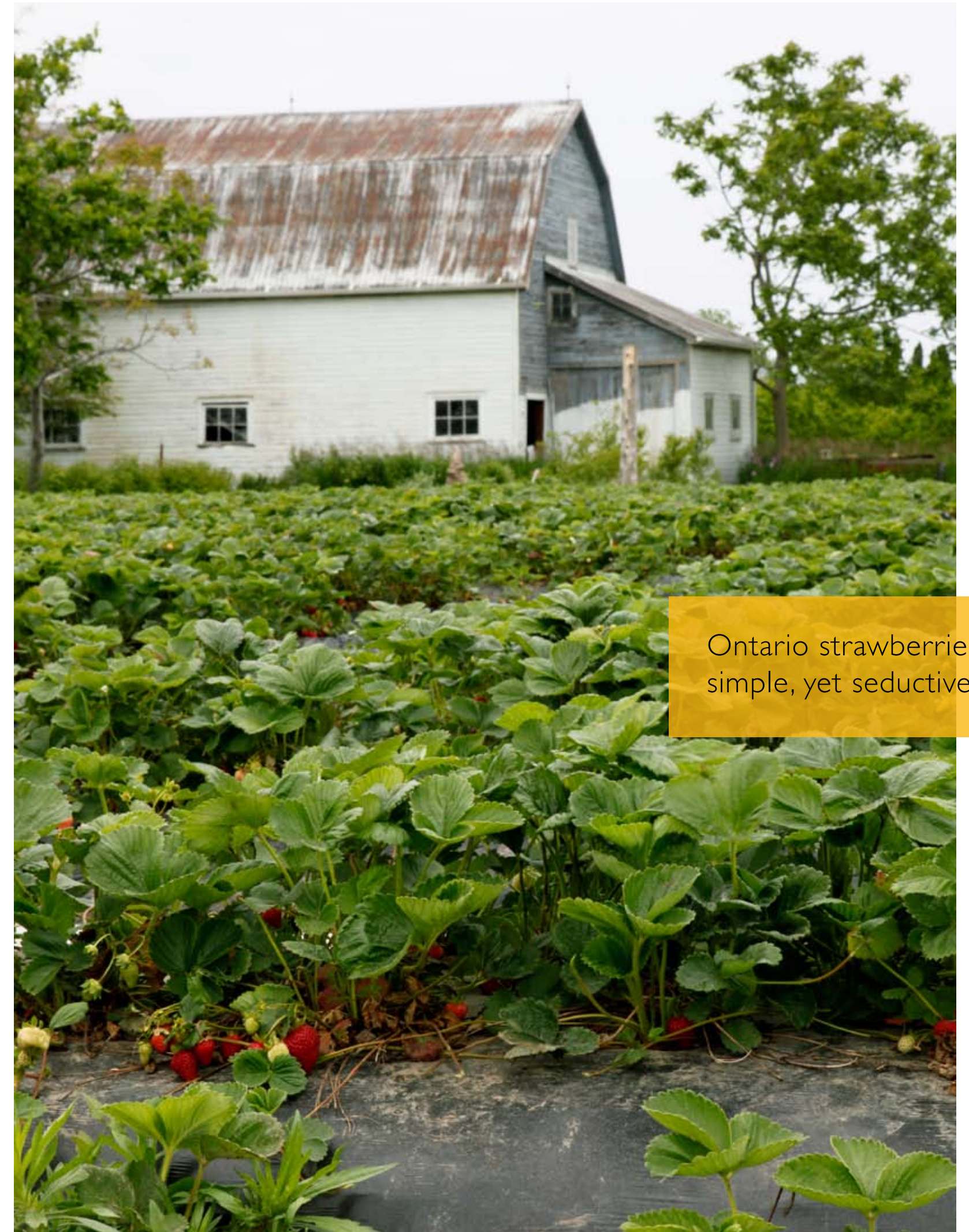
1 1/4 cups (310 mL) all-purpose flour
3 tablespoons (45 mL) sugar
1/2 teaspoon (2.5 mL) salt
6 tablespoons (90 mL) cold unsalted butter, cubed
2 tablespoons (30 mL) cold shortening
1/4 cup (60 mL) ice water
1/3 cup (80 mL) chardonnay curd from Kurtz Orchards
1 pint whole strawberries, hulled
mint leaves 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 375°F (190°C).

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.

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).



Ontario strawberries, simple, yet seductive.

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) 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), 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 (see references on next page).

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). 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.

Every town has
a food story.
Eat it up!

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

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

Continued on page 11.



INDEPENDENT GROCER
SUNRIPE MARKETPLACE



A farm boy turned grocer, Will Willemssen 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). 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!

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.

Continued on page 15.

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

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.



meet an Ontario asparagus grower

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



APPETITES TRAVEL

discover the flavours of..

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.

For the **C'estbon Cheese** blog story, see www.ontariotable.com/cestbon-goat-cheese

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 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.

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**.

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!

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
The Parlour Historic Inn & Suites: 101 Wellington St.
www.theparlor.ca
Foster's Inn: 111 Downie St. www.fostersinn.com

FURTHER INVESTIGATING

www.savourstratford.com
www.slowfoodperthcounty.com
www.eatdrinkmag.net

Browse through the pages of [The Ontario Table](#) for more information on Stratford and its farmers.



LOCAL DISHES

june's seasonal dishes

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.



For the freshest and best-tasting food, don't miss **Carrot Fest** on Saturday, August 18, 2012. If you can't make it out, you can catch the Holland Marsh growers on television. *The Fresh Life* pairs chefs with Holland Marsh growers. It airs on Rogers TV and Sun TV.

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.

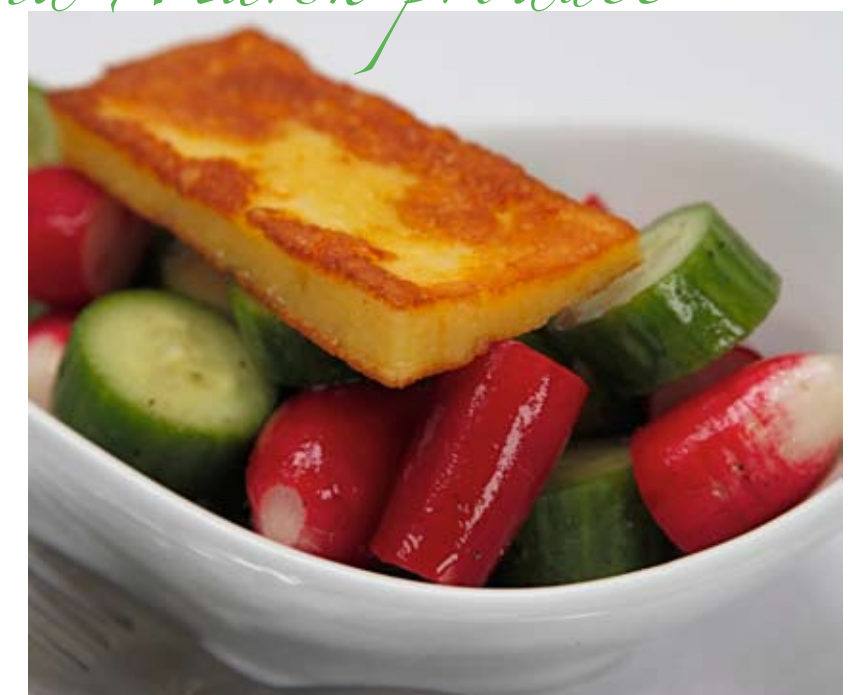
delicious Holland Marsh produce

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 DISHES

june's seasonal dishes



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

LOCAL DISHES

june's seasonal dishes

Holland Marsh Spring Salad



Lettuce Greens

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

Ontario's Oils

You can find extra virgin canola oil and extra virgin soy oil at www.pristinegourmet.com

Verjus

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

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.

The Holland Marsh just north of Toronto is a 7000-acre pocket of the richest, most fertile soil in the province. Approximately 125 family farms grow a great diversity of produce, from asian vegetables to artichokes to root vegetables to salad greens. The Holland Marsh is known as Ontario's salad bowl. www.hollandmarshgold.com

LOCAL FOOD

june's food fresh from the farm

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 as 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



meet an Ontario asparagus grower

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 refractometer. 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 Pfenning's Organics, Loblaw's, 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



TASTING NOTES WINE

pressed from Ontario's finest fruit

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 mineral 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

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

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

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.willowsspringswinery.ca

JOIN US AND

CELEBRATE

HAPPY BIRTHDAY!

THE ONTARIO TABLE

Come to our birthday party!

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 we're celebrating with a virtual birthday party! I've invited a few amazing food bloggers to bring recipes, good wishes and book reviews of **The Ontario Table**. You're all invited to join in on the conversations, posts, and fellow foodies' blog sites. You can feast with your eyes, join in the food talk, or bring your own local food recipes to the party.

Mark it on your calendar: **June 22!**

Look who's coming to my 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



Rebecca LeHeup

Ontario Culinary Tourism Alliance
Rebecca loves agriculture, food, and travel. Lucky for her she's got her dream job - working with destinations across Ontario to develop and promote culinary tourism. Follow Rebecca.

www.ontarioculinary.com
Facebook: OCTA-Ontario-Culinary-Tourism-Alliance
Twitter: @ontarioculinary YouTube: ontarioculinary



Charmian Christie

Christie's Corner
Charmian is a professional writer, recipe developer, and avid gardener. When she's not thinking of ways to perfect her raspberry-rhubarb galette, she's pulling weeds, snapping photographs, or working on an update of her app, Kitchen Disasters & Fixes. You can find Christie's app on her blog.

Blog: www.christiescorner.com Facebook: christiescorner
Twitter: @charmian_c Pinterest: charmianc



Steve Stacey

Local-Come-Lately
Steve has fallen in love with the food scene in Stratford and vows to eat the town up. He's on a local food binge visiting every farm, dining at every restaurant, attending every event, and gate-crashing every backyard barbeque. If there's food in Stratford, Steve will be there with bib on Check him out!

Blog: local-come-lately.blogspot.ca Twitter: @localcomelately



Don & Jenn

Foodie Prints
At foodiePrints you'll find stories about food and drink, cooking, and eating in Canada's capital. Be it food-related or just food-for-thought, there is something tasty for everyone. Follow them.

Blog: www.foodieprints.com Facebook: foodieprintspage
Twitter: @foodiePrints Pinterest: foodieprints

Check out **The Ontario Table** on Facebook to see the guest list of great bloggers grow. It's a great way to meet new on-line talent!

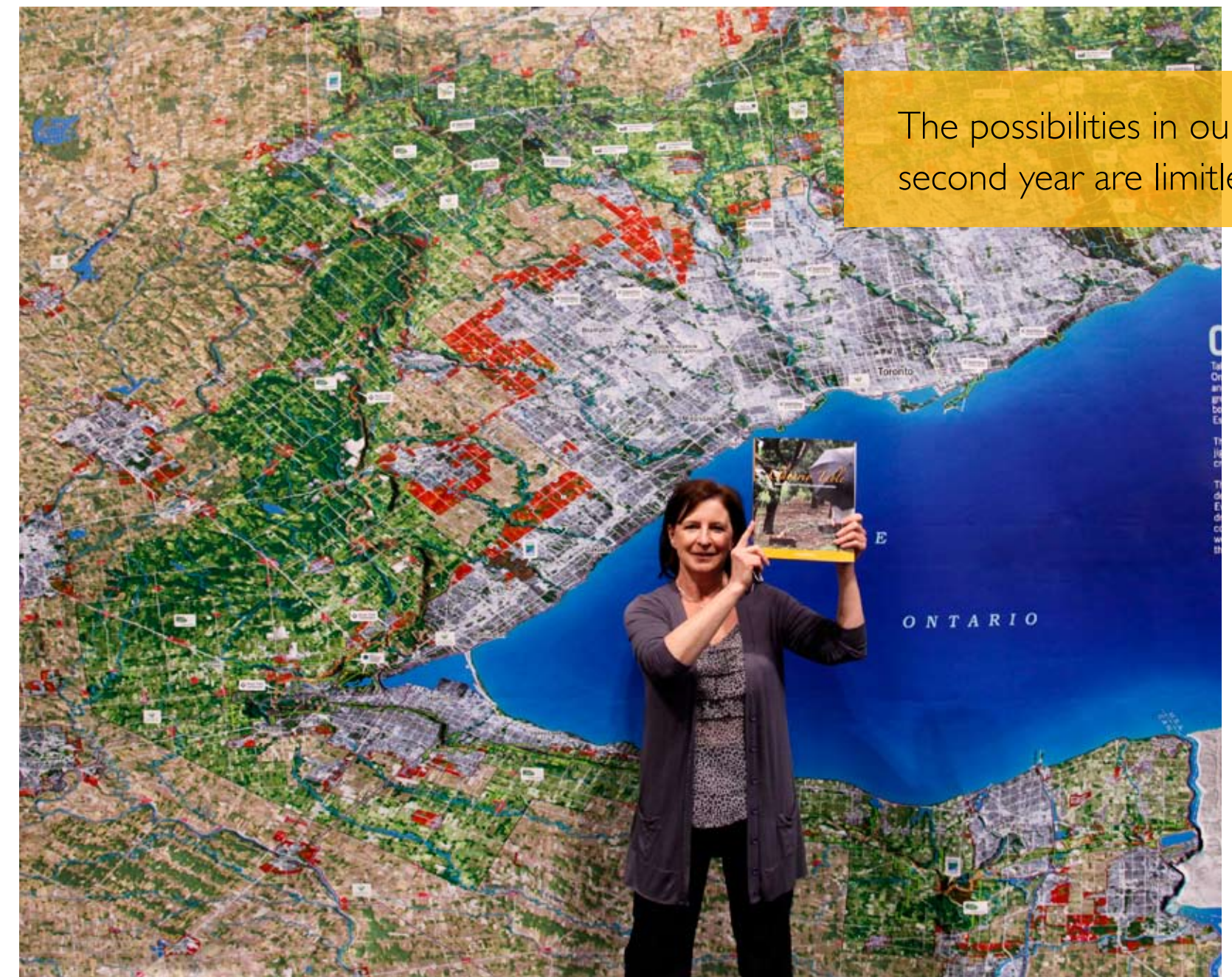
JOIN US AND

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.



The possibilities in our second year are limitless!

JOIN US AND **CELEBRATE**

FARM & COUNTRY
CONVIVIALITY

It's June and local food events are ramping up like farmyard gardens. Here are a few of my event picks. Check **The Ontario Table** website for birthday celebrations and the annual book tour schedule.

www.ontariotable.com



TWITTER

Saturday, June 2, at 4 o'clock in the afternoon at @OntarioTable (Twitter) The Ontario Table Team is hosting its first **Local Food Kitchen Party**. We're starting with a strawberry curd recipe. Everyone shops at a farmers' market or their favourite on-farm market for some sweet strawberries. The recipe is on The Ontario Table's Facebook page. Make the recipe in advance, then at 4 pm, let's tweet about all the amazing ways we can use strawberry curd this spring! Sign in @OntarioTable and let's have fun!

HALTON HILLS

The **Mill Street Cheese Market** will host The Ontario Table at the Georgetown Farmers' Market on Saturday, **June 16**, from 9 a.m. to 1 p.m. Author Lynn Ogryzlo will sign books and participants will sign The Ontario Table-cloth. Admission: free.

PERTH COUNTY

Anita Stewart, champion of Canadian Cuisine, visits Stratford on Saturday, **June 2**. Stewart will host a **Heritage Canadian Lunch** at The Prune Restaurant, inspired by Perth County roots and followed by a culinary debate: What Is Canadian Cuisine? Be there for an inspiring and engaging afternoon! Tickets \$60 per person (+HST). Information: 519-271-5140 or www.visitstratford.ca.

What Is Canadian Cuisine? Anita Stewart and panellists Jeff Crump, Executive Chef Ancaster Mill, and Paul Finkelstein, Chef and Culinary Arts Teacher, Screaming Avocado Café, as well as Daniel Szoller, Monforte Dairy cheese maker, to debate "What is Canadian cuisine?" Moderated by Malcolm Jolley, Executive Director of Good Food Media and the Managing Editor of **Good Food Revolution**. Saturday, **June 2**, at Stratford City Hall Auditorium at 2:00 pm. Admission \$25 per person, students \$20 (+ HST). Information: 519-271-5140 or www.visitstratford.ca.

LAMBTON COUNTY

Don't miss **Sarnia Farmers' Market** on Sunday, **June 10**, on the beautiful waterfront. The market runs from 7 a.m. to noon, and at 10 a.m. Purdy's Fisheries, a market vendor, is partnering with The Ontario Table for a delicious cooking demonstration. Admission: free.

PRINCE EDWARD COUNTY

The second annual **Great Canadian Cheese Festival** takes place **June 1 to 3** at the Crystal Palace in Picton. Cheesemakers from across the country come together to present tutored tastings and cheese classes, celebrity chefs offer cooking classes, and area restaurants feature a cheese-themed Dine Around. Tickets at www.cheesefestival.ca.

NIAGARA

Celebrate the **Niagara New Vintage Festival** from **June 16 to June 24** at wineries throughout the Niagara Region. Winemakers and chefs prepare regional fare to land on your plate and in your glass. www.niagarawinefestival.com

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

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

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