

THE ONTARIO TABLE

\$10 CHALLENGE

a year of eating local

August 2012

*New Vegetables
Growing in
Ontario*

*Ontario's Tender
Fruit Belt*

*Appetites Travel
to Niagara*

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.

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!

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

LYNN OGRYZLO

a week on local food



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
- Ontario's Delicious Vegetables
- August's Local Food Events

Plus...

Your best bet in a grocery store: **Organic Garage**

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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 Photo on page 17 courtesy of Rainbow Heritage Garden.
 Photo on page 24 courtesy of Josmar Acres.

White Easter eggplant on front cover from Josephine Voorhoeve's farm in Virgil, Ontario.

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



Spend
\$10
 a week on local food

LOCAL 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.

SEASONAL FAVOURITES

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

YEAR-ROUND LOCAL FOOD

barley
 beans, dried and canned
 butter
 charcuterie
 cheese
 chillies, 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

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.



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!



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.

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



meet an Ontario vegetable grower



Gary Godelie of Godelie Farms in Otterville

GODELIE FARMS

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



Parmesan-Crusted Cauliflower

Cauliflower

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

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.

- 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.



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



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.

*meet an
Ontario potato
grower*

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
705-971-9977



Grover Edwards, Aaron Carter, Josh Leed, Andrew Pomber, and Donny Ceachir harvest potatoes.

Tomato Basil Tart



- 1 cup (250 mL) all purpose flour
- 1/2 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

½ cup (125 mL) butter, room temperature
1/3 cup (80 mL) finely chopped fresh chives
½ 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.



LOCAL HARVEST

august's food fresh from the farm

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.

LYNN OGRYZLO



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.

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

ONTARIO TENDER FRUIT BOARD

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.

The Foodland Ontario logo is what VQA is to wine, your guarantee that it is 100% local.



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



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

TREGUNNO FARMS



Tregunno Farms in Niagara-on-the-Lake



Beautiful peaches from Tregunno Farms

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.



Phil Tregunno of Tregunno Farms in Niagara-on-the-Lake



The sorting and packing line at Tregunno Farms

LOCAL DISHES

august's seasonal dishes

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.



LOCAL FOOD

august's food fresh from the farm

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
 - 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 butter 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.



LOCAL HARVEST

august's food fresh from the farm

LOCAL FOOD

august's food fresh from the farm

MARCHE 59

The new generation of farm markets.



Marché 59, 59 Walton Street, Port Hope



Beautiful loaves of Ontario bread

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.

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. The 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.

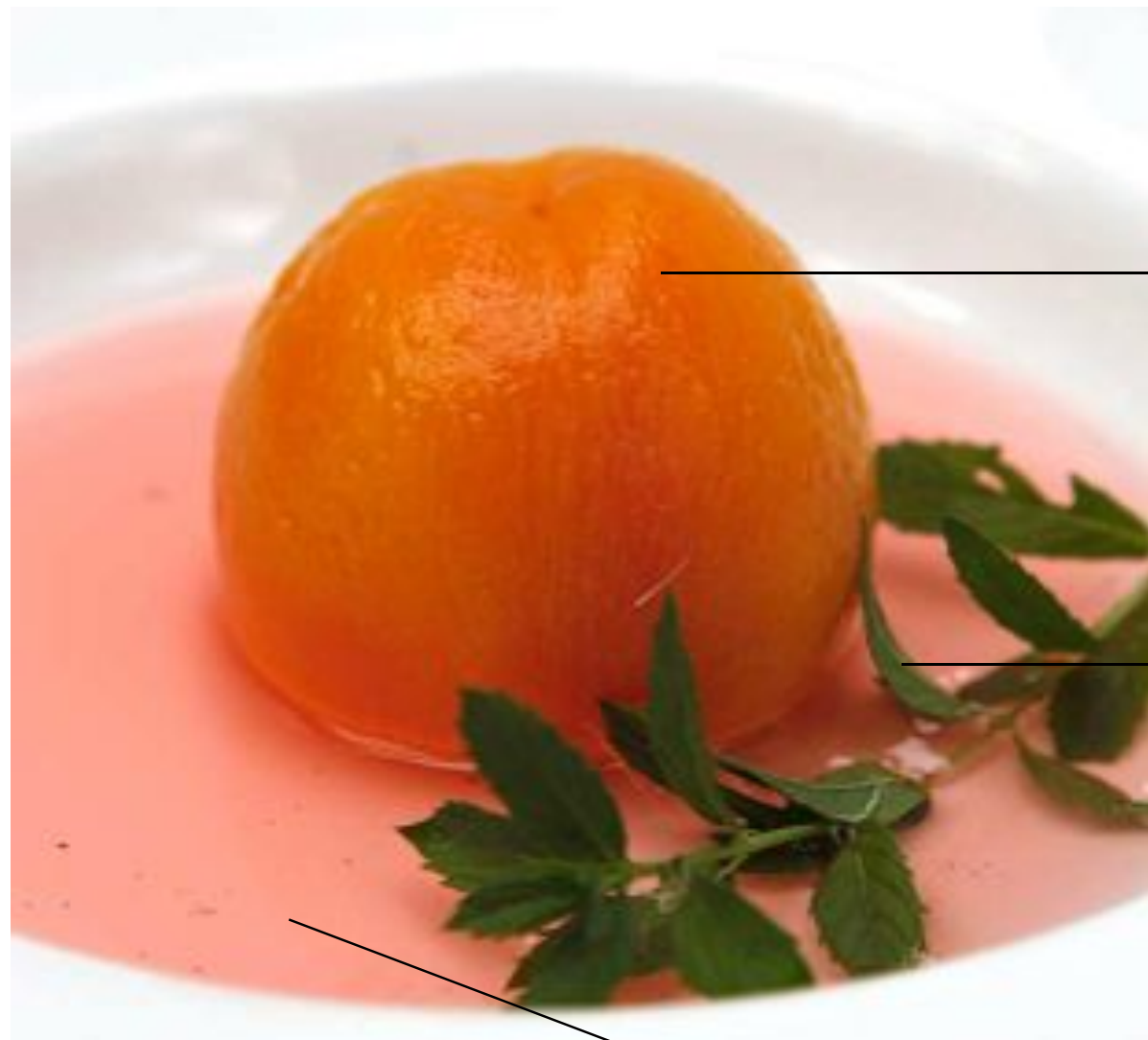


Farm-fresh produce



Bags of Ontario wheat

Honeyed Peaches in Riesling Mint Syrup



Peaches
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
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.



Manning the market table are Matt Newton, Katie Sproule, Heather Cann, Zach Loeks, Kylah Dobson, Danielle Cinanni, Raphael Roman

meet an Ontario fruit & vegetable grower

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

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. 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

Every town has
a food story.
Eat it up!

Two Ways to Extend Your Visit

PORT COLBORNE

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

RIDGEVILLE

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 20.



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

NIAGARA

Continued...



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,

Continued on page 21.

For stories of Niagara and area farmers, see

The Ontario Table

- Bluemini' 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

on the Niagara Parkway, has a culinary studio where they prepare many 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 fife 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 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.

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
Harbour House Hotel: www.harbourhousehotel.ca
Inn on the Twenty: www.innonthetwenty.com

FURTHER INVESTIGATING

www.niagaraculinarytrail.com
www.tourismniagara.com
www.winecountryontario.ca



LOCAL DISHES

august's seasonal dishes



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

LOCAL HARVEST

august's food fresh from the farm

ONTARIO'S LAVENDER HARVEST

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 Koprach** 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. Robert planted a large section of sunflowers in the middle of the purple to give his farm that "Monet look," as he calls it. I say 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 Koprachs 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.

Purple Daze
2985 Rhineland Road, Delhi
www.purpledazelavender.com

LOCAL FOOD

august's food fresh from the farm

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

meet an Ontario vegetable grower

JOSMAR 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 deBlieck** 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



A rare group photo of the Josmar family in the same spot at one time!
Front: Joe deBlieck, Margaret deBlieck, Andrea Otten; back: Kevin and Jeff deBlieck

TASTING NOTES WINE

pressed from Ontario's finest fruit

ONTARIO WINE

August is dedicated to some of the more elegant red wines of summer.



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

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

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

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

JOIN US AND **CELEBRATE**

**FARM & COUNTRY
CONVIVIALITY**

It's August 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

FOOD DAY CANADA

AUGUST 4

If you've eaten in the past few days, you are obligated to get out there and celebrate the ability Ontario has to produce some of Canada's most outstanding food! Find a farm feast near you at www.fooddaycanada.ca.

Here's what The Ontario Table is doing for Food Day Canada! Come out and join us!

CREEMORE OT

August 4: A farm dinner and feast of local flavours at Lampton County's Food Day Canada event. **The Ontario Table** hosts a great celebration at Smith Homestead Farm in Courtright, with foods from the homestead along with foods from Purdy Fisheries, Don's Organic Garden, Vrolyk's Farms, Franz Turkey Farms, Forest Glen Herb Farm, and Twin Pines Orchards and Cider House. You can find these and more local foods at www.tourismsarnialambton.com. Tickets \$50 per person; tracy@slbdc.com

NIAGARA

August 4, 11, & 18: Dine overlooking a spectacular vineyard in Niagara-on-the-Lake with Peller Estate Winery Chef and *CityLine* personality Jason Parsons. Jason will join you for a four-course tasting menu with foods found throughout Niagara. 12:30 p.m. lunch. \$97 per person. www.peller.com

NIAGARA

August 11: A Peach of a Celebration on the main street of historic Niagara-on-the-Lake. Peaches will blanket Queen Street and will be made into every kind of delectable food you can imagine. 9 a.m. to 4:30 p.m. www.niagaraonthelake.com

LANARK COUNTY OT

August 11 & 12: Come out to the amazing Perth Garlic Festival, Ontario's top celebration in honour of our beloved garlic. Over 70 vendors communing in the Perth Fairgrounds sell everything garlic, and there'll be an *Ontario Table* book-signing event. 9 a.m. to 5 p.m. Admission: \$5 www.perthgarlicfestival.com

MUSKOKA

August 12: The Oke-Cook Farm in Bracebridge will be host to Muskoka's Field to Fork event. Area farmers partner with the best chefs of the region for a walk-around tasting event full of delicious surprises. Tickets: www.savourmuskoka.com

OXFORD COUNTY OT

August 14: The great Oxford Garden Party at the Elm Hurst Inn. Celebrate summer with local food and live music. Five courses, five chefs, partnered with five local farmers. Dine on The Ontario Table-Cloth and be prepared to take up the \$10 Challenge. 6 p.m. to sunset. Tickets: \$75 available at 1-866-801-7368 or tourism@oxfordcounty.ca



OT refers to the stops along **The Ontario Table** province-wide book-signing tour.

JOIN US AND **CELEBRATE**

TORONTO

August 15 to 18: The Green Roofs for Healthy Cities and FoodShare host an urban agricultural summit for anyone wanting to learn new tools to advance urban agriculture in their own community. Everyone is welcome, from educators and community groups to urban growers and homeowners. Information: www.urbanagsummit.org

HURON COUNTY OT

August 16: *Ontario Table* book signing at the Exeter Farmers' Market from 2 p.m. to 6 p.m. Come out and taste delicious Hayter's Turkey and take up the \$10 Challenge. 70209 Evergreen Line

NORTHUMBERLAND COUNTY

August 19: A grand local food dinner down the main street of Warkworth. It's called the Warkworth Long Lunch because they lay tables end to end down the street for all to commune and share local food together. 11:30 a.m. to 3:00 p.m. Tickets: \$20, 705-924-9200 www.warkworth.ca

PERTH COUNTY OT

August 19: Come out to the Slow Food Farmers' Market in Stratford for a great time. Meet the growers, buy some farm-fresh food, and chat with Lynn Ogryzlo. Lynn will be there signing *The Ontario Table* and challenging everyone to the \$10 a Week Challenge. 10 a.m. to 2:00 p.m. Stratford.

WELLINGTON COUNTY OT

August 19: You won't want to miss the McVean Farm Harvest Table dinner in Guelph. The event is a fundraiser to support passionate and dedicated new farmers entering the challenging world of agriculture. Four-courses of delicious food sourced from the McVean and neighbouring farms. 3 p.m. to 8:00 p.m. More information: www.harvesttable.ca

OXFORD COUNTY OT

August 24: Local Fare at the Fair: Lady's Day Luncheon at the Woodstock Fair with author Lynn Ogryzlo talking about her tales from the country road. Come to the country fair for some good farm and country conviviality. Luncheon from 12:00 p.m. to 2:30 p.m. Tickets: \$16, includes fair entrance and lunch. Information: 519-537-5166



SIMCOE COUNTY OT

August 26: The 5th Annual Savour Simcoe Agricultural and Regional Cuisine celebration takes place at the historic Simcoe County Museum, from 12:00 p.m. to 4:00 p.m. Area farmers, local wineries, and regional chefs all come together for a spectacular taste of Simcoe County. Tickets: \$59, includes all food and beverage tastings. Information: 705-734-2075 www.simcoecountyfarmfresh.ca/savoursimcoe

MIDDLESEX COUNTY OT

August 31: Come out to the Masonville Farmers' Market in London. Lynn Ogryzlo will be with Lomaximo Meats Farm, a large meat, vegetable, and fruit farm on the outskirts of the city. Lynn will be signing books and you can sign *The Ontario Table*-cloth. Book signing from 10 a.m. to 2 p.m. Masonville Palace Mall.

OT refers to the stops along **The Ontario Table** province-wide book-signing tour.

JOIN US AND

CELEBRATE



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!

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