

THE ONTARIO TABLE

\$10 CHALLENGE

a year of eating local

September 2012



***A Great
Year for
Ontario Grapes***

***Ontario's
Potatoes Are
Sweet!***

***Appetites Travel
to Sarnia***

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.

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

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

LYNN OGRYZLO



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



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

FEATURES

- What the \$10 Challenge Is All About
- The Grapes that Grow in Ontario
- How Buying Local Benefits Everyone
- All About Ontario Potatoes
- It's Herb Season All Year Long
- Appetites Travel to Sarnia
- September Artisan Wines
- September's Local Food Events

Plus...

Your best bet in a grocery store: **Foodsmiths**

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.*

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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...



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

*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**. Managing Editor: Lynn Ogryzlo. Executive Editor: Tracy Bordian. Agricultural and Food Photography: Jon Ogryzlo. For editorial or publicity inquiries or for permission to quote or use copyright material, please contact Lynn Ogryzlo through www.ontariotable.com.

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Photos on page 2 courtesy of Ontario Grape Growers.

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 SEPTEMBER

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

SEASONAL FAVOURITES

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

YEAR-ROUND LOCAL FOOD

- barley
- beans, dried and canned
- butter
- charcuterie
- cheese
- chilies, dried
- cooking oils, canola and soy
- cucumbers, greenhouse
- eggplant, greenhouse
- eggs
- greens, greenhouse
- herbs, greenhouse and dried
- honey
- lake fish
- maple syrup
- meat, farm-raised
- milk and dairy
- mushrooms
- 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 is also stored and made available at other times of year.

ONTARIO GRAPE GROWERS

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



Kevin Watson



Trevor Falk



Thomas and Debra Marshall



Randy, Doug Sr., & Doug Jr. Funk



Tanya Mitchell

FROM GRAPES TO WINE

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

DID YOU KNOW?

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



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

www.grapegrowersofontario.com

GRAPE JUICE

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

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

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

Grape & Fennel Harvest Bread



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

Add yeast to warm water and sugar and let sit for 10 minutes. Stir in 1 cup flour and set aside for 1 hour. To the yeast mixture, add the remaining flour, canola olive oil, and salt and knead on a floured board until smooth, soft, and slightly sticky. Divide into 2 equal pieces and roll each half into a 12-inch round. Place 1 round on a baking sheet and scatter with grapes, leaving a 1-inch border around the edge. Sprinkle with half the sugar and half the fennel seeds. Place second round on top of first round to cover bottom and fold over edges. Make a few half-inch slits in the top of the dough. Sprinkle with remaining sugar and fennel seeds. Cover and let rise in a warm place for 1 hour. Bake at 375°F (180°C) for 50 minutes or until top is golden around the edges. Makes one harvest bread.



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

Concord Grape Pie with Streusel Topping

4 cups (1 L) Concord grapes
 3/4 cup (180 mL) sugar
 1/4 cup (60 mL) all-purpose flour
 2 teaspoons (10 mL) apple juice
 Ontario salt
 1 9-inch unbaked pastry shell

Streusel Topping
 1/2 cup (125 mL) quick-cooking oats
 1/2 cup (125 mL) brown sugar, packed
 1/4 cup (60 mL) all-purpose flour
 1/4 cup (60 mL) farm-fresh butter

Squeeze the grapes to separate skins from pulp. Reserve the skins and put the pulp into a medium, heavy-bottom saucepan over high heat. Bring to a boil and stir for 1 minute. Press through a strainer to remove the seeds. Combine pulp, reserved skins, sugar, flour, apple juice, and a pinch of salt. Pour into the unbaked pastry shell. Set aside.

To make the streusel topping, whisk together the oats, brown sugar, and flour. Using a pastry cutter, cut in butter until crumbly. Sprinkle the streusel over the filling. Cover edges of pastry with foil to prevent burning. Bake at 425°F (210°C) for 15 minutes. Remove foil and bake 20 minutes more or until golden brown. Cool on a wire rack. Makes one pie.



HONEY VALLEY FARM

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

2131 King Street, St Catharines
www.davidhoney.com



Concord Pudding



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

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

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

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

\$10 CHALLENGE

THE \$10 CHALLENGE - WHAT DOES IT MEAN?

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

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

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



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

\$10 CHALLENGE

- Having cut down their input costs for chemicals, the farmers make more money.
- One farmer loans an acre of land to a local school that offers students and low-income families the chance to grow their own food and bring the students to the country to learn about their food.
- The students begin to link an unhealthy diet of pop and chips with disease and learning disabilities. Students demand healthier foods in their school cafeterias.
- Farmers sell more produce and make more money that in turn is spent in our communities, and our communities prosper.
- Our money just keeps circulating throughout our communities. Abandoned empty storefronts come alive with new businesses that consumers will buy from—we now have more choice.
- Local business people take ownership of their communities by sitting on hospital boards and head fundraising campaigns for the less fortunate.

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



LOCAL DISHES

september's seasonal dishes

Garlic Roasted Game Hens with Crispy Sage

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

Preheat oven to 400F (200 C). Combine the garlic, chili flakes, sage leaves, and oil. Season well. Set aside. Lay the hens on a baking sheet lined with parchment paper. Slice the top of each garlic head, exposing the cloves inside, and place on baking sheet with the hens. Brush all with garlic oil.

Roast for 55 minutes, basting periodically or until game hens are cooked through and the garlic is tender. Top with crispy sage leaves and drizzle with red wine vinegar. Serves 2.

Crispy sage leaves: Fill a small saucepan with 1 inch of oil and heat over high heat. When oil is hot, drop 3 to 4 sage leaves into the hot oil and cook for 1 minute. Remove with tongs and drain on paper towels.



LOCAL FOOD

september's food fresh from the farm

INDEPENDENT GROCER FOODSMITHS



In 1976, Don and Claire Smith started a small grocery store in the beautiful town of Perth with a focus on local food and healthy food. It was a natural evolution to the growing demand the Smith's experienced when they sold bulk flours and grains from a converted shed on their farmstead. A small store was logical. Today, the Foodsmith's store is over 6500 square feet, but their commitment to good quality, locally produced and healthy foods is as strong today as it was when they were managing the farmstead shed.

Just ask customer and marketing assistant Molly Forsythe about their local foods and she begins to talk of families and neighbouring small businesses instead of the food and ways to use it. To the Smiths local food is personal, and they take major steps to introduce their customers to the families who help them offer artisan and local food, including hanging from the ceilings a series of large, colourful banners with the faces of those people who bring them the best local foods.

In the cheese bunker is a great variety of cheeses from Thornloe Cheese, Empire Cheese, Pinehedge, Woolwich Dairy, Back Forty Artisan Cheese, Clarmell Farms, and Lanark Highlands. The bakery department is heavily laden with baked goods from Delicious Baking by Joan, and the dairy section is full of Kawartha Dairy, Organic Meadow, Pinehedge, Reinink Family Farm, and Mapleton Organic products. The fresh meat department is full of fresh and cured meats from Lanark County producers, and the freezer meat department is full of brown-wrapped meats from local producers, each one with the name of the neighbourhood farmer on the wrapper. There's a local tofu section with premade products from Sol Cuisine, the Noble Bean, Pulse Foods, and Limestone Organic. There is fruit juice from Black River and salsa from Neal Brothers. There's also a line of specialty-labelled salsas and sauces made from Perth Pepper & Pestle. When it comes to gluten-free, Foodsmiths is building a great inventory of wheat-free choices.

106 Wilson Street West, Perth
 Open 8 a.m. to 8 p.m. Monday to Friday; Saturday and Sunday until 6 p.m.
www.foodsmiths.com



ONTARIO POTATO BOARD

Whether you're scalloping white potatoes, baking russetts, mashing yellows, roasting your reds, or buttering your fingerlings, potatoes provide a delicious, nutritious, and affordable way to balance any meal.

ONTARIO POTATOES

A whopping 60% of the potatoes consumed in Ontario are grown in Ontario, making potatoes the second-largest fresh vegetable crop in Ontario, second only to tomatoes. While potato production concentrates around the Leamington, Simcoe, Delhi, Shelburne, and Alliston areas, it is possible to grow potatoes throughout Ontario. Our warm summer days and cooler evenings are ideal conditions for the production of high-quality potatoes and bountiful yields. Growing potatoes requires constant water, and farmers often irrigate to supplement summer rainfalls. In dry years, such as 2012, we can expect juicy potatoes with loads of flavour even though the size and overall crop may be smaller.

POTATO SKINS

Some like them peeled, others scrub the skins and eat them up. Potato skins are full of nutrients that should make you think twice about peeling. Naturally fat-free, potatoes and their skins offer a wonderful array of vitamins and minerals including Vitamin C, potassium, calcium, and iron. As well as supplying almost half the suggested daily fibre intake, the skin of the potato provides a healthy source of phytonutrients—an antioxidant that helps prevent cellular deterioration of the body. You can boil potatoes and mash potatoes with their skins as well as make French-fries or potato wedges with their skins intact. Great ways to keep the nutrition in your potato dishes.

Greening is a normal colour change that occurs after potatoes are exposed to light.



Look for the Foodland Ontario logo when buying Ontario potatoes.



DID YOU KNOW?

The **Ontario Potato Board** represents and supports 185 members in both fresh market potatoes and potato processing across the province with an annual crop value of over \$100 million. The organization focuses on marketing, negotiating commercial contracts, and ensuring Ontarians have the freshest, best-tasting potatoes possible. The consumer area of the Ontario Potato Board website provides health information, purchasing information, recipes, and food services. www.ontariopotatoes.ca



POTATO FLAVOURS

Potatoes are versatile and sold according to their different varieties and uses. For information on which potato variety is best suited to your favourite method of cooking, check out the Ontario Potato Board website.

The flavour of potatoes also changes while they're stored. For the first few months after potatoes are harvested, their sugar content is highest. They taste almost sweet, especially when prepared simply and with butter and fresh herbs. As potatoes are stored over the winter months, the sugar naturally converts to starch and the flavours become more earthy and savoury, perfect to accompany winter's hardy dishes of soups, stews, roasts, and casseroles.

Scalloped Potatoes



Brie

Many brie-style cheeses are made by artisan cheesemakers across the province.

Bacon

You can find artisan bacon at many farmers' market or at independent butchers.

Potatoes

You'll need a medium-dry potato like a white potato for this dish. Slice them as thick or thin as you like.

- 2 lbs (90 kg) white potatoes, sliced (about 6 potatoes)
- 2 tablespoons (30 mL) butter
- 1 onion, diced
- 2 tablespoons (30 mL) canola oil
- 3 garlic cloves
- 6 slices country bacon, diced
- 2 tablespoons (30 mL) fresh thyme leaves
- 1 cup (250 mL) light cream or whole milk
- 100 mL wheel brie, cut into slices
- Ontario salt

Preheat oven to 350F (180C). Place the sliced potatoes in a large saucepan and cover with cold salted water. Cook over high heat until water is boiling. Boil for 2 minutes more, remove from heat and carefully drain. Keep lid off and allow to steam dry.

Meanwhile, melt the butter in a small saucepan over medium heat. Add onions, garlic, and thyme and cook, stirring for 3 minutes, until onions are soft but not browned. In a small skillet, cook bacon until crispy, about 5 minutes. Drain on paper towels. In a small saucepan, warm cream for 2 minutes or until warmed thoroughly. Set aside. In a greased 8-inch oven-proof casserole dish, place one-third of the potatoes in a single layer. Season well and then spread half the onion mixture and the bacon over top. Repeat layers. Arrange remaining potatoes on top. Pour warm cream over top, using the tip of a knife to ease sauce down the sides if necessary.

Place the baking dish on a baking sheet to catch the milk if it bubbles over. Cover and bake for 1 hour; Uncover and lay slices of brie over top and bake until cheese has melted and potatoes are lightly browned and tender, about 30 minutes longer. Let stand for 5 minutes before serving. Makes one casserole serving 6.

LOCAL HARVEST

september's food fresh from the farm

VROLYK FARM

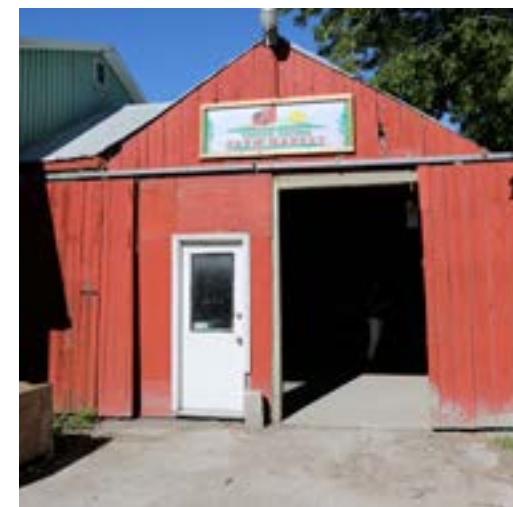


Farmer Arthur Vrolyk grows some of the best potatoes in Lambton County and sells them to the famous chip wagons under the bridge in Sarnia. Located on the outskirts of the city, the 200-acre farm devotes a 55-acre potato plot to only 5 different varieties. "[I grow] only the ones that make the best fries," explains Arthur, who claims to grow half a million pounds a year because "Alberts & Suzie's, downtown Sarnia, easily goes through 200 50-pound bags [of potatoes] a week." And that's just one of Arthur's customers.

Arthur is a third generation Dutch farmer who is busy planning the farm's 80th anniversary celebration next year. He's especially proud of his family farm, claiming the quality of his potatoes is a direct result of growing in the richest soils around. The land the Vrolyk Farm now sits on was once part of the Sarnia Marsh or the Wawanash Wetlands, rich in organic matter. The building of the Perch Creek successfully diverted the water, leaving Vrolyk Farm with rich soils to produce some pretty outstanding vegetables—over 40 different kinds of vegetables, in fact; everything from broccoli and cauliflower to tomatoes and pickling cucumbers. Picking these little cukes is an arduous job that is done every second day in season. Inside the barn is a sorting machine that allows him to sell his customers pickling cucumbers in many different sizes: from gherkins, baby dills, dills, bread and butter, to jumbo.

The farm also hosts both an orchard with peaches, pears, and plums, as well as naturally raised pigs, beef, roasting hens, and a daily supply of fresh eggs. You can buy from Vrolyk Farms at the Sarnia Farmers' Market every Saturday or drive up the farm laneway. He's turned one of the smaller barns on the right-hand side into a retail outlet, leaving most of the original features intact. When you shop at Vrolyk's there's no mistaking you're buying right from the farm.

1567 Michigan Line, Sarnia
Open year round Monday to Friday, 8 a.m. to 6 p.m.



LOCAL DISHES

september's seasonal dishes

Grilled New Potatoes



- 4 garlic cloves
- handful of fresh parsley
- Ontario salt
- 4 tablespoons (60 mL) canola oil
- 24 small new red or white potatoes
- 12 12-inch wooden skewers, soaked in water

Put garlic, parsley, salt, and oil in a mini food processor and pulse until garlic and parsley are minced. Preheat grill to high. Wash potatoes well and cut in half. Skewer 4 potato halves onto each wooden skewer. Brush potatoes with garlic oil and grill, turning often so they don't burn. Grill until soft, about 20 minutes. Serves 6.

Find more potato recipes in **The Ontario Table** cookbook:



Potato-Crusted Chevre Salad,
page 63



Baked Potato Sticks,
page 202



Spring Potato Salad,
page 60

LOCAL DISHES

september's seasonal dishes

Skillet Fingerling Potatoes



- 3 tablespoons (45 mL) vegetable oil
- 1/2 pound (0.23 kg) red flesh fingerling potatoes
- 1/2 pound (0.23 kg) blue flesh fingerling potatoes
- 1/2 pound (0.23 kg) yellow flesh fingerling potatoes
- 3 small onions, sliced
- 8 cloves garlic, peeled
- Ontario salt
- 1 tablespoon (15 mL) fresh thyme leaves
- 2 to 4 thyme sprigs

Heat the oil in a large sauté pan over medium-high heat and add the potatoes, onions, and garlic. Stir the mixture to coat evenly in the oil. Season with salt and add the thyme leaves. Reduce the heat to medium and cook uncovered, stirring occasionally, until the onions are soft and the potatoes are tender and golden, about 30 minutes. Season again and serve with sprigs of fresh thyme. Serves 6.



LOCAL DISHES

september's seasonal dishes

Herb Dumplings



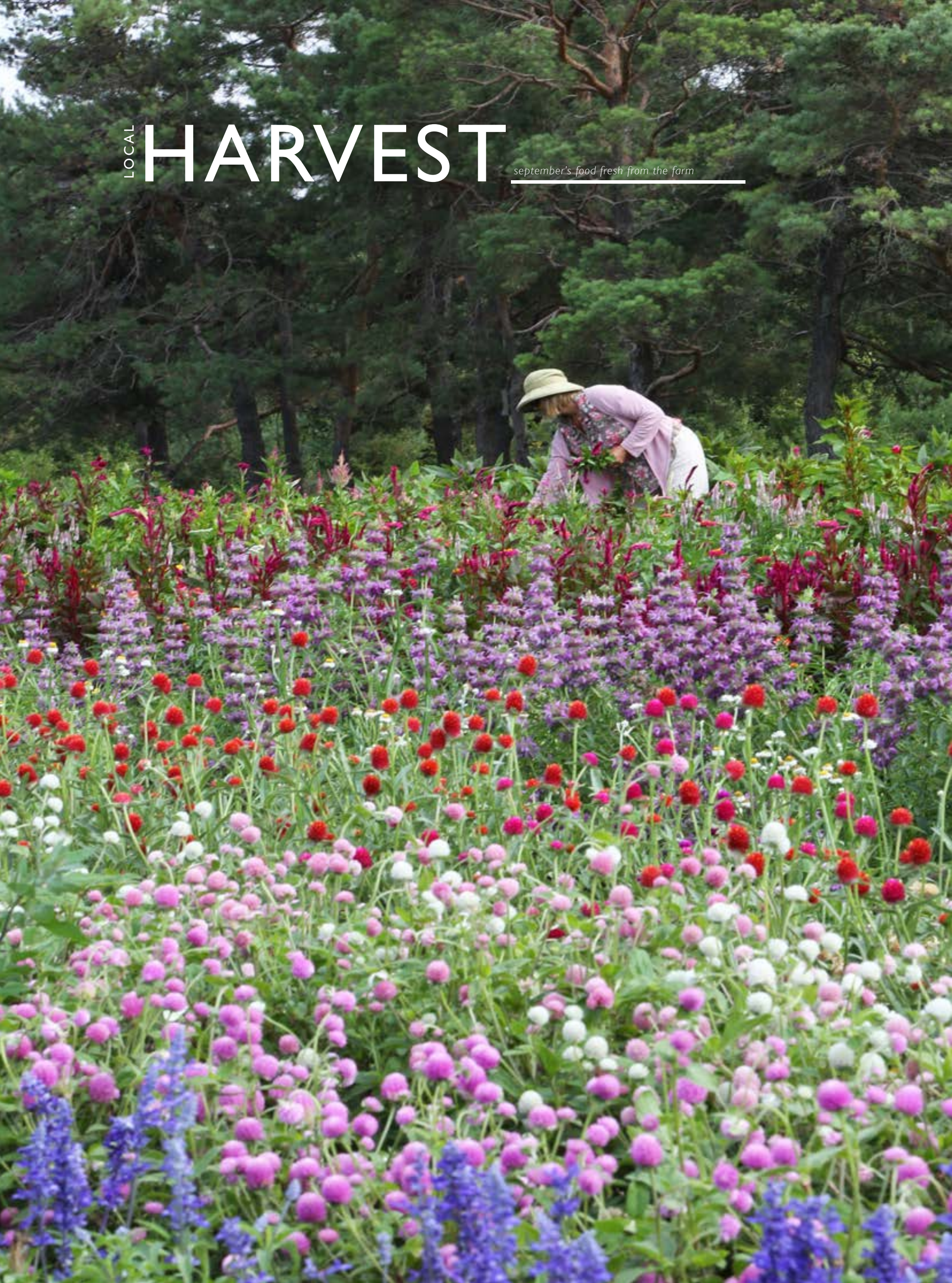
- 2 tablespoons (30 mL) fresh chives
- 2 tablespoons (30 mL) fresh parsley
- 2 tablespoons (30 mL) fresh thyme
- 1 tablespoon (15 mL) Forest Glen Herb Farm wild garlic buds
- dash of hot sauce (optional)
- 24 wonton wrappers
- 6 ounces (170 g) Ontario chèvre such as Crosswinds Farm
- 24 long chives, soaked in water
- Ontario salt

Preheat oven to 325F (160C). Put the herbs and garlic buds in a mini food processor and mince. Transfer to a bowl, add a drop of hot sauce (optional), and season. Set aside. Spoon a teaspoon of chèvre in the centre of a wonton wrapper. Spoon a bit of the herb mixture on top, about half a teaspoon. Dampen the edges of the wonton with your fingers and fold it by bringing all four points up and together into a bundle. Tie with a chive strand and place on a baking sheet. Repeat for all 24 wonton wrappers. Bake for 20 minutes or until edges of wonton wrappers are golden brown. Serves 6.



LOCAL HARVEST

september's food fresh from the farm



LOCAL HARVEST

september's food fresh from the farm

FOREST GLEN HERB FARM

It's herb season all year long!



Cynthia Cook in her herb garden



Beautiful dried herbs in the retail shop

From the main road you may have to squint to see Forest Glen Herb Farm, hidden from sight behind a row of tall, thick bushes, but as you drive up the entrance your eyes will get bigger and bigger as garden by garden it unfolds. Owner Cynthia Cook has created a beautifully rich and incredibly intense farm where every inch of property is filled with romantic colour and seductive aromas that only a passionate herb expert can create.

Cynthia grows over 1500 different culinary herbs organically. If you've ever wondered which one would go best with your favourite recipe, she has many opinions that you'd be best to heed: she's as good a cook as she is a gardener.

The original plank-and-stone farmstead barn is used as the retail outlet. Most of the original features have been left intact, and it's bursting full of beauty. With barely a path to walk, dried herbs like Sea Lavender hang down from the rafters; Straw Flowers reach out from the walls; Golden Marguerite cover the posts; baskets of fuzzy Amaranth line the floor; and Flowering Onions spill themselves across antique tables. It's a Willy Wonka wonderland of beautiful dried herbs, flowers, and intoxicating aromas.

In the back is an ancient room with antique furniture where herb workshops take place. Cynthia entertains groups with treats such as rich herbal dips, delicious sandwiches, and her own blends of specialty herbal teas. It's here in this warm, romantic room where Cynthia teaches classes on fresh herb cooking and dried herb flower arranging.

If you're not in the area to catch a class, she can also arrange a spectacular event for small groups in the beautiful herb gardens or in another garden she's created: one specifically for teaching the culinary uses of herbs and another planted in categories of fragrances. Of course, the main herb garden is a blaze of amazing colours and textures that impress all who visit. Relax on the willow garden furniture in the various gardens and spend a few hours in pure farm and country bliss.

Open 7 days a week, 10 a.m. to 5 p.m.
8333 Glendale Drive, Lambton Shores
www.forestglenherbfarm.com



SARNIA

It's an agricultural terrain unique to Ontario: It's precision planned with all rural roads in a perfect grid. The terrain is flat with vast horizons of barns and silos. The countryside is dotted with a mix of small country towns sure to excite the most seasoned globe trotter and oil refineries the size of cities that become alien space encounters at night. This is a region rife with honest, home-grown goodness. Who wouldn't want to taste the flavours of Sarnia and explore surrounding Lambton County?

The city of Sarnia is a mix of restored, historic buildings and modern architecture. It has a small-town feel and a pristine waterfront. All along the St. Clair River into the mouth of Lake Huron is a beautiful boardwalk with manicured parks, pristine beaches, and marinas filled with stunning white sail boats that bob in the glistening sun-kissed waters.



On the edge of town is Sarnia's most imposing structure, the giant Blue Water Bridge that connects its shores with Port Huron, Michigan. Under the Blue Water Bridge is Point Edward. Once a fishing village, the area's only casino now supports the quaint little enclave that is also a deep water dock for "lakers," the giant ships that travel the great lakes. Sharing a parking lot with the dock is Purdy Fisheries.

The Purdy family fish Lake Huron daily for perch and pickerel that they bring onshore, clean, and fry up into their famous Purdy's Fish and Chips. People come from miles around for the experience of dining against the water's edge on picnic tables, enjoying fish so fresh you can still taste the cold, pristine lake water and watching the boats go by. Sarnia's dining experiences don't get any better than this.

Below the Blue Water Bridge is a small collection of chip wagons, the original food trucks. Sarnia has a

Every town has
a food story.
Eat it up!

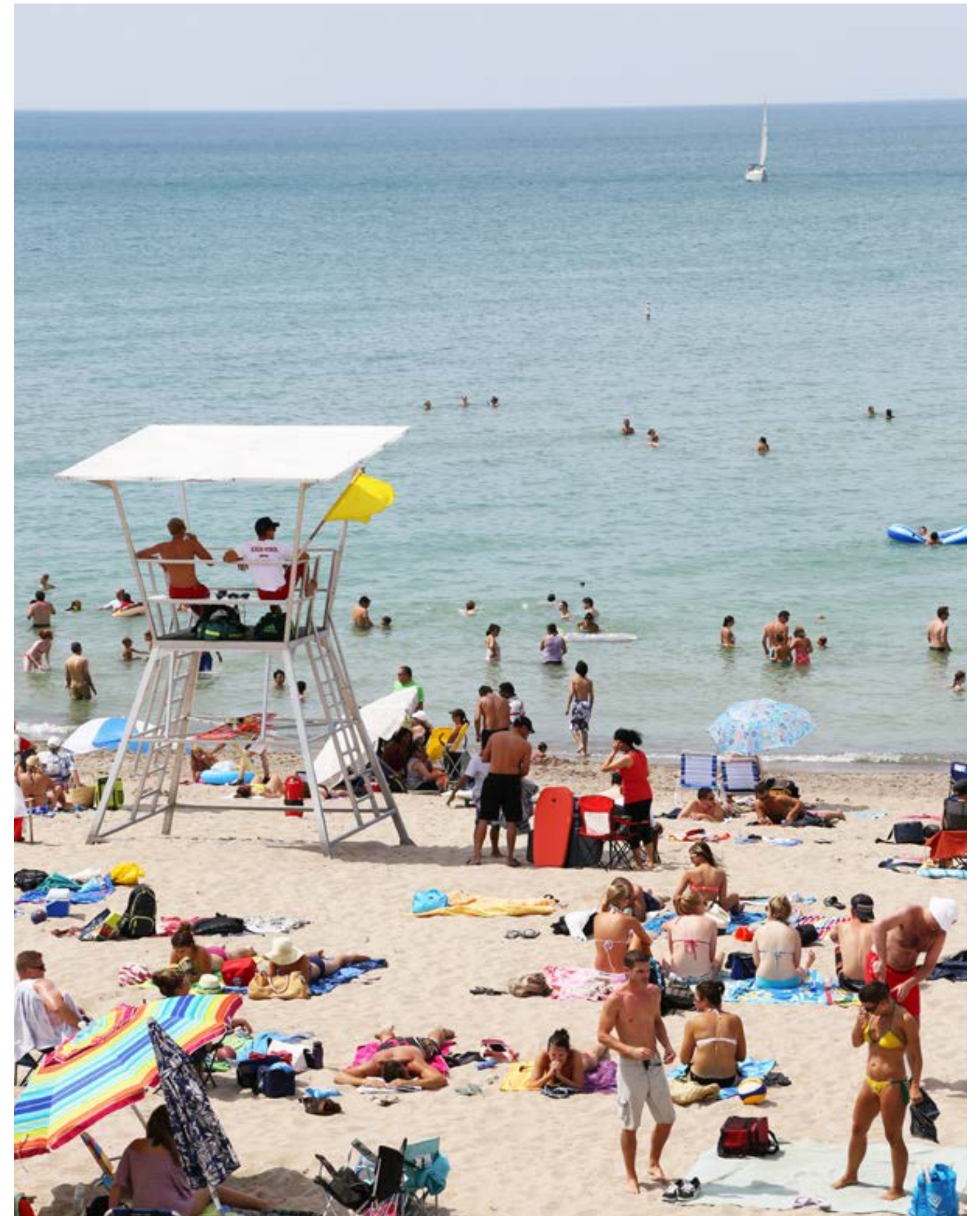
Two Ways to Extend Your Visit

GRAND BEND

Just 30 minutes north-east of Sarnia along Hwy. 7, Grand Bend is a fun, colourful beach town full of youthful, holiday appeal. There are beaches, and colourfully painted retail shops with bathing suits and inflatable water toys that spill out onto the sidewalks in the bright sun. Great food and fun on Lake Huron. www.grandbend.com

PETROLIA

About 15 minutes south-east of Sarnia through rural Lambton County is the beautiful little town of Petrolia. Historically, this town was the cradle of the global oil industry and its former wealth can be seen in its restored mansions and grand churches. In the centre of town is a beautiful park that beckons you to sit and imagine its magnificent past. www.town.petrolia.on.ca



TRAVEL

discover the flavours of..

SARNIA

Continued...



reputation for their chip wagons because they fry up the best fresh fries in all of Ontario. They load paper baskets with hot, glistening chips, and if you want vinegar, they shower it on with a makeshift hose. Of course, no chip wagon is complete without a self-serve shelf with malt vinegar and ketchup, but add ketchup and it's a sure sign you're a visitor. The flavour of Sarnia chips is salt and vinegar only.

It's not unusual for each chip truck to go through 100,000 pounds of potatoes a year. Denise and Don Franklin own Yogi's Fresh Cut Fries (also the home of deep fried pickles). Don explains "the secret is knowing how to cook a high-sugar potato and a high-starch potato." When potatoes are harvested, the sugar content is high and the chips taste naturally sweet. By the spring of the following year the sugars have slowly converted to starch in cold storage. The flavours become more savoury than sweet. Either way, there's no mistaking these chip wagons take their job of producing Ontario's best chips seriously.

The chip wagons source their potatoes locally. A popular source is a farm just outside Sarnia called Vrolyk Farms. See their story on page 12.

Across the bay from the chip wagons is the Sarnia Bay Farmers' Market. The market overlooks the marina and beautiful white boats bobbing on the blue water. The market takes place every Sunday and draws a variety of farmers, from meat producers like The Whole Pig, Lena's Lamb, and Bluewater Beef; to vegetable farmers like Williamson Farms with their abundance of fresh vegetables and delicious country baking; to fruit farmers like Forest Glen Orchards with their baskets of peaches and nectarines. In between are country bakers with their tempting cakes and Forest Glen Herb Farm with fresh and dried herbs.

Every August Lambton has a 30-Day Local Food Challenge (www.30dayfoodchallenge.ca) where farms and restaurants team together for special tours and

dishes. Many farms open their doors to visitors during this event, such as Franz Turkey Farm, Munro Honey and Meadery, and Smith Homestead Farm. When you visit a farm and have a passport stamped, you're eligible to win one of many prizes, including a grand prize of a local food dinner for 8 prepared by a local chef.

Lambton County takes advantage of the fact that Food Day Canada falls on the first weekend of August and organizes a grand farm dinner. The dinner focuses on a different kind of menu: one that centres around the food, its origins, and its preparation. As much time and attention is spent on the raising of animals and the butchered meat and the planting, nurturing, and harvesting of produce as there is on the preparation of the best food of the county into a delicious, memorable meal. A true farm dinner is an appreciation of how our food is conceived, not procured. This year the farm dinner took place at Smith Homestead Farm.

So what was everyone eating on? The Ontario Table brought the longest tablecloth in the world dedicated to Ontario local food. The tablecloth, when joined end to end, is over 150-feet long and on it are hundreds of dedications to farmers, home-grown food, and The Ontario Table. It was the perfect backdrop to a farm feast!

Smith Homestead Farm is an 84-acre green-innovation teaching farm where you can learn a variety of techniques on sustainable farming practices and some other pretty fun stuff. Owners and passionate naturalists Paul and Jenn Smith are planning a 2-day seminar on how to build a wood-burning bread oven. Keep an eye on their website, www.smithhomestead.ca, for information. The beautifully manicured farm is also home to a retail barn where you can buy their amazing heirloom tomatoes and other organically grown vegetables.



Continued on page 22.

TRAVEL

discover the flavours of..



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

SARNIA

Continued...

On the main street in downtown Sarnia is Blackwater Coffee House. If you're wondering how an expert coffee roaster like Dave Duguay fits into the local food scene in this region, it's because Dave collects over 200 pounds of used coffee grounds a week from his busy coffee-roasting business and delivers it to Smith Homestead Farm where they're composted into rich soil for their organic vegetable production. Dave and his wife, Alyssa, are so passionate about Lambton's sexy agricultural flavours they've become the team spirit behind the collection of farmers who work with restaurants to offer up specialty flavours of the county. They've inspired chefs like Executive Chef Philip Washington of Bridges Restaurant at the Holiday Inn to weave the region's most delicious foods into their dishes.

From Sarnia to Grand Bend, the shores of Lake Huron are the most spectacular with stretches of white sand beaches. Canatara Park offers plenty of parking and beach access as well as tranquil picnic grounds. On the way to Grand Bend are an abundance of farms and markets like Juicy-Fruit Orchards Market and small roadside stands like Awesome Berries where you can pick up fresh raspberries or strawberries to nibble on along your journey. On-farm markets like Williamson Farms offer a wide variety of vegetables, fresh eggs, and maple syrup products, and large production farms like Grand Bend Produce dedicate thousands of acres to potatoes.

Once in Grand Bend there is an active farmers' market that takes place every Wednesday. Restaurants worth a visit are the Schoolhouse Restaurant, which is more of a casual gastro café, and F.I.N.E. Restaurant, which specializes in regional cuisine. Unique to this part of Lambton County is Forest Glen Herb Farm and Bed & Breakfast, which grows over 1500 different culinary herbs (see story on page 17), and Twin Pines Orchards & Cider House. The Cider House sits in the front of the 50-acre apple orchard that was once a tobacco farm. Alma and Joe Vansteenkiste are the original founders of the orchard while sons Mark and Mike craft fine authentic British sparkling cider along with a line of Alma's preserves and frozen fruit pies.

On the south-east side of Sarnia is the small village of Petrolia with its opera house and exquisite mansions. Travel to the sweet side of Lambton for Munro Honey & Meadery, one of Canada's largest producers of honey. While driving through central Lambton pause to enjoy the trails of Lorne C. Henderson Conservation Area, launch your boat in the Shetland Conservation Area, picnic at the Charles McEwen Conservation area, or camp at the Warwick Conservation Area. These are the beautiful, unspoiled back roads of Lambton County.

Tucked in amongst the pastured lands of beef and lamb is a family-run pig farm called Sara's Natural Pork where they grow and maintain control of their naturally raised animals by farming their own feed. The pigs are kept in a temperature-controlled barn and raised without any artificial enhancements. You can buy various cuts of fresh and frozen pork and also smoked products (without water injection) right from the farm. Farm owner Rita Felder and daughter Sara tell us that their fresh,

ESSENTIALS

Getting there from Toronto and eastern Ontario: Just 2.5 hours from downtown Toronto. Follow Hwy. 401 west to Hwy. 402 west into Sarnia.

Getting there from London and Western Ontario: Just 2 hours from Windsor, follow Hwy. 401 to Hwy. 40 north into Sarnia.

WHERE TO STAY

Quality Inn: www.choicehotels.com
 Holiday Inn Sarnia: www.holidayinn.com
 Guildwood Inn: www.guildwoodinn.com

FURTHER INVESTIGATING

www.locallylambton.com
www.tourismsarnialambton.com
www.ontariofarmfresh.ca



natural pork can also be found in Wholefoods Markets both in Canada and the United States.

Lambton County is also home to a project called One Tomato, which encourages consumers to plant, grow, and eat more home-grown vegetables and also share the abundance of their gardens with the local food bank. Whether it's a single tomato plant or an entire community garden, residents are empowered to make a difference in the lives of the less fortunate with this amazing project.

Many more farms, farm dinners, tours, and friendly country villages are to be discovered in Lambton County. Use the city conveniences of Sarnia as your base to explore the beauty and wholesome goodness of the surrounding countryside.

MILKHOUSE FARM & DAIRY

Kyle White and Caitlin Hynes Dobson are living and making cheese in a charming century farmstead in beautiful Lanark County. The 130-acre farm includes a restored farmhouse and barns, but what makes the farmstead so idyllic is the weathered wooden split rail fencing around the property and sectioned pastures. Caitlin's family runs Dobson Split Rail Fencing, and the farmstead has become a showpiece. Between the fencing and restored stone and plank barns, Milkhouse is an elegant, romantic, and pure vision of farm and country life.

Artisan cheese-making is done in season. At Milkhouse, the ewes are milked twice a day from spring to fall. Throughout the season, the quality, colour, and richness of milk—and ultimately the flavour—depends very much on the weather conditions. This year has been a very hot and dry year meaning Kyle has had to be very strategic in managing the pastureland to ensure a constant supply of fresh pastureland for the sheep, with only a small supplement of grain.

The farm is divided into various pastures for the sheep. The milking herd of ewes is currently at 15, but the plan is to grow it to 60 within the next few years. Inside the largest barn is a well-designed milking station. Gone is the three-legged milking stool; instead, they've built an elevated milking station complete with feeding station to keep the sheep calm and occupied during milking.

The unpasteurized sheep milk is then taken a few feet to the new fromagerie and the cheese-making begins. Both with science degrees, Kyle and Caitlin are surprised to find themselves applying their education to cheese-making. They've become very passionate about the quality and techniques of their craft and are honing some recipes that will truly reflect their own personal style and farmstead.

Currently, they are crafting an Italian-style Tomme that is rich and firm with a natural rind that picks up nuances of the surrounding meadow. The flavour is earthy with layers of a buttermilk tang, white mushrooms, and a hint of grassiness weaving through some slight nutty tannins. It finishes long with a sweet, dry, creamy texture on the palate. Their first Milkhouse Tomme is sure to mature beautifully into one of Ontario's most complex and satisfying cheeses. Enjoy it young as an addition to cheese boards where red wines or full-bodied whites are served. It will be exciting to see how this Tomme develops with age and what esteemed position it will be given in the culinary world.

Kyle and Caitlin are perfecting their traditional cheese recipes to suit the terroir of the land. You can buy some of the first Tomme cheese to come out of the cheese cave at the Kemptville Kinsmens Farmers' Market, Sundays from 2 p.m. to 4 p.m. Otherwise, you can call Milkhouse and place an order. Either way, you don't want to miss out on getting your hands on Ontario's newest artisan sheep milk cheeses.

1112 Matheson Drive, RR# 1, Smiths Falls
www.milkhouse.ca



EXETER FARMERS' MARKET



In beautiful downtown Exeter, the home of the white squirrel, Baldwin Street comes alive every Thursday afternoon with the hustle and bustle that is the Exeter Farmers' Market. O'Shea's Farm Fresh from Granston arrives with a table full of beautiful market vegetables, Thornloe cheeses, fresh-baked breads, and honey. The Garlic Box, Hayter's Turkey, and Full of Beans arrive with their local fare. In between is Good Luck Gardens with ultra sweet melons as well as home-grown popping corn and more market vegetables; Sheldon Berries with raspberries, preserves, and frozen blueberries; and Ferguson Apiaries with glistening honey, honey mustards, and beautiful beeswax candles. Egelson Farms sells frozen cuts of naturally raised beef, pork, and lamb along with lots of luscious preserves and maple syrup. Every so often you'll catch a whiff of fresh-brewed coffee from Coastal Coffee and spot a white jacket, and that's most likely owner and Executive Chef of Eddington's of Exeter, Jamie Eddington.

May to October, Thursday afternoon from 2 p.m. to 6 p.m.
Baldwin Street at Main Street

FARMERS' MARKET TART



- 1 block of frozen puff pastry
- 3 tablespoons (45 mL) Ontario canola oil
- 2 garlic cloves
- 1 zucchini, cut lengthwise into quarters then halved
- 1 yellow pepper, cored, seeded, and sliced into strips
- 20 grape tomatoes, halved and seeded
- 3 tablespoons (45 mL) Ontario canola oil
- 2 garlic cloves
- 10 basil leaves
- 2 tablespoons (30 mL) Ontario parmesan cheese
- Ontario salt

Thaw the puff pastry at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400F (200C). Lightly grease or line a baking sheet with parchment paper. Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 7 x 14-inch rectangle. Place on the prepared sheet. Prick the pastry thoroughly with a fork. Refrigerate for 30 minutes. Mince the garlic with oil in a small food processor. Place the zucchini, yellow pepper, and tomatoes in a single layer in a baking pan. Brush with the oil mixture. Turn vegetables over and brush with more oil. Season to taste. Broil the vegetables 6 minutes. Cool slightly. Place the oil, garlic, basil leaves, and parmesan in small food processor; season with salt. Process into a thick, chunky pesto, adding more oil if too thick. Remove pastry sheet from refrigerator and spread the pesto over top. Arrange the vegetables in rows on top of the pesto. Bake for 20 minutes or until golden. Serve immediately. Serves 4.

ONTARIO WINE

September is grape harvest! Walk through a vineyard ready for picking and smell just how seductive Ontario grapes can be. This month is dedicated to some of the province's smaller, artisan, family vintners.



Bright and focussed this pretty **Rancourt 2007 Noble Rouge** (\$19.80) offers rich black cherry flavours enrobed in chocolate. It shows intensity without heavy weight and turns to juicy plum notes that echo on the finish. Rancourt is a small family-run winery with a farm market showcasing their rural roots.

1929 Concession 4 Road
Niagara-on-the-Lake
www.rancourtwinery.com

A delightful blend of Gamay and Pinot Noir, this **Reimer Vineyards 2010 Galahad, VQA** (\$31.95) has a mouthful of cherry up front with a hint of wet stone and raspberry. Winemaker Art Reimer started making wine over 20 years ago as an award-winning amateur winemaker.

1289 Line 3 Road
Niagara-on-the-Lake
www.reimervineyards.com

A lively, flavourful wine with a sense of elegance and polish. The earthy cherry, wild berry, sage and herbal notes on the **Between the Lines Winery 2011 Pinot Noir** (\$14.95) are vaguely defined rather than sharply focussed. A new family-owned and -operated artisanal winery.

991 Four Mile Creek Road
Niagara-on-the-Lake
www.betweenthelineswinery.com

Coffin Ridge Winery 2010 Back From the Dead Red (\$16.80) is a spicy red with a distinctive profile showing plenty of peppery, anise-scented blackberry flavour on a juicy frame. Finishes with fine tannins and a hint of mint. A new winery in between Meaford and Owen Sound.

599448 2nd Concession North
Annan
www.coffinridge.ca

JOIN US AND **CELEBRATE**

**FARM & COUNTRY
CONVIVIALITY**

September is a glorious month with cooler days and another year's bounty coming to a delicious end. Get out there and celebrate the best Ontario has to offer. Here are a few of my event picks. Check **The Ontario Table** website for more.
www.ontariotable.com

TEDx BAYFIELD

SEPTEMBER 13

It's the coming together of great ideas, great minds and great learning. Bayfield hosts one of Canada's TEDx events that will be featured on www.ted.com website. Come out and hear the great lectures given by leading experts.

Lynn Ogryzlo talks of about how buying local can strengthen communities and create jobs.

HURON COUNTY OT

September 13: TEDxBayfield presents **The Ontario Table \$10 Challenge**. The event's focus is agriculture, education, medicine, wellness, and more. Speaker, author, and Ontario's Local Food Ambassador Lynn Ogryzlo of **The Ontario Table** will be presenting the \$10 Challenge and how it can strengthen communities and create jobs. Event runs from 7 p.m. to 9:30 p.m. Tickets are \$25 and available for purchase at Outside Projects, Hive, and The Village Bookshop in Bayfield, 519-565-5600. For more information please check out the TEDx event listings. www.ted.com

TORONTO OT

September 8: Pack the family and a picnic lunch and come enjoy the surrounding paths and greenery after checking out the multitudes of fresh farm offerings at the Evergreen Brick Works Farmers' Market. The event features a local food court, live music, craft vendors, and activities for the kids. Be sure to stop by **The Ontario Table** book signing area between 10 a.m. and 1 p.m. and take the \$10 challenge! Further information can be found on the Evergreen website at www.evergreen.ca.

TORONTO OT

September 9: Feast of Fields is the local food event of the year! Spend the day at beautiful Cold Creek Conservation Area sampling delicious locally grown food and drink offerings from chefs, artisans, brewers, and vintners. Don't miss **The Ontario Table** book signing from 1 p.m. to 5 p.m. where you can add your name to **The Ontario Table-Cloth**, the longest growing tablecloth in the world dedicated to local foods. Tickets are \$100 a person or 10 tickets for \$90 each. Children under 12 are free. Admission includes a gift bag and the Feast of Fields cookbook. For more information or to order tickets, visit www.feastoffields.org.

DURHAM COUNTY OT

September 22: A Celebration of (Culinary) Arts in Uxbridge. Blue Heron Book Store hosts **The Ontario Table** book signing while The Passionate Cook's Essentials prepares complimentary samples of an artisan grilled cheese. Celebration is all day; book signing is from 11 a.m. to 1 p.m. www.blueheronbooks.com



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

JOIN US AND **CELEBRATE**

PEEL REGION OT

September 23: Celebrate local food and local farmers at Everdale Farm's Carrot Fest with **The Ontario Table**. The fall harvest celebration includes workshops, tours, contests, and music. Stop by **The Ontario Table** book signing and add your name to the longest-growing tablecloth in the world in support of local growers. 12 p.m. to 5 p.m. Admission is \$5 for adults. Children are free.
www.everdale.org

HAMILTON OT

September 25: Join **The Ontario Table** for a presentation and demonstration of several seasonal recipes from our award-winning book celebrating farm-fresh produce at The Hamilton Spectator's "Go Cooking" event. Discover a world of culinary delicacies and home-baked goodness found right in your very own province. A book-signing event will follow the presentation. Tickets are \$25 and available by calling 905-526-3457.

NIAGARA OT

September 22: Toronto Chef Matthew Sullivan brings grower stories from **The Ontario Table** cookbook alive on your plate. Don't miss this exciting local food vineyard dinner at Southbrook Vineyards. Southbrook wines will be paired with each dish. Event begins at 7 p.m. Tickets can be purchased from Southbrook Vineyards.
www.southbrook.com

TORONTO

September 30: Soupalicious Toronto is a harvest celebration and soup-tasting event showcasing multicultural flavours from restaurants and chefs across the greater Toronto area. Experience soup-sampling stations, a farmers' market, and a wide variety of culinary exhibitors. Adult tickets are \$10 in advance or \$15 at the door. Event runs from 12 p.m. to 5 p.m. Information and pricing options can be found on their website.
www.soupalicious.ca

NORTHUMBERLAND COUNTY OT

September 30: Join **The Ontario Table** at 11 a.m. as we host a beautiful luncheon at the idyllic Crosswind Farm. Our local food feature menu will be prepared by the chefs and culinary students of Fleming College Culinary School. The dishes will reflect tastes featured in **The Ontario Table** cookbook, and the diners will eat on **The Ontario Table-Cloth**, the largest, local food tablecloth in the world. Tickets are \$60 per person. Limited quantities available. Purchase tickets directly from Crosswind Farm at 705-295-6049.
www.crosswindfarm.ca



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!

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.

Celebrate



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

January



- A full listing of local foods available in one of the most dreary months of the year.

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