

October 2007

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eat local caledon

Upcoming Events:

CCA's *Eat Local Week Wrap-Up Pub Night / Pumpkinfeast*, Fri. Oct. 19th, 7-9pm, Terra Cotta Inn, the Victoria Room. Come out for a drink and some local pumpkin fare and discuss ideas for CCA's local food program and the 2008 Eat Local Week. If you would like to attend, RSVP to jennifer@caledoncountryside.org

Recent Events:

Palgrave Turkey Dinner. Congratulations to Palgrave United Church for making the plate to planet connection by featuring local food and farms at their annual Turkey Dinner this past Thursday, October 4th. The event was a major success and all 450 tickets were sold!

Green Tea Event: Food was the focus of the first "Green Tea" event on Sept 17, 2007 in Bolton to a crowd of almost 50 people. Congratulations to local leader Patti Foley, who organized this event and will continue to do so about three times per year.

Introducing the Eat Local Caledon Monthly Newsletter

Welcome to the first edition of the Caledon Countryside Alliance's monthly newsletter. The objective of this publication is to keep Caledon residents informed of available locally-produced foods; upcoming local food events and Eat Local Caledon initiatives. Each issue will feature a food that is in-season and produced locally, and include suggested recipes for that food item. All part of the effort to help you eat locally and strengthen the local food system here in Caledon! Happy local eating!

It's Pumpkin Season!

It's pumpkin season, and many pumpkins will soon be converted to jack o' lanterns in preparation for October 31st. But let us not forget the opportunities for cooking that this autumn fruit provides (yes it is technically a fruit). You can make mouth watering local pies, cakes, soups, stir-fries, hummus, roasted seeds, and more. This month, purchase some locally grown pumpkin and try a new recipe. A few recipe possibilities are included below. When it comes time to choosing a pumpkin, medium or large-sized ones are best for carving whereas small-sized ones (e.g sugar pumpkins, 4-10lb) are best for cooking.

Pumpkin Recipes

Spicy Pumpkin Soup

Source: Simply Recipes <http://www.simplyrecipes.com>

Serves 8

4 Tbsp unsalted butter
2 medium yellow onions, chopped
2 teaspoons minced garlic
1/8 to 1/4 teaspoon crushed red pepper
2 teaspoons curry powder
1/2 teaspoon ground coriander
Pinch ground cayenne pepper (optional)
6 cups of chopped roasted pumpkin*
5 cups of chicken or vegetable broth
2 cups of milk
1/2 cup brown sugar
1/2 cup heavy cream



1. To make pumpkin purée, cut a small pumpkin (e.g. sugar or Kabocha pumpkin) in half, scoop out the seeds and stringy stuff (an ice cream scoop works well for this purpose), lie face down on a foil lined baking sheet. Bake at 350°F until soft, about 45 min to an hour. Cool, scoop out the flesh. Freeze whatever you don't use for future use.
2. Melt butter in a 4-quart saucepan over medium-high heat. Add onions and garlic and cook, stirring often, until softened, about 4 minutes. Add spices and stir for a minute more.
3. Add pumpkin puree and 5 cups of broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes.
4. Transfer soup, in batches, to a blender or food processor. Cover tightly and blend until smooth. Return soup to saucepan.
5. With the soup on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings to taste. If a little too spicy, add more cream to cool it down. You might want to add a teaspoon of salt.
6. Serve in individual bowls. Sprinkle the top of each with toasted pumpkin seeds.

Caledon Countryside Alliance Sustainable Caledon



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Pumpkin Recipes, cont'd

Roasted Pumpkin Seeds

Source: Simply Recipes <http://www.simplyrecipes.com>

Pumpkin
Salt
Olive oil

1 Preheat oven to 400°F. Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds.

2 In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a tablespoon of salt for every cup of water. Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.

3 Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack for 20 minutes or until the seeds begin to brown. When browned to your satisfaction,

remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed or eat whole.

Pumpkin Hummus

Source: SlashFood <http://www.slashfood.com/2006/10/19/pumpkin-hummus/>

1 tbsp tahini
2 tsp vegetable oil
3-4 tbsp water
1 tsp ground cumin
3/4 tsp salt, or to taste
1/4 tsp ground cayenne pepper, or to taste
1 (15-oz) can garbanzo beans
2 cups pumpkin puree (refer to Spicy Pumpkin Soup recipe)
1 garlic clove, smashed

In a food processor, combine all ingredients and puree until very smooth. Add a bit of extra water if the mixture is too thick to blend. Makes about 2 cups.

Where you can find pumpkins in Caledon

Pumpkins, both the carving and cooking varieties, are available at the below Caledon farm and market locations. Call ahead to be sure the pumpkins you want are still in stock.

Albion Orchards

14800 Innis Lake Rd. (b/w Boston Mills Rd. and King St)
905-584-0354

Bailey's Farm Produce & Market

3634 King St. in Campbell's Cross, Caledon, 905-838-3204

Downey's Farm & Winery

13682 Heart Lake Rd. (just south of King St.) 905-838-2990

Rock Garden Farms

16930 Airport Rd., north of Caledon East, 905-584-9461

Whole Village Sustainable Farms

20725 Shaws Creek Rd. (north of Highpoint Sdrd) 519-941-1099

Caledon Eat Local Week a Huge Success!

September 9th to 15th, 2007, marked Caledon's First Annual Eat Local Week. Coordinated by the Caledon Countryside Alliance, Eat Local Week enlisted participation from residents, restaurants, food shops and farmers throughout Caledon. In total, over 100 Caledon residents, 15 food establishments and numerous farmers took part in this inaugural week event. Events throughout the week included a Caledon Farmers Market; Wine Tasting at Chesslawn Vineyards & Winery; Local Food Cooking Class at Gourmandissimo Catering & Fine Food Shop; and a Local Food Potluck hosted by Mayor Marolyn Morrison.

The CCA wishes to extend a special thank-you to everyone that contributed to making Caledon Eat Local Week a success.

The following Caledon food establishments went out of their way to feature local food specials during the week and also donated generous prizes towards the prize draw: Terra Cotta Inn; The Belfountain Inn; The Shed Coffee Bar; Inglewood General Store; Caledon Village Bistro; Lynn's at the Cataract Inn; The Millcroft Inn; Ray's Bakery; The Consulate Dining Lounge; Gourmandissimo Catering & Fine Food Shop; Trailside Bistro & Café; Howard the Butcher Fine Foods; Chef Talk Bistro; and Garden Foods.

Events were made possible through efforts and product donations by Howard the Butcher Fine Foods, Chesslawn Vineyards & Winery; Gourmandissimo Catering & Fine Food Shop; and Albion Orchards. Farmers and growers at the Caledon Farmers Market included Albion Orchards, Honey Hills Farm & CSA, Music Farm, Our Farm, Whole Village Sustainable Farms, Forks of the Credit Honey and Neil Morris.

On the last evening of Eat Local Week, Mayor Marolyn Morrison graciously hosted 20 participants in her home for a local food potluck.

Overall the enthusiasm that Caledon showed towards supporting local farmers & producers was impressive and encouraging.

The CCA is already looking forward to organizing next year's 2nd Annual Caledon Eat Local Week for September 2008.

In the meantime, look for upcoming local food initiatives and events from the CCA, including: October Pumpkinfeast; Food & Farming – Making Connections (trade meetings between local farmers, distributors, retailers and restaurants); Local Food Dinner Club; and much more.