

Upcoming Events:

Thursday Dec. 6th,
6:30pm – Eat Local
Caledon Dinner Club at
the Belfountain Inn.
Fixed price menu, \$30
per person. If you would
like to attend, please
make reservations at the
Belfountain Inn by calling
519.927.9219. Reserve
soon as it promises to be
a great event and
spaces are limited!

Recent Events:

CVC Stewardship
Forum: C3 Climate
Change in the Credit,
Nov. 3rd The CCA was
invited to deliver a
presentation about the
relationship between
climate change and food
systems.

Pumpkin Day at
Creditview Public
School, Oct. 23rd. The
CCA visited Creditview
P.S. and spent a couple
hours with a class of
Grade 3s, demonstrating
the merits of local food.
Together we used local
pumpkins to make
pumpkin soup, pumpkin
scones, roasted pumpkin
seeds and pumpkin ice
cream pie! Believe it or
not, the soup seemed to
be the most popular with
the students.

Commencement of the Eat Local Caledon Dinner Club

We are starting a new initiative called the Eat Local Caledon Dinner Club. On a near-monthly basis, the CCA will invite all Caledon residents to a featured Caledon restaurant to dine on some specially-prepared local fare as part of a fixed-price menu. Just as in Eat Local Week, the featured restaurant is required to source the food ingredients locally. These events will help to facilitate partnerships between local producers and restaurants, as well as enable Caledon residents to enjoy a great meal while supporting the local food system. The inaugural dinner club event shall be hosted by the Belfountain Inn on Thursday, December 6th at 6:30pm. There will be a fixed price menu for \$30 per person. If you would like to attend, please make reservations ASAP with the Belfountain Inn at 519.927.9219.

Making Local Food & Farming Connections

One of the priority objectives of the CCA's *EatLocalCaledon* program is to facilitate partnerships between local producers and local food businesses. We initiated this aspect of the program when we asked local restaurants to participate in Eat Local Week and feature locally sourced ingredients. As a next step, the CCA organized a trade meeting for November 12th between Caledon producers and Caledon food businesses to discuss the challenges and opportunities for local trade relationships. There was a great turn-out from both producers and businesses, and the group intends to meet again in early March. Some of the topics discussed included: the value of local food; consumer awareness; distribution and delivery; potential viability of a Caledon Farmers Market; formalization of a local food and farming alliance; the importance of reliability, working together and regular communication; and a wholesale directory. The ideas and feedback generated at this inaugural meeting are very helpful for the CCA in deciding where to focus its local food program efforts.

Climate Change & Local Food

The CCA was invited to speak at the Credit Valley Conservation's annual Stewardship Forum. This year's topic was C3: Climate Change in the Credit, and the CCA delivered a presentation about the relationship between climate change and local food systems. A few key points from our presentation were:

- Transportation pollution accounts for more than 1/3 of greenhouse gas production in Canada.
- It is estimated that the average Canadian meal travels 2400 km from field to table.
- In a study conducted by FoodShare Toronto compared the number of food miles and associated carbon dioxide production of produce that was grown within Ontario and purchased at a Toronto farmers market to the same amount and type of produce that was imported from other countries and purchased at a Toronto supermarket. The following were the results:
 - Food from the farmer's market travelled an average of 101 km to reach the consumer, whereas the supermarket produce travelled an average of 5,364 km to reach the consumer.
 - The basket of local products contributed 118,669 grams of CO2 emissions, whereas the basket of imported products contributed 11,886,867 grams of CO2 emissions.
 - Over a year, buying only locally produced foods: transport-related CO2 emissions would be 0.006316 tonnes, whereas buying only imported foods, the transport-related CO2 emissions would be 0.573 tonnes.

Sources: David Suzuki Foundation, FoodShare Toronto

This Month's Feature: Ontario Beets

Despite its sweet flavour, dramatic colour and exceptional nutritional value, the beetroot is a vegetable that many people love to hate. This month we share with you a few beet recipes that we think should satisfy all palettes! When it comes to vitamin content, beetroot (and even more so its green tops) is a powerhouse, and is rich in calcium, iron, magnesium, potassium, vitamin C, thiamin, riboflavin, vitamin A and vitamin K. These hardy plants can be harvested in the later part of the growing season and store well over the winter, thereby providing an ideal source of eating locally and seasonally during the colder months. For short-term storage, beets can be wrapped in plastic and stored in the refrigerator for up to 2 weeks. For longer-term storage, cut off the green beet tops, leaving about ½ inch of the stem. Place the beets in layers of sand, sawdust or peat moss in a plastic container with a tight lid and store the container in a cool area, such as a root cellar or insulated (but non-heated) garage. Beets can be stored using this method for 2-3 months. Purchase beets at some of your favourite local farm and market locations. If they are closed for the season, look for Ontario beets at any supermarket locations.

Caledon Countryside Alliance Sustainable Caledon



P.O. BOX 69 STN. INGLEWOOD, CALEDON ON, L7C 3L6 Tel: (905) 584-6221 Email: cca@caledoncountryside.org

Website: www.caledoncountryside.org

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Beet Recipes

Beet, Apple & Spinach Salad

Source: www.canadianliving.com/food

Servings: 4

4 beets, stemmed
3 tbsp apple cider
3 tbsp cider vinegar
2 tbsp olive oil
1 tsp Dijon mustard
1 tsp honey

1/4 tsp salt and pinch of pepper
1 garlic clove, minced
2 green onions, chopped
4 cups spinach, or other greens
1 apple, chopped or grated
2 tbsp. blue cheese or goat cheese (optional)

Cook beets in boiling water for 45 minutes. Drain, let cool, and peel away skins from beets. Cut into 1/4 inch thick strips and place in bowl. In small bowl, which together cider, vinegar, oil, mustard, salt, pepper and sugar, stir in garlic and green onions. Toss 2 tbsp of dressing with the beets and let stand for at least 30 min. and up to 8 hrs. In large bowl, combine spinach, cheese, apple and remaining dressing. Toss to coat well and arrange beets on top.

Borscht (Beet Soup)

Source: Allrecipes.com

Servings: 8

1 lb raw beet, peeled & grated
2 carrots, finely chopped
3 potatoes, quartered
1 large onion, finely chopped
1/2 stalk celery, chopped
1 garlic clove, crushed
4 cups vegetable broth

2-3 teaspoons lemon juice
1 tablespoon dried dill weed
Salt and freshly ground black pepper to taste
2/3 cup sour cream or plain yogurt, to serve

Combine beets, carrots, potatoes, onion, celery, garlic, vegetable broth, lemon juice, dill weed, salt & pepper in a pot. Bring to a boil, cover the pot, and let simmer for 45 minutes. Let soup cool slightly and then process in small batches in a food processor. Reheat and serve with a spoonful of sour cream or yogurt swirled through.

Beet & Chocolate Cake

Source: *Simply in Season, 2005, Mennonite Central Committee*

Servings: 16-24

2 cups cooked, peeled & chopped beets (see instructions for cooking beets above)
1/2 cup apple sauce
1 1/2 cups sugar
1/2 cup oil
1/2 cup plain yogurt
3 eggs
1/2 cup baking cocoa
1 1/2 teaspoons vanilla
1 1/2 cups flour
1 cup whole wheat flour
1 1/2 teaspoons baking soda
1/2 teaspoon salt



1 teaspoon ground cinnamon (optional)
1/2 cup chocolate chips and/or nuts

Puree beets and apple sauce in a blender until smooth. Set aside. Combine sugar, oil, yogurt, eggs in a large mixing bowl. Beat with an electric mixer for 2 minutes. To the mixing bowl, add baking cocoa, vanilla and beet & apple sauce puree. To the mixture, gradually sift in the flour, whole wheat flour, baking soda, salt, and ground cinnamon. Mix with a spoon but stir only until blended. To the mixture, stir in chocolate chips and/or nuts. Pour the mixture into greased 9 x 13 inch/3.5 L baking pan. Bake in preheated oven at 350°F/180°C oven for 40-50 minutes, or until knife inserted in the center comes out clean.

Oxford Word Of The Year: Locavore

Oxford University Press: Word of the Year, November 12, 2007

It's that time of the year again. It is finally starting to get cold (if you are worried about the global warming maybe you should become carbon-neutral) and the New Oxford American Dictionary is preparing for the holidays by making its biggest announcement of the year. The 2007 Word of the Year is (drum-roll please) locavore.

The past year saw the popularization of a trend in using locally grown ingredients, taking advantage of seasonally available foodstuffs that can be bought and prepared without the need for extra preservatives.

The "locavore" movement encourages consumers to buy from farmers' markets or even to grow or pick their own food, arguing that fresh, local products are more nutritious and taste better. Locavores also shun supermarket offerings as an environmentally friendly measure, since shipping food over long distances often requires more fuel for transportation.

"The word 'locavore' shows how food-lovers can enjoy what they eat while still appreciating the impact they have on the environment," said Ben Zimmer, editor for American dictionaries at Oxford University Press. "It's significant in that it brings together eating and ecology in a new way."

"Locavore" was coined two years ago by a group of four women in San Francisco who proposed that local residents should try to eat only food grown or produced within a 100-mile radius. Other regional movements have emerged since then, though some groups refer to themselves as "localvores" rather than "locavores." However it's spelled, it's a word to watch.

Eat Local Week Wrap-up at the Terra Cotta Inn!

On October 19th, the Terra Cotta Inn graciously hosted the CCA and approximately 15 people for the Eat Local Week Wrap-up Pub Night. Over the course of the evening, we enjoyed good company, good drinks and good local food that consisted of pumpkin soup, pumpkin scones, pumpkin hummus and pumpkin loaf. The Eat Local Week prize draw was conducted and 15 prizes were allocated. We want to extend a very special thank-you to the Caledon businesses that donated the fabulous prizes. These included: Chef Talk Bistro & Catering; Gourmandissimo Catering & Fine Food Shop; Trailside Café & Bistro; The Consulate Dining Lounge; Lynn's at the Cataract Inn; The Terra Cotta Inn; Howard the Butcher Fine Foods; The Shed Coffee Bar; The Inglewood General Store; The Belfountain Inn; Garden Foods; and the Millcroft Inn.