

Recent Events:

EatLocalCaledon Dinner Club dinner held at the Belfountain Inn, Dec. 6th. The Belfountain Inn featured a fixed price menu composed of locally grown ingredients. There was a great turnout and the menu was delicious, consisting of vegetables and pork from Everdale Organic Farm in Hillsburgh and trout from Silver Creek Aquaculture in Erin. Visit our website for full menu details and stay tuned for our next Dinner Club event.

Managing Your Ecological Footprint Workshop, Orangeville Fairgrounds, Nov. 24th The CCA and the Mono Mulum Citizens' Coalition ((MC)2) sponsored a public workshop with Dr. Ron Dembo, Founder and CEO of "ZeroFootprint". The workshop focus was to help participants understand how everybody can lower greenhouse gas emissions and improve the quality of life in our area and the world. Making local food choices was identified as a key component towards managing one's ecological footprint.

'Tis the Season

The season of holiday traditions is upon us, and throughout Caledon, friends and family are getting together, trees are being decorated, presents are being bought, apple cider is being warmed, and kitchens are being used for holiday baking. This year, as you enjoy and carry out your holiday traditions, try to make a special effort to support your local food shops and local and Ontario farmers and food producers. There are many ways to do this, including buying your Christmas tree from a local farm; bringing the host wine produced by one of Caledon's two wineries; buying presents of jams and preserves from local specialty shops; and using local or Ontario ingredients in your holiday baking when possible (or if you don't feel like baking, buying some baked goods from a local bakery). Found below is a holiday directory that can help you to make some of these local choices. And for those who do feel like baking, we have included a few recipes that feature seasonal ingredients that are produced either in Caledon or within Ontario. Happy holidays and happy local eating!

Holiday Directory

Apple Cider

Albion Orchards

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

Downey's Farm & Winery

13682 Heart Lake Rd. (just south of King St.) 905-838-2990, www.downeysfarm.on.ca

Ken Speirs Orchards

4810 Mayfield Rd. (at Bramalea Rd.) 905-843-2320
Open Sept.-Dec., Daily 10am-6pm.

Baked Goods

Ray's Bakery

1475 Queen St., Alton, 519.941.6121

Caledon East Home Bakery

15977 Airport Rd., Caledon East, 905.584.5360

Caledon Italian Bakery

12612 Hwy 50, Bolton, 905.857.3628

Downey's Farm & Winery

13682 Heart Lake Rd. (just south of King St.) 905-838-2990, www.downeysfarm.on.ca

Gourmandissimo Catering & Fine Foods

16023 Airport Rd., Caledon East, 905.584.0005

Ken Speirs Orchards

4810 Mayfield Rd. (at Bramalea Rd.) 905-843-2320
Open Sept.-Dec., Daily 10am-6pm.

Mercato Fine Foods Bakery & Deli

1 Queensgate, Bolton, 905.857.9040

Our Farm

10084 Highway 9, Palgrave, 519-942-9156

-Organic bakery.

Christmas Trees

Albion Orchards

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

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
www.downeysfarm.on.ca

Ken Speirs Orchards

4810 Mayfield Rd. (at Bramalea Rd.) 905-843-2320

Honey & Maple Syrup

Cassandra Apiary

1681 Shaw's Creek Road, 519.927.9191

-Natural wildflower and specialty honeys. Call ahead.

Forks of the Credit Honey

1354 Forks of the Credit Rd., 519.927.3334 Call ahead.

Pure Caledon Hills Honey

17895 Heart Lake Rd., 519.927.3375

www.purecaledonhillshoney.ca

Putney Heath Farms

Caledon East, 905.584.9328

-Pure Maple Syrup Call ahead.

Wine

Chesslawn Vineyards & Winery

8859 Castlederg Sdrd. (just west of Hwy. 50) 905-857-5035

www.chesslawnwinery.com

-Grape Wine. Open Year-round, Fri.-Sun., 12-5pm.

Downey's Farm & Winery

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

www.downeysfarm.on.ca

-Grape & Fruit wine.

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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This Month's Feature: Holiday Baking & Desserts

Although it may be difficult to use only local ingredients when baking this month, it is quite easy to incorporate at least some local ingredients into holiday recipes. There are several egg farmers in the area, so stop and pick up a dozen next time you see a roadside sign. Maple syrup, honey, apples and wine are all produced here in Caledon (see directory above). Ontario Bosc pears are available until the end of December, and Ontario butter, milk and flour are available year-round. Ontario walnuts are available, although a bit harder to come by unless you are visiting a winter farmers market or you or your neighbour have a tree. When shopping for these products, read the label to be sure you are choosing Ontario product. If the Ontario version is not available, ask the store manager!

Maple Fudge

Source: www.cooks.com

Servings: 36 squares

4 c. sugar

1/2 c. butter

3/4 c. maple syrup

1 c. milk

1 c. miniature marshmallows

1 1/2 c. chopped walnuts

1 tsp. vanilla extract

In a large saucepan, mix together the sugar, butter, maple syrup, milk, and marshmallows over medium heat. Cook, stirring occasionally to prevent scorching, until the mixture forms a thread when you lift the spoon, about 20 minutes. Remove from the heat and let cool while you grease a 9 inch square pan. Add the nuts and vanilla to the fudge. Stir until the mixture starts to harden around the edge of the saucepan. Pour into the prepared pan. Cool completely. Cut into 36 squares.

Apple-Cheddar Bars

Source: Allrecipes.com

Servings: 20 squares

Apple Filling:

4 apples

1/3 cup granulated sugar

2 tbsp lemon juice

1/2 tsp ground cinnamon

Cheddar Crust:

1 1/2 cups large-flake rolled oats

1 cup all-purpose flour

2/3 cup packed brown sugar

1/4 tsp salt

3/4 cup butter, melted

1 cup shredded extra-old Cheddar cheese

Line a 9-inch square metal cake pan with parchment paper, leaving 1-inch overhang for handles. Set aside.

In bowl, whisk together oats, flour, sugar and salt. With fork, stir in butter until mixture clumps and is crumbly. Add cheese, tossing to mix. Press all but 1 cup evenly into prepared pan. Bake in centre of 350 F oven until edges are golden, about 15 minutes. Let cool.

Meanwhile, peel, core and slice apples 1/2-inch (1 cm) thick. In skillet, bring apples, sugar, lemon juice and cinnamon to boil, adding up to 1/4 cup water if apples stick to pan. Reduce heat and simmer, stirring occasionally, until tender-crisp, about 5 minutes.

Spread apple mixture over base; sprinkle with remaining oat mixture. Bake in centre of 350 F oven until golden, about 30 minutes. Let cool in pan on rack; cut into squares.

Honey Shortbread

Servings: 10-15

1 cup Plain or Whole-wheat Flour

1/4 cup Cornflour

3/4 cup Soft Butter

1/2 cup Honey

Mix the ingredients together until they form a dough ball.

Spoon the mixture out onto a greased baking tray and press it down well.

Bake at 325F/160C for 30-35 minutes or until golden brown.

Cool for a few minutes then cut into fingers while still warm and serve when cold.

Poached Bosc Pears

Servings: 2

2 medium Bosc Pears, peeled

1 1/2 cup Red wine

1/4 cup Sugar

1/8 teaspoon Cinnamon

Combine all ingredients in a small saucepan. Simmer the pears until just soft (about 15 minutes). Remove the pears with a slotted spoon. Set aside the pears and allow to cool at room temperature. Raise the flame to medium high and cook the sauce for about 10 more minutes. Allow to cool. Pour over the pears. Cover with plastic film and refrigerate for at least 2 hours. Serve cold.

Cranberry Mulled Wine

2 cups cranberry juice cocktail

1/2 cup sugar

2 sticks cinnamon

3 whole cloves

1 apple, peeled & sliced

1.5 L red wine

1/2 lemon, sliced

Combine all ingredients in a large pot and heat on low for 1 hour. Serve hot.