

January 2008

Volume 2, Issue 1

# eat local caledon

## **Eat Local Caledon 2008**

### **Program Components:**

- Local Food Pledge
- Eat Local Month, September 2008
- Grown in Peel Guide 2008
- Local Dinner Club
- Local Food Hero Recognition Program
- Community Events & Presentations
- Bi-annual *Making Connections* Trade Meetings between farmers, retailers & restaurants and *Making Connections* Wholesale Directory
- Local labeling for farmers, restaurants & retailers
- Trial Caledon Farmers Market, June-Sept. 2008

## **A Perfect New Year's Resolution: Eat Local!**

What are your New Years Resolutions for 2008? Perhaps they include eating more healthfully; doing your part to improve the environment and curb climate change; contributing to vitality within your community. The CCA would like to suggest a resolution for 2008 that covers all of the above themes... eat more local! The benefits of eating locally are plentiful, and this is a resolution that will extend beyond the personal to the environmental, economic, social and cultural domains. Some key benefits of eating local include that:

- Buying local food reduces long-distance transport of food and thereby reduces transportation-related greenhouse gas emissions and contribution towards climate change.
- Local food is fresher, more nutritious and tastier - primarily because it is allowed to ripen further (for fruits and vegetables) and takes less time to travel between the farm and the consumer.
- Local food requires less additives and packaging - again primarily because of shorter travel times.
- Buying local food supports local farmers, contributes to a strong rural economy and the preservation of farmland.
- Ontario food is produced to some of the highest food safety standards in the world, so you can have greater confidence in the food you are eating.
- Overall, cooking with local, fresh ingredients often means that greater care is put into preparing and enjoying meals. If another one of your New Year's resolutions is to spend more quality time with loved ones, the kitchen and dinner table is one of the easiest places to do that.

Some ideas for including more local food choices into your day-to-day habits in 2008 include:

- *Visit local farmers & u-picks for local fruits, vegetables and herbs.*
- *Buy eggs, meats & fish from local sources.*
- *Buy honey and maple syrup from local producers.*
- *Buy goods from local processors (e.g. bakeries, dairies, breweries, wineries, butchers).*
- *Join a local CSA (Community Supported Agriculture) to receive a weekly supply of seasonal produce.*
- *Ask your local grocer and favourite restaurant about what local foods they carry. This gives them greater incentive to carry what their customers are most interested in.*
- *Plant a garden and eat produce from your own backyard.*
- *Preserve local produce (freeze, can, dry) while it is in season to eat later in the year.*
- *Participate in CCA's Eat Local Caledon initiatives, such as the Local Dinner Club, the 2008 trial Caledon Farmers Market and Eat Local Month in September 2008.*

## **Eat Local Caledon 2008**

The Eat Local Caledon program got off to a great start in 2007, and the CCA is looking forward to further program accomplishments in 2008. The main focus of the 2007 program was promotion and community engagement. In 2008 we are expanding on the promotion component to include the development of local food infrastructure and increased production capacity. For more details about the program and its components, see the sidebar and visit our website.

## **Ideas for Eating Local in January**

It's fairly easy to tout "eat local" in the warmer seasons, but things do become a little more difficult during the winter months. Final harvest for the local vegetable and fruit producers is long over, and most of Caledon's farm markets are now closed until the spring. If you had the foresight to collect some extra produce for preserving and freezing, good on you!

If not (and probably even if so), the inclusion of local ingredients into your meals is likely to mean cooking with root vegetables. This is far from a bad thing. Root vegetables are delicious, packed with essential nutrients and tend to be inexpensive. Ontario root vegetables are readily available at local food retail shops and supermarkets and below are some recipe ideas for using them.

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Sustainable Caledon



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## Root Vegetable Recipes

### Curried Cream of Parsnip & Carrot Soup

Source: Foodland Ontario

Servings: 4-6 Prep Time: 10 min. Cook Time: 25 min

6 cups chicken or vegetable broth

1 lb. each of Ontario parsnips & carrots, peeled & chopped

1 Ontario onion, chopped

1 bay leaf

1 tsp. curry powder

½ tsp black pepper

Half pkg (12 oz) soft silken tofu

In a large saucepan, combine broth, parsnips, carrots, onion, bay leaf, curry powder and pepper. Bring to boil, reduce heat and simmer until vegetables are very tender, 20-25 min. Discard bay leaf. Spoon mixture along with tofu into blender or food processor and process in batches until smooth. Taste and adjust seasoning, if necessary.

### Baked Onion Rounds

Source: Foodland Ontario

Servings: 4 Prep Time: 8 min. Cook Time: 30 min

2 tbsp (25 mL) Dijon mustard

1 tbsp (15 mL) vegetable oil

1 tbsp (15 mL) Ontario Honey

1-1/2 tsp (7 mL) dried sage leaves, crumbled

1/2 tsp (2 mL) salt

4 medium Ontario Cooking Onions

In small bowl, combine mustard, oil, honey, sage and salt. Slice onions crosswise into 1 cm thick slices. Place in single layer in greased 13-x 9-inch (3 L) baking dish. Brush generously with mustard mixture. Cover with foil and bake in 425°F (220°C) oven for 15 minutes. Uncover and bake for 10 to 15 minutes longer or until tender.

### Baked Squash Custards

Source: Foodland Ontario

Servings: 8 Prep Time: 10 min. Cook Time: 35 min

2 eggs

1 ½ cups mashed cooked Ontario Butternut or Buttercup squash

¾ cup brown sugar

½ tsp salt

¼ tsp each ground cinnamon & nutmeg

1 2/3 cups light cream

Ontario Maple Syrup or Maple Crème Fraîche (recipe below) for garnish

In large bowl, beat eggs; beat in squash, sugar, salt, cinnamon and nutmeg. Gradually stir in cream. Pour into 8 (6 oz/170 mL) custard cups. Place cups in shallow baking pan. Pour in enough hot water to come half way up sides of cups. Bake in 350°F (180°C) oven 35 minutes or until knife inserted in centre comes out clean. Remove cups from water; cool then chill. Garnish with maple syrup or maple crème fraîche (recipe below)

**Maple Crème Fraîche:** In large bowl, stir together 1/2 cup (125 mL) whipping cream and 1/2 cup (125 mL) sour cream. Cover loosely with plastic wrap and let stand overnight at room temperature. Chill. Stir in 1/4 cup (50 mL) Ontario Maple Syrup. Makes about 1 cup (250 mL).

### Root Vegetable Lasagna

Source: Epicurious

Servings: 6

Lasagna

1 1/2 lb butternut squash, thinly sliced

1 1/2 lb carrots, thinly sliced

1 lb parsnips, thinly sliced

1 lb potatoes, thinly sliced

1 lb rutabagas (may substitute turnips), thinly sliced

1 cup sliced shallots

1/2 cup sliced garlic

3 tbsp fresh thyme, chopped

2 tbsp butter, cut in small pieces

Mushroom Broth (optional)

3 lb white button mushrooms, thinly sliced and sautéed in 1 tbsp

butter and 3 oz honey until lightly colored

4 oz sherry vinegar

3 oz soy sauce

3 tbsp cold butter

**Lasagna:** Preheat oven to 325°F. Place a double layer of butternut squash in the bottom of a 12" baking pan that's been greased with butter and sprinkled with salt and pepper. Season squash with salt and pepper to taste and top with 2 tbsp shallots, garlic, and thyme. Layer remaining vegetables individually, seasoning each layer with shallots, garlic, thyme, salt, and pepper. Dot top with butter, sprinkle with salt and freshly ground pepper to taste. Bake 1 1/2 to 2 hours or until you can easily pierce vegetables with a knife. Remove from oven and let rest at least 15 minutes before serving.

**Broth:** In a medium pot, combine mushrooms, vinegar, soy sauce, and 5 cups water and bring to a boil, stirring constantly. Lower heat and simmer 30 minutes. Strain broth through a fine-mesh strainer into a bowl. Melt butter in a saucepan and whisk into broth. Salt and pepper to taste, whisk again and pour over lasagna.

### Ginger Rutabaga or Parsnip Muffins

Source: Foodland Ontario

Servings: 12 muffins Prep Time: 15 min. Cook Time: 20 min

1-1/2 cups all-purpose flour

1/2 cup rolled or quick cooking oats

1 tbsp baking powder

1/2 tsp salt

2 tbsp finely chopped crystallized ginger

1/2 cup raisins

1 egg

1 cup grated peeled Ontario Rutabaga or Parsnip (1 medium)

3/4 cup (175 mL) milk

1/2 cup (125 mL) Ontario Honey

1/4 cup (50 mL) vegetable oil

Grease or spray muffin cups with nonstick vegetable cooking spray. In large bowl, combine flour, rolled oats, baking powder and salt. Stir in ginger and raisins; set aside.

In medium bowl, lightly beat egg; stir in grated rutabaga or parsnip, milk, honey and oil until blended. Stir liquid ingredients into dry ingredients, stirring just until moistened. Spoon into muffins cups. Bake in 400°F (200°C) oven for 15 to 20 minutes or until firm to the touch. Cool in pan 5 minutes; remove muffins and cool on rack. Store in airtight containers.