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# eat local caledon

## Local Food Hero

**Award** - Congratulations to Patti Foley – Fall 2007 Local Food Hero. Patti organized a special “Green Tea” local food event to coincide with Eat Local Week.

## Upcoming Events

**Eat Local Caledon Dinner Club event, Thursday, February 28<sup>th</sup>, 7pm** – Chef Talk Bistro in Bolton will be hosting the February local dinner club event. Chef Fabrizio is developing a delicious menu for the evening, which will consist of ingredients that are sourced from local producers and will be a fixed price of \$30 per person. Vegetarian options will be available. Reserve soon to ensure a spot! Seating will be at 7pm. Reservations should be made directly with Chef Talk Bistro at 905.857.6578

## Making Connections Trade Meeting, Monday, March 3<sup>rd</sup>

**9:00-11:30 am, Caledon Community Complex, 6215 Old Church Rd., Caledon East** – The 2<sup>nd</sup> trade meeting to be held between Caledon producers and food purveyors to facilitate development of local trade relationships. Guest speaker Helen Prinold, of OMAFRA, will be delivering a presentation about the Ontario food industry, key consumer trends, and provincial support for local producers and processors. If you would like to attend, RSVP to [jennifer@caledoncountryside.org](mailto:jennifer@caledoncountryside.org) or by phone to 905.584.6221.

## The (Local) Meat of the Matter

Over the past few years, changes in provincial regulations and inspection guidelines have made it increasingly difficult for smaller meat processors to stay in business. Throughout Ontario, smaller, independent meat processors have been shutting down. The dwindling presence of these businesses poses a challenge to the strengthening of local food systems as it hinders the potential for local meat trade and farm-gate sales. Fortunately for the local food system in Caledon, Holly Park Meat Packers Inc. has remained in business, serving as a nearby processing and packaging facility for local farmers. Located on Old Church Rd. in Bolton, the plant processes local and regional (Ontario) beef, veal, lamb and pork, primarily from small independent farmers. Several Caledon farmers and numerous Dufferin farmers sell their meat to Holly Park for processing. In turn, Holly Park’s primary customers are small independent grocers and food service suppliers within Ontario. Local retail buyers include Howard the Butchers in Caledon East and Anker Meats and Garden Foods in Bolton.

For local farmers, the existence of a local processing facility drastically cuts down on transportation distance, thereby reducing costs to the farmer, transport-related emissions, and distress for the animals. Furthermore, the small-scale nature of the Holly Park facility means that meats are tracked through the processing and packaging stages, and later returned to the farmers if they desire. This return of meat products to the point of origin is not an option when meats are processed by large-scale, multi-national companies such as Cargill. The return of packaged meats enables farmers to sell meat locally, such as through farm-gate sales, or keep it for their own consumption. Nick DeBoer, Town of Caledon councillor and local beef farmer, considers Holly Park an integral component of Caledon’s local food system. “The presence of a smaller, independent processor and packer enables local meat trade.”

The operators of Holly Park are very engaged in Ontario food system issues. As Mary Vacca of Holly Park says, “If we don’t support the local producers, we’ll soon find that we don’t have enough producers in Ontario, especially the small independent farmers”. Holly Park meats are designated under Homegrown Ontario, a voluntary labeling system that identifies veal, lamb and pork that were raised, finished and processed within Ontario (the precise eligibility requirements can be found on the webpage [www.hgontario.ca](http://www.hgontario.ca)) The Homegrown Ontario program was developed in 2007 through an alliance of Ontario Pork, the Ontario Veal Association and the Ontario Sheep Marketing Agency. Owner of Holly Park, Tony Facciolo, is also president of the Ontario Independent Meat Processors (OIMP), which represents Ontario’s independent meat and poultry producers and processors, retailers, wholesalers and industry.

You can find Holly Park meats, as well as other Ontario meats and poultry, at the Caledon shops listed below.

Call ahead for hours of operation and further product details.

**Anker Quality Meats**, 266 Queen St., Bolton, 905.951.1179

**Broadway Farms**, 12506 Heart Lake Rd., 905.843.9225

**Garden Foods**, 501 Queen Street South, (Hwy 50), Bolton, 905.857.1227

**Howard the Butcher Fine Foods**, 15980 Airport Rd, Caledon East, 905.584.2934

For a listing of meat and poultry producers in the Caledon, Erin, Dufferin and King areas that sell directly to the public, refer to the List of Local Farms and Producers on the CCA’s website. Development of this list is an ongoing initiative and if you know of an additional farmer who would like to be on the list, please contact us at [jennifer@caledoncountryside.org](mailto:jennifer@caledoncountryside.org).

## Cooking with Meat & Poultry

Unlike Ontario fruit and vegetable varieties, Ontario meats are available year-round and therefore never “out-of-season”. So when it comes of meat and poultry, there is never really an excuse to not buy local! In the next section are some ideas for cooking with Ontario meats and poultry.

Caledon Countryside Alliance

Sustainable Caledon



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## Meat & Poultry Recipes

### Apple 'N Oat Pork Burgers

Source: [www.porkpeople.com](http://www.porkpeople.com)

Servings: 8

1 ½ lbs Ontario lean ground pork  
 1 cup instant oatmeal  
 ¼ cup Ontario onion, finely chopped  
 2 tbsp finely chopped green pepper  
 1/2 tsp dry mustard  
 1 ½ tsp salt  
 Pinch of ground cloves  
 1 Ontario egg, lightly beaten  
 1 cup Ontario apple, finely chopped  
 ¼ cup tomato ketchup

Mix all ingredients well and form into 8 patties. Barbecue or broil for 10-15 minutes, flipping half way through.

### Beef Stroganoff

Source: [www.backtonaturebeef.com](http://www.backtonaturebeef.com)

Servings: 6

1 lb Ontario ground beef  
 10 large Ontario fresh mushrooms, sliced  
 2 cans (10 ½ oz) condensed beef broth  
 1 medium Ontario onion, chopped  
 ¼ cup ketchup  
 1 ½ tsp garlic salt  
 1/3 cup flour  
 2 cups sour cream  
 10 oz uncooked medium egg noodles

In a medium saucepan, brown the meat and onion. Add the mushrooms and continue cooking for a few minutes. Reserving 2/3 cup of the beef broth, stir in remaining broth, ketchup and garlic salt. Cover and simmer for 15 minutes.

Cook egg noodles as directed on package

In a separate bowl, mix together the flour and remaining 2/3 cup of broth. Stir into the meat. Heat to boiling, stirring constantly. Boil and stir for 1 minute, then turn off heat and stir in the sour cream and noodles. Serve.

### Spiced Veal Pita Pockets

Source: [Foodland Ontario](http://Foodland Ontario)

Servings: 4 Prep Time: 10 min. Cook Time: 12-15 min

1 lb lean ground veal  
 1 small Ontario onion, finely chopped  
 2 cloves Ontario garlic, minced  
 1 tsp dried mint (optional)  
 ½ tsp salt  
 ¼ tsp each ground cinnamon & black pepper  
 ¼ cup lemon juice  
 4 small pita breads  
 4 large lettuce leaves  
 ½ cup plain yogurt or sour cream  
 1 tomato, diced  
 ½ cup diced cucumber

In large skillet, cook veal over medium-high heat, breaking up with spoon, until no longer pink and beginning to brown; drain off any fat. Reduce heat to medium and add onion, garlic, oregano, mint (if using), cinnamon, salt and pepper; cook, stirring, for about 8 minutes or until onion is very soft. Stir in lemon juice. Meanwhile, cut top 1/3 off of each pita and place inside bottom of pita. Line pita with lettuce leaves; spoon in half of the yogurt. Add veal filling and top with remaining yogurt, tomatoes and cucumber.

### Chicken Mulligatawny Soup

Source: [Chicken Farmers of Ontario](http://Chicken Farmers of Ontario)

Servings: 6 Prep Time: 15 min Cook Time: 25 min

1 tbsp vegetable oil  
 1 large Ontario onion, diced  
 1 large Ontario potato, peeled & diced  
 2 tbsp minced fresh ginger  
 4 cloves Ontario garlic, minced  
 1 tbsp ground coriander  
 1 ½ tsp ground cumin  
 ½ tsp cayenne pepper  
 1 bay leaf  
 1 can coconut milk  
 4 cups chicken broth  
 3 large ripe Ontario greenhouse tomatoes, seeded & diced  
 1 Ontario apple, peeled, cored & diced  
 3 cups of cooked Ontario chicken, in chunks  
 ¼ cup chopped parsley  
 Salt & pepper  
 Fresh cilantro leaves

Heat oil in large saucepan over medium heat. Add onion, potato, ginger, and half the garlic and cook until softened, 3 to 4 minutes. Stir in coriander, cumin, turmeric, cinnamon, cayenne and bay leaf until aromatic, about 1 minute. Add coconut milk and chicken broth and bring to a simmer. Add remaining garlic, tomatoes, apple and chicken. Simmer 15 to 20 minutes or until apple is tender. Remove bay leaf and stir in parsley and salt and pepper to taste. Garnish with cilantro and serve.

### Lamb Pot Pie with Feta Potato Crust

Source: [www.lambrecipes.ca](http://www.lambrecipes.ca)

Servings: 8

2 lbs lamb shoulder, ground  
 5 tbsp vegetable oil  
 1 large Ontario onion, chopped  
 1 tbsp. Ontario garlic, minced  
 1 ¼ tsp cinnamon  
 2 tsp. mint, dried  
 1 ¼ tsp oregano  
 ½ tsp allspice  
 35 oz can plum tomatoes, diced, save the juice  
 2 tbsp. tomato paste  
 1/4 cup parmesan cheese, grated  
 3 lbs russet potatoes  
 2 tbsp unsalted butter  
 ½ lb feta cheese, crumbled

In a large pan, heat oil over medium heat. Add onion, stirring until softened. Add garlic and lamb and cook until brown. Drain excess fat. Add cinnamon, oregano, mint and allspice and cook for 1 minute. Add tomatoes, juice, tomato paste and salt and pepper to taste. Cook for 15 minutes then transfer to baking dish..

Topping: Peel potatoes and cut into 1 inch pieces. Cover with cold water and bring to a boil. Drain cooked potatoes and mash lightly with hand masher. Add parmesan cheese, butter, feta cheese and salt and pepper to taste. Mix well. Spoon potato mixture over the lamb mixture and bake in 400°F oven for 35 to 40 minutes or until lightly browned.