

March 2008

Volume 2, Issue 3

eat local caledon

Upcoming Events

Palgrave Local Roast Beef Dinner, Saturday, April 12th, Palgrave United Church, 34 Pine Avenue – The dinner will include local roast beef (from Broadway Farms Market in Caledon), local potatoes, carrots, parsnips (from Reid's Farm Market in Dufferin) and Palgrave's Plethora of Home-baked Pies. Tickets are on sale at the door starting at 4pm. Adults: \$16; Youth: \$7; Pre-school: Free. There are 3 sittings: 4:30, 5:30 and 6:30. Volunteers welcome. For reservations and inquiries, please call Rev. Roberts at 905.880.0303.

The Toronto Wine & Cheese Show, April 4th – 6th, The International Centre, Mississauga – This event might appeal to the "foodie" in you. Now in its 25th year, the show features gourmet food, wine and beer tasting, kitchen demonstrations, information seminars, and much more. For more information, visit www.towineandcheese.com

March is Maple Syrup Time

As we approach the end of winter and the beginning of spring, maple syrup time is once again upon us. While for most of us, maple syrup conjures images of pancakes and breakfast, this natural sweetener can be used many other ways to inject a little 'local' into our daily fare. See the recipe section on page 2 for some great ideas! Below are some interesting facts pertaining to the maple syrup industry. Information is courtesy of OMAFRA (<http://www.omafra.gov.on.ca/english/crops/facts/maple.htm#economic>).

- Maple syrup production is an important industry in Ontario and is worth approximately \$15 million to the Ontario economy, a value that has doubled since the 1980's. Yet this figure does not account for the economic impact of related tourism or the local multiplier effect of the industry.
- Canada produces 80 percent of the world's maple syrup supply, with the US producing the remaining 20 percent. Quebec produces 90 percent of the Canadian supply and Ontario produces about 5 percent.
- There are many different types of maple trees, including sugar, black, red and silver, but sugar maple is the most viable for commercial sap production.
- Maple syrup production has a long history in Canada. Canada's aboriginal people first made a dark sugar from the sap collected in birch bark baskets and boiled in a hollowed-out log filled with sap and hot stones. The first settlers made syrup in iron kettles boiled over an open fire. By the early 1900's the flue type evaporator came into use and the process has been refined every since in the modern sugar shack.

If you want to try some fresh maple taffy in snow, local sugar bushes and conservation areas are open during March for tours and tasting. Jack Smythe Field Centre in Terra Cotta will be open March 8, 9, 12-16 from 10-3 pm with maple syrup demonstrations in a tepee, at a pioneer site and in a modern sugar shack. Local Ontario syrup is for sale and proceeds go to the Field Centre. The Centre is located at 14592 Winston Churchill Blvd at the top of the Escarpment. For more details, call 905-877-7771. At the Kortright Centre in Kleinburg, the sugar bush is open from March 7th to April 6th with special activities on during March break and on the weekends. Full details are available on the TRCA website: <http://www.trcaparks.ca/maplesyrup>.

Local maple syrup from Putney Heath Farm in Caledon is available at Howard the Butchers in Caledon East. Willow Creek Farm in Erin sells their syrup from their farm (519.833.1144) or at What's Cookin' in Erin and at Everdale Environmental Centre in Hillsburgh. Kidd's Maple Products in Shelburne (519.925.6453) sell at the farm gate and at Harmony Whole Foods in Orangeville. During the summer season, a number of the Caledon on-farm markets sell Ontario maple syrup. Enjoy!

Eat Local Caledon Dinner Series at Chef Talk Bistro

More than forty people attended the second *Eat Local Caledon* Dinner Series event at Chef Talk Bistro in Bolton on February 28th. Designing the menu around locally-available ingredients, Chef Fab used fresh, organic chicken from Our Farm in Palgrave; root vegetables from Reid's Farm Market in Mono, and Mutsu apples from Ken Speirs Orchards on Mayfield Road. The 3-course dinner featured Oven Roasted Parsnip and Ginger Soup topped with curried crème fraiche; Ricotta and Carrot-stuffed Chicken Ballantine, served with roasted blue potatoes; and an Apple Honey Samosa for dessert. Our compliments to the chef and to the Chef Talk Bistro staff for executing this event with great success!

Recruiting for Eat Local Caledon Directory

If you know a grower/producer who may be interested in selling products (e.g. fruits, vegetables, meats, baked goods, etc) to a local restaurant or retailer, let us know at jennifer@caledoncountryside.org. We are currently working on a Food & Farm Directory to facilitate more local trade between producers and restaurants/retailers, and we do not want to miss anyone!

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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Maple Syrup Recipes

Apple Pancakes with Maple Syrup

Source: www.ontariomaplesyrup.com

2 large Ontario apples
1 tsp cinnamon
¼ cup melted butter
¼ cup chopped pecans
1/3 cup sugar
Pancake batter (your favourite mix)
Ontario Maple Syrup

Heat oven to 450F. In 9-10" skillet, sauté apples in butter over medium heat until tender. Remove skillet from heat and sprinkle in the nuts. Pour pancake batter over the apples and sprinkle with sugar and cinnamon. Bake 15 minutes or until pancake is puffed and sugar is melted. If ovenproof skillet is not available, bake in 9-10" pie plate or protect handle of skillet with aluminum foil. Now, pour Ontario Maple Syrup and ENJOY!

Maple Glazed Root Vegetables

Servings: 4

4 medium parsnips, peeled and cut lengthwise into ¼-inch slices
4 medium carrots, peeled and cut lengthwise into ¼-inch slices
1 large acorn squash, peeled, quartered, seeded and cut into ¼-inch thick slices
2 Tbsp (25 mL) olive oil
2 Tbsp (25 mL) maple syrup
Salt and freshly ground pepper

Preheat oven to 425°F. In a large bowl, combine all vegetables. Add oil and toss to coat. Place vegetables on two large baking sheets. Roast for 25 minutes. Remove pan from oven and toss vegetables with maple syrup and season with salt and pepper. Return to baking sheets and roast for an additional 15 minutes. Remove from oven and serve.

Maple Corn Bread

Source: Ontario Maple Syrup Producers Association, Adapted from *Simply Maple*

1 1/3 cups (325 ml) sifted all-purpose flour
4 tsp (20 ml) baking powder
1/2 tsp (2 ml) salt
2/3 cup (150 ml) cornmeal
2/3 cup (150 ml) milk
1/3 cup (75 ml) Ontario maple syrup
2 eggs, lightly beaten
1/4 cup (50 ml) butter, melted
1/4 cup (50 ml) Ontario maple syrup
1/2 cup (125 ml) walnuts, coarsely chopped

Heat oven to 375°F. Grease 9 inch square cake pan. Sift flour, baking powder and salt into a large mixing bowl. Stir in cornmeal with fork. Combine milk, 1/3 cup (75 ml) maple syrup, butter, and eggs; add to dry ingredients. Stir in just until blended. Spoon into pan and smooth. Drizzle remaining 1/4 cup (50 ml) maple syrup over batter. Sprinkle with walnuts. Bake for 25 minutes or until a toothpick comes out clean.

Maple Chicken

Source: Ontario Maple Syrup Producers Association, Adapted from *Simply Maple*

2 lb (1 kg) chicken pieces
1/3 cup all-purpose flour
1/4 cup vegetable oil
1/2 cup maple syrup
2 Tbsp cider vinegar
2 Tbsp sherry
2 Tbsp soya sauce
2 tsp ground ginger
2 cloves garlic, minced
1/2 tsp pepper
1/4 tsp paprika

Coat chicken pieces well with flour. In large nonstick fry pan, add vegetable oil. Cook for 5 minutes, browning well, turn often. Arrange in 9" x 12" baking dish. In small bowl, mix together maple syrup, vinegar, sherry, soya sauce, ginger, garlic, pepper and paprika. Pour over chicken evenly. Bake at 350°F for 45 minutes to 1 hour, turning once during baking. Cover with foil, if browning too quickly. Garnish with

Maple Vinaigrette

Source: www.ontariomaplesyrup.com

½ tsp salt
¼ tsp freshly ground pepper
2 Tbsp Ontario pure maple syrup
1 tsp Dijon mustard
2 Tbsp red wine vinegar
½ cup vegetable oil (olive oil is too strong)

Mix together in a jar by hand or for a creamier dressing, use a hand blender.

Maple Baked Beans

Source: Ontario Beans, www.ontariobeans.on.ca

Servings: 8

1 Tbsp vegetable oil
4 slices bacon, sliced (optional)
1 large Ontario onion, chopped
1/2 green pepper, chopped
5 cups cooked white pea beans
1 tsp salt
1 (6 oz./170 mL) can of tomato paste
1/3 cup brown sugar
1/4 cup maple syrup

In a medium saucepan, heat oil over medium-high heat. Add bacon, onion and green pepper and cook until onions and pepper begin to soften.

Transfer mixture into a 5-6 quart (6 L) casserole or bean pot. Add beans and mix. Combine tomato paste, salt, sugar and syrup and stir into bean mixture.

Bake covered at 350° F (180°C) for about 1 hour or until heated throughout. Add water if necessary to give desired consistency. If more colour is desired, remove cover from casserole during last 15-20 minutes of baking.