

April 2008

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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.

April's Eat Local Caledon Dinner, Thursday, April 24th, The Consulate Dining Lounge, Caledon East

The CCA is inviting you all to celebrate Earth Week by attending our April Eat Local Caledon Dinner Series event on Thursday April 24th at The Consulate Dining Lounge in Caledon East (15430 Innis Lake Rd.). Using ingredients from local farms, the chef will be putting together a menu for a fixed price of \$30. Vegetarian options will be available. The seating will be at 7pm and reservations should be made directly with the Consulate at 905-584-6286. Hope to see you there!

Farmers' Market Vendors needed for Caledon Day!

The Town of Caledon has declared Saturday, October 4th as the inaugural Caledon Day. The day will include numerous events, including a Caledon Farmers' Market. The CCA is assisting the Town of Caledon in the organization of the Farmers' Market. If you are interested in being a farm vendor, or helping out as a volunteer, please contact us at jennifer@caledoncountryside.org. If you have any general questions about Caledon Day, contact Holly at 905-584-2272 x 4235. The following are the details:

Sat Oct 4, from 10am-2pm. \$30/permit, Located in the Family Village area, entitled to a 10x10' space
For application forms, see website at <http://www.caledon.ca/caledonday/vendors.asp>

Get a Head Start on Your Vegetable Garden this Month

If you are planning to have a vegetable garden this summer, get a head start by starting seedlings indoors this month. You can use plastic seedling trays, muffin trays or small yogurt containers. Begin by sterilizing the containers in the dishwasher or with hot soapy water to prevent fungi growth. Pierce holes in the bottoms of the containers and fill them with sterile potting soil. Plant the seeds and then place them next to a sunny window.

Transplanting the seedlings into your garden

About a week before you plan to plant the seedlings in your garden, begin acclimatizing them to the outdoor environment. This is a process known in the gardening world as "hardening off". Make sure the seedlings are well-watered throughout this process. For the first few days, place the seedling containers outside in a shady spot (e.g. covered porch, under a table) and bring them back inside at night or at any time if the weather turns cold, windy or rainy. Over the next few days, gradually increase the amount of time that the seedlings are exposed to direct sunlight. By the end of the week, they will be able to handle day-long sun.

When transplanting the seedlings into your garden, water them well beforehand and afterwards, and try not to transplant them during the sunniest part of the day.

TRCA Workshop - Natural Income Opportunities for Rural Landowners

Looking to make some income from your rural property? Always wanted to start a small or hobby farm? What about beekeeping, maple syrup or forest products? The Toronto and Region Conservation Authority is hosting a FREE Landowner Workshop on Thursday, May 15 from 6:30-9:30 at the Caledon Community Complex, 6215 Old Church Rd., Caledon East. Attend and learn about options and resources available to landowners looking to start a nature-based business for fun or profit. **This is a free workshop but space is limited. Register by May 12, 2008 to avoid disappointment.** For more information or to register, contact: Julie Hordowick, Toronto and Region Conservation, 416-661-6600 ext. 5644 or jhordowick@trca.on.

Mushrooms – A Local Eating Staple

Grown indoors in climate-controlled buildings and hand-harvested daily throughout the year, fresh Ontario mushrooms make year-round local eating easier. Half of Canada's 250-million pound, \$325 million dollar mushroom crop is actually grown in Ontario. White (button) and brown (crimini, portobello and baby bellas) varieties are the most common, but specialty varieties such as oyster and shitake are grown extensively as well. Mushrooms are not typically touted for their nutritional qualities, but studies have shown that they are good sources of B Vitamins, essential minerals, and fibre. Visit www.mushrooms.ca for more information. Mushrooms should be stored in a paper bag in the fridge and should remain fresh for 5-7 days.

There are at least three mushroom producers within the Caledon & Headwaters area. Call ahead if you would like to place an order.

Whole Village, Caledon, 519-941-1099, ask for Natalie

Fresh & Tasty Mushrooms, Shelburne, 519-925-3215

Windy Fields, Grand Valley, 519-928-5200

For some April local eating ideas, check out the Mushroom Recipes on the next page.

Caledon Countryside Alliance Sustainable Caledon



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