

August 2008

Volume 2, Issue 8

eat local caledon

Eat Local Month Events

**Salsa Canning
Workshop**, Sat. Sept. 6,
10am-1pm, Inglewood
General Store, \$20 per
person, includes 4 take-
home jars of salsa.
Register for this event by
emailing
jennifer@caledoncountry
side.org

**7-Day Eat Local
Challenge**, Thurs. Sept.
11 to Wed. Sept 18.
Register online at
www.caledoncountryside.org

**Host-Your-Own Local
Potluck Night**, Sat.
Sept. 27

Local Dinner Events

**Ray's Bakery Third
Generation**, Fri., Sept.
5th, 7pm, 519.941.6121

**The Consulate Dining
Lounge**, Thurs. Sept.
11th, 7pm, 905.584.6286

The Village Bistro,
Tues., Sept. 16th, any
time between 5 & 9pm,
519.927.1919

Chef Talk Bistro, Thurs.
Sept. 18th, 7pm,
905.857.6578

**Belfountain Inn - Pub
Night**, Thurs. Sept. 25th,
7pm, 519.927.9219

Market Hill Café, Tues.
Sept. 30th, any time
between 5 & 9 pm, 519-
941-5150

The Caledon Country Boys at the Inglewood Farmer's Market – Wed. Aug. 13th

The Inglewood Farmers' Market will be featuring the fun, upbeat music of the Caledon Country Boys on Wednesday, August 13th from 4-7 pm. And on the barbecue this week: Ontario Mennonite sausages. So come out to enjoy the music, grab some dinner, and shop at the market. Hope to see you there!

This September is Caledon Eat Local Month

Last September the CCA collaborated with the Town of Caledon and numerous Caledon farmers, shops and restaurants to organize Caledon's first-ever *Eat Local Week*. This year we are doing it for a whole month! The Town of Caledon Council is on board and has already officially proclaimed September as Caledon *Eat Local Month*.

The aim of *Eat Local Month* is to raise awareness throughout the Caledon community of the bounty of foods that are produced in the local area. Residents are encouraged to make a special effort to buy from local producers and shops offering local fare. Several restaurants are participating by hosting local dinner events. A 7-Day Eat Local Challenge will take place in the middle of the month, with fabulous local prizes for winning participants. Further details about Eat Local Month activities will be sent out in the very near future, but a preliminary listing of events is included on the left side bar. So mark the dates on your calendar and get ready for a month full of local eating and community spirit!

Sweet Summer Corn

Grain corn (maize) was a staple in the diet of North American Indians for thousands of years. It is now primarily used for cattle feed and industrial applications. Sweet corn became popular around the American Civil war period and is the preferred variety for human consumption.

Sweet corn tastes best if cooked and eaten immediately after picking as the natural sugars begin declining as soon as it is picked. If this is not possible, keep corn refrigerated in plastic bags and consume within 3 days.

The most common cooking preparation for corn is to boil it. Young cobs should be boiled for 3-4 minutes and mature cobs for 5-7 minutes.

A very yummy method for cooking corn that is not as common (yet) is to barbecue it. Barbecuing corn caramelizes the kernels' sugars, and can even be done with the husks left on. Pull down the husks enough to pull off some of the silk inside. Lay the husks back on the cob, and soak the cob in water for 10-15 minutes. Drain, and cover the ends with aluminum foil. Cook the cobs on the BBQ over medium heat and turn often until husks are burnt brown (about 20 minutes). Let cool, remove husks, and serve.

Barbecue: Place butter and desired seasonings on cobs and wrap them in husks (after soaking husks in cold water) or in aluminum foil.

For more ideas about cooking with sweet corn, see the Recipes section.

You can find local corn at the following Caledon farms:

Awesome Blossom, 17221 Airport Rd.; **Bailey's Farm**, 3634 King St.; **Downey's Farm Market**, 13682 Heart Lake Rd.; **Rock Garden Farms**, 16390 Airport Rd.; and **Van Dyken Brothers**, 14510 The Gore Rd.

Caledon Countryside Alliance Sustainable Caledon



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Website: www.caledoncountryside.org

Artwork supplied by Lyndia Terre©

Recipes – Sweet Corn

Corn Mediterranean Salad

Source: Foodland Ontario

Prep Time: 10 minutes Cooking Time: 5 minutes

Servings: 2

2 medium cobs Ontario Sweet Corn, husked and cut into 1-inch pieces
 1/4 lb Ontario Green Beans
 1 head Ontario Bibb or Boston Lettuce
 2 hard-cooked eggs, quartered
 1 can (6-1/2 oz/184 g) chunk salmon, well drained
 1 Ontario Sweet Red Pepper, cut into strips
 1 Ontario Tomato, cut into 8 wedges
 8 black olives
 1/3 cup olive oil
 2 tbsp red wine vinegar
 2 cloves Ontario Garlic, minced
 1 tbsp finely chopped fresh Ontario Herbs (such as Basil, Parsley or Thyme)
 Salt and pepper

In large pot of boiling water, cook corn for 3 minutes until almost tender. Add beans and cook for 1 more minute. Drain and immediately rinse under cold running water to stop cooking. Drain well.

Arrange lettuce leaves over platter about 15-inches (38 cm) in size. Arrange beans on lettuce, followed by eggs, salmon, red pepper, corn and tomato. Scatter with olives.

In small bowl, whisk together oil, vinegar, garlic, herbs, and salt and pepper to taste; drizzle over salad.

Roasted Corn & Red Pepper Soup

Source: Foodland Ontario

Prep Time: 10 minutes Cooking Time: 25 minutes

Servings: 4

4 cobs Ontario Sweet Corn
 1 large Ontario Sweet Red Pepper
 1 large Ontario Onion
 1 tbsp vegetable oil
 2 cloves garlic, minced
 4 cups chicken stock
 1/2 tsp dried thyme
 salt and pepper

Husk corn. Quarter red pepper, removing seeds and ribs. Peel onion and cut into 1/2 inch (1 cm) slices. Lightly brush onion with oil to prevent sticking.

Place corn, red pepper and onion on preheated barbecue over medium heat; grill, turning occasionally, until lightly charred and tender-crisp, about 15 minutes. Remove from barbecue. With sharp knife, cut corn kernels from cobs; dice red pepper and onion.

In medium saucepan over medium-high heat; soften garlic in oil 30 seconds. Add corn, red pepper and onions; sauté 2 minutes. Add stock and thyme; bring to boil. Reduce heat and simmer 10 minutes or just until vegetables are tender but not overcooked. Season with salt and pepper to taste.

Chili Corn Carne

Source: Foodland Ontario

Prep Time: 15 minutes Cooking Time: 20 minutes

Servings: 4-6, makes 8 cups

1 lb (ground turkey or chicken)
 1 onion, chopped
 1 clove garlic, minced
 3 Ontario Tomatoes, blanched, peeled and cubed (2 lbs/1 kg)
 2 cobs Ontario Sweet Corn
 1 cup each coarsely chopped sweet red and green pepper (1 each)
 1 can kidney beans, drained
 1 tbsp chili powder
 1 tsp each dried oregano, cumin, salt and vinegar

In large saucepan over medium-high heat, cook turkey, onion and garlic until turkey is browned and onion is soft. Add tomatoes to turkey. Using sharp knife, cut corn kernels from cobs. Add corn, red and green pepper, kidney beans, chili powder, oregano, cumin, salt and vinegar to turkey mixture. Bring to boil, reduce heat and simmer 15 minutes.

**To blanch tomatoes: Pour boiling water over and let stand 2-3 minutes. Immediately plunge into cold water. Skins should come away easily.

Turkey-Corn Casserole

Source: Foodland Ontario

Prep Time: 20 minutes Cooking Time: about 40 minutes

Servings: 18 one-cup servings

8 cobs Ontario Sweet Corn, cooked
 2 lb lean ground turkey or chicken
 2 large onions, chopped
 2 sweet green peppers, chopped
 4 cloves garlic, minced
 2 tbsp each chili powder and Worcestershire sauce
 1 tbsp dried basil
 1 1/2 tsp each cinnamon and salt
 1/2 tsp pepper
 6 large Ontario Field Tomatoes, peeled & cut up
 1/2 cup red wine or tomato juice
 1/2 cup raisins
 4 cups rotini or fusilli
 1 pkg (250 g) pasteurized cheese product, cut into small cubes

With sharp knife, cut cooked corn kernels from cobs to measure 4 cups (1 L); reserve.

In large nonstick skillet, cook ground turkey over medium heat until crumbly, about 10 minutes; drain and reserve.

Add onions, green pepper and garlic to skillet; cook over medium-high heat 5 minutes or until vegetables are softened.

Add chili powder, Worcestershire, basil, cinnamon, salt and pepper; cook 1 minute. Stir in turkey, tomatoes, wine and raisins; cover and cook over medium-low heat, stirring occasionally, 25 minutes or until saucelike consistency.

In large saucepan, cook pasta in boiling water according to manufacturer's directions or until tender; drain and combine with turkey mixture and reserved corn. Stir in cheese.

Turn into individual serving containers or several larger serving-size casseroles. Freeze for longer storage or refrigerate.