

December 2008

Volume 2, Issue 12

eat local caledon

Christmas Open House at the Tea Boutique, Tues. Dec. 23rd, 7am-11pm Need some time to relax during the holiday rush? Drop in for some locally grown tea, apple cider, and hors d'oeuvres.

Eat Local this Holiday Season!

The holiday season is upon us and throughout Caledon, people are entertaining, decorating Christmas trees, purchasing gifts, cooking and baking. As you enjoy and carry out your holiday traditions, try to make a special effort to support your local food shops and local and Ontario farmers and food producers. There are many ways to do this, including buying your Christmas tree from a local farm; bringing wine produced by one of Caledon's two wineries as a host gift; buying presents of jams and preserves from local specialty shops; and using local or Ontario ingredients in your holiday cooking and baking.

Found below is a holiday directory that can help you to make some of these local choices. Call ahead to each location for product details and to confirm hours of operation.

Apple Cider

Albion Orchards, 905-584-0354
Downey's Farm & Winery, 905-838-2990
Ken Speirs Orchards, 905-843-2320

Christmas Baking & Sweets

Albion Orchards, 905-584-0354
Broadway Farm's Market, 905-843-9225
Caledon East Home Bakery, 905-584-5360
Caledon Italian Bakery, 905-857-3628
Downey's Farm & Winery, 905-838-2990
Einhorn Catering & Fine Food, 905-584-0929
Gourmandissimo Catering & Fine Foods, 905-584-0005
Howard the Butcher Fine Foods, 905-584-2934
Inglewood General Store, 905-838-4386
Ken Speirs Orchards, 905-843-2320
Mercato Fine Foods Bakery & Deli, 905-857-9040
Our Farm, 519-942-9156
Palgrave Café & Sandwich Shop, 905-880-8587
Ray's Bakery, 519-941-6121
The Tea Boutique, 905-584-7227

Christmas Trees

Albion Orchards, 905-584-0354
Bailey's Farm Produce & Market, 905-838-3204
BethNeil Farms, 905-843-1795
Downey's Farm & Winery, 905-838-2990
Ken Speirs Orchards, 905-843-2320

Gift Baskets and Homemade Jams & Preserves

Albion Orchards, 905-584-0354
Broadway Farm's Market, 905-843-9225
Downey's Farm & Winery, 905-838-2990
Einhorn Catering & Fine Food, 905-584-0929
Gourmandissimo Catering & Fine Foods, 905-584-0005
Howard the Butcher Fine Foods, 905-584-2934
Inglewood General Store, 905-838-4386
Ken Speirs Orchards, 905-843-2320
The Tea Boutique, 905-584-7227

Honey & Maple Syrup

Albion Orchards, 905-584-0354
Caledon Hills Honey, 519-927-3376
Cassandra Apiary, 519-927-9191
Cheltenham Country Store, 905-838-2493
Downey's Farm & Winery, 905-838-2990
Forks of the Credit Honey, 519-927-3334
Howard the Butcher Fine Foods, 905-584-2934
Inglewood General Store, 905-838-4386
Ken Speirs Orchards, 905-843-2320
Our Farm, 519-942-9156

Ontario Cheeses

Broadway Farm's Market, 905-843-9225
Cheltenham Country Store, 905-838-2493
Downey's Farm & Winery, 905-838-2990
Einhorn Catering & Fine Food, 905-584-0929
Howard the Butcher Fine Foods, 905-584-2934
Inglewood General Store, 905-838-4386

Ontario Meats & Free-Range Turkeys

Anker Quality Meats, 905-951-1179
Broadway Farm's Market, 905-843-9225
Downey's Farm & Winery, 905-838-2990
Einhorn Catering & Fine Food, 905-584-0929
Garden Foods, 905-857-1227
Howard the Butcher Fine Foods, 905-584-2934
Inglewood General Store, 905-838-4386

Wine

Cheslawn Vineyards & Winery, 905-857-5035 (grape wines)
Downey's Farm & Winery, 905-838-2990 (grape & fruit wines)

Caledon Countryside Alliance Sustainable Caledon



P.O. BOX 69 STN. INGLEWOOD, CALEDON ON, L7C

3L6 Tel: (905) 584-6221 Email:

Artwork supplied by Lyndia Terre®

Carrot Cache

<http://www.carrot.com/carrotcache/index.htm>

Ontario Cranberry Recipes

Cranberry Pancakes

Source: www.cranberryrecipes.us

2 cups of vanilla yogurt.
1 cup of cranberries, chopped.
1 cup of yellow corn meal.
½ cup of all-purpose flour.
¼ cup of maple syrup.
1 teaspoon of baking soda.
½ teaspoon of baking powder.
½ teaspoon of salt.

Soak the cranberries in the maple syrup for about 8-12 hours. Mix together the yogurt, corn meal, all-purpose flour, the baking soda, the baking powder and the salt. Add the cranberry/maple syrup to the mixture and stir.

Lightly grease a skillet and heat up over a medium heat. Pour enough batter into the skillet to make one pancake and cook, turning once. The pancake is cooked when the surface is covered with bubbles and it has turned golden brown. Repeat until all the batter is used up.

Cranberry Salsa

Servings: 6

1 ½ cups cranberries, fresh or frozen
1 bunch cilantro, chopped
1 bunch green onions, cut into 3 inch lengths
1 jalapeno pepper, seeded and minced
2 limes, juiced
¾ cup white sugar
1 pinch salt

Combine all ingredients in a food processor and chop to medium consistency. Serve chilled or at room temperature.

Maple Cranberry Sauce

Source: www.cranberryrecipes.us

12 oz of fresh cranberries, washed.
1 cup of maple syrup.
1 cup of cranberry juice.
1 cup of walnut halves.
Grated zest of one medium orange.

Mix together the berries, maple syrup, juice and orange zest in a suitably sized saucepan. Bring to a boil, lower heat to medium, then cook for about 10 minutes. Remove any foam that forms on the surface. Stir in the walnut halves. Cool and refrigerate until serving time.

Pork and Cranberry Pot Roast

Source: www.cranberryrecipes.us

One 4 lb boneless pork roast.
1 cup of cranberries, finely chopped.
¼ cup of honey.
1 teaspoon of grated orange peel.
Salt and pepper, to taste.
Pinch of ground cloves.
Pinch of ground nutmeg.

Sprinkle the pork roast with salt and pepper; then place in a 4½ quart slow cooker. Combine all of remaining ingredients and pour over top of the roast. Cover and cook on low for 8-10 hours.

Cranberry Stuffing Balls

Source: www.cranberryrecipes.us

1 lb of Italian sausage.
8 oz of herb seasoned stuffing mix.
½ cup of celery, chopped.
¼ cup of onion, chopped.
1 medium egg.
1 cup of chicken broth.
½ cup of chopped cranberries.
¼ cup of melted butter.

Preheat oven to 325°F (160°C). Heat a nonstick skillet over a high heat. Add the Italian sausage, onion and the celery. Cook until the sausage has browned and the vegetables have softened (about 10 minutes). Remove from the heat; then drain and discard fat from the skillet. In a bowl, beat the egg; then stir in sausage mixture, stuffing mix, broth and cranberries. Using your hands, form the mixture into about eight balls. Put the stuffing balls on an ungreased baking sheet; then drizzle with the butter. Bake for about 30-35 minutes, until browned.

Cranberry Cheesecake

Prep Time: 30 min Cook Time: 45 min

Crust:

2 cups graham cracker or shortbread cookie crumbs
1/3 cup butter or margarine, melted

Cranberry Topping:

1/3 cup water
2/3 cup sugar
2 cups fresh cranberries
1 teaspoon lemon juice

Filling:

4 (8 ounce) packages cream cheese, softened
1 cup sugar
5 eggs
1 tablespoon lemon juice

Combine crumbs and butter; press into the bottom of a 9-in. springform pan. Bake at 300 degrees F for 5-8 minutes. Cool. Meanwhile, for topping, combine water and sugar in a saucepan. Bring to a boil over medium heat; boil 1 minute. Stir in berries; cover and reduce heat. Cook until most berries have popped, about 3 minutes. Add lemon juice. Press mixture through a sieve or food mill; set aside. For filling, beat cream cheese in a large mixing bowl until light. Gradually beat in sugar. Add eggs, one at a time, beating well after each. Add lemon juice. Pour into crust; spoon 4 tablespoons topping on filling and "marble" with a knife or spatula. Bake at 350 degrees F for 45 minutes. Turn oven off; let cake stand in oven 2 hours. Remove from oven; cool. Pour remaining topping on top; refrigerate overnight.

Mulled Cranberry Cider

Servings: 8

2 quarts cranberry juice
2 oranges, zested
14 whole cloves
1 1/2 cups fresh or frozen cranberries
1 teaspoon vanilla extract
1 1/3 cups honey
2 cinnamon sticks

Pour cranberry juice into a slow cooker; set on high. To the juice add the zest from the oranges, cloves, cranberries, vanilla extract, honey and cinnamon sticks. Heat, stirring occasionally, until hot and steamy, about 20 minutes.