

Winterlicious: Cooking with Local Winter Foods!

During the months of February and March the CCA will be visiting four Caledon elementary schools to conduct cooking workshops with Grade 5 students. The theme of the workshop is "Winterlicious: Cooking with Local Winter Foods". It is the first in a series of three workshops that the CCA will be conducting the four schools through the new Eat Local Caledon School Workshop Series. This program is a new component of Eat Local Caledon and is our way of involving Caledon youth in the local food and farming movement. The aim of our school workshop program is to foster knowledge of and appreciation for, the environmental and nutritional value of local food, and to spark an interest in cooking and food production. In a series of three hands-on learning workshops, students will learn to cook, eat and grow local food. These workshops are funded through a grant from the Town of Caledon's Green Fund.

This month's recipe section contains the recipes that the Grade 5 students will be cooking and eating for lunch during the workshop. The red cabbage salad is a must. It is so simple, so healthy, and so crunchy delicious. Try these recipes and perhaps you'll too learn something new about cooking locally and seasonally! And it is good practice just in case we ever launch "Are You a Better Cook Than a 5th Grader?"

Growing Your Opportunities Food & Farm Workshop

Are you looking for or do you have a business idea for your farm or food business - rural or urban? Growing Your Opportunities will help put that idea into action. The two day workshop will held in Caledon on February 26 and March 5 from 9-4 pm. The course is sponsored by Canadian Farm Business Management Council, Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA), Town of Caledon, Eat Local Caledon, Peel Federation of Agriculture and Ontario Federation of Agriculture.

The workshop has been specifically designed to help participants: identify, find and evaluate new value-add ideas; put the idea into action using a seven step development process; find the right market channels; build a business plan; explore how to finance stages of the business; price the product properly; and manage risk. Anybody looking to implement business ideas that are marketable, profitable and contribute to the long term viability of the farm operation should attend this workshop. The course includes work-book, related printed resources, refreshments and lunch on both days. Registration is limited to 25 registrants and pre-registration is required. Cost for the 2-day workshop is \$75.00. To register go to <http://www.town.caledon.on.ca/content/edc/flyer.pdf>. For further information call 905-584-2272 ext. 4152.

FarmLINK Ontario: A Good Resource for Caledon

FarmLINK Ontario is an innovative program that was recently launched through a partnership between Farm Start, Ontario Farmland Trust and Kawartha Heritage Conservancy. The program is for new farmers, established farmers and non-farmers that own farmland. The objective of the program is to bring together new farmers who are looking for land or mentorship with farm owners who have land available or expertise to share. The website, www.farmlinkontario.ca, contains a MatchMaker Tool in which interested parties can create a profile and search online for potentially beneficial partnerships. The FarmLINK resource is very relevant to Caledon, and Eat Local Caledon is here to help anyone through the process of using it.

Caledon Countryside Alliance Sustainable Caledon



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Carrot Cache

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

Winterlicious Recipes

Red Cabbage Salad

2 cups finely chopped Ontario cabbage
Freshly squeezed lemon to taste
Salt and pepper to taste

Combine cabbage, lemon juice and salt & pepper and serve.

Carrot & Parsnip Soup

Source: Foodland Ontario, www.foodland.gov.on.ca
Servings: 6 to 8 (makes about 2 L)

3 tbsp olive oil
3 Ontario onions
4 sliced, large Ontario Carrots
2 sliced, large Ontario Parsnips
2 peeled and chopped Ontario Apples
1/4 cup chopped fresh dill
2-1/2 cups (chicken or vegetable stock)
1 tsp granulated sugar
4-5 cups milk
salt and pepper
dill sprigs

In large saucepan, heat oil over medium heat. Add leeks, carrots, parsnips and apples and cook about 5 minutes, stirring often. Cover, reduce heat to low and cook 10 minutes to soften vegetables. Stir in dill, stock and sugar, bring to a boil, reduce heat, cover and simmer until vegetables are very tender, 15 to 20 minutes. Cool slightly. Working in batches, purée vegetables in blender or food processor with some of the milk. Return soup to saucepan and stir in remaining milk. Heat through but do not boil. Season to taste with salt and pepper and thin with additional milk, if desired. Garnish with dill sprigs.

Garlic Bread

1 (1 pound) loaf Italian bread
5 tablespoons butter, softened
2 teaspoons extra virgin olive oil
3 cloves Ontario garlic, crushed
1 teaspoon dried oregano
salt and pepper to taste
1 cup shredded mozzarella cheese

Preheat the broiler. Cut the bread into slices 1 to 2 inches thick. In a small bowl, mix butter, olive oil, garlic, oregano, salt and pepper. Spread the mixture evenly on the bread slices. On a medium baking sheet, arrange the slices evenly and broil 5 minutes, or until slightly brown. Check frequently so they do not burn. Remove from broiler. Top with cheese and return to broiler 2 to 3 minutes, until cheese is slightly brown and melted. Serve at once.

Butternut Squash Macaroni

1 medium butternut squash (about 1 1/2 pounds)
1 tablespoon olive oil
1/2 teaspoon dried rubbed sage
Coarse salt and ground pepper
5 garlic cloves, peel on
1 cup half-and-half
Macaroni noodles
Toppings of your choice (e.g parmesan, feta)

Preheat oven to 375 degrees Fahrenheit. Peel and remove seeds from squash. Cut squash into 2-inch chunks. Toss with oil and sage and transfer to a baking sheet.. Season generously with salt and pepper. Scatter garlic around squash. Roast until squash is very tender, about 40 minutes, tossing once halfway through. Remove and discard skin from garlic. Transfer squash and garlic to a food processor. Puree. With motor running, add half-and-half cream through the feed tube; process until smooth. Add 1 to 2 cups water. Continue to process until smooth, adding water to thin if necessary. Season again generously with salt. Cook pasta according to package instructions. Reserve 1 cup pasta water. Drain pasta and return to pot. Pour sauce over pasta; toss to coat. Serve with desired toppings.

To freeze: Cool sauce to room temperature. Transfer to airtight containers, leaving 1 inch of space. Freeze up to 3 months. When ready to use, place plastic containers upside down under hot tap water to help release frozen blocks of sauce. Place blocks in a large saucepan. Cover and reheat over medium-low, adding water to thin if necessary.

Apple Cake

1 egg
1/2 cup granulated sugar
1/3 cup vegetable oil
3 tbsp apple juice
1 tsp vanilla
3/4 cup all-purpose flour
1 tsp baking powder
Pinch salt
1/3 cup brown sugar
1 tsp cinnamon
4 small to medium apples, peeled, cored and sliced

In medium bowl, beat egg and sugar until thick and light. Beat in oil, apple juice and vanilla. In separate bowl, whisk together flour, baking powder and salt. Add to egg mixture, stirring just until blended (batter will be thick). In small bowl, mix brown sugar with cinnamon. Arrange apple slices in greased 8-inch (2 L) square metal cake pan. Sprinkle apples with half the brown sugar mixture. Carefully spread batter over apples; smooth top. Sprinkle with remaining brown sugar mixture. Bake in centre of 350°F (180°C) oven until cake is firm and pulls away slightly from sides of pan, 35 to 40 minutes. Cool for 10 minutes before serving.