

# eat ocal caledon

**Town of Caledon**

**Lunch & Learn**

**March 23<sup>rd</sup>, 2010**

# Eat Local Caledon Program

## Program Objectives

- Raise awareness of the environmental, social, economic and cultural benefits of eating food that is produced locally.
- Engage the public to support a local food system and make local food choices.
- Build capacity and infrastructure to support the sale and distribution of local food and to facilitate local trade relationships.

# Eat Local Caledon Program

- Eat Local Week/Month & Challenge
- Eat Local Dinner Series
- Farmer/Chef Networking – meeting, directory
- Workshops – canning, gardening, cooking
- Newsletters – recipes, events, updates
- Farmers' Markets – demos, recipes
- School Workshops – cooking, gardening



# Why Eat Local?

- **Taste and Nutrition:** Local food is fresher, more nutritious and tastier, primarily because it takes less time to travel between the farm and the consumer. Studies have shown that many foods lose nutritional value with storage and transport.
- **Local Economy:** Money spent on local food circulates in our local economy, strengthening the community for all of us. Eating locally can also be more affordable than a long-distance diet.
- **Farmland Preservation:** Supporting local farmers helps to make their farm businesses more viable, which contributes to preserving the beautiful farmlands and rural flavour of our community.
- **Food Safety:** Ontario food is produced to some of the highest food safety standards in the world.
- **Sustainability:** Peak oil, climate change and other issues means that we need to look for sustainable solutions. Local food is a three-times-a-day step in the right direction!

# Food & Greenhouse Gases

- In 2003, the energy expended to bring food from the farm to the table in Canada represented 46,000 kilotonnes of GHG emissions or 6.4 per cent of total Canadian GHG emissions. - Statistics Canada (2009)
- A 2005 study by the Region of Waterloo Public Health examined food miles and the relationship to GHG emissions. A basket of 58 goods (including beef, pears, lettuce, tomatoes, potatoes, peppers, apples, onions, cheese and carrots) that could be grown in Waterloo Region was used to compare the GHG emission factor for three scenarios: local (in the Region); South Western (SW) Ontario and imported.

# The Case for Reducing Food Miles

## Location Distance Travelled Emission Factor

- Region (40 Km) 0.008 kg/kg of food
- SW Ontario (250 Km) 0.067 kg/kg of food
- Import (4497 Km) 1.3 kg/kg of food
- Compared to the local goods, the SW Ontario goods generated an average of 19 times more emissions and the imported good 161 times more emissions.

# Take a Bite Out of Climate Change

- **1. Eat with the Seasons** – Choose food grown close to home.
- **2. Shop Local** – Farmers' Markets, u-picks, farm stands & local shops.
- **3. Cook Fresh** – Reduce consumption of prepared foods.
- **4. Eat More Plants** – Fruits, vegetables, beans, nuts, legumes & grains.
- **5. Grow Your Own** – Try the 100 yard diet – start simple with herbs.
- **6. Savour the Harvest** – Dry, freeze, can, preserve, pickle and more.
- **7. Choose Local Alternatives** – Honey & maple syrup to sweeten and local for high emission foods like meat, dairy & eggs.
- **8. Avoid Food Waste** – Reduce, re-use and recycle leftovers & avoid refrigerator rot.

# How to Eat Local?

- Farm & product listings can be found at [www.eatlocalcaledon.org](http://www.eatlocalcaledon.org) or [www.growninpeel.ca](http://www.growninpeel.ca)
- 2 Farmers' Markets in Caledon, June-October, Inglewood FM – Wednesdays, 3:30-7, opens June 9<sup>th</sup>; Caledon FM (in Bolton), Thursdays, 3-7, opens June 17<sup>th</sup>
- Ask your local restaurants and shops what they are serving that is local
- Attend Eat Local Dinners at participating restaurants
- Make the extra effort to cook (and preserve) with local foods

# Yes you CAN!

## Boiling Water Canning Method

- The canning process preserves food by preventing the growth of microorganisms and driving air out of the container. Tightly sealed containers prevent them from getting back in.
- The boiling water canning method processes food at 100 °C and is a safe method for preserving acidic foods, which includes most fruits and tomatoes.
- Vegetables are low-acid foods, but if prepared with acid (e.g. pickles), they can be safely preserved using the boiling water method.
- Low acid foods must be preserved using a **pressure canner**, which is more complicated and expensive, in order to reach a temperature of at least 115°C to kill all bacteria and safely preserve them.

# Botulism

- Botulism is caused by a bacteria that exists in two states, the spore and growing stage.
- The spore is present in all soil and some fresh produce - consuming it is not harmful.
- The spores can grow, however, in anaerobic (absence of oxygen) and non-acidic conditions, and create a poisonous toxin.
- To prevent botulism, you must either destroy the spores or create an acid environment where they can't grow.
- The processing temperature in boiling water canning does not destroy the spores.

# Boiling Water Canning Equipment

- Canning jars
- Two piece lids – a small cap that seals to the jar rim and a band or screw cap that holds the cap in place
- Water bath canner with wire rack
- Jar lifter
- Magnetic cap lifter
- Non-metallic spatula or knife
- Clean dish towel and dish cloth

# Step by Step

- 1. Inspect the jars for cracks. Wash the jars and new lids in hot soapy water, thoroughly rinse and air-dry.
- 2. Prepare food according to recipe (which must be up-to-date and reputable, follow measurements and instructions exactly to ensure safe results).

# Step by Step

- 3. While food is cooking down, put warm clean water in the canner and begin heating on medium-high. Put cap lids in a small pot of warm, simmering water and keep there until ready to use.
- 4. Once food is ready, ladle into jars using the funnel, leaving the recommended head space as specified in the recipe.
- 5. Remove air bubbles by running a nonmetallic utensil down through the ingredients. Readjust head space if required.

# Step by Step

- 6. Wipe jar rims with a damp dish cloth and place lid on jar, making sure it is centered. Apply screw bands – fingertip tight.
- 7. Place jars on elevated rack. Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid. Once rack is full, lower into canner and be sure that the jars are covered by at least 1 inch of water; add more hot water if required.
- 8. Turn the heat up and bring the water to full boil. Once at a boil, set your timer, and process jars according to recipe instructions. Ensure that water is at a full boil for the entire processing time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil, and begin the timing of the process over, from the beginning.

# Step by Step

- 9. Once processing time is over, remove the jars one at a time using a jar lifter, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
- 10. Let the jars sit undisturbed while they cool for several hours. Do *not* tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
- 11. Check jars for proper sealing. Lids should be lowered in the middle and not move up or down when you lightly press or tap them.

*Note: Refrigerate any unsealed jars and use the contents within a few days or freeze for use at a later date. You can also reprocess in the canner, although first wipe and inspect the jar rim and use a new lid cap and clean band.*

# Step by Step

- 12. Label jars and store in a cool, dry place out of direct light.

*Note: Before consuming, always examine jars for signs of spoilage - a bulging lid or leaking. If the food spurts out when opened; if liquids are cloudy or frothy; if food is slimy or mouldy, or if it smells bad, do not use. Never taste the contents of a jar of food with a broken seal or food with even the slightest sign of spoilage. Discard it where it is completely out of reach of animals (e.g. flush down the toilet).*