

December 2009

# eat local caledon

**Eat Local  
Caledon Holiday  
Canning Bee**  
Fri. Dec. 11<sup>th</sup>  
10am-2pm  
At the Inglewood  
Community  
Centre  
\$25 per person  
Take home 3 jars  
of canned  
**Cranberry Apple  
Chutney  
and  
Apple Salsa**

**Palgrave  
Community  
Kitchen Grand  
Opening,  
Day of Climate  
Action and  
Screening of film  
*Food Inc.***  
Sun. Dec. 13<sup>th</sup>  
1 – 3:30 pm

*Come and show  
your support for  
action on climate  
change and tour  
the new kitchen*

## **Wishing You A Climate-Friendly Holiday Season!**

As you go about your holiday activities, keep in mind that there are lots of food-related opportunities to make your holiday season more climate-friendly! It may include entertaining with Ontario wine and cheeses, making your own preserves with local ingredients, giving gifts of local food, not letting leftovers go to waste, using local honey instead of sugar in your baking, or committing to a 100-mile Christmas dinner!

Our Recipes Section on the next page contains some inspirational ideas for holiday baking, and our canning event next Friday, December 11<sup>th</sup> (see sidebar) is a great chance to make some delicious preserves for entertaining or gift-giving.

Please let us know what actions you are taking/have taken this holiday season to reduce your carbon and foodprint by emailing us at [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org).

And if you need any help along the way, refer to our Holiday Directory or contact us by email, again at [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org). We are happy to help!

Wishing you a safe and happy holiday season!

## **Grand Opening of the Palgrave Community Kitchen**

Caledon's first **Community Kitchen** is opening on Sunday, December 13<sup>th</sup>!

Come and join in the fun and celebration with an action packed afternoon of activities, organized through the Palgrave Environment Committee and Eat Local Caledon.

This event has been timed with the International Climate Change talks being held in Copenhagen, Denmark and will focus on the connection between food and climate change.

Attendees will learn about the nine climate-friendly actions of the *Take the Bite out of Climate Change* food pledge and have an opportunity to sign up. We will also be doing a "350 Kitchen Pot/Bell Salute" as Kairos Canada has organized faith communities across Canada to ring bells 350 times on December 13, 2009. The significance of this number is that scientists have identified 350 parts per million (ppm) as the safe upper limit for CO<sub>2</sub> levels in the atmosphere. The bad news is we have already exceeded this level (387 ppm) and we all need to take action!

The Palgrave Community Kitchen is a fantastic addition to our local food system, and will serve our community in a number of ways. It will be used by 4H and the Palgrave School for cooking classes; the Palgrave Environment Committee will be offering workshops on cooking, preserving and preparing local food; and, the kitchen will be open as a food business incubator for those interested in developing food enterprises that require a certified kitchen. This will all help to build the local food economy.

### Afternoon Events:

1:00 pm – Film Screening of *Food Inc.* This documentary covers many food issues, including the need to support local grown and farmers markets. There is no charge, but please reserve by phone at (905) 880-0303.

3:00 pm – Official opening of kitchen, 350 Kitchen Pot/Bell Salute & Refreshments

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>

## Recipes – Baking & Dessert Ideas

### Honey Shortbread Fingers

Servings: 10-15 fingers

*1 cup Plain or Whole-wheat Flour  
 ¼ cup Cornmeal  
 ¾ cup Soft Butter  
 ½ cup Honey*

Mix the ingredients together until they form a dough ball. Spoon the mixture out onto a greased baking tray and press it down well. Bake at 325F/160C for 30-35 minutes or until golden brown. Cool for a few minutes then cut into fingers while still warm and serve when cold.

### Honey Ginger Snaps

Makes about 48 cookies

<i>1/2 cup Butter</i>	<i>1/2 cup Sugar</i>
<i>1/2 tsp. Cloves</i>	<i>2 cups Flour</i>
<i>1 Egg</i>	<i>1 tsp. Ginger</i>
<i>2 tsp Baking soda</i>	<i>1/2 cup Honey</i>
<i>1/2 tsp Salt</i>	<i>1 tsp. Cinnamon</i>

Preheat oven to 375 F. Cream the honey, butter, sugar, and egg together. Sift the remaining ingredients together, and add to the butter mixture. Chill for one hour. Roll level tablespoons of dough into balls and place 2" apart on a greased cookie sheet. Bake for 10 to 12 minutes. Place cookies on ungreased cookie sheet and bake until slightly golden brown (about 10-15 minutes).

### Honey Apple Cookies

Makes about 5 doz cookies

<i>1/2 cup shortening</i>	<i>1 tsp. each soda, salt, cinnamon</i>
<i>3/4 cup sugar</i>	<i>1/2 tsp. each powdered cloves, nutmeg</i>
<i>1/2 cup honey</i>	<i>1 1/2 cups finely chopped apples</i>
<i>2 eggs</i>	
<i>1/4 cup dairy sour cream</i>	
<i>2 cups all-purpose flour</i>	

Cream shortening and sugar. Beat in honey. Add eggs one at a time, beating well after each addition. Stir in sour cream. Mix and sift flour, baking soda, salt and spices; stir in and blend well. Stir in apples. Drop by teaspoons 3 inches apart on greased baking sheets. Bake at 350 degrees for about 15 minutes or until edges are brown.

### Apple Cranberry Bread Pudding

Servings: 6

A great way to use up stale bread!

*3 eggs, lightly beaten  
 2 cups milk  
 1/2 cup packed brown sugar  
 1/4 cup butter, melted  
 1 tsp vanilla  
 1 tsp grated lemon peel  
 1 tsp cinnamon  
 4 cups cubed stale French or egg bread  
 2 Ontario Apples, peeled and diced  
 3/4 cup halved fresh or thawed Ontario Cranberries*

In large bowl, whisk together eggs, milk, sugar, butter and vanilla. Stir in lemon peel and cinnamon. Stir in bread cubes let stand 10 minutes or until bread is well moistened. Stir in diced apples and cranberries; pour into buttered 6-cup (1.5 L) baking dish. Bake in preheated 350°F (180°C) oven for 50 to 60 minutes or until puffed and set in centre. Serve warm.

### Maple Shortbread

*2/3 cup maple syrup  
 1 cup butter, at room temperature  
 2 cups flour  
 1 pinch salt*

In small saucepan, bring maple syrup to a boil and reduce by half (about 15 minutes). Remove from heat and let cool at room temperature. Once cooled, add butter and stir until well blended. Place in fridge until firm. Preheat oven to 350 F. In a food processor, combine the maple butter, flour and salt. Once well combined, take dough out of processor and shape into a ball. Flatten into a disc shape, wrap in plastic and refrigerate until well-chilled. Roll out into about ¼ inch thickness and cut into desired shapes. Place cookies on ungreased cookie sheet and bake until slightly golden brown (about 10-15 minutes).