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eat local caledon

Upcoming Events

Eat Local Dinner Series Event, Market Hill Café, Thursday, January 22nd, reservations for any time between 5 & 9pm. Call the restaurant at (519) 941-5150 for more information and to book reservations.

Guelph Organic Conference, January 22-25. Trade Show and Organic Food Expo, Free Admission. For more information, visit www.guelphorganicconf.ca

Awakening the Dreamer, Changing the Dream Sunday, January 25th, 1-5pm, Caledon Community Complex, 6215 Old Church Road. This symposium explores the current state of our planet from a new perspective, and connects participants with a powerful global movement to reclaim our future. Suggested admission donation of \$10. Please RSVP macduffee@rainet.ca

Eat Local Dinner Series Event at Market Hill Café

The first Eat Local Caledon Dinner Series event of 2009 will be held on Thursday, January 22nd at the Market Hill Café in Mono Mills (19834 Airport Rd.). Chef Eric will be putting together a delicious menu of wintertime fare using locally produced ingredients for a fixed price of \$30 per person. Reservations are available for any time between 5 and 9pm and should be made directly with the restaurant at (519) 941-5150.

The Eat Local Dinner Series events will be taking place at restaurants throughout Caledon on a bi-monthly basis throughout 2009. The objectives of these events are to facilitate trade connections between local farmers/producers and Caledon restaurants and to provide an opportunity for Caledon residents to dine out on a local meal and support our local food system.

Upcoming Making Food & Farming Connections Trade Meeting

The Caledon Countryside Alliance is hosting a *Making Food & Farming Connections* trade meeting on Tuesday, January 27th from 9:30-11:30 am at the Caledon Community Complex (6215 Old Church Rd, Caledon East).

The meeting is for local farmers, food processors, restaurants and food retailers.

The meeting will provide an opportunity for local culinary buyers to meet local producers and become familiar with the food products that are grown/made locally, and for producers to promote their products and meet local buyers.

Attendees will also learn of the business opportunities being provided through the 2009 Eat Local Caledon program, including: 2 Farmers' Markets; Eat Local Dinner events; Eat Local Month; and the 2009 Farm to Table Directory. If you are interested in attending the meeting, contact the CCA at eatlocal@eatlocalcaledon.org or at (905) 584-6221. The Making Food & Farming Connections project is funded through the Town of Caledon Green Fund.

Include Cabbage In Your Diet This Winter!

Cabbage is widely cultivated and stores very well, and is therefore available year-round in Ontario. Late storage varieties are harvested in late autumn and stored for several months over the winter. Cabbage is a member of the Cruciferae family, which also includes kale, broccoli, collards and Brussels sprouts. Studies have shown that cruciferous vegetables contain phytonutrients that are very high in antioxidant capacity and that 3-5 servings per week can significantly reduce the risk of cancer. Cabbage is also high in vitamin C, which is an antioxidant that helps protect cells from harmful free radicals. Red cabbage has more protective value than white cabbage as it contains significantly more protective phytonutrients and is 6-8 times higher in vitamin C value. Red cabbage has been linked to the prevention of Alzheimer's Disease.

To obtain the maximum benefit out of cabbage's nutritional value, eat cabbage raw or "short-cooked" (chop cabbage and steam or sauté for 5 minutes or less). In addition, try to cut and wash cabbage right before cooking and eating it, as it begins to lose its valuable vitamin C content once it is cut. A couple ideas for eating cabbage raw: combine shredded white and red cabbage with lemon juice, olive oil and spices such as turmeric, cumin, coriander and black pepper; or use shredded cabbage in sandwiches. See the next section for some other ideas for including cabbage in your diet.

Source: *The World's Healthiest Foods*, www.whfoods.org

Caledon Countryside Alliance Sustainable Caledon



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Carrot Cache

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

Ontario Cabbage Recipes

100 Year-Old Cabbage Soup

2 cups finely chopped Ontario cabbage
Salt to taste
4 cups milk
Butter to taste
Salt and pepper to taste

Combine cabbage, salt and enough water to cover in kettle; bring to a boil. Reduce heat; simmer for 30 minutes or until tender. Blend the soup, add milk, butter, salt and pepper; bring to boiling point. Serve hot with crackers.

Island Style Slaw

2/3 cup regular or light mayonnaise
1 tbsp lime juice
1 tbsp granulated sugar
1 tsp prepared mustard
1/2 tsp ground ginger
1/4 tsp each of salt and pepper
4 cups shredded Ontario cabbage
1 Ontario carrot, shredded
1 small Ontario onion, finely chopped
1/4 cup chopped fresh parsley

In large bowl, combine mayonnaise, lime juice, sugar, mustard, ginger, salt and pepper. Add cabbage, carrot, onion and parsley; mix well. Chill for at least 1 hour before serving.

Cabbage Salad with Roasted Pecans and Feta Cheese

Source: Foodland Ontario, www.foodland.gov.on.ca
Preparation Time: 20 Minutes Cooking Time: 6 Minutes
Servings: 10-12
1 cup pecan pieces
1/2 cup vegetable oil
Salt and pepper
12 cups shredded red or green Ontario cabbage
2 large Ontario carrots shredded
1/2 cup coarsely chopped fresh parsley
1/4 cup white wine vinegar
2 cloves Ontario garlic, minced
2 tsp granulated sugar
1/2 tsp dry mustard
1 Ontario onion, halved and thinly sliced
1 cup diced feta cheese

Toss together pecans and 2 tsp (10 mL) oil. Spread out on baking sheet and sprinkle with salt and pepper to taste; roast in 350°F (180°C) oven for 5 minutes. Set aside.

In large bowl, toss together cabbage, carrot and parsley. In small saucepan, heat remaining oil, vinegar, garlic, sugar, 1/2 tsp (2 mL) each salt and pepper and mustard over medium-high heat, stirring until sugar and mustard dissolve. Add onion and cook for 30 seconds. Pour over cabbage mixture and toss to coat. Taste and add more salt and pepper, if needed. Transfer to shallow bowl or platter; sprinkle with roasted pecans and cheese.

Creamy Cabbage And Ham Alfredo

Source: Foodland Ontario, www.foodland.gov.on.ca
Preparation Time: 15 Minutes Cooking Time: 20 Minutes
Servings: 6
8 cups sliced Ontario cabbage, about 1 cm wide
2 tbsp vegetable oil
1 medium Ontario onion, finely chopped
2 cloves garlic, minced
2 tbsp all-purpose flour
1-1/2 cups milk
1/2 cup chicken stock
1/2 cup grated Parmesan cheese
3/4 lb cooked ham, cut into thin strips
1/2 cup dry bread crumbs
2 tbsp butter, melted

In saucepan of boiling, salted water, cook cabbage for 5 minutes; drain and immediately cover with cold water. Drain again and set aside.

In large nonstick saucepan, heat oil over medium heat; cook onion until golden. Add garlic; cook for 1 minute. Stir in flour; cook for 1 minute. Stir in milk and chicken stock; bring to boil. Reduce heat and simmer until thickened. Stir in Parmesan cheese until blended. Stir in ham and cooked cabbage, tossing to coat. Pour into oiled 13 x 9-inch (3.5 L) baking dish or 12-cup (3 L) casserole. Blend together bread crumbs and butter; sprinkle over top. Cover and refrigerate or bake, uncovered, in 325°F (160°C) oven for 20 minutes.

Whole-Wheat Cabbage Quiche

Preparation Time: 25 Minutes Cooking Time: 30 Minutes
Servings: 36 cocktail-size tarts* or one deep 9-in (23 cm) deep pie
2 tbsp butter
1 cup sliced Ontario mushrooms
1 cup shredded Ontario cabbage
1/4 cup each chopped Ontario onion and carrot
1 large Ontario apple, thinly sliced
2/3 cup milk
2/3 cup light sour cream
3 eggs, lightly beaten
3/4 cup shredded Swiss-style cheese
1/4 tsp each ground nutmeg and salt
Paprika
1 9-in pie shell or 36 cocktail size tarts

In nonstick skillet, melt butter over medium-high heat. Cook mushrooms, cabbage, onion and carrot until soft. Cool slightly. Spoon into pie shell. Arrange apple slices over vegetable mixture.

In bowl, whisk together milk, sour cream and eggs. Stir in cheese, nutmeg and salt. Pour over apples. Sprinkle with paprika. Bake in 350°F (180°C) oven for 35 to 40 min. or until set. Cut into wedges to serve.