

January 2010

# eat local caledon

**We wish you a Happy New Year from all of us at Eat Local Caledon. Welcome to 2010 and another year of eating local!**

**We hope you will think local for January salads and try some new ideas using local winter vegetables with the recipes provided. Don't forget sprouts are also great in salads and on sandwiches.**

**The first local dinner series event of 2010 will be held in February.**

## What's in a "Salad"?

One may think that eating locally during the winter means sacrificing salad as a menu option. This is not the case. Let's refer to the renowned cooking encyclopedia, Larousse Gastronomique, for clarification. It defines a salad as "a dish of raw, cold or warm cooked foods, usually dressed and seasoned, served as an appetizer, side dish or main course."

This broad definition encourages us to look beyond imported salad greens and ingredients and try some new salads that use ingredients that have been grown locally. Check out the *Recipes* section on the next page for some great winter salad ideas to get you started.

Although most of Caledon's farm-gate fruit and vegetable producers are closed until the spring, here are a few local farms where you can still find some winter salad ingredients:

*Whole Village, 519-941-0168, Potatoes*

*Music Farm, 905-838-1108, Potatoes*

*Reid's Farm, 519-940-4096, Potatoes, root crops, cabbage, onions, garlic*

*Ken Speirs Orchard, 905-843-2320, Apples*

*Spirit Tree Estate Cidery, 905-838-2530, Apples, Ontario vegetables*

## Sproutin' Some Winter Ideas

A great idea for adding some "local greens" to your winter diet is to grow your own sprouts. Sprouts are extremely nutritious and are an excellent source of protein, fibre, Vitamin C and antioxidants. A 1997 study at John Hopkins University found that broccoli sprouts contain higher levels of cancer-fighting compounds than fresh broccoli itself

Growing your own is also extremely cost-effective. You can use a commercial "sprouter" (available at health-food stores) or a few basic kitchen items to grow your sprouts.

There is a wide variety of seeds and beans that you can sprout, including alfalfa, broccoli, chickpeas, radish, pea, lentil, mung beans, red clover and more. Research before you "sprout" as some sprouts can be toxic, such as red kidney beans.

Be sure to use seeds/beans that are specifically for either sprouting or food. Gardening seeds may contain fungicides and pesticides and these chemicals will end up in your sprouts.

Below is a step-by-step guideline for sprouting mung beans:

Step 1: Put the mung beans in a bowl and cover with water. Let soak overnight.

Step 2: Rinse the beans. Line a colander with cheesecloth. Put the beans in the colander and run the whole thing underwater to dampen both the beans and the cheesecloth. Fold the cloth over the beans, like a little bundle, and place the colander over a bowl.

Step 3: Leave out (on the counter is fine) for a day.

Step 4: Check on the beans, they should almost be sprouting. Move them around and give them some water. Re-bundle the cloth and leave for another day.

Step 5: Once sprouted, they are ready to eat. It is best to keep them in the fridge. Give water as necessary.

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Sustainable Caledon



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## Recipes – Winter Salads

### Russian Beet Salad

Servings: 4

2 carrots	1 Tbsp orange juice
2 medium beets	A pinch each of sea salt,
¼ head of cabbage	cayenne, cloves, cinnamon
3 Tbsp apple cider vinegar	1 tsp caraway seeds
4 Tbsp olive oil	½ tsp grated lemon or orange zest

Peel and grate the vegetables and combine in salad bowl. In a separate bowl, combine remaining ingredients. Toss dressing with vegetables and serve.

### Grilled Greek Potato Salad

Courtesy of Foodland Ontario

3 or 4 Ontario Potatoes	Black Olives
Salt and Pepper	Chopped Green Onions
Olive Oil	Ontario Greenhouse
Dried Oregano	Tomatoes
Feta Cheese	Ontario Greenhouse Lettuce

Cut 3 or 4 Ontario Potatoes in half. Simmer in salted water until barely tender. Drain and cool completely. Cut into 1/2-inch (1 cm) thick slices. Brush lightly with olive oil; sprinkle lightly with dried oregano, salt and pepper. Grill, turning occasionally - over a medium heat until hot.

Toss with thick wedges of Ontario Greenhouse Tomatoes, crumbled feta cheese, black olives and chopped Green Onions. Serve on a bed of Ontario Greenhouse Lettuce.

### Parsnip & Celery Root Slaw

Servings: 4

1 small celery root (or celeriac), peeled  
4 medium parsnips peeled  
2 parsley roots (or 3 medium carrots), peeled  
1 tsp finely slivered lemon, lime, or orange zest  
2 Tbs cider vinegar  
coarse salt and pepper to taste  
pinch of sugar (optional)  
2 1/2 Tbs hazelnut, walnut, or olive oil  
1 tsp warm water

Julienne or coarsely grate celery root, parsnips, and parsley root or carrots. Place in a large bowl and toss with the citrus zest. In another, smaller bowl, combine vinegar, salt to taste, and sugar to taste. Whisk in oil and water. Add this dressing to the grated root vegetable and toss the contents. Adjust seasonings with salt, pepper, and additional vinegar or sugar if needed. Serve immediately or allow to chill for about an hour beforehand.

### Mustard Beet and Apple Salad

Courtesy of Foodland Ontario

Servings: 4

3/4 lb beets	1 clove garlic, minced
1/3 cup olive oil	Pinch granulated sugar
2 Tbsp red wine vinegar	Salt and pepper
1 Tbsp snipped fresh dill	2 McIntosh apples, peeled and diced
1 Tbsp Dijon mustard	

In saucepan of boiling salted water, cook beets for about 30 minutes or until tender; peel and dice. Meanwhile, in large bowl, whisk together oil, vinegar, dill, mustard, garlic, sugar, and salt and pepper to taste; toss with beets and apples. Serve with goat cheese if desired.

### Pear, Cranberry & Cabbage Salad with Maple

Servings: 6

1 small shallot, minced  
1/2 cup pure maple syrup  
2 tablespoons cider vinegar  
1/2 cup plain yogurt  
1 1/2 teaspoons coarse kosher salt plus more to taste  
1 medium head red cabbage (about 1 1/2 pounds), cored and  
thinly sliced  
1 cup fresh cranberries, coarsely chopped, or 1/2 cup whole  
dried sweetened cranberries  
1 large ripe but firm pear, unpeeled and cut into matchsticks

In a large bowl, whisk together the shallot, maple syrup, cider vinegar, yogurt, and salt. Toss the cabbage, cranberries, and pear into the bowl with the dressing. Adjust seasoning to taste and let sit for at least 30 minutes and up to several hours to allow flavors to blend before serving.

### Spicy Cabbage Salad

Servings: 6-8

1 medium red or white cabbage, finely chopped  
2 Carrots, peeled and grated  
1 Tbsp dried oregano  
2 tsp celery salt  
1/3 cup red wine vinegar  
1 tsp red pepper flakes  
2/3 cup olive oil

Combine all of the ingredients in a large bowl. Stir and toss well and serve.