

June 2008

Volume 2, Issue 6

# eat local caledon

## Upcoming Events

**Green Tea Event,**  
Thursday June 12<sup>th</sup>, 7-9 pm, Bowes Hall (upper floor room of Bolton United Church)

**Southwest corner of King Street and Nancy Street, Bolton**

Comet out for an evening jam-packed with environmental information.

This month's theme is "Local Matters" and guest speakers will be discussing: ways to reduce your carbon footprint; benefits of rain barrels, and caring for land and water resources in rural areas. RSVP to reserve a seat with Patti Foley, 905-951-0625, [patti@pattifoley.com](mailto:patti@pattifoley.com).

Free admission. Door Prizes. BYOM (Bring Your Own Mug) for fair-trade coffee and tea.

**Local Pig Roast & Strawberry Supper at Palgrave United Church, 34 Pine Avenue, Saturday, June 21<sup>st</sup>, 5-7pm**

- A local dinner with pig supplied from Howard the Butchers and strawberries from Rock Garden Farms. Only 150 tickets are available, \$16 for adults, \$10 for youth, and children free. For more info, call (905) 880-0303.

## Inglewood Farmers' Market Opening this Wednesday June 11<sup>th</sup>

Wanting to eat more locally, but not always sure of where to find local produce and meats? *Eat Local Caledon's* newest endeavor, the weekly Inglewood Farmers' Market, just might be your answer! Taking place every Wednesday evening from **4-7pm** at the Inglewood General Store (15596 McLaughlin Rd), the Inglewood Farmers' Market will include a variety of local farmers and producers selling their local and fresh vegetables, herbs, fruits, meats, honey, soups and more.

Don't miss the **Grand Opening** on Wednesday, June 11th from 4 to 7pm, complete with a local meat BBQ and live musical entertainment!

## Upcoming Eat Local Caledon Dinner Series Event

The next *Eat Local Caledon* Dinner Series event will be held on Thursday, July 3<sup>rd</sup> at the Village Bistro in Caledon Village (18371 Hurontario St.). Chef Warren will be putting together a delicious menu of summertime fare using all local ingredients. Reservations are available for any time between 5 and 9pm and should be made directly with the restaurant at (519) 927-1919. Hope to see you there!

## Squash Growing Contest at this year's Belfountain Salamander Festival

This year's annual Belfountain Salamander Festival, being held on Saturday, October 4<sup>th</sup>, has a new twist... a local Squash Growing Contest! If you would like to enter into the contest, grow your own squash over the summer and bring it to the contest table on the day of the festival by 10am. Contest categories include: Biggest Squash; Smallest Squash; Oddest-shaped Squash; Most Colourful Squash; Most Animal-looking Squash; Most Human-looking Squash; Just Plain Ugliest Squash and Dog-Gone Cutest Squash. Great prizes will be awarded to all category winners!

The contest aims to engage the community in growing their own food, and is part of the Belfountain Community Organization's efforts towards raising awareness about local food availability and production. The festival will also include a local squash bake sale, local pumpkin carving and local butternut squash soup provided by The Belfountain Inn and served in pumpkins grown by students at the Belfountain Public School. For more information about this fantastic community project, contact Nikki at [nross@woodrising.com](mailto:nross@woodrising.com).

## Bring on the Berries!

The arrival of summer temperatures means that the fresh, flavourful summer strawberries you've been looking forward to all winter will be ready any day now. Low in calories and high in Vitamin C, potassium and fibre, they are a healthy treat. Strawberries should be stored in the fridge, unhulled and unwashed, and should be used within 3-6 days. Before serving, rinse strawberries under cold water (do not soak them, as they will absorb water and lose some of their flavour), gently pat them dry with a paper towel, and hull.

For freezing strawberries (a great option if you want the pleasure of flavourful strawberries year-long), Foodland Ontario recommends the following methods:

**Without sugar:** Wash and hull strawberries, and place them in a single layer on a large tray or cookie sheet. Freeze until firm (about one hour), pack in freezer bags drawing off as much air as possible, and seal.

**With sugar:** Wash and hull strawberries, and pack them in rigid containers, sprinkling sugar between each layer. For every 4 cups of whole strawberries, use a 1/2 cup of granulated sugar; and for the same amount of sliced strawberries, use 3/4 cup of sugar.

And for a great summer activity, visit a local pick-your-own strawberry farm and spend some time harvesting your own. Two pick-your-own farms in Caledon are:

**Bailey's Farm**, 3634 King St., 905-838-3204

**Downey's Farm Market**, 13862 Heart Lake Rd., 905-838-2990

Check out the next page for some strawberry recipe ideas.

Caledon Countryside Alliance Sustainable Caledon



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## Recipes - Strawberries

### Strawberry Breakfast Smoothie

Servings: 2

2-1/2 cups hulled Ontario Strawberries  
 1 cup low-fat milk or vanilla soy beverage  
 3/4 cup low-fat fruit yogurt (raspberry, blueberry, strawberry or banana)  
 2 tbsp liquid honey  
 2 tbsp wheat germ or instant oatmeal (optional)

### Strawberry-Rhubarb Streusel Coffee Cake

1/2 cup butter, softened  
 1 cup granulated sugar  
 2 eggs  
 1 tsp vanilla  
 2 cups all-purpose flour  
 1 tsp each baking powder and baking soda  
 1/2 tsp salt  
 1 cup sour cream  
 1-1/2 cups chopped strawberries  
 1 cup chopped fresh rhubarb (or frozen rhubarb, thawed and drained)

Streusel:

2/3 cup chopped unblanched almonds  
 1/2 cup packed brown sugar  
 1 tsp cinnamon  
 1 tsp icing sugar

In large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a time; beat in vanilla. In separate bowl, whisk together flour, baking powder, baking soda and add to butter mixture alternately with sour cream, making 3 additions of dry ingredients and 2 of sour cream. Spread in greased 13- x 9-inch (3.5 L) metal cake pan; sprinkle with strawberries and rhubarb.

In small bowl, combine almonds, sugar and cinnamon; sprinkle over fruit. Bake in centre of 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 35 minutes. Let cool in pan on rack for 5 minutes. Dust with icing sugar. Serve warm or at room temperature.

### Strawberry Salsa

Servings: 4

1-1/2 cups chopped Ontario Strawberries  
 3 tbsp chopped red onion  
 2 tbsp chopped Ontario Greenhouse Sweet Yellow Pepper  
 2 tbsp chopped fresh parsley  
 2 tbsp balsamic vinegar  
 1 tbsp olive oil  
 1-1/2 tsp granulated sugar  
 Salt and pepper

In a bowl, combine strawberries, onion, yellow pepper, parsley, vinegar, oil, sugar and salt and pepper to taste.

### Strawberry-Glazed Brie

3/4 cup strawberries, mashed  
 4 tsp packed brown sugar  
 2 tsp lemon juice  
 1/8 tsp cinnamon  
 2 rounds (each 4 oz/125 g) Brie cheese

In small saucepan, combine strawberries, sugar, lemon juice and cinnamon; bring to boil. Reduce heat and simmer for about 6 minutes or until thickened; let cool slightly.

Remove rind from top of Brie; place on ovenproof platter. Spread strawberry mixture evenly over top; bake in 300°F (150°C) oven for about 12 minutes or until cheese is softened but not melted.

### Maple Mousse with Strawberry Puree

Servings: 6

*Strawberry Puree:*

2 cups sliced strawberries  
 4 tsp granulated sugar

*Maple Mousse:*

2/3 cup maple syrup  
 5 egg yolks, beaten  
 1-1/2 tsp unflavoured gelatin  
 2 tbsp cold water  
 1 cup whipping cream

*Strawberry Puree:* In food processor or blender, puree strawberries until smooth. Strain through fine sieve into bowl; stir in sugar until dissolved. Spoon 1 tbsp puree into each of six 1-cup wine glasses. Refrigerate remainder for topping.

*Maple Mousse:* In heavy saucepan, cook maple syrup and egg yolks over low heat, stirring constantly, for 7 to 10 minutes or until thickened.

Meanwhile, in a small saucepan, sprinkle gelatin over 2 tbsp cold water; let stand for 1 minute to soften. Heat over low heat until gelatin dissolves; stir into maple mixture. Transfer to large bowl; refrigerate for 15 minutes, stirring occasionally, or until consistency of raw egg whites.

Whip cream; whisk one-quarter into maple mixture. Fold in remaining whipped cream. Divide evenly among glasses. Refrigerate for at least 2 hours or until firm. Spoon 1 tbsp strawberry puree over each mousse.

### Strawberry Gelato

1 cup sugar  
 1 1/2 cups water  
 3 cups pureed strawberries  
 2 tbsp. finely chopped lemon zest  
 3 tbsp fresh lemon juice

Heat the sugar and water until the sugar dissolves, and then set it aside until it cools. Combine the pureed strawberries, lemon zest and lemon juice with the cooled sugar mixture. Freeze until firm.