

June 2009

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# eat local caledon

## Opening Day of Inglewood Farmers' Market

The second season of the Inglewood Farmers' Market begins Wednesday June 10<sup>th</sup>. Opening Day will include live entertainment from the foot-stompin', fun-lovin' Caledon Country Boys, as well as Mennonite sausages on the BB-Q.

The market will take place every Wednesday, 3:30-7:00 pm, from June 10<sup>th</sup> to October 7<sup>th</sup>.

We have a great line-up of vendors this year, both new and familiar faces. Throughout the market season you will find a wonderful variety of local foods; weekly BB-Q and live music; Kawartha Dairy ice cream in the Store; as well as a number of cooking demonstrations, workshops and more!

### Special Events at the Market include:

*Canada Day & Inglewood Strawberry Festival, July 1<sup>st</sup>*

*Children's Day, July 22<sup>nd</sup>*

*Corn Roast, August 19<sup>th</sup>*

*Tomato Festival, September 16<sup>th</sup>*

*Thanksgiving Celebration, October 7<sup>th</sup>*

## Upcoming Eat Local Dinner Series Event

The next Eat Local Dinner Series event will be held on Thursday, June 18<sup>th</sup> at the Village Bistro in Caledon Village. Chef Warren will be preparing a meal using primarily ingredients from the Inglewood Farmers' Market. It will be a 3-course meal for a fixed price of \$30 per person. Reservations can be made for any time between 5 and 9 pm and should be made directly with the restaurant at (519) 927-1919.

## Spinach: A Nutritional Powerhouse

Spinach has long been touted as a nutritional powerhouse, and for good reason! It is an excellent source of vitamins A, C, K and folic acid; omega-3 fats; and antioxidants like lutein and carotenoids. To maximize the nutritional benefits of spinach, eat it raw or lightly steamed/sautéed.

It is believed that spinach originated in Asia and was brought to Britain and Europe in the 1300's. It is said that spinach was a favourite of Catherine de Medici, a historical figure in the 16<sup>th</sup> century from Florence, Italy. When she left her home to marry the King of France, she brought along her own cooks who knew how to prepare spinach just the way she liked. It is in reference to her hometown that many dishes that feature spinach contain the word "Florentine".

Spinach is in-season during the spring and fall as it prefers to grow in somewhat cool conditions and can withstand frost. Spinach can be easily frozen for use during the off-season.

### How to freeze spinach:

- Cut off stems and wash spinach leaves.
- Blanch spinach leaves in boiling water for at least 1 minute.
- Drain boiling water and run spinach leaves under cold water for 1 minute.
- Drain well and place spinach leaves on a tray and put into freezer for 30 minutes.
- Remove from freezer, place spinach leaves in freezer bag or container and put in freezer. Spinach leaves will last in freezer for 3-6 months.

Caledon Countryside Alliance Sustainable Caledon



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# Carrot Cache

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

## Spinach Recipes

### Spinach Mousse

Servings: 4

6 pounds of fresh spinach  
4 ounces of heavy cream  
6 egg whites  
¼ teaspoon of nutmeg  
¼ teaspoon of salt  
¼ teaspoon of pepper

Blanch the spinach for about 30 seconds, then drain thoroughly. Put into a blender or food processor with the egg whites, nutmeg, salt and pepper. Blend for about a minute. Drizzle in cream and blend again.

### Crustless Spinach, Onion and Feta Quiche

Servings: 4

1 medium onion, diced  
6-oz fresh chopped spinach  
2 large eggs  
2 large egg whites  
1/2 cup all purpose flour  
1/2 tsp baking powder  
1/4 tsp salt  
pinch cayenne pepper  
1 1/3 cups milk (low fat is fine)  
1/2 cup feta cheese

Preheat oven to 400F. Lightly grease a 10-inch quiche/tart pan (or a pie plate). In a medium frying pan, cook diced onion with a bit of vegetable oil (or cooking spray) over medium-high heat until translucent and tender. Add in fresh spinach and cook until just wilted. Set aside to cool for a few minutes

In a large mixing bowl, whisk together eggs, flour, baking powder and salt. Whisk in milk, then stir in spinach-onion mixture. Pour quiche base into prepared pan. Top with feta cheese. Bake for 25 minutes, or until center is set and the outside edge is golden brown. Let set for 5 minutes, then slice and serve. Add salt & pepper to taste.

### Spinach Pesto Pasta

4 cups washed, torn spinach leaves, stems removed, well packed  
3 garlic cloves, halved  
3 tablespoons pine nuts  
1/2 teaspoon dried leaf basil, crumbled  
1/4 cup extra virgin olive oil  
1/3 cup grated Parmesan cheese  
1/8 tsp. salt  
hot, cooked spaghetti

Place a few spinach leaves, garlic, pine nuts, basil and a little oil in blender or food processor container. Cover and puree until leaves begin to look crushed. Continue adding spinach leaves a few at a time with small amounts of oil to blender, using a rubber spatula to help to combine pureed mixture. Add Parmesan cheese and 1/8 tsp. salt. Cover and process until spinach pesto mixture is smooth.

Meanwhile, cook pasta according to package directions; drain in colander. Serve with the spinach pesto sauce.

### Ontario Spinach Salad with Grilled Asparagus, Parmesan and Mint

Source: Foodland Ontario

Preparation Time: 15 Minutes

Cooking Time: 3 Minutes

Servings: 4 to 6

1 bunch (about 12 oz) Ontario Asparagus, trimmed  
Olive oil  
Salt and pepper  
1/4 cup olive oil  
1/4 cup finely chopped fresh mint  
2 tbsp lemon juice  
1 tbsp honey mustard  
1 clove garlic, minced  
1 bunch spinach, washed, stemmed and torn into bite-size pieces (about 8 cups)  
1/2 cup thinly slivered red onion  
2 slices prosciutto, diced or cooked and crumbled bacon  
1/4 cup shaved Parmesan or 2 tbsp grated Parmesan

Line up asparagus in row; skewer through centre using metal or soaked bamboo skewers. Lightly brush with oil; sprinkle with salt and pepper to taste. Barbecue over medium heat until tender, 3 to 6 minutes. Slice into 5 cm pieces.

In small bowl, whisk together 1/4 cup oil, mint, lemon juice, mustard, garlic, and salt and pepper to taste. Place spinach, asparagus, onion and prosciutto in large bowl. Toss with just enough dressing to coat. Sprinkle with Parmesan.

### Cheesy Spinach Dip

3 tablespoons olive oil  
1 cup finely chopped onion  
2 small jalapeno peppers, seeded and finely minced  
1 cup canned whole tomatoes, drained  
10 ounces fresh baby spinach leaves, coarsely chopped  
8 ounces shredded monterey jack cheese  
2 ounces shredded sharp cheddar cheese  
4 ounces cream cheese, cut into cubes  
1 cup half-and-half  
1/2 cup sliced ripe olives  
1 tablespoon red wine vinegar  
salt & freshly ground black pepper

Preheat oven to 400 degrees. Heat oil in large skillet. Add onions and jalapenos and saute until tender, about 5 minutes. Add chopped baby spinach and continue to cook until wilted. Add tomatoes and cook 3 minutes more.

Remove skillet from heat. Stir in Monterey Jack cheese, cream cheese, half and half, olives, vinegar, salt and pepper. Spoon into 1 1/2 quart baking dish. Bake 35 minutes or until hot and bubbly. Top with sharp Cheddar cheese and serve with tortilla chips, crackers or vegetables.