

March 2009

Volume 3, Issue 3

# eat local caledon

## Recruiting Existing and Potential Producers & Buyers...

Do you know an existing or potential grower/farmer or food processor (e.g. baked goods, preserves), or a culinary buyer (chef, caterer, retailer) who may be interested in getting involved in our Eat Local Caledon program, be it through the Inglewood Farmers' Market, our annual Farm to Table Directory, Eat Local Month or one of our many events throughout the year? If yes, please tell them to contact us via email at [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org) or via phone at (905) 584-6221.

## Introducing the Eat Local Caledon Workshop Series

Thinking of starting a vegetable garden this year, but not quite sure of how? Want to learn more about the art of canning and home preserving? Want to diversify your cooking and menu planning? Well we have some good news! The CCA is launching the new and exciting Eat Local Caledon *Workshop Series*. The intention of the *Workshop Series* is to enable Caledon residents to gain and strengthen "local food" skills such as gardening, canning/preserving and cooking.

Two workshops have been organized for the month of April. The first workshop, "Backyard Vegetable Gardening", will take place Wednesday, April 8<sup>th</sup> from 7-9pm at the Caledon Community Complex in Caledon East (6215 Old Church Rd.). Gavin Dandy, co-founder of Everdale Organic Farm in Hillsburgh and trainer of new farmers, will be leading the workshop. During the 2 hour workshop, participants will learn the fundamentals of building a garden and growing vegetables right in their own backyard. The cost is \$5 per person. Please RSVP to [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org).

The second workshop, "Home Canning Basics", is scheduled for Saturday, April 18<sup>th</sup> from 1-5pm, also at the Caledon Community Complex in Caledon East (6215 Old Church Rd.). The workshop will be led by Cathy Hansen. Cathy is a Canadian Red Seal Chef as well as organic farmer and owner of Bernway Farm in Erin. During the 4 hour workshop participants will learn the techniques and principles of safe canning, as well as some insider recipes, tips and tricks of the trade. In the latter part of the workshop, the group will undertake a winter canning project and each participant can take home a jar of the yummy creation. The cost of this workshop is \$30 per person. Space is limited to 15 people. Please RSVP to [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org).

## Eat Local Caledon Dinner Series at Ray's Third Generation Bakery Bistro

Our next Eat Local Caledon Dinner Series Event will be taking place on Thursday, March 19<sup>th</sup> at Ray's Third Generation Bakery Bistro. Seating times are available at 6 or 8 pm. This renowned Alton bakery is now also a restaurant, with family member and chef Jason Perkins at the helm. Jason will be cooking a sure-to-be amazing 3-course meal featuring ingredients from local producers. The cost is \$30 per person and a vegetarian option will be available. The restaurant is located at 1475 Queen St. in Alton. Reservations should be made directly with the restaurant at (519) 941-6121 and we recommend that you reserve early to ensure a spot.

## Rootin' for the RUTABAGA!!!

Despite its widespread cultivation within Canada and the U.S. the rutabaga is a largely unappreciated if not unknown vegetable. Indeed, it seems that many people are not even sure what this vegetable looks like. Although it is not the most aesthetically pleasing thing, its sweet flavour, easy preparation, versatility, and great nutrition render it worthy of any Canadian dinner plate. It also stores very well over the winter and is therefore readily available at this time of year.

The rutabaga originated as a cross between turnip and wild cabbage (and therefore is part of the cruciferous family) and grows best in colder climates. It first became popular in Scandinavia, particularly Sweden, during the 17<sup>th</sup> century. The European name for the vegetable is "swede". It was introduced to North America in the 19<sup>th</sup> century and today, Canada and the northern U.S. states are the world's greatest producers of the vegetable. Refer to the Recipe Section below for ideas on how to include this hearty vegetable in your meals.

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca), [www.vegaparadise.com](http://www.vegaparadise.com)

Caledon Countryside Alliance Sustainable Caledon



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# Carrot Cache

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

## Rutabaga Recipes

### **Cabbage & Rutabaga Winter Slaw**

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) Servings: 8 to 10

1/2 cup (125 mL) cider vinegar  
 1/4 cup (50 mL) granulated sugar  
 1/4 cup (50 mL) vegetable oil  
 1 clove Ontario Garlic, minced  
 1 tsp (5 mL) dried dillweed  
 1 tsp (5 mL) dry mustard  
 1/2 tsp (2 mL) salt and a pinch of pepper  
 8 cups (2 L) shredded Ontario Cabbage  
 2 cups (500 mL) shredded Ontario Rutabaga  
 1 Ontario Onion, diced  
 1 Ontario Greenhouse Sweet Red Pepper, diced  
 1/4 cup (50 mL) chopped fresh parsley

In glass measure, combine 1/2 cup (125 mL) cider vinegar, 1/4 cup (50 mL) granulated sugar, 1/4 cup (50 mL) vegetable oil, 1 clove Ontario Garlic, minced, 1 tsp (5 mL) dried dillweed, 1 tsp (5 mL) dry mustard, 1/2 tsp (2 mL) salt and a pinch of pepper. Microwave, uncovered, at High 1-1/2 minutes or until hot (do not boil). Stir to dissolve sugar. In large bowl, combine 8 cups (2 L) shredded Ontario Cabbage, 2 cups (500 mL) shredded Ontario Rutabaga, 1 Ontario Onion, diced, 1 Ontario Greenhouse Sweet Red Pepper, diced, and 1/4 cup (50 mL) chopped fresh parsley. Pour dressing over, and toss well; cover and refrigerate a few hours. Will keep a few days in refrigerator.

### **Creamy Gingered Rutabaga**

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca), Servings: 4

1 small Ontario Rutabaga (1/2 lb/250 g), cubed (4 cups/1 L)  
 1/4 cup (50 mL) water  
 1/2 cup (125 mL) cubed cream cheese  
 1 tbsp (15 mL) brown sugar  
 1/4 tsp (1 mL) each of ground ginger and salt  
 A pinch each of ground nutmeg and pepper

Cut 1 small Ontario Rutabaga (1/2 lb/250 g) into cubes, about 4 cups/1 L. Cook covered, in 4 cup (1 L) casserole dish in 1/4 cup (50 mL) of water on High for 10 minutes or until fork tender; drain well and mash. Stir in 1/2 cup (125 mL) cubed cream cheese, 1 tbsp (15 mL) brown sugar, 1/4 tsp (1 mL) each of ground ginger and salt and a pinch each of ground nutmeg and pepper.

### **Rutabaga Fries**

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) Servings: 4

1 medium Ontario Rutabaga  
 1 tbsp (15 mL) vegetable oil  
 A pinch each of salt, pepper and paprika

Peel and cut half a medium Ontario Rutabaga into 1/2-inch x 3-inch (1 cm x 8 cm) 'sticks'. In medium bowl, toss rutabaga sticks with 1 tbsp (15 mL) vegetable oil and a pinch each salt, pepper and paprika until evenly coated. Spread in shallow ungreased baking pan and bake in 400°F (200°C) oven 20 minutes or until tender, flipping 'fries' over halfway through cooking. Pat with

### **Scalloped Rutabaga & Apple**

Servings: 6

6 cups shredded rutabaga, about 1 1/2 pounds  
 1 large apple, peeled, cored, chopped  
 2 tablespoons brown sugar  
 1 teaspoon salt  
 1/8 teaspoon pepper  
 4 tablespoons butter

Mix rutabaga, about 3/4 or the chopped apple, brown sugar, salt and pepper in a 1 1/2 quart baking dish. Sprinkle remaining apple over the top of rutabaga; dot with butter. Cover and bake at 350° for 1 1/2 hours, or until rutabaga is tender. Rutabaga and apple bake serves 6.

### **Rutabaga Spice Cake**

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) Servings: 9 to 12

1-1/2 cups (375 mL) all-purpose flour  
 1/4 cup (50 mL) packed brown sugar  
 1 tsp (5 mL) ground ginger  
 1/2 tsp (2 mL) each of salt, cinnamon, baking powder and baking soda  
 1 cup (250 mL) grated peeled Ontario Rutabaga  
 1 egg  
 1/4 cup (50 mL) vegetable oil  
 1/2 cup (125 mL) each of molasses and milk  
 Icing sugar

In medium bowl, combine 1-1/2 cups (375 mL) all-purpose flour, 1/4 cup (50 mL) packed brown sugar, 1 tsp (5 mL) ground ginger, 1/2 tsp (2 mL) each salt, cinnamon, baking powder and baking soda. Stir in 1 cup (250 mL) grated peeled Ontario Rutabaga. In small bowl, lightly beat 1 egg; add 1/4 cup (50 mL) vegetable oil and 1/2 cup (125 mL) each molasses and milk. Stir liquid mixture into dry mixture. Pour into greased 8-inch (2 L) square baking pan. Bake in 350°F (180°C) oven for 30 to 35 minutes or until toothpick inserted in centre comes out clean. Cool on wire rack. Dust with icing sugar, if desired.