

November 2008

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# eat local caledon

## Upcoming Events

**Green Tea Event – Eating Local, Thurs.**  
Nov. 13, 6:45 pm,  
Caledon Community Complex, 6215 Old Church Rd., Caledon East - 3 terrific guest speakers lined up: Rae Horst, CAO of Credit Valley Conservation, Mark Carr of Smart Commute Brampton Caledon, and Michelle Fruendt of Eco-Friendly Home Cleaning. Michelle Woodhouse, winner of the Caledon Idol contest, will be on hand as well. RSVP  
[patti@greentcaledon.ca](mailto:patti@greentcaledon.ca)  
or 905-951-0625

**“Prelude to Christmas” Open House at the Inglewood General Store.** Sat. Nov. 22, 10am-3pm Drop in for a visit or to browse and shop for special local foods & gift items.

**Caledon Farmers’ Market Meeting** Thurs. Nov. 27, 7pm, Caledon Town Hall, 6311 Old Church Rd., Caledon East An information meeting for anyone interested in being a vendor at a new Caledon Farmers’ Market (in Bolton). Contact Sandra at 905-584-2272 x 4152 or [sandra.dolson@caledon.ca](mailto:sandra.dolson@caledon.ca) to confirm attendance or for more information.

## Update on Farmers’ Markets in Caledon

The Inglewood Farmers’ Market wrapped up for the season on Wednesday, October 29<sup>th</sup>. It was a strong inaugural season and we have received positive feedback from vendors and customers alike. The combination of a variety of wonderful foods and vendors; the Inglewood General Store as an idyllic market location and the bluegrass music of Randy Benson made for a very charming farmers’ market. And despite the rainy summer, we actually only had one rainy market (no joke). The Inglewood Farmers’ Market will be back again in 2009, opening on Wednesday June 10<sup>th</sup> for the season. It will be held every Wednesday evening, 3:30 – 7pm. If you have any questions or suggestions regarding the market, contact us at 905-584-6221 or [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org).

Excitingly, the Town of Caledon will be bringing another farmers’ market to Caledon in 2009. The Caledon Farmers’ Market will be held on Thursday evenings (3-8pm) in Bolton. The Caledon Countryside Alliance is participating on the new market advisory committee. The Town is currently seeking vendors for this Thursday market. A meeting will be held at Caledon Town Hall (6311 Old Church Rd., Caledon East) for all interested potential vendors on Thursday, November 27<sup>th</sup>, 7pm. For additional information or to confirm attendance, please contact Sandra Dolson at 905-584-2272 x 4152 or [sandra.dolson@caledon.ca](mailto:sandra.dolson@caledon.ca).

## Caledon Crunch - 3,000 Caledon Students, 3000 Caledon Grown Apples

On September 29<sup>th</sup> at 11:15, over 3000 Caledon students set a record for the largest number of students in one town to crunch on a locally grown apple all at once. The event was organized by *Eat Local Caledon* and the Caledon Countryside Alliance with support from the TD branch at 28 Queen Street North in Bolton as part of Eat Local Month 2008. The countdown for the crunch was broadcast live on Caledon Radio (105.5FM - The "B" - Currently serving Bolton Valley & North Hill - 102.7FM - Caledon Information Radio - <http://radiocalledon.com/>) with Mayor Morrison and Karen Hutchinson counting down live from two different schools.

The Caledon Crunch is now the signature youth event of Eat Local Month. It is a great event to get students involved in the idea and practice of choosing local food.

For the inaugural year of the Caledon Crunch, seven schools and approximately 3000 students and staff participated – including the following schools: Belfountain, Credit View, Holy Family, James S. Bolton, Palgrave, Pope John Paul II and St. Cornelius. Pope John Paul II funded the apples from their own school budget. The apples were grown at one of the three pick your own Caledon Orchards – Albion Orchards, Dixie Orchards and Ken Speirs Orchards.

The event was local food at its best! It is our hope that next year all schools in Caledon will be part of the 2009 Caledon Crunch.

## Winter Squash – Quick Facts

- Winter squash will last for approximately 3 months if stored in a cool, dry place. For winter squash storage, the ideal temperature is between 10-15 degrees Celsius and the ideal humidity is between 50-70%. Keep the squash away from direct light exposure and extreme heat or cold.
- Winter squash is an excellent source of beta carotene (which converts to Vitamin A in the body), Vitamin C, magnesium and potassium, and a good source of calcium.
- Winter squashes typically need a long growing season. Planted in the late spring, they will mature in the cool days of fall just in time for holiday baking, decorating or winter storage.
- Squash originated in the southern Americas. Remains have been found in Central America and Mexico dating back as far as 7000 BC. It later spread north to North America.
- The name squash comes from the Algonquin word "askoot asquash", which means "eaten green".
- Squash seeds need bright sun and rich, warm, well-drained soil. When planting, mound up a hill in your garden and plant a few seeds on top.

Try a recipe or two from the Recipes section (below) to take full advantage of nutritious and delicious winter squash.

Caledon Countryside Alliance Sustainable Caledon



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# Carrot Cache

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

## Recipes – Sweet Corn

### Squash and Apple Soup

Source: Foodland Ontario, [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)

Servings: 4 to 6

1 (1-1/2 lb/750 g) Ontario Squash (small Butternut or Acorn)  
 1 tbsp butter  
 1 Ontario Onion, chopped  
 1 tsp grated fresh gingerroot  
 2 Ontario Apples, peeled and chopped  
 2-1/2 cups chicken stock  
 1/2 tsp dried thyme leaves  
 Salt and pepper

Peel squash, chop and measure 3 cups of squash. In large saucepan, melt butter over medium heat. Add onion and ginger and cook until softened, about 3 to 4 minutes, stirring constantly. Add chopped squash, apples, chicken stock and thyme. Bring to a boil, reduce heat, cover and simmer until squash is tender, about 20 minutes.

Remove from heat and purée in batches in food processor or blender until smooth. Return to pot and heat gently until hot. Season to taste with salt and pepper. Garnish each serving with chopped parsley.

### Acorn Squash with Spicy Apple Butter

Source: Seasonal Ontario Food, [seasonalontariofood.blogspot.com](http://seasonalontariofood.blogspot.com)

Servings: 4

2 tablespoons apple butter  
 1 tablespoon apple cider vinegar  
 1 small dried hot red chile  
 3 pods green cardamom  
 1 teaspoon coriander seed  
 1 1/2 teaspoons celery seed  
 1 large acorn squash  
 2 to 3 tablespoons sunflower seed oil

Mix the apple butter and vinegar in a small dish. Grind the spices together, and remove the green hulls from the cardamom which won't grind well. Mix the spices in with the apple butter. Preheat the oven to 325°F. Cover a large baking tray with parchment paper.

Wash the squash. Cut the squash into rings, about 1/2 to 3/4 of an inch thick. Remove and discard the seeds.

Brush the squash pieces with the oil, on both sides and lay them on the baking tray in a single layer. Brush the tops with about half to two-thirds of the spiced apple butter. Bake the squash for about 40 minutes.

Turn the squash rings over and brush them with the remaining spiced apple butter. Return the squash to the oven for another 20 to 30 minutes.

### Spicy Roasted Butternut Squash

Source: Seasonal Ontario Food, [seasonalontariofood.blogspot.com](http://seasonalontariofood.blogspot.com)

Servings: 2-4

1/2 of a large butternut squash (1 1/2 to 2 pounds)  
 1 tablespoon cumin  
 1 tablespoons coriander  
 1 dried little red chile  
 OR 1/2 to 1 teaspoon dried crushed red chile flakes  
 1 teaspoon sea salt  
 2 or 3 tablespoons extra-virgin olive oil

Preheat the oven to 350°F. Peel the squash. Cut each half in half again lengthwise, then crosswise in slices a little less than a centimetre wide. Mix the cumin and coriander with the salt. Toss the squash with the oil in a large, shallow roasting dish. Sprinkle 2/3 of the seasonings over the squash, and toss again. Sprinkle the remaining seasonings evenly over the squash. Roast for 45 minutes, until tender and slightly browned.

### Squash Brownies with Chocolate Swirl

Source: Foodland Ontario, [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)

Prep Time: 20 Minutes Cook Time: 35 Minutes

Servings: about 24 brownies

1 cup mashed cooked Ontario Squash  
 1 cup packed brown sugar  
 1/4 cup each buttermilk\*\* and oil  
 2 eggs, well beaten  
 1 tsp vanilla  
 1-1/4 cups all-purpose flour  
 1 tsp each baking powder and cinnamon  
 1/2 tsp each ginger and baking soda  
 1/4 tsp each nutmeg and salt  
 1/2 cup toasted chopped nuts

Chocolate Swirl Topping:

4 oz cream cheese, at room temperature  
 2 tbsp granulated sugar  
 1 egg  
 1/2 tsp vanilla  
 1 cup chocolate chips

\*\* If buttermilk is unavailable, combine 1 tsp. (5 mL) vinegar with milk and let sit 15 minutes.

In small bowl, cream together cream cheese, sugar, egg and vanilla; stir in chocolate chips. Set aside.

In large bowl, stir together squash, brown sugar, buttermilk, oil, eggs and vanilla. Stir or sift together flour, baking powder, cinnamon, ginger, baking soda, nutmeg and salt; stir into squash mixture until combined. Stir in nuts. Spread into greased 13- x 9-inch (3.5 L) pan.

Drop chocolate topping by heaping 1 tbsp (15 mL) onto batter. Swirl into batter with knife. Bake in 350°F (180°C) oven for 35 minutes or until tester comes out clean. Let cool; cut into desired size.