

April 2010

# eat local caledon

## Upcoming Events

### Earth Week Soup Making Workshop

Saturday April 24<sup>th</sup>, 10-2pm, Palgrave Community Kitchen, Instructor: Jennifer Clark - Soup Girl, \$20 per person. Make 2 seasonal soups including instructions and hands-on learning; take-home copies of recipes, enjoy a meal of soup and a take-home 1L jar of soup to enjoy. Please pre-register at [palgraveenvironmentcommittee@rogers.com](mailto:palgraveenvironmentcommittee@rogers.com)

### Food Handling Certification Course

Mon April 26<sup>th</sup>, 1 - 4:30pm, Palgrave Community Kitchen, \$35 per person, includes workbook for home study, wall certificate and wallet card (upon successful completion), 90 minute review and 50 multiple choice test. To register, please contact 905 880 0303 or [palgraveenvironmentcommittee@rogers.com](mailto:palgraveenvironmentcommittee@rogers.com)

### Backyard Vegetable Gardening 101

Tues. April 27<sup>th</sup>, 7-9pm, Caledon Community Complex, 6215 Old Church Rd., Caledon East, \$5 per person. Learn the basics of backyard vegetable gardening from professional grower David Warburton of Caledon Farm. Please pre-register at [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org) or 905-584-6221

## Action of the Month: Avoid Refrigerator Rot

According to Statistics Canada, 38% of all food available to eat went to waste in 2007. In Toronto, studies have shown that single-family households produce about 275 kg of food waste per year, of which 25% is inappropriately being dumped in the garbage and going to landfill, instead of going into the City's organic waste composting program. While some food waste is unavoidable, approximately one-quarter to one-third of this waste is food that is unopened, whole or untouched. A 2008 study in the U.K found that 61% of all U.K. food waste could have been avoided if consumers had better planned, stored and utilized their food purchases. (*How we waste food*, Toronto Star, May 25, 2008)

Individuals can work to use all the food bought and eliminate refrigerator rot. **Tips**—Freeze leftover vegetables to make soups. Re-use leftovers into casseroles, stews and one-pot or dish meals. Check out the Bread Pudding recipe in the Recipes section for an idea for using stale bread.

## Farm Profile of the Month: Peach Ranch Market Garden

Peach Ranch is a non-profit residential therapeutic farm community for people living with mental health issues. The social recreation recovery programs of the organization range from music instruction to art classes, to farm-based activities such as equestrian, animal care, and organic vegetable gardening.

The vegetable gardening component has increased steadily over the past few years, and now in operation is the Peach Ranch Market Garden. This is a Social Purpose Enterprise business, with the objective being to provide employment for people who find it difficult to attain jobs, as well as to ensure a sound financial bottom line. The Peach Ranch Market Garden hires people living with a mental illness to grow a wide range of vegetables (using organic methods) for sale to members of the community.

This year the Peach Ranch Market Garden is selling memberships. In signing up, a household pays \$100 in advance and receives a credit note for \$100 worth of vegetables—that averages to \$10 each week for 10 weeks. The member comes to the Peach Ranch Market at the times specified to purchase their choice of the vegetables that are available, spending the credit until it's all used up. If the credit note gets to zero, more money can be added to the credit, and the next \$10 is free.

This system enables flexibility in choice for the consumer, and eases the pressure to provide a full box of vegetables that many farmers with membership programs experience. And it brings a whole new meaning to the word support when customers can know that the people growing their food are getting the chance to work, shine, and gain valuable skills and confidence where there are few opportunities to do so in the mainstream workforce.

For more information, or to purchase one of the limited memberships, contact Heidi Torreiter, Garden Coordinator at [heidi@peaceranch.com](mailto:heidi@peaceranch.com) or 905-584-9156 x27.



Caledon Countryside Alliance

Sustainable Caledon



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## Seasonal Recipes

### Apple & Maple Bread Pudding

Source: Foodland Ontario

Preparation Time: 15 Minutes Cooking Time: 45 Minutes

Servings: 6 to 8

I didn't know I liked bread pudding until I tried this recipe.

Verdict: I love it!

- 4 firm Ontario apples
- 2 tbsp lemon juice
- 2 tbsp butter
- 1/3 cup Ontario Maple Syrup
- 3 stale bread cubes
- 2 eggs
- 2 egg yolks
- 1-3/4 cups milk
- 1 tsp vanilla

#### Topping:

- 1/3 cup chopped walnuts
- 2 tbsp packed brown sugar
- 1 tbsp butter, softened

Peel, core and slice apples; toss with lemon juice to prevent browning. In skillet, melt butter over medium-high heat; cook apples and 2 tbsp (25 mL) of the maple syrup, stirring occasionally, for 7 to 10 minutes or until apples are tender and liquid has evaporated. Stir in bread cubes. Spread apples mixture in 8-inch (2 L) square baking dish and set aside.

In bowl, whisk together eggs, yolks, milk, remaining maple syrup and vanilla; pour over apple mixture.

Topping: In small bowl, combine walnuts, brown sugar and butter; sprinkle over pudding. Place baking dish in large shallow pan and pour in enough hot water to come halfway up sides of dish; bake in 325°F (160°C) oven for about 45 minutes or until just set in centre. Serve warm or cool.

### Cucumber Vichyssoise

Source: Foodland Ontario

Preparation Time: 15 Minutes Cooking Time: 20 Minutes

Servings: 6

A delicious way to use the Ontario greenhouse cucumbers which are now available.

- 1/4 cup butter
- 1/2 cup chopped onion
- 3 cups vegetable or chicken broth
- 2 medium potatoes, peeled and chopped
- 1 large Ontario Greenhouse Cucumber, coarsely chopped
- Salt and pepper
- 1/2 cup light cream
- Chopped chives or green onions

Melt butter in large frypan; add onion and cook about 5 minutes until softened. Add broth and potatoes; cook, covered, about 15 minutes until potato is tender. Cool slightly; purée along with cucumber in blender in several small batches until smooth. Season to taste with salt and pepper. Refrigerate until well chilled; add cream. Serve sprinkled with chives.

### Maple Syrup Maple-Glazed Pork Kabobs with Apples

Source: Foodland Ontario

Prep Time: 20 minutes Cooking Time: 20 minutes

Servings: 6

- 1-½ lb Ontario Pork Loin, cut into 1-inch cubes
- 1 tbsp vegetable oil
- 1 tbsp chopped fresh thyme
- Pinch each salt and pepper
- 2 tbsp Ontario Maple Syrup

Apples:

- 2 tbsp Ontario Maple Syrup
- 3 Ontario Apples (unpeeled), thickly sliced
- 2 tbsp butter

In bowl, toss pork with oil. Season with thyme, salt and pepper. Skewer meat onto 6 soaked bamboo skewers. Grill over medium heat until tender and cooked through, turning as needed, 10 to 15 minutes. Remove from heat, brush with maple syrup. Place on large platter.

In bowl, pour maple syrup over apples and toss to gently coat. Melt butter in large skillet over medium-high heat; cook apples, stirring often until tender and glazed, 5 to 8 minutes. Serve with pork.

### Carrot Maple Cheesecake

Source: Foodland Ontario

Preparation Time: 15 minutes Cooking Time: 15 minutes

Baking Time: 55 minutes Servings: 12

Crust

- 1 1/3 cup shortbread cookie crumbs (12 cookies)
- ¼ cup melted butter

Filling

- 2 cups shredded Ontario Carrots (3 to 4)
- 3 pkg. light or regular cream cheese, room temp
- 1/3 cup granulated sugar
- 1/3 cup Ontario Maple Syrup
- 3 Ontario Eggs

Crust: Combine ingredients; mix well. Press into 9-inch (23 cm) springform pan. Bake in preheated 350°F (180°C) oven for 10 minutes.

Filling: Simmer shredded carrots in water to cover for 5 minutes. Drain and remove excess liquid. In food processor combine carrots, cream cheese, sugar and maple syrup; process until completely smooth and evenly coloured. Add eggs, one at a time, and mix until just blended. Pour onto crumb crust and bake at 300°F (150°C) for 45 minutes or until centre is almost set. Cool to room temperature. Refrigerate 3 hours or overnight.