

local goodness™

connecting our communities



Feast of Fields
Special 20th Anniversary
September 13, 2009



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WHY BUY LOCAL?

THERE ARE MANY GOOD REASONS TO BUY LOCALLY GROWN FOOD.

YOU'LL GET EXCEPTIONAL TASTE AND FRESHNESS

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

YOU'LL STRENGTHEN YOUR LOCAL ECONOMY

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

YOU'LL SUPPORT ENDANGERED FAMILY FARMS

There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

YOU'LL SAFEGUARD YOUR FAMILY'S HEALTH

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations. Buy food from local farmers you trust.

YOU'LL PROTECT THE ENVIRONMENT

Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

BUYING LOCAL IS EASY

Use this magazine or our website to find a farmer, farmers' market, farm stand, CSA (Community Supported Agriculture (CSA) is becoming a popular alternative for getting high quality food from a trusted local farm.), restaurant, retailer, or other local food outlet near you. When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, flavourful, plentiful food will be available for future generations.



PHOTO BY REBECCA PINKUS

OUR MISSION

At Local Goodness it is our goal to connect the various communities that are committed to build a strong local food network. As such, a percentage of the proceeds from each publication will be given back to the community in order to strengthen the foundation of the local food movement.

EDITORIAL

Publisher	Karen Carr
Contributing Writers	Chef Michael Smith David Cohlmeier
Contributing Photography	Rebecca Pinkus rebecca.pinkus@gmail.com Jody Glaser Toronto and Region Conservation
Cover Photography	Rebecca Pinkus rebecca.pinkus@gmail.com Jody Glaser

ADVERTISING SALES

Head Office	Mike Wilson
	3300 Bloor St. W., Centre Tower, Ste. 3140, Toronto, ON M8X 2X3 1.888.737.5577 x 201 www.localgoodness.ca

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karen@localgoodness.ca



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Home canning has always been the best way to preserve the natural goodness of our foods. Today home canning is even more attractive to Canadians because of their growing concern and interest in knowing the source of the food we eat.

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“As a Canadian chef my menus have always featured the flavours of my backyard because they tend to be better than anything coming ‘from away.’ ”





Cookstown Greens is at the end of the rainbow.

COOKSTOWN GREENS

A frequent query heard in Toronto's 1970's Beggars' Banquet restaurant was: "What did you do with these [potatoes, carrots, beets, tomatoes, or whatever] to make them the best I've ever tasted?" Owner David Cohlmeier casually answered, "We just boiled them." He had to explain that when chefs start with superior tasting ingredients, the cooking can be simple, and the results exemplary!

David Cohlmeier regularly searched for the finest ingredients; but too often he had to settle for ingredients that did not elicit such glowing praise from his guests.

To help farmers realize there were other options to simply filling the food supply chain; and to help consumers realize there were more options than what appeared in their stores and restaurants, David set out to open communications within the industry. In 1984 he started the Toronto Culinary Guild. This quickly grew to nearly 400 local farmers, chefs, food writers, food stylists, food processors, food importers, public relations specialists, cooking teachers and students.

Modeled on San Francisco's Tasting of Summer Produce, David's vision was to use the Toronto Culinary Guild to establish a Tasting of Winter Foods. This would provide our chefs and consumers an idea of all that could be available; and would provide our farmers an idea of what their consumers were really looking for. But this just seemed too far ahead of its time. So David determined it might be easier to learn how to farm than to teach farmers the importance of consistency and determining what consumers wanted.

In 1988 David Cohlmeier and his wife Barbara started Cookstown Greens. Their mission was to "consistently provide Southern Ontario chefs with superior tasting ecologically grown produce". They could not believe how quickly the demand for Cookstown Greens' produce grew.

Jamie Kennedy and Michael Stadlander were both active members of the Toronto Culinary Guild who supported David's vision of sharing what could be done locally. Wanting to expand upon what had been



Plow down cover crops are an important source of organic matter. This feeds the soil life which in turn provides optimum fertility for the plants; and the plants in turn provide the finest flavour and nutrition for us.



David Cohlmeier shares his expertise with this Ecological Farmers Association tour group.

farming experiences to help his chefs make more use of local and seasonal ingredients. To help new chefs understand the possibilities, he volunteered to teach at regional cooking schools.

In recognition of this good work, Cookstown Greens received the Ontario Hospitality Institute's Supplier of the Year Award in 2002. Again in 2007 the farm received the Food Service and Hospitality Supplier of the Year Award.

Currently Cookstown Greens' dedicated staff of 8 to 15 grows on about 20 acres per year rotating through 80 acres of gardens (one year production followed by three years of rebuilding the soil with plow-down crops). Most of the produce is sold to Southern Ontario's most acclaimed hotels and restaurants. Sales to the public are made at selected retail outlets and at the summer Brick Works Farmers' Market.

For more information, please visit www.cookstowngreens.com 🍃



A section of the Cookstown Greens gardens showing the wide variety of crops.

done at Cookstown Greens, they brought together the many people needed to create the first Feast of Fields in 1989. Cohlmeier's task was to identify and bring the participating farmers.

David actively shared his experiences with other farmers and farming students in order that they too could help make Toronto an important food centre of North America. He also shared his cooking and



Some of the most flavourful and interesting heirloom squash varieties that Cookstown Greens' chefs adore.

COOKSTOWN GREENS PICKLED BEETS

It is too easy to grow tons of cheap beets on mediocre soil. As a result, people too often "hate" beets. But everyone loves beets carefully grown on healthy soil! Slow baking brings out their best flavour. To save time, bake a bunch at one time to have them ready for last-minute serving. For assorted colours of beets, prepare a separate batch for each colour.



Chioggia or candy-cane beets are the first easy-to-use "modern" beet released in 1805.

7 lb. / 3 kg unpeeled small ecologically grown beets – red, candy-cane, golden or white	4 cups / 1L white wine vinegar
8 cups / 2L water	1 Tbsp. / 15 mL sea salt
	1 head garlic, peeled and each clove cut in half

Preheat oven to 325°F. Lay beets on shallow baking pans. Bake until shrivelling and aromatic, about 1 1/2 hours. Remove from oven and cool enough to handle. Cut into bite-size pieces then slip off and discard the skins.

Meanwhile bring the water, vinegar and salt marinade to a boil. Place beets in jars and apply lid firmly and then refrigerate for up to 3 months.



**Join us for an evening of
celebrating local food
with Toronto's top chefs
in support of The Stop**

Wednesday, November 4th, 2009

Wychwood Barns

601 Christie St, Toronto

Tickets: \$225

Contact danielle@thestop.org

www.thestop.org



A NATURAL OASIS JUST NORTH OF THE CITY

Toronto and Region Conservation's Living City Campus® at the Kortright Centre is located on 324 hectares of beautiful woodlands in the City of Woodbridge. Visitors can experience the peacefulness of nature on 16 kilometres of hiking trails through the Humber River Valley. Explore forests and meadows, and follow the boardwalk through the marsh to spot the many birds and other wildlife who call Kortright home. More than 135,000 people visit Kortright annually to spend the day or to take in one of the many year-round family events including the Sugarbush Maple Syrup Festival and the Four Winds Kite Festival.

Where education meets nature

Since 1982, the Kortright Centre has been Ontario's premier environmental and renewable energy education and demonstration centre. It houses the Power Trip Trail, a 1.6 kilometre trail which links educational demonstrations of renewable energy and energy efficient technologies, the largest trail of its kind in Canada.

For those who want to take their energy education further, visitors can



participate in one of the centre's solar, wind and earth energy workshops and learn how to conserve energy and save money. Tours of the Archetype Sustainable House, two semi-detached houses that serve as models of the next generation of green homes, are available to the public on weekends as well as corporate and school groups during the weekdays.





The Living City Campus at Kortright Centre for Conservation is located at 9550 Pine Valley Drive in Woodbridge. Pine Valley Drive is located south of Major Mackenzie Drive, west of Highway 400.



Upcoming events

July 6- August 21
Kortright Nature Day Camps
for children 5-11 years old

September 13
Feast of Fields

September 26-27
Green Energy Home Show

For more information please call 416-661-6600 or www.trca.on.ca 🍁



In support of The Stop Community Food Centre

Through collaboration and the exchange of ideas in dining rooms and kitchens across the city, Cross-Town Kitchens is dedicated to building a strong food community. In support of local and sustainable eating, Cross Town Kitchens aims to increase awareness in support of our local farmers. With an open approach to food and dining, we believe in continued learning and sharing as essential in shaping, expanding and promoting Toronto's culinary future.



FOR MORE INFORMATION VISIT WWW.CROSSTOWNKITCHENS.COM
EMAIL INFO@CROSSTOWNKITCHENS.COM OR CALL (416) 913-5830

LOOK FOR FUTURE EVENTS

**STOP FOR FOOD LOCAL PRIX
FIXE MENUS RUNNING IN
TORONTO RESTAURANTS
AUGUST 1ST-31ST**

**FARM FEAST TO RAISE
FUNDS FOR LOCAL FARMERS
COMING IN SEPTEMBER**

PHOTO BY REBECCA PINKUS



ORGANIC ADVOCATES WELCOMES YOU TO THE 20TH ANNIVERSARY OF FEAST OF FIELDS

Now, in the 20th year, Feast of Fields is as relevant as it ever was. The organic movement has come a long way, but Feast of Fields is more than Organics. It is about putting chefs, farmers, and consumers all together to enjoy great food and camaraderie. Making a personal connection with the people who grow the food and those who use their art to prepare it helps you understand the vital connection we all have with the land.

Feast of Fields has fostered many food events across the country, some organic, some not, but what keeps Feast of Fields so special is the relaxed atmosphere away from the cities, in a beautiful setting with everyone mingling. Chefs from different restaurants are chatting as they sample a glass of wine; farmers are trying some organic venison while discussing what they plan to grow next year, and the ticket buyer and aware consumers are enjoying the whole experience and interaction. Getting so many like-minded people together is how change happens. Living in harmony with the land is our goal.

For more information: www.feastoffields.org
On twitter: [feastoffields](#) or [facebook](#)
<http://www.facebook.com/group.php?gid=94556158986>

ORGANIC ADVOCATES

Organic Advocates/Feast of Fields was established in 1989 by chefs Jamie Kennedy and Michael Stadlander, and other like-minded professionals. We are a non-profit organization of organic producers, environmentally concerned chefs and other food professionals, and enlightened consumers.

Our mandate is to promote awareness of the environmental and human benefits of organic agriculture; to increase both co-operation and market relationships between organic producers, interested food professionals and consumers, to establish links with other environmental organizations with the intention to furthering public awareness of the importance of organic agriculture, and to support organic projects and events.

Some of our proudest achievements to date:

- hosting the Feast of Fields event for 20 successful years
- publishing *The Organic Gourmet*, our 192 page cookbook to celebrate Feast of Fields 10th anniversary
- publishing two editions of the *Consumer's Guide to Eating Organics*, a directory of Ontario organic farmers, what they produced and where to buy their organic products, as well as stores that sold and restaurants that served organic fare
- establishing Toronto's first organic farmer's market in 1989, which became a place to shop and exchange information with like-minded organic advocates
- funding a cable television program about organic agriculture called "Field of Greens"
- donations to many other organizations including:

- o the annual Guelph Organic Conference
- o Guelph University Organic Farming Program
- o Seeds of Diversity
- o Organic Crop Improvement Association
- o Canadian Organic Growers
- o Citizens for Renewable Energy
- o Ecological Farmers Association of Ontario



Organic Advocates -
Feast of Fields
Box 803, Nobleton, ON,
L0G 1N0
905.859.3609

PHOTO BY REBECCA PINKUS



PHOTO BY REBECCA PINKUS



A STUDY BY FOODSHARE IN TORONTO FOUND THAT A BASKET OF PRODUCE FROM AN ONTARIO GROCERY STORE TRAVELLED AN AVERAGE OF 5,365 KILOMETRES – 81 TIMES FURTHER THAN THE SAME PRODUCTS FROM A NEARBY FARMERS' MARKET

Activists talk about “food-miles.” The eating odyssey documented by Alisa Smith and J.B. MacKinnon in *The 100-Mile Diet* was spurred by the unpalatable fact that the average grocery store item travels at least 2,400 kilometres from farmer to table.

In that ethical minefield we call the produce section, it's not good enough just to buy organic anymore. In *The Omnivore's Dilemma*, journalist Michael Pollan cites the fact that 80 calories-worth of organic pre-washed lettuce, transported across the continent from California, consumes about 4,600 calories of fossil fuel. About 85 per cent of the organic food in Ontario stores is imported. In the U.S. (probably Canada too) one-fifth of petroleum goes to producing and transporting food. It's calculations like those that have people in the food movement saying “local is the new organic.” All the more so as industrial food processors bully into the organic field, cashing in on consumer interest in organics with mass-produced foods that have questionable credentials in a poorly regulated market. However, there is hope that we can reduce our ecological footprint – eat our way back to the garden, so to speak, if we can bring the garden closer to home.



PHOTOS BY REBECCA PINKUS



The Feast of Fields is a journey of remembering. It is the food system writ small, at human scale, the way food localists believe it ought to be. You eat the food outside, under the sky in the place where it was grown. You meet the people who prepared the food, and the people who grew it. You tap into a network of backyard gardens, farmers' markets, CSAs, roadside stands and restaurants that will be your resources for eating locally the rest of the year. Most important, you come away feeling good about what you ate and where it came from. 🍀

www.feastoffields.org



www.feastoffields.org

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Beretta Organic Farms
King City, ON

www.berettaorganics.com

A family-run farm located just outside of King City, Beretta Organic Farms is committed to providing organic

meat products to health-conscious consumers. Mike and Cynthia Beretta, along with their three children, work daily to produce safe, great tasting products for their community. All crops are free of chemicals, genetically modified organisms and artificial fertilizers, and no antibiotics or growth promoters are used in raising the livestock. A truly organic farm, Beretta does its best to respect the environment by harvesting its products without the use of non-renewable and polluting energy sources. Phone: (416) 674-5607

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www.homecanning.com

Black Birch Restaurant
Orangeville, ON

www.blackbirchrestaurant.com

Black Willow Farm
Erin, ON

blackwillow@sympatico.ca

Briars Resort & Spa
Jackson's Point, ON

www.briars.ca

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Daniel's of Nobleton
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Hallelujah Organics

www.hallelujah.ca

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Orangeville, ON
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Jamie Kennedy Kitchens
Toronto, ON
www.jamiekennedy.ca

Magic Oven Pizza
Toronto, ON
www.magicoven.com

Magic Oven, founded in 1997 by Tony and Abby Sabherwal, is a award-winning Toronto-based restaurant chain that serves healthy pizza with fresh, local and organic ingredients, free of additives and preservatives. "We choose to create pizzas that are healthy and organic, because we believe that nothing artificial should touch our lives. Our food, environment and beliefs should be as close to nature as possible. This is where goodness lies and it is possible for all to thrive in it," says Tony. The restaurants offer a diverse selection of healthy pizzas, pastas and sandwiches and their ingredients are mostly organic and natural and feature local produce as well as local, free-range meat in all menu items. Their pizzas can be made to accommodate a variety of dietary concerns from organic spelt pizzas, gluten-free rice flour pizzas and the option of vegan or lactose-free cheese. It's not just important to look good and taste good - what it does inside your body after the first few bites is more important. Our food looks good, tastes good and nourishes your body.

Meat Consultants Inter.
meatconsultants@rogers.com

Millcroft Inn & Spa
Alton, ON
www.millcroft.com

Mum's Hemp
www.stealthhealthfoods.com

Planet Organics
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Good food. Good for you. Good for the Earth. We're passionate about organic practices and products. That's why we only sell 100% organic produce.

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FARMERS



Cookstown Greens
www.cookstowngreens.com



Everdale Organic Farm
www.everdale.org

Greenbelt Farmer's
Market Network
Toronto, ON
www.greenbeltfresh.ca

Tree & Twig Heirloom
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www.treeandtwig.ca

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www.wholevillage.org



The New Farm
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Quinte Organic Farmers' Co-op
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ASSOCIATIONS

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Toronto, ON
www.bullfrogpower.com

Ecological Farmers Assoc. of
Ontario
Guelph, ON
www.efao.ca

Guelph Organic Conference
Collingwood, ON
www.guelphorganicconf.ca

Oakville Sustainable Food
Partnership
Oakville, ON
www.osfp.org

Organic Council of Ontario
Guelph, ON
www.organiccouncil.ca

SAMPLES

Alternative Grounds
Toronto, ON
www.alternativegrounds.com

Alternative Grounds is a fairtrade certified roaster and purveyor of organic coffees since 1995. Located in Toronto, its roasting facilities are organic certified and its cafe is a long standing community-oriented hub (333 Roncesvalles

Ave.) serving light vegetarian fare and sweets. AG is a member of Cooperative Coffees, a green coffee importing coop which brings together roasters from the U.S. and Canada in their passion and belief that a good cup of java is best savoured when is fairtrade.

Black River Gatehouse
Toronto, ON
www.blackrivergatehouse.com

My name is Linda Rose . . . I provide locally grown and naturally wildcrafted Medicinal Herbs. I present my Herbs at the St Lawrence Market North, Saturday mornings, where I have been for the past 8 years.

I also lead Herb Walks, teach classes on Medicinal Herbs and have a private practice as a Holistic Healer; my company name is BLACK RIVER GATEHOUSE, a reference to the property where I conduct Wilderness Adventures.

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Planet Organic Market
www.planetorganic.ca



Rural Root Beverage Co.
Kingston, ON
www.ruralrootsbeverage.com

Rural Roots Beverage Company is dedicated to providing consumers with sustainable beverages including a line of locally-brewed Organic, Fair Trade sparkling Tisanes (T'Zen), as well as Organic, Fair Trade coffees and teas.

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mjordan.cipelli@bellnet.ca

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www.southbrook.com

DIRECTORY OF FARMER'S MARKETS

BRANT COUNTY

Brantford Farmers' Market
79 Icomm Dr. Fridays 9 AM to 5 PM
Saturdays 7 AM to 2 PM (year round)

DUFFERIN COUNTY

Orangeville Farmers' Market
Town Hall, 2nd & Broadway Sts.
Saturdays 8 AM to 2 PM

DURHAM REGION

Beaverton Farmers' Market
Alexander Muir Park, behind library
Fridays 2 PM to 6 PM

Brooklin Farmers' Market
Home Hardware, 64 Baldwin St.
Saturdays 8 AM to 3 PM

Cartwright Fields Farmers' Market
3951 Hwy #7, Nestleton
Saturdays 8 AM to 1 PM

Clarington Farmers' Market
Newcastle Arena
Sundays 10 AM to 2 PM

Oshawa Centre Farmers' Market
Oshawa Shopping Centre, east lot
Fridays 8:30 AM to 4 PM

Oshawa Downtown Farmers' Market
Queen's Market Square, Simcoe St.
Tuesdays 9 AM to 4 PM

Pickering Farmers' Market
Town Square, 364 Kingston Road
Thursdays 2:30 PM to 7 PM

Port Perry Farmers' Market
Mary St. Parking Lot at Water St.
Saturdays 8 AM to 12 PM

Uxbridge Farmers' Market
Uxbridge Arena, 291 Brock St. N.
Sundays 9 AM to 1 PM

Whitby Farmers' Market
Old Fire Hall, Brock & Colborne Sts.
Wednesdays 10 AM to 6 PM

GREY-BRUCE

Collingwood Farmers' Market
2nd & Pine Streets
Saturdays 8:30 AM to 12:30 PM

Durham Farmers' Market
204 Garafraxa Street South
Fridays 3 PM to 7 PM

Flesherton & District Farmers' Market
Flesherton Arena
Saturdays 8 AM to 1 PM

Holstein Farmers' Market
Holstein Community Park South Gate
Saturdays 8 AM to 12 PM

Keady Farmers' Market and Livestock
Market R.R. # 4 Tara
Tuesdays 7 AM to 1 PM

Kincardine Farmers' Market
Connaught Park
Saturdays 9 AM to 12 PM

Lions Head Farmers' Market
Lions Head Beach Pavilion Saturdays 9 AM
to 12 PM, July & August 8 AM to 12 PM

Meaford Farmers' Market
Meaford Harbour Pavilion
Fridays 3 PM to 7 PM

Owen Sound Farmers' Market
110-8th Street East beside City Hall
Saturdays 7 AM to 1 PM (year round)

Paisley Farmers' Market
Queen Street/Bruce Road 3
Saturdays 9 AM to 1 PM

Walkerton Farmers' Market
Walkerton Fridays 8 AM to 2 PM

Warton Farmers' Market
Old Train Station Pavilion in Bluewater Park
Fridays 1 PM to 7 PM

Williamsford Farmers' Market
112 Salter Street Fridays 3 PM to 8 PM

HALDIMAND COUNTY

Dunnville Farmers' Market
Market St., near the arena
Tuesdays & Saturdays 7 AM to NOON

HALTON REGION

Burlington Mall Farmers' Market
Prospect St. Wednesdays & Fridays 8 AM to
4 PM Saturdays 8 AM to NOON

Georgetown Farmers' Market
Main St. S. between Church & James Sts.
Saturdays 8 AM to 12:30 PM

Harbourside Organic Farmers' Market
Centennial Square, Oakville
120 Navy St. Saturdays 9 AM to 1 PM

Milton Farmers' Market
Main St. between Martin & James Sts.
Saturdays 7 AM to NOON

Oakville Civitan Farmers' Market
Hopedale Mall, 1515 Rebecca St.
Saturdays 8 AM to 4 PM

Oakville Place Farmers' Market
QEW & Trafalgar Rd., north lot
Thursdays 8 AM to 2 PM

HAMILTON REGION

Dundas Farmers' Market
Miller's Lane near Hatt Street
Thursdays 3 PM to 7 PM

Hamilton Farmers' Market
Jackson Square Shopping Mall
Tuesdays & Thursdays 7 AM to 6 PM
Fridays 8 AM to 6 PM
Saturdays 6 AM to 6 PM (year round)

Hamilton Mountain Farmers' Market
Sacred Heart Church Viewpoint & Mountain
Park Ave. Saturdays 7 AM to 1:30 PM

Ottawa St. Farmers' Market
Ottawa St. N., between Britannia &
Edinburgh Aves.
Fridays & Saturdays 7 AM to 3 PM (year
round)

KAWARTHA-LAKES REGION

Kinmount Farmers' Market
Heritage Park Saturdays 9 AM to 2 PM

Lindsay Farmers' Market
Victoria Ave., between Kent & Peel Sts.
Saturdays 7 AM to 1 PM

PETERBOROUGH

Peterborough & District Farmers' Market
Morrow Bldg., Exhibition Grounds
Saturdays 7 AM to 1 PM (Nov. to April)
Memorial Centre Parking Lot
Saturdays 7 AM to 1 PM (May to Oct.)

The Wednesday Market, Peterborough
Charlotte St., between George & Water Sts.
Wednesdays 9 AM to 2 PM

NIAGARA REGION

Brock University Farmers' Market
500 Glenridge Ave., Brock University
St. Catharine's Fridays 11 AM to 2 PM

Farmers' Market @ The Village,
Niagara-on-the-Lake Corner of Stone and
Niven Rds. Saturdays 8 AM to NOON

Grimsby Farmers' Market
St. George's Ukrainian Church
Corner of Ontario & Adelaide Sts.
Thursdays 4:30 PM to dusk

Pelham Farmers' Market
Town Hall municipal parking lot
Thursdays 4:30 PM to dusk

St. Catharines Farmers' Market
Market Square, City Hall
Tuesdays, Thursdays & Saturdays
5:30 AM to 4 PM (year round)

Smithville Farmers' Market
West Lincoln Arena fairgrounds
Saturdays 7:30 AM to 12:30 PM

Welland Farmers' Market
Between Yonge & Division Sts.
Saturdays 6 AM to NOON (year round)

NORFOLK COUNTY

Port Dover Lions Silver Lake Market
320 St. Patrick St., Port Dover
Saturdays 8 AM to 1 PM (year round)

Simcoe Farmers' Market
Norfolk County Fairgrounds
Thursdays 9 AM to 4 PM (year round)

NORTHUMBERLAND COUNTY

Brighton Farmers' Market
Proctor St., downtown
Saturdays 8 AM to 1 PM

Cobourg Farmers' Market
The square behind Victoria Hall
Saturdays 7 AM to 1 PM

Port Hope Farmers' Market
Behind Town Hall Saturdays 8 AM to NOON

Quinte West Farmers' Market, Trenton
Front St. (Riverside), downtown Tuesdays,
Thursdays & Saturdays 8 AM to NOON

PEEL REGION

Brampton Farmers' Market
Main & Queen Sts. Saturdays 7 AM to 1 PM

Caledon Farmers' Market
Albion Bolton Community Centre 150 Queen
St. S., Bolton Thursdays 3 PM to 8 PM

Square One Farmers' Market, Mississauga
100 City Centre Dr. Fridays 8 AM to 8 PM
Sundays 9 AM to 6 PM

Streetsville Farmers' Market, Mississauga
GO Parking Lot, Thomas St.
Saturdays 8 AM to 1 PM

SIMCOE COUNTY

Barrie Farmers' Market
Barrie City Hall, Mulcaster & Collier Sts.
Saturdays 8 AM to 12:30 PM (year round)

Bradford Farmers' Market
John St. & Barrie Rd. Saturdays 8 AM to 1 PM

Coldwater Farmers' Market
Coldwater Mill Saturdays 8 AM to 12 PM

Collingwood Farmers' Market
2nd & Pine Sts. Saturdays 8:30 AM to 1 PM

Creemore Farmers' Market
The Station on the Green, Caroline St. East
Saturdays 8:30 AM to 12:30 PM

Orillia Farmers' Market
Market Square, behind Opera House
Saturdays 7:30 AM to 12:30 PM (year
round)

Penetanguishene Farmers' Market
Village Square Mall, Main Street
Saturdays 8 AM to 1 PM

Simcoe County Eco Farmers' Market
Hempola Valley Farms 2133 Forbes Rd.
Fridays 3:30 PM to dusk

TORONTO

AppleTree Market
North Toronto Community Centre
200 Eglinton Ave. West
Thursdays 3 PM to 7 PM (year round)

Bloor-Borden MyMarket
Lippincott St., south of Bloor
Wednesdays 3 PM to 7 PM

BirchCliff Village Farmers' Market
1512 Kingston Rd. Fridays 2 PM to 7 PM

Distillery District Farmers' Market
55 Mill St. Sundays 10 AM to 6 PM

Dufferin Grove Organic Farmers' Market
873 Dufferin St., in park opposite mall
Thursdays 3 PM to 7 PM (year-round)

East Lynn MyMarket
Woodbine & Danforth Aves.
Thursdays 3 PM to 7 PM

East York Civic Centre Farmers' Market
850 Coxwell Ave. Tuesdays 9 AM to 2 PM

Etobicoke Civic Centre Farmers' Market
399 The West Mall Saturdays 8 AM to 2 PM

Evergreen Brick Works Farmers' Market
550 Bayview Ave. (Bayview extension)
Saturdays 8 AM to 2 PM

Evergreen Brick Works Chefs' Market
550 Bayview Ave. (Bayview extension)
Tuesdays 8 AM to 1 PM

Guildwood Village Farmers' Market
The Guild Inn, 191 Guildwood Parkway at
Kingston Road
Thursdays 2 PM to 6 PM

Liberty Village MyMarket
Corner of Liberty St. & Atlantic Ave.
Sundays 9 AM to 2 PM

Metro Hall Farmers' Market
55 John St., near King St.
Thursdays 8 AM to 2 PM

North York Civic Centre Farmers' Market
Mel Lastman Square
5100 Yonge St. Thursdays 8 AM to 2 PM

Riverdale Farm Farmers' Market
201 Winchester St. Tuesdays 3 PM to 7 PM

St. Andrew's MyMarket
Maud St. at Adelaide St. W.
Saturdays 9 AM to 1 PM

St. Lawrence Market North Y/R
92 Front St. E. at Jarvis
Saturdays 5 AM to 2 PM

Sherway Gardens Farmers' Market
Hwy 427 & The Queensway, north lot
Fridays 8 AM to 2 PM

Sick Kids Hospital MyMarket
555 University Ave. Tuesdays 9 AM to 2 PM

Sorauren Park Farmers' Market
Sorauren Ave., south of Dundas
Mondays 3 PM to 7 PM

Stonegate Farmers' Market
194 Park Lawn Rd. Tuesdays 4 PM to 7 PM

The Stop's Green Barn Farmers' Market
601 Christie St., south of St. Clair
Saturdays 8 AM to 1 PM (year-round)

Sunshine Garden Farmers' Market
CAMH, 1001 Queen St. West
Mondays & Thursdays, 10 AM to 11:30 AM

Toronto City Hall Farmers' Market
Nathan Phillips Square
100 Queen St. West
Wednesdays 10 AM to 2:30 PM

Trinity Bellwoods Farmers' Market
Trinity Bellwoods Park, Dundas & Shaw Sts.
Tuesdays 3 PM to 7 PM

University College Farmers' Market
University College Rotunda, 15 King's
College Circle
Fridays 11 AM to 2 PM September to April

Weston Farmers' Market
GO Train parking lot, John St.
(Weston Rd. & Lawrence Ave. W.)
Saturdays 7 AM to 2 PM

Withrow Park Farmers' Market
725 Logan Ave. Saturdays 9 AM to 1 PM

WATERLOO REGION

Cambridge Farmers' Market
40 Dickson St. at Ainslie St.
Saturdays 6 AM to 1 PM (May through
Oct.) Saturdays 7 AM to 1 PM (Nov.
through April) Wednesdays 8 AM to 2 PM
(mid-June to mid-Sept.)

Elmira Farmers' Market
Maple Street Saturdays 8 AM to 1 PM

St. Jacobs Market
Weber St. at Farmers' Market Rd.
Thursdays & Saturdays,
7 AM to 3:30 PM (year round)
Sundays 10 AM to 4 PM (year round)
Tuesdays 8 AM to 3 PM (summer only)

Your Kitchener Market
300 King St. E. Saturdays 7 AM to 2 PM
(year round) Wednesdays 8 AM to 2 PM
(May to Oct.)

WELLINGTON COUNTY

Elora Farmers' Market
15 Mill St. E. Saturdays 9 AM to 2 PM

Guelph Farmers' Market
4 Gordon St. at Waterloo Ave.
Saturdays 7 AM to NOON (year round)

Minto Farmers' Market
Downtown Clifford Fridays 3 PM to 7 PM

YORK REGION

Markham Farmers' Market
Markham Rd. & Robinson St.
Saturdays 8:30 AM to 2 PM

Newmarket Farmers' Market
Timothy St. & Doug Duncan Dr.
Saturdays 8 AM to 1 PM

The Village Organic Market
Toronto Waldorf School 9100 Bathurst St.
Saturdays 8:30 AM to 1:30 PM (year round)



The freshness of your Farmer's Market...in a jar
Nothing compares to the flavour of fresh local foods. At Bernardin, we make it simple for you to capture the tastes of nature.

For over 100 years, home canning has been an exclusive focus for Bernardin Ltd. It's no wonder Bernardin continues to be Canada's trusted leader in home canning products.

Home canning has always been the best way to preserve the natural goodness of our foods. Today home canning is even more attractive to Canadians because of their growing concern and interest in knowing the source of the food we eat. We see this thinking everyday in the healthy lifestyle concerns, organic produce, and the proliferation of farmers' markets. It's also evident in the popularity of the 100 mile diet and locally grown foods, the enhanced retail produce sections and the overwhelming popularity of home gardening.

At Bernardin, our goal is to provide you with the tools and expertise you'll need to bring nature's bounty to your table all year long. In dedicated laboratories, Bernardin specialists subject all its products and recipes to rigorous testing. From Mason jar design and thermal shock resistance, to sealing compounds and pectin performance, every safety aspect is investigated and monitored. Educational materials and recipes are tailored to Canadian standards and tastes. Even dietetic and allergy-related issues are factored in.



Because you can...

For more than 100 years Bernardin has been with you in the kitchen, providing you with products, recipes and inspiration that will last for generations.

At Bernardin we try to ensure that you have all the necessary tools to assist you in making canning the easiest way possible. That's why we have introduced our new canning kits that are sold at the

Brickwork's (www.evergreen.ca) every Saturday. It includes a canner with rack, a complete Bernardin tool kit, a 4 pack of Collection Elite jars with pectin, an instructional DVD with a 12 page recipe booklet. We also have some great resources from our Complete Book of Home Preserving and also our smaller version called the Guide to Home Preserving. In addition, we have a complete line of pectin's in order to make jams and jellies.



For decades, Canadians have trusted Bernardin to pursue their passion for home canning. From traditional tools to decorative designs, we have the products that will make your canned goods shine.



Home canning is traditional, yet, as modern as the latest gourmet creation. It's convenient but homemade. Satisfying and rewarding. If you're passionate about taste, about knowing the source and quality of your food, home canning puts you in control. Home canning lets you determine the origin and the quality of the ingredients but also lets you control the sugar and salt levels. Many capture the essence of yesteryears by preserving family favourite recipes handed down through generations of fine cooks. The results are as diverse as Canada's palette.

Embrace the flavours of the season...

Whether you're looking for an old favourite or are ready to try something new, our recipes will help you capture every delicious flavour of the seasons.

Visit our web site for inspirational recipes and great tasting family favourites, they are sure to satisfy your families' taste buds. 🍁

www.homecanning.ca



Jars

Pectins and Mixes

Available Fruit/Vegetables



125 ml



250 ml



500 ml



1L



Liquid Pectin



Original Pectin



No Sugar Needed Pectin

Freezer Jam Pectin



Sugar Free Freezer Jam Pectin



Dill Pickle Mix

Salsa Mix



Sweet Pickle Mix



BERNARDIN HELPS YOU PRESERVE...

Dill Slices

4 lb (1.8 kg) medium cucumbers, about 30
 4 cups (1000 ml) cider vinegar
 4 cups (1000 ml) water
 3/4 cup (175 ml) sugar
 1/2 cup (125 ml) pickling salt
 3 tbsp (45 ml) fresh mixed pickling spices
 5 bay leaves
 5 garlic cloves
 2 -1/2 tsp (12 ml) mustard seed
 5 heads fresh dill or 5 tsp (25 ml) dried dill seed



- Wash cucumbers, scrubbing lightly with a soft vegetable brush. Rinse well in cool running water. Cut 1/8 inch (0.3 cm) slice off blossom end (opposite stem end) and discard. Cut cucumbers into 1/4 inch (0.5 cm) slices.
- Combine vinegar, water, sugar and salt in a large stainless steel saucepan. Tie pickling spices in cheesecloth creating a spice bag; add spice bag to vinegar mixture and simmer 15 minutes.
- Place 5 clean 500 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs lids hot until ready to use.
- In a hot jar, place 1 bay leaf, 1 garlic clove, 1/2 tsp (2 ml) mustard seed and 1 head of fresh dill or 1 tsp (5 ml) dried dill seed. Pack cucumber slices into a hot jar to within 3/4 inch (2 cm) of top rim. Add hot liquid to cover cucumber to within 1/2 inch (1 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more cucumber slices and hot liquid. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining cucumber slices and hot liquid.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 15 minutes.*
- When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
- After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.
- Makes about 5 x 500 ml jars.

WHAT'S IN SEASON!



Exotic Peach Chutney

You determine the flavor of this chutney by your choice of spice mixtures. Choose the mellow flavour of the Caribbean Islands via the Island Spice Mixture or a more traditional chutney flavour with the Calcutta Spice Mixture.

6- 1/2 lb (3 kg) peaches, 20 to 25 medium
 2 cups (500 ml) malt vinegar
 2 cups (500 ml) lightly packed brown sugar
 4 oz (100 g) fresh gingerroot
 2 medium onions, finely chopped
 2 green peppers, seeded & finely chopped
 1 hot banana pepper, seeded & finely chopped
 1 cup (250 ml) dark raisins
 1 cup (250 ml) golden raisins
 1 cup (250 ml) mixed glace peel
 1 tbsp (15 ml) pickling salt

ISLAND SPICE MIXTURE

1 tsp (5 ml) ground cinnamon
 1/2 tsp (2 ml) grated nutmeg
 1/4 tsp (1 ml) ground cloves

CALCUTTA SPICE MIXTURE

2 tsp (10 ml) curry powder
 2 tbsp (25 ml) celery seed
 1 tbsp (15 ml) mustard seed

- Blanch, peel and pit peaches. Coarsely chop peaches and combine with vinegar in a large stainless steel saucepan. Stir in sugar. Bring to a boil and cook until peaches are tender.
- Place 6 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
- Peel and grate or finely chop gingerroot; tie in a large square of cheesecloth, creating a spice bag. Add gingerroot spice bag, onions, green and banana peppers, dark and golden raisins, mixed peel and pickling salt to peaches. Stir in your choice of Island Spice mixture or Calcutta Spice bag. (For Calcutta Spice Mixture tie spices in a large square of cheesecloth, creating a spice bag).
- Return mixture to a boil. Stirring frequently, simmer until thick, about 45 minutes. Remove thickened chutney from heat and discard spice bag(s).
- Ladle chutney into a hot jar to within 1/2 inch (1 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more chutney. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining chutney.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 10 minutes.*

- When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
- After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.
- Makes about 6 x 500 ml jars.



Corn Salsa

Open up a jar and stir in a can of black beans for a great tasting salsa! If you prefer a spicier salsa, add 1 to 2 tsp (5 to 10 ml) red pepper flakes, or 1/2 to 1 tsp (2 to 5 ml) hot pepper sauce or cayenne pepper to recipe.

12 cups (3000 ml) coarsely chopped tomatoes,
about 6 lb (2.7kg), 24 medium
8 cups (2000 ml) whole kernel corn,
about 2.2 lb (1 kg) or 16 medium ears
1 pkg (115 g) BERNARDIN Salsa Mix
1-3/4 cups (425 ml) cider vinegar



- Place 6 clean 500 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
- Wash, seed and coarsely chop tomatoes; drain off excess liquid. Measure 12 cups (3000 ml). If using fresh corn, blanch ears in boiling water 1 minute before cutting kernels off. Measure 8 cups (2000 ml).
- In a large stainless steel saucepan, combine BERNARDIN Salsa Mix and cider vinegar. Add tomatoes and corn; mix well. Over medium-high heat, bring mixture to a boil, stirring frequently. Reduce heat and simmer stirring constantly, just until mixture is heated through.
- REFRIGERATED: Ladle hot salsa into six hot 500 ml jars or two 1.5 L mason jars; apply closures. Cool 30 minutes and refrigerate up to 3 weeks or freeze in straight-sided jars or containers up to 1 year.
- SHELF-STABLE: Ladle hot salsa into a hot 500 ml mason jar to within 1/2 inch (1 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more salsa. Wipe jar rim removing any food residue. Centre hot sealing discs on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining salsa.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 20 minutes.*
- When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
- After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.
- Makes about 6 x 500 ml jars.



PHOTO BY JODY GLAZER



LOCAL!

18 years ago I was a young chef slinging flavours in the canyons of New York City. I was idealistic, passionate and unmotivated by big city cooking. So I moved to Prince Edward Island to “meet some farmers and plant a garden.” I figured that’s what you do in the country and it might be a good way to fill my kitchen with fresh ingredients. I was right but I had no idea how truly profound my words would turn out to be.

Every cook knows that great cooking is impossible without great ingredients. As a Canadian chef my menus have always featured the flavours of my backyard because they tend to be better than anything coming





'from away.' Cooking with what's around you defines cuisine anywhere in the world. But when you're a country chef driving up and down the long dirt lanes of every farm you can find you quickly realize that there's more to your ingredients than where they're from or how good they are. There's a personal side too and in many ways it's more important than the ingredients themselves.

All of us crave a local connection to our food. We're motivated by flavour, nutrition, sustainability and fair compensation for our farmers and food artisans. We love farmers markets and festivals like the Feast of Fields. We feel good knowing where the flavours on our table came from but it feels even better getting to know the people who produced them for you. It's simply called being a good neighbor. And it will make you a better cook.

Years ago I thought was scouring the countryside of Prince Edward Island for great ingredients but somewhere along the way I realized what I was finding was an intense personal connection. When you get to know the folks who get up early in the morning to get their hands dirty to put food on the table your cooking becomes personal. There not just greens they're Becky and Rachel's organic salad greens and they worked very hard to grow them. I feel a profound sense of responsibility to them to do my best. I don't want to let my neighbors down.

I look forward to being a part of this years Feast of Fields. In fact I had so much fun last year meeting passionate organic producers and chefs that I'm bringing Becky and Rachel with me. Because the best food is not just local, it's created by your friends. And they just might get a tip or two to help them on their farm. My farm!

www.chefmichaelsmith.ca

GRILLED SALMON BURGERS



You can fill your grill with more than just beefy burgers! Try a batch of these salmon burgers, they're super simple to make, full of healthy flavour, and fun to eat.

Serves two

8 oz filet of salmon, skin removed, cubed	1 teaspoon of soya sauce
1 tablespoon of grated fresh ginger	2 tablespoons of minced red onion
	1 handful of cilantro leaves

Preheat your grill to its highest setting. Toss all the ingredients into your food processor and pulse a few times, just until everything comes together into a coarse mixture. Don't puree the works, a rough chop is all that's needed. Form into 2 large burgers, the mixture will seem loose but as it cooks it will firm up. Carefully place on your grill and sear on each side until cooked through.

Serve on a soft bun with your favourite burger toppings.

from The Best of Chef at Home © Chef Michael Smith, Whitecap 2009

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IN THE NEXT ISSUE - AUGUST '09

3RD ANNUAL PICNIC AT BRICKWORKS

Sunday, October 4, 2009 from Noon-4pm
 at 550 Bayview Ave, Toronto, Ontario



The theme of this year's Picnic is "locally global" in recognition of the many cultural groups from around the world who make Toronto their home and enrich our city through their diverse food traditions. Connecting the global palate using foods grown locally is a wonderful opportunity to bring environmental and cultural traditions together, and in the case of the Picnic, into a delicious mouthful.

At this year's Picnic, each food station will represent a three-way partnership: A local chef representing such areas as Central America, Africa, the Caribbean, Eastern Europe, the Middle East, India, Pakistan and the Far East, will pair with leading chefs well-known for their local food traditions, and with local farmers who produce the bounty.

Together, these pairings will serve up a menu that boasts the best of what our landscape and cultures have to offer. 🍀

www.evergreen.ca/picnic





For over 100 years home canning has been the exclusive focus for Bernardin.

It's no wonder Bernardin continues to be Canada's most trusted leader in home canning products.



Bernardin has joined forces with many Canadian organizations that promote and support organic agriculture, local producers and traditional methods of preserving the goodness of fresh foods and giving back to the community.

1-888-430-4231
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