

Sept. 2009  
Issue 4

Upcoming  
Market  
Events

Thurs. Oct. 1  
Cooking  
Demo: Local  
Apples

Thurs. Oct. 8  
Thanksgiving  
Festival

*Choosing local  
food reduces  
food miles and  
supports a  
climate-  
friendly diet;  
supports local  
farmers, keeps  
dollars within  
our local  
economy and  
provides a  
source of fresh  
and tasty  
food.*

# Caledon Farmers' Market



## Tips for Freezing the Local Harvest

### Freeze These Items Fresh (No blanching Required)

- Apples (peeled and sliced; Berries, Currants, Gooseberries, Elderberries;
- Fresh Herbs (use from frozen-do not thaw!!!); Leeks; Rhubarb; Spinach; Whole Tomatoes; Zucchini (grated for baking, otherwise blanch)

### Freeze These Items After Blanching in Boiling Water

A quick dunk in boiling water (until the water returns to the boil) followed by a refresh in cold water and draining well is all that is involved in blanching process. The blanching process inactivates the enzymes in the food that are responsible for the aging or ripening and deterioration of food over time. Without blanching these foods taste "old" after freezing for a few weeks

- Broccoli, Carrots, Cauliflower, Peas, Corn, Snap Beans, Summer Squash (Zucchini, Patty Pan), Peaches

### Fully Cook Before Freezing

- Beets; Winter Squash

\*Freezing tips courtesy of Cathy Hansen, a Canadian Red Seal Chef, and owner of Bernway Farm & Philosophers Kitchen in Ospringe, Ontario.

## Market Recipe Idea

### Carrot Potato Pancakes

#### Pancakes

3 cups Ontario Carrot, shredded  
1-1/2 cups Ontario Potato, peeled and shredded  
1/3 cup Ontario Onion, finely chopped  
4 eggs, lightly beaten

#### Dill Yogurt Sauce

1 cup plain regular or low-fat yogurt  
1/4 cup regular or light mayonnaise

1/3 cup all-purpose flour  
2 tbsp chopped fresh parsley  
1 tbsp chopped fresh dill  
1/2 tsp salt  
Pepper

1 tsp chopped fresh dill  
1 tsp (5 mL) lemon juice

In large bowl, combine carrot, potato, onion and beaten eggs until well combined. Stir in flour, parsley, dill, salt and pepper to taste.

Heat 1 tbsp vegetable oil in large nonstick skillet over medium-high heat. Spoon about 2 tbsp carrot mixture into pan; flatten slightly. Fry on both sides until golden brown; drain on paper towel. Keep warm in oven while preparing remainder, adding more oil as needed. Serve with Dill Yogurt Sauce.

Dill Yogurt Sauce: In small bowl, stir together yogurt, mayonnaise, dill and lemon juice; cover and refrigerate until serving.

[www.caledon.ca/farmersmarket](http://www.caledon.ca/farmersmarket)

Every Thursday 3:00 to 8:00pm | June 18 to October 8 | Albion Bolton Community Centre

# Market Vendors...In Their Own Words



## Windmill Hill

A few years ago the family decided to take the plunge and move out of the city, back to our rural roots. We bought a century farmhouse on 2 acres a couple of hours north of Toronto, actually in the middle of one of the largest wind turbine farms in Ontario (hence the name Windmill Hill). Life is more simple now, we grow a large selection of vegetables, bake all our own bread and pressure can much of our own "convenience" foods.

As well as many years in the food industry designing and making cakes, I have a lifetime doing various crafts, of which soapmaking is my absolute favourite. The two skills go well together, the bakery experience ensures that our products are made to exacting standards from premium ingredients and my love of design is evident in the exquisite appearance our soaps.

We use simple, everyday ingredients in our soaps. Depending on the type of soap we want to make, our soaps will contain a mixture of ingredients drawn from the following list: purified water, olive, coconut and palm oils, other fixed oils such as apricot kernel, avocado, jojoba, hemp or sweet almond, nutrients such as shea butter, beeswax and cocoa butter, essential oils for their glorious scents and a range of pigments for colour. Often we add other ingredients, such as powdered flowers or leaves, oatmeal, honey, kaolin or fullers earth. It is the coconut oil in our soaps that produces the luxurious lather. When you're washing, turn the bar a few times in your hands to release the lovely, soft, fluffy bubbles that are the hallmark of coconut oil in a soap - you'll find they are softer and smoother than those of a typical mass-produced soap. You can reach Jackie at [jackie.pritchard@gmail.com](mailto:jackie.pritchard@gmail.com).



## White Gold Licorice / The Art of the Tart

White Gold Licorice was developed in 2007 when a request for a black licorice cheesecake led to the inspiration for a white chocolate confection, infused with pure anise oil. This unique candy garnered an instant fan base when introduced to the Orangeville market in 2008.

White Gold made its way to the Caledon market where it was an instant success. Since chocolate does not lend itself to being "summer friendly", Paul and Lori decided to expand the business during the summer months to include many of Lori's original family recipes developed in the Pennsylvania Dutch region of Waterloo County and a new branch of their business – The Art of the Tart – was born.

After decades of being pressured to sell her butter tarts to the general public, Lori decided to finally acquiesce and offer them for sale. These award winning Butter Tarts were recently proclaimed to be the best on the Bruce Peninsula and are offered with a variety of fillings....raisin, walnut, pecan, macadamia, cashew, almond and plain. Also for sale are some other heritage delights, including a variety of Fruit Loaves, (such as Lemon Blueberry and moist Banana Bread); Fudge Brownies; German Poppyseed Squares; and on occasion, Long Johns (a "to-die-for" homemade donut filled with a butter cream centre). With the fall season upon us, homemade pies have been added. Some of the flavours that will be available on a rotating basis, are apple, cherry and pumpkin ... all with the characteristic quality and old world essence that our customers have come to appreciate. You can reach Paul and Lori via email at [white\\_gold@rogers.com](mailto:white_gold@rogers.com).

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