



Summer 2007
Volume 1, Number 5

Get your girth from our good earth...
support local farmers.

Slow Food Events



Special Interest Articles:

- Slow Food Events Calendar
- Farmers Market Report
- Sustainable Seafood
- Bison & Blanbrook Farm
- Restaurant Profile
- Seasonal Recipes
- Ark of Taste: Plains Bison

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Friday June 15, 2007 7 p.m.

The Farmer's Market Dinner Under The Crabapple Tree at Murano, 394 Waterloo St.
An annual seasonal dinner featuring local culinary delights
Part of the proceeds will support Slow Food London's Farmers' Market Initiative

Sunday, June 24, 2007 12 p.m.

Strawberry Social & Wine Tour, Rush Creek Winery
12 - 1 p.m. Tour of winery & tasting (tour cost is \$4 per person, lunch cost TBD)
1 p.m. Luncheon will be provided using strawberries in both sweet and savoury ways!

Sunday, July 8, 2007 1:30 p.m.

Cherry picking & convivium picnic
1:30 p.m. - **Cherry Picking** - Meet at Marsh Fruit Farms in Arkona (about 30 min. west of London)
3 p.m. - Meet at Rock Glen Conservation Park, Pavilion B (cost is \$3 per person)
Bocce Ball tournament, hiking, finding fossils and Potluck supper.

Thursday, August 16, 2007 7:00 p.m.

Night at the cinema & summer social
University of Western Ontario (exact location will be provided later)
7 p.m. - reception with wine, beer and finger foods
7:30 p.m. - Showing of the film "Slow Food Revolution"
8:30 - 8:45 pm. - Break. Light refreshments.
8:45 - 10:15 p.m. - Showing of the film "Chocolat". Johnny Depp is at his finest.

Saturday, September 8, 2007 (rain date will be Sunday, Sept. 9) 2-4 p.m.

Tomato Harvest Celebration
Meet in Chris McDonald's backyard (more details will be provided). Bring your best tomato for other members to sample. Voting will take place and a special prize will be awarded to the winner. Chefs will bring along favourite tomato dishes for sampling. Bring your tomato seeds for a seed exchange. BYOB and bring your own lawn chair.

Thursday, October 4, 2007 (tentative) 7:30 p.m.

Slow Food London General Meeting for all members. Location: TBD

Friday, September 21, 2007 6:30 p.m.

Slow Food London Fundraising Dinner
Fanshawe Pioneer Village
6:30 - 7:30 p.m. - Cocktails
7:30 - Dinner



Farmers Market - Regular Vendors

Dorothy Green
MILLSTREAM FARM
 Certified Organic Vegetables
 21974 Gibson Rd.
 Mt. Brydges, ON NOL 1W0
 (519) 264-2310
 dorothyi.green@sympatico.ca
 www.millstreamfarm.ca

John Wilson
DOLWAY FARM
 Certified Organic Vegetables
 john.wilson@attcanada.net

Dee Biggar
DOLWAY FARM
 Baked Goods - Squares,
 Biscuits, Muffins, Pies, Seasonal
 Specialties
 deebiggarr@sympatico.ca

Heinz Winterscheidt
FERIO FARM VENISON
 Venison Meat Cuts, Salami,
 Prosciutto
 R.R.#1, Fingal
 (519) 769-2067
 feriofarmvenison@cs.com

Bruce & Shirley Mills
BLANBROOK BISON FARM
 Bison Meat Cuts, Pepperettes,
 Sausages, Hides
 R.R.#6, St. Mary's
 (519) 229-6316

Rick Cornelissen
ECO LOGIC NURSERY
 Nursery Stock, Perennials,
 Herbs
 Seasonal Produce
 21 Park Street, Aylmer
 (519) 765-3467
cornel@amtelecom.net

Glenda Dezell-Radke
FAIRHAVEN MISSION FARMS
 Arkona
 fairhavenmissionfarm@msn.
 com

Lorraine Lynch
LYNCH FARMS
 Maple Syrup, Maple Sugar
 1950 Sunningdale Rd. W.,
 London, Ont.
 (519) 471-7310

Pamela Reid
Sunflower seedlings
 London
 pamela-reid@yahoo.com

Farmers Market Progress Report

By the beginning of June, Slow Food London had participated in three Saturdays, 8 AM-1PM, at the **Covent Garden Market Farmers' Market**. We heard very positive feedback and our presence at the market was well received each time. We shared the Slow Food message and really connected with the public. Our thanks to **Bob Usher, Stu Woods** and **Teresa Thorpe** at Covent Garden Market for making it possible for us to participate at the farmers' market.

Sampling seasonal ingredients we gave consumers a chance to taste the difference that local, seasonal ingredients make. We shared **Laura Bernardi's** Fresh Rhubarb and Cinnamon Topped Muffins (thanks to **Melanie Doerksen** for the recipe) to **Zakia Haskouri's** Moroccan Carrot Salad and **Bryan Lavery's** Field Gate Organics Maple Sausage, Asparagus and Dragons Breath Blue Cheese Frittata, and **Chris McDonald's** Dolway Farm Spinach salad with Local Asparagus and Spinach Quiche. We also tried seasonal recipes from Chef **Christine Scheer's** **Cooking with the Seasons** cookbook, which we sold at the table (copies also available at the market office, \$15, with \$2 from each sale going to the local food bank).

Our display varied each Saturday, and included:

- back issues of **Slow**, the official magazine of the Slow Food Movement and **Slow Canada**
- various books: **Slow Food Nation**, **Slow Food Revolution** and **Slow Food: The Case for Taste**

- *Chef Bryan Lavery and Kathy McLaughlin*

In Praise of Slowness (Honore); and **The 100 Mile Diet: A Year of Eating Locally** (Smith)

- Membership brochures
- Slow Food London t-shirts for sale.

At the Farmers' Market we also met **Jenn Weis** and **Rose Mary White** from the **City Farming Project**, who work in a sustainable community garden growing heritage and unusual hybrid varieties on a half-acre of undisturbed farm land inside the city at 1350 Wharnclyffe Road. The City Farming Project offers a weekly **Good Food Box** during the growing season. For more info go to: www.cityfarm.ca

More vendors appear each week. Recent additions include participation from market tenants **International Bakery** with their new line of heritage breads, and **Glenda Smith** from **Smith Cheeses** who featured Quebec Oka cheese and organic bread from **Field Gate Organics**.

Call to Action

It's more important than ever to support our local farmers and these amazing urban farmers' markets, in addition to all of the local farm stands. Whether you're a seasoned Slow Food member, new to Slow Food or an interested consumer, there are ways to show your support for our local food community.

Slow Food Members - are you interested in taking a turn at the Farmers' Market Slow Food Table? Choose a date, get some people together and then, ask for help. Advice is available from the members who have already organized a Slow Food day at the Market.

Consumers - please come out over the summer months and support the farmers - Thursdays and Saturdays, 8 AM-1 PM.

A visit to the Farmers' Market is a great way to start your Saturday! See you at the market.



Chef Zakia Haskouri with her children at the Covent Garden Farmer's Market. Watch for Zakia's Moroccan cooking classes this fall!



Sustainable Seafood

Are You Ocean Wise?

The Vancouver Aquarium's Ocean Wise program (www.vanaqua.org/conservation/oceanwise) works with local restaurants to help them identify sustainable seafood options for their menus. At participating restaurants, consumers can choose seafood menu items which have the Ocean Wise logo beside them.

The Vancouver Aquarium works to ensure that ocean resources are harvested and consumed in a sustainable manner. One of those resources is the fresh, high quality seafood that is available in BC.

The world's marine life is quickly being depleted. An estimated 90% of all large, predatory fish are already gone from the world's oceans. The only solution is to turn

back from the brink, and to begin consuming seafood in a sustainable manner.

Sustainable seafood can be defined as:

- 1) A species that is **abundant** and **resilient** to fishing pressures;
- 2) A species that is **well managed** with a comprehensive management plan based on current research;
- 3) A species that is harvested in a method that ensures **limited by-catch** on non-target and endangered species;
- 4) A species whose method of catch ensures there is **limited habitat loss** associated with the harvesting method.



Endangered Fish Alliance

Closer to home, many local chefs are also members of **The Endangered Fish Alliance**. The Endangered Fish Alliance was started in Toronto in December of 2002 by a group of concerned chefs, restaurateurs, caring food professionals, conservationists, and was coordinated by staff members of the Toronto enviroguide.

The Endangered Fish Alliance encourages members in Canada to make environmentally-wise choices by not serving four endangered fish:

- swordfish,
- Chilean sea bass,
- orange roughy, and
- certain types of caviar.

Currently at 161 pioneer members, more restaurants continue to join this alliance.

Membership in this not-for-profit organization is free. They ask only that members do not serve the four endangered fish and encourage them to use the website to learn about the state of the world's fisheries before choosing seafood for their menus or inventory.

Find out more at:

www.endangeredfishalliance.org



Shopping Guide: Sustainable Alternatives

Chilean Sea Bass

Pirate fishing fleets that disregard fishing limits are illegally catching this fish from Antarctica. Unless people stop eating Chilean sea bass, it may be commercially extinct within five years.

Alternatives include:

Alaskan Halibut
Atlantic Herring
Atlantic Stripper
Cat Fish
Mahi Mahi
Pacific Halibut
Sable Fish
Shad
Striped Bass
White Sea Bass

Swordfish

Swordfish are usually caught on longlines, which kill both the adults and the young -- also, many tuna, sharks and sea turtles. Swordfish may not be a healthy choice. It has a high level of cancer-causing methylmercury, also known as a reproductive toxin.

Alternatives include:

Hawaii Swordfish
Salmon
Tuna (long line caught Albacore, Bigeye, Yellowfin, canned light, white and Albacore)

Caviar

These caviar-egg producing sturgeons from Russia, Iran and Turkey are at risk of extinction because of over fishing and water pollution. Sturgeon doesn't produce eggs until the age of 20, so heavy fishing doesn't allow time for the young to grow up and reproduce.

Alternatives include:

Farmed White Sturgeon Caviar
Farmed Paddlefish Roe
Farmed Rainbow Trout Roe
Whitefish Roe
Wild Pacific Salmon Roe

Orange Roughy

This fish can live to be over 100 years old. Each July, when they are over 20, they come together in easy-to-net spawning schools. Once 30,000 tons of orange roughy could be taken quickly from one place.

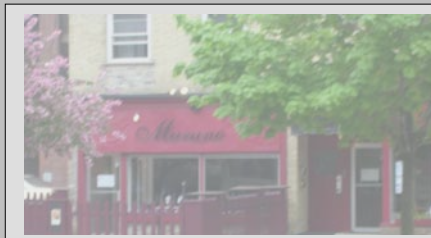
Alternatives include:

Pacific Halibut
Tilapia
Pacific Sole
Summer Flounder



An annual seasonal dinner featuring local culinary delights
Part of the proceeds will support Slow Food London's Farmers' Market Initiative

THE FARMERS' MARKET DINNER UNDER THE CRABAPPLE TREE AT MURANO



Friday June 15, 2007 - 7 p.m.

Duo of Chilled Local Asparagus Vichyssoise and Chilled Spring Pea Soup

Hen-of-the-Woods on *Encounter Farmer's* Field Greens
with a Fresh Herb Vinaigrette

Artisanal Bread Panzanella with *Kingsville* Tomatoes, Spring Garlic, Fresh Basil,
Red Onions, and Barrel-Aged Modenese Wine Vinegar and Extra Virgin Olive Oil

Monforte Dairy's Unripened Sheep's Milk Cheese Soufflé

Carpaccio Trio of *Blanbrook Farm's* Bison, *Ferio Farm's* Venison Prosciutto
and *Field Gate Farm's* Organic Beef Tenderloin

Local Strawberry, Wild Rhubarb and *Clovermead Apiaries* Honey Fool

Slow Food Members - \$38.00 Non-Members - \$45.00

Price does not include taxes, gratuities, or wines.

Discovering Bison: Blanbrook Farms

Today's food consumers are looking for healthy alternatives. They shop at the farmers' markets, buy fresh, locally grown food and prepare and serve it to friends and family the same night. They're dining at a beautifully set table, taking their time with each course, enjoying thoughtfully selected wines and slowing down to enjoy the meal. Call it nesting, call it getting back to basics. It's about the slow life. It's so Slow Food, and something we love to encourage.

An important part of this healthier lifestyle is discovering foods that provide more health benefits - lower fat, lower cholesterol, but still flavourful and delicious.

Bison fits the bill for today's health-conscious consumers. Lower in fat and cholesterol than many other meats, buffalo provides much of our daily protein, iron and zinc requirements, along with antioxidant selenium.

Located near picturesque St. Marys, Ontario, Bruce and Shirley Mills' *Blanbrook Bison Farm* has been in operation for 15 years. A wide variety of bison cuts and ground meat can be purchased right from the farm or at the Covent Garden Farmers Market on Saturdays from 8am to 1pm, May to the end of November.

For a great bison tenderloin or rib-eye meal, check out *The Tasting Room Bar & Bistro* at 483 Richmond St. in London, ON.



On the Fork Restaurant & Lounge

421 Ridout Street North @ Museum London
(519) 850-FORK (3675)

- Chef Bryan Lavery

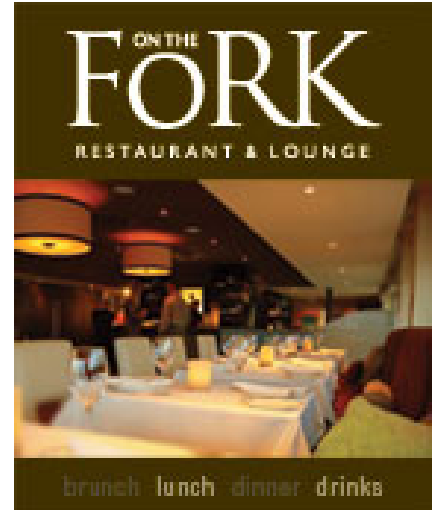
Kent Van Dyk is now the chef at On the Fork at Museum London. Chef Van Dyk has traveled the world and apprenticed at some of the finest restaurants across Canada, the United States and Europe.

From Willy's Café where he was chef/co-owner, Kent's travels took him to a number of restaurants, including well-known Slow-Food inspired restaurants like Sooke Harbour House (Sooke B.C.), The French Laundry Café (Yountville California), and Eisenginn Farm (Collingwood, ON).

Assisting Chef Van Dyk are Stefanie Bishop and Brad Perkins. Stefanie, a graduate of Fanshawe Culinary Program, has worked at various local restaurants as well as a 5-week stint at French Laundry Café. Brad, a graduate of Loyalist College, worked in England with a Michelin-starred chef.

On the Fork Restaurant & Lounge is an intimate, stylish restaurant inside Museum London, which boasts a spectacular riverside view at the fork of the Thames. It is without a doubt one of the best kept secrets in downtown London.

Kent Van Dyk's menu is a complete departure from the previous chef. The menu is well thought out and combines classic, sophisticated and seasonal ingredients that are executed with tremendous skill and flourish. The result is a distinctive, experience that exemplifies the best of classic and contemporary culinary arts.



On the Fork - Spring Menu

Spring Pea Soup	7
Salmon/Asparagus/Grapefruit/Vanilla Mayonnaise	10
Warm Spring Vegetables/Fresh Ontario Goat's Cheese/Banyuls Vinaigrette	8
Crispy Sweetbreads/Creamy Polenta/ Beef Cheek Ragù	12
Grilled Asparagus/Lemon/Shaved Reggiano	9
Asian Marinated Sablefish/Melting Leeks/Truffle Vinaigrette	16
Duck Confit/Cremini Mushrooms/Baby Arugula/Port-Balsamic	10
House-made Gnocchi/Spring Peas/Truffle Oil	9
Braised Beef Cheek/Carrot Puree/Horseradish Gremolata	12
Maple-cured Duck Breast/Du Puy Lentils/Sunchokes/Blueberry-Port	15
Lamb Loin/Pea Flan/Rosemary Foam	16
Chicken Masala/Panisse/Raita	9
"Mac and Cheese" Mascarpone and Goat's Cheese Orzo/Seared Sea Scallop	8
Crispy Pork Belly/Baby Bok Choy/ Shiitake/ Apple Ginger Compote	10

Field Gate Organics



Certified Organic foods
for a healthier life style and cleaner environment

Look for Field Gate Organics inside Covent Garden Market 519.679.9998

R.R.#3, Box 389, Zurich ON N0M 2T0 519.236.7717

Email: fieldgateorg@hay.net

Website: www.fieldgateorganics.ca



Fiori di Ripieni (Zucchini Blossoms)

- Chef Bryan Lavery



Ingredients:

1 ½ cups all purpose flour
Egg wash, made from 2 large organic eggs and 1/4 cup cream
Pinch of coarse sea salt
Extra virgin olive oil for frying
6 Zucchini or Pumpkin blossoms (remove the pistil)

In addition to zucchini or pumpkin blossoms, you can also use:

Nasturtium flowers, and borage flowers, rinsed, dried and stems trimmed
Celery leaves cut in branches, rinsed and dried
Whole sage leaves, rinsed and dried
Spring garlic, onions, wild leeks or scallions, stems trimmed to about 4 inches in length, rinsed and dried

Method:

In a large bowl, beat together with a fork the flour, egg wash and sea salt to form a thin batter. Over a medium flame, heat the oil in a heavy pan to a depth of 3". The slower the oil heats, the more evenly it will cook. Test the oil by dropping in a cube of bread. If it sizzles and turns golden in a few seconds, the oil is ready.

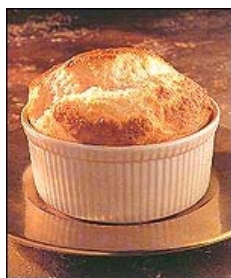
Drag the flowers, herbs and spring onions through the batter, shaking off the excess. Place them into the hot oil and let them bob for about half a minute or so, taking on a golden crust. Turn them with tongs to finish frying, and then remove them with a slotted spoon to paper towels. Serve immediately.

Note: A lovely variation on this recipe would involve stuffing the zucchini, nasturtium or pumpkin blossoms after removing the pistil before dipping them in the egg batter. Stuff them with a spoonful of a delicious artisanal cheese (like local goat or sheep's milk cheese) combined with mashed roasted garlic or minced raw garlic with fresh herbs.

Zucchini flowers open in the morning, and close at night. The female flowers are recognised by a little zucchini hanging from the base of the blossom. The male flowers don't have the zucchini. The petals of this flower take on a slightly sticky surface when they are trying to close. The consistency of the petal is flexible like plastic wrap. This helps you to really stuff the flower without breaking it. You should never wash the petals under running water, but you can wipe them and the little zucchini very gently with a damp cloth to remove any visible dust or hidden insects. When you buy them, choose clean ones. If your flowers wilt, or close, don't worry, you can carefully pull them open when it is time to stuff them.

Monforte Dairy Sheep's Milk Cheese Soufflés

- Recipe courtesy of Chef Bryan Lavery, featured at the Covent Garden Farmers' Market



Ingredients:

¼ cup fine cornmeal
3 tbsp. unsalted butter
¼ cup all purpose flour
2/3 cup milk

12 oz. Monforte Dairy Sheep's Milk cheese
(available at Smith Cheeses, Covent Garden Market)

4 large organic egg yolks
2 cloves finely minced garlic
2 tbsp. Dijon mustard
¼ tsp. sea salt
¼ tsp. ground black pepper
5 large organic egg whites

Method:

Preheat oven to 350°F. Butter eight 6-oz ramekins and coat the insides with cornmeal. Melt butter over medium heat. Stir in the flour until smooth, then cook, stirring, for one minute. Remove from heat and stir in the milk. Return to the heat and bring to a boil while stirring briskly. Scrape into a bowl, then add the cheese and stir until the cheese is melted. Beat in the egg yolks, Dijon, garlic, salt, and pepper. Whip the egg whites until stiff. Fold the egg whites into the cheese mixture. Fill the ramekins three-quarters full and bake in the oven in a water bath for twenty minutes.



The Urban Gardener

- A closer look at Beets

- Laura Bernardi



In doing some research on the origins of beets, I discovered that they were first found near the shores of the Mediterranean and was spread northwards into the rest of Europe by the Romans. Apparently when the Romans reached northern and eastern Europe, the vegetable became a staple in their diets and many of the recipes we use today come from these areas.

For those of you who planted a row of beets around mid-late April (as soon as the soil could be worked), you may be just now starting to sample your first harvest. The key while they are still young is to ensure that you thin out the seedlings so that the roots have ample room to grow and are not crowded. *Do this right away if you haven't already.*

There are two common varieties that most of us have tried to grow – Detroit Dark Red (which is an early harvester and very reliable), and Bull's Blood (an heirloom variety that produces great beets for pickling). It's best to keep the beets consistently moist during the growing season for the best production and to help *avoid cracking*. Beets are an interesting vegetable because you can also eat the green and reddish leaves when they are young. Add some to your salad greens or cook them (like a Swiss chard). Do not cut the leaves, as they'll bleed, but rather twist them off leaving about 2 inches on the beet. You'll enjoy the unique flavour these greens have.

For harvesting the beets, simply pull them from the ground starting at about seven weeks after sowing. You may need to use a pitch fork to help pull the beets up later in the season – or if your soil is heavy and hard. Beets can be left in the ground until you need them. There are a number of recipes for pickled beets, including many different spice combinations. However, I've included a simple one in a sweet and sour brine that stands the test of time. *Who knows, perhaps this recipe comes from the Roman's themselves!*

I hope you enjoy your pickled beets throughout the upcoming seasons!

Simple Pickled Beets

8 cups baby beets
2 ½ cups cider vinegar
2 cups white sugar
1 ½ cups water

Quantity: five 500 ml jars *or* ten 250 ml jars

Trim the beet stems about 1-2 cm from the top of the root. Cook the beets in a large pot of boiling water for about 35 – 45 minutes, until they are tender when pierced with a sharp knife. Drain in a colander and run under cool water. Peel the skins off the beets. Slice the beets about ¼" thick and set aside. Be sure you cut them small enough to fit through the top of the jars.

Sterilize the jars you've selected for canning and drain. Place the snap lids in a pot of simmering water for a few minutes to soften the rubber ring. Put the cider vinegar, sugar and water in a pot and bring to a boil. Reduce the heat and boil gently for 5 minutes. Pack the beet slices into the sterilized jars. Pour the hot vinegar mixture over the beets leaving some space at the top of the jar (about ½ cm). Place the snap lids on the jars and screw the lids on tight.

Place the jars in the canner and process in the water bath for 30 minutes if you're using 500 ml jars, or 15 minutes for the 250 ml jars. Cool overnight and check to ensure the jars are sealed properly (the lid will curve downward).

Store in a cool dark place.



Slow Food London Ontario

Convivium Leader:

Melanie Doerksen
lets.go.eat@gmail.com
519.550.2433

**Are you
Good + Clean + Fair?**

We are looking for artisans, producers, farmers, chefs, cooks, brewers, cheesemakers, businesses that are local and work with regional products.

Our members and supporters would like to support you.

Tell us about yourself and your passion!

We're on the Web!
See us at:

www.slowfoodlondonontario.ca

Contact Bryan Lavery about newsletter sponsorship and ad space in this publication.

Newsletter Editor & Founding Member:

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blavery@muranofoods.com

519.434.7565

Past Executive Member & Newsletter Layout and Design:

Kathy McLaughlin

About Our Organization...

Slow Food International

www.slowfood.com

Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat where it comes from, how it tastes and how our food choices affect the rest of the world. Today, we have over **80,000** members all over the world.

Slow Food London Ontario

www.slowfoodlondonontario.ca

We are dedicated to supporting and celebrating our regional culinary cultural identity. We support those producers who practice sustainable agriculture, ensuring that the pleasures of our local foods, in all of their diversity, are future pleasures as well as present ones. Slow Food London Ontario's membership is strong and growing. See our events calendar for upcoming gatherings of the local Slow Food convivium. *We welcome both members and non-members at our events.*

Ark of Taste

Canadian products identified for protection in the Ark of Taste



Great Plains Bison

The largest land mammal of North America and the largest of the wild bison in the world. This animal once roamed in enormous herds over prairies and forests from Canada to Mexico. It was hunted unscrupulously as a result of the flourishing trade in hides, fur and tongue. It is increasingly difficult to find these animals raised in the wild.

Slow Food related web links...

[London Area Organic Growers](http://www.gks.com/LAOG/) <http://www.gks.com/LAOG/>

[Ecological Farmers Association of Ontario](http://www.efao.ca/) <http://www.efao.ca/>

[Canadian Organic Growers](http://www.cog.ca/) <http://www.cog.ca/>

[Harvest Ontario](http://www.harvestontario.com/links.html) <http://www.harvestontario.com/links.html>

[Foodland Ontario](http://www.foodland.gov.on.ca/) <http://www.foodland.gov.on.ca/>

[City Farming Project](http://www.cityfarm.ca) <http://www.cityfarm.ca>

Newsletter Submissions

We welcome your contributions to our newsletter! We're looking for seasonal recipes, story ideas, articles of no more than 500 words, photographs and reviews.

Please send your submissions to: Bryan Lavery, blavery@muranofoods.com

Send us your mailing address to receive membership information

NOTE: Slow Food does not sell, trade or distribute personal contact information.

