



# Good Food News

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## Farmers Market in Parkdale

Since mid-June, FoodShare has been participating in the Parkdale community farmers market every Saturday. Parkdale Liberty Economic Development Corporation in co-operation with local agencies such as FoodShare and other local businesses and residents started this market to bring fresh produce to the Parkdale community. The market's goals also include revitalising the economic situation in the community as well as improving access to fresh fruits and vegetables to the neighbourhood's residents. Not only is it helping to revitalise the community, it is also helping to promote farmers markets in the City of Toronto. Ron, one of our drivers and Billy, Chris and Wayne have been selling great local produce for almost two months now.

As you may recall, June wasn't the warmest month and most farmers' growing seasons were late due to the cool weather. But as the weeks progressed, we have been able to sell a great variety of local produce, both organic and conventional. This year we're experimenting with cultural produce that is often expensive or hard to find in regular grocery stores. Okra, bitter melon, fuzzy gourds, scotch bonnet peppers and collard greens proved to be very popular among the market's customers.

These days we are able to get organic produce from Lena and Ervin Horst, such as their tasty beans and snap peas. Sam Bowman and his family have sent delicious organic fresh peas, green and yellow zucchini and patty pan squash from their farm. We are selling Dianne Kretschmar's most precious lettuce, roots and all. You have most likely tasted some of these vegetables from your boxes in the last month.

We are most excited about the produce coming out of CAMH. It is the most local we can get, grown just down the street! The first week, we sold mostly herbs like cilantro, mustard greens and mizuna. Now the CAMH produce includes eggplant, bitter melon, cherry tomatoes, fuzzy gourds, okra, collard greens, hot peppers, rainbow chard, and fresh onions - all organic! I expect that there will be even more variety of interesting organic produce in the coming weeks. While you may see some of these items in your box, often there aren't enough

produced in the garden to accommodate the number of boxes we pack. So, the best way to try this great organic produce at super-reasonable prices is to go down to the market and check out the selection.

Other great treats at our stand are the mouth-watering tarts, galettes and turnovers made with local berries and fruits by Field to Table Catering, right downstairs at 200 Eastern Avenue. They are also producing a wide array of delicious jams and spreads, great additions to your morning toast!

There are a number of other stands at the market that make it a worthwhile activity for your Saturday morning. The Bee Co-operative has a table where they sell honey and other jars of goodies. There was a group selling great pottery pieces at reasonable prices. I also like the food stands where you could get anywhere from homemade vegetarian Tibetan food, to sausages or your morning coffee and a bagel too. Plan B Organics also has a table set up, right next to ours. They sell a variety of organic herbs, tomatoes, carrots, and fresh onions, as well as lettuce for their friends at Everdale Farm. And to complete the market's atmosphere, there is always someone entertaining. The week I was there, an impromptu drum-jam broke out while someone sang and played guitar and children danced to the music.

The weekly market runs every Saturday from June until October on the corner of Queen Street West and Cowan Avenue (just west of Dufferin) with tables lining both sides of Cowan. You can drop by anytime between 9am and 1pm to fill your bags with delicious (and affordable) fruits, vegetables, and other tasty treats. I've been making the trip down to the market a part of my Saturday morning routine and enjoying it thoroughly! Everyone is welcome to come down and check out the wonderful fresh produce and the homemade preserves and arts and crafts. What a great way to spend a Saturday morning in the summer! Keep your eyes open for more organic produce coming from our Sunshine Garden at CAMH. I'm particularly excited for the heritage tomatoes! See you in Parkdale! --Lynn



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Working with communities to improve access to affordable and healthy food — from field to table



# Recipes

## Blueberry Peach Cobbler

Lighter than pie because it has no bottom crust, this cobbler is a great light dessert.

### Fruit Filling

- 4 cups peeled, pitted, and sliced peaches
- 2 cups blueberries
- 1 tablespoon unbleached white flour
- ¾ cup sugar
- ½ teaspoon ground cinnamon

### Topping

- 1½ cups unbleached white flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons canola or other vegetable oil
- ¼ cup plain non-fat yogurt

Preheat the oven to 350°. Prepare a glass, ceramic, or stainless steel 10-inch round or 9-inch square baking dish with a light coating of oil or cooking spray. Combine all of the fruit filling ingredients and pour them into the baking dish. Sift the flour, baking powder, salt, and sugar into a large mixing bowl. In a separate bowl, mix together the oil and yogurt. Fold the oil mixture into the dry ingredients with a fork. Using floured hands and working the dough as little as possible and form it into a ball. Turn the dough onto a floured surface. Cut the dough in half, place one half on top of the other, and press down. Repeat three times. With a rolling pin or with your hands, flatten the dough into a 10-inch circle or 9-inch square to fit your baking dish and place it over the filling. Bake for 40-50 minutes, until the crust is golden and a knife inserted in the topping comes out clean. Serve topped with Vanilla ice cream if you like.

*Serves 6 to 8. From: Moosewood Restaurant Low Fat Classics*

## Peach Salsa

This is a peach of a salsa! Sweet, tart, and spicy, it complements grilled fish, beans and rice, quesadillas, and much more. If you prefer, replace the fresh chile with ¼ teaspoon of cayenne.

- 4 ripe peaches, peeled and chopped
- 1 ripe tomato, chopped
- 1 bell pepper, seeded and chopped
- 1 garlic clove, minced or pressed
- 2 tablespoons chopped cilantro (or basil)
- 2 tablespoons fresh lemon juice
- ½ to 1 fresh chile, seeded and minced
- ¼ teaspoon salt
- dash of ground black pepper

In a large bowl, mix together all of the ingredients. Set aside for 10 minutes to allow the flavours to meld. Covered and refrigerated, this salsa will keep for 2 or 3 days.

*Makes 4 cups. From: moosewood new classics*

## Deliveries

**For the week of August 19 Coordinator orders are due by 5 p.m. on Tuesday August 12.**

**For the week of August 26 Coordinator orders**

## Featured this week...

### BASIL

Called the "royal herb" by ancient Greeks, basil is a member of the mint family. It's a key herb in Mediterranean cooking, essential to Italian Pesto (see recipe). Most varieties of basil have green leaves, but there is purple basil (named for its rich colour), and lemon and cinnamon basil, named for their fragrance. Refrigerate basil, wrapped in barely damp paper towels and then in a plastic bag, for up to 4 days. Or store a bunch of basil, stems down, in a glass of water with a plastic bag over the leaves for up to a week, changing the water every 2 days. To preserve fresh basil, wash and dry the leaves and place leaves in a container that can be tightly sealed. Or, finely chop the cleaned basil and combine it with a small amount of olive oil. Freeze in tiny portions to flavour sauces and salad dressings.

### PEACHES

The peaches in your boxes this week are the first of the local crop. In general, a peach falls into one of two classifications - **freestone**, in which case the stone or pit falls easily away from the flesh, and **clingstone**, where the fruit adheres stubbornly to the pit. The freestones are more commonly found in markets. To ripen underripe peaches, place them in a paper bag, pierce the bag in several places, and set it aside at room temperature for a couple of days. Adding an apple to the bag will speed ripening because apples emit ethylene gas, speeding the ripening process. Refrigerate ripe peaches in a plastic bag for up to 5 days. Bring to room temperature before eating.

### BLUEBERRIES

Blueberries in the boxes this week are also the first of the local crops. Round and smooth-skinned, they are juicy and sweet. Blueberries are local to Canada and northern US during the summer months. Wild blueberries are much smaller and grow on short shrubs, while the larger berries grow on taller shrubs and are generally larger in size. Do not wash blueberries until ready to use, and refrigerate in a container for up to 5 days. Use blueberries in baked goods, jams, pies, pancakes, and salads.

## Andrew's Special Pesto

- 2 cups fresh basil
- ¼ cup olive oil
- 2-3 cloves garlic (use more if you love garlic)
- 3 tablespoons pinenuts, roasted
- salt and pepper to taste

Finely chop the basil. Mince or press the garlic and add to basil. Roast pinenuts in a single layer on an un-oiled baking sheet or on the stovetop in a pan until gently roasted and add to the basil and garlic. Combine basil, garlic, pinenuts, olive oil and salt and pepper and mix until well blended. For a smoother pesto, use a pestle and mortar or use a blender or food processor if you have one. **Variation:** For a more low-fat version, use 1 cup chopped tomatoes instead of the olive oil.

Makes enough pesto for 1 pound of pasta. Pesto is also good as a topping for baked potatoes or broiled fish, a dressing for steamed green beans or zucchini, a sandwich spread, and a flavouring for soups, stews, risottos, and omelets.

Pesto keeps very well in the refrigerator or freezer if covered with a thin layer of oil.