

2011  
SEASON

# LOCAL FLAVOURS

March 2011



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"Bread is the symbol of shared food, the very essence of life. It is the fruit of protracted toil and is deeply anchored in our civilization." ~ Bernard Dupaigne

### Local Flavours 2011

by Jerry Heath February 12  
 The Local Flavours Steering Committee is volunteer based and meets regularly, mostly in the off season. Our annual meeting was held in conjunction with the Local Food meeting featuring Lori Stahlbrand.

### Key Decisions for 2011

-The fee structure for ads in the brochure and on the web site is now \$50 for both new and renewing outlets and producers, signs are still \$25, at-cost. **The deadline is March 15.**

-Many 'buy local' groups have some form of verification ensuring that their outlets do indeed purchase from local producers. Local Flavours is well established and requires local content .

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### The Bread Issue

By Jerry Heath

This could also be called the Bakery Issue because it features all five of our Local Flavours bakeries. Of course they make and sell many delicious foods besides bread.

Bread has been one of my favourite foods since I was a young man. When I was a child during World War II and then a young man in the 50's it was a low point in the history of North American bread and you ate it as toast for breakfast and to make sandwiches for lunch to help fill your belly. WonderBread and other forms of "cotton batten" that filled the grocery stores and emerging supermarkets were quite tasteless and boring. After I encountered marvellous breads made by ethnic groups newly arrived in Canada and baguettes

in Quebec I became so enthused that I visited Europe and then settled there for a time to enjoy a variety of delicious breads (not to mention good wine and beer).

Supermarkets continue to be stocked mainly with breads that are indifferent in both nutrition and taste. The good news is that the quality and variety of bread in Canada has greatly improved since my youth.

I buy and enjoy bread from all 5 of our member bakeries and other "local" breads when I am in Ottawa or Toronto. They vary considerably which is great but there are some common features I would like to mention. I've checked the ingredient lists of all the breads I eat and have noticed that none of them contain preservatives,

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### Local Flavours

After reviewing various options we have decided to require member outlets to purchase products from **a minimum of three local producers**, either directly or through a distributor; or a variety of products from 1 large producer or distributor. We expect this to be a fairly simple method to verify.

- This year we are enlarging the brochure and putting advertisements around the edge. Ads the size of a business card are \$265 (or \$215 + \$50). They go up from there. Please email Ashley@fabr.ca for information.

- Be a **"Friend" of Local Flavours** for an annual fee of \$20.00. This year we are planning to offer **perks** to Friends. This **coupon is for Friends**. Give it to Wendy's Mobile Market for a discount of \$1.00 on the purchase of 1 kilo of red fife flour in the month of March. Other outlets and producers can choose to offer discounts in upcoming months.



### CLIP THE COUPON

Become a Friend of Local Flavours and enjoy Red Fife for less!

The Local Flavours Steering Committee is looking for people to volunteer as either a Steering Committee member, or to help with event(s). Please contact us if you are interested. The summer is when we are busiest, and as most of the committee members are busy on their farms, citizen volunteers would be very welcome.



Plastic Paddy performing at the Local Flavours AGM. Our own Sue Klug is playing the fiddle.

## Events

### March 19 10 am - 2 pm Providence Point Lanark

Lanark & District Maple Syrup Producers Association tree tapping at, horse wagon rides, taffy, pancake lunch, maple goods and products, children's entertainment, local musicians, sugar bush/ shack tours and open house. 613-259-5016 info@providencepoint.net

### March 19-April 9 Saturdays Gibbons Family Farm

Maple Sugar House: Free Maple taffy on snow, pancake breakfast, bake sales, pony rides, petting zoo, maple history www.gibbonsmaple.com 1-877-440-7887

### April 16 -17 Delta Maple Syrup Festival

This annual spring event in Delta features pancakes with maple syrup served at the Delta Fair Grounds, visits to sugar bushes, and sales of maple products and crafts. The Delta Mill Society opens the Mill for special demonstrations, exhibits and tours. www.deltamill.org/events.html

### April 24 Spring Celebration Wendy's Country Market, Lyndhurst

Our first event of 2011 is a combined Earth day and Easter celebration on Sunday April 24th. We will have a good supply of seedlings (perennials, tree stock, fruit trees, raspberry canes, asparagus roots, onions, etc), local eco friendly businesses, farmers, artisans, and chefs (providing free food samples) plus music. Kids will get to plant an evergreen tree to take home. More details coming in early April. www.wendysmobilemarket.com/country-market

### May 7th 1:00-3:00 Free Local Flavours Season Opening, Old Stone Mill in Delta

Seventh year season launch. Local Flavours: featuring bread, cheese, pies for sale, live music, hopefully the mill will be grinding local flour. Plants and pies for Mothers' Day new L.F. brochures to producers/outlets. www.localflavours.org

## Maple syringing

by Marnie Ross

It's almost time—the sun is getting stronger and it's starting to smell like spring. Today is March the first and the weatherman keeps promising temperatures above zero degrees Celsius in a couple of days. I hope this year is a good year for running sap: daily highs about plus five degrees Celsius and night lows below zero. I can't wait for maple syrup season to start. Why would this sixty-something year old care about maple sap running? Because it takes me back to my youth. It's a memory of love and sweetness. The expedition was a Sunday treat with my whole family every year. I have a picture of me at about six years old drinking sap out of the pail. I remember standing beside the gurgling vat of syrup being all cozy and able to smell the sugar in the air (Can you gain weight by breathing?) It's a wonderful memory and an experience Don and I shared with my daughter Jessica who continues the tradition. What could be more Canadian? We continued the love affair with our first house when we tried to make syrup from our own maple tree. It made a sticky house even with the funnel we tried to rig to get rid of the steam. The wood-fired barbeque wasn't much better. Have you ever had ash in your syrup? Not pleasant. Our friends Kate and Jack Sifton did a real job with their own syrup production but it was very tiring keeping the fire going all night and that didn't last. We decided it was more fun to go to a sugar bush and experience it all there. So we wish all the best for a great year to all syrup producers. Check them out at [www.localflavours.org](http://www.localflavours.org) by searching for "maple syrup". We urge you to go to the sugar bush near you and re-experience your youth and get some of nature's best. It's the best sugar there is. We use it as flakes, syrup, salad dressing, marinade—you name it. My favourite is in apple pie. What's your favourite recipe? Write to us [info@localflavours.org](mailto:info@localflavours.org).



### The Joy of Baking with Maple Syrup

You can substitute maple syrup for sugar in almost all baking projects. The important point is that maple syrup is twice as sweet as sugar. According to Barb Alguire of Clover Gardens, who bakes exclusively with maple syrup or honey, you simply substitute 1/2 cup of maple syrup for 1 cup of sugar. If you don't like your baked goods too sweet you can cut back even more. Cookies and brownies however, are different. You can't get the desired crispness unless you use maple sugar (available at Wendy's Mobile Market) in cookies using the same reduction, for example 1/2 cup of maple sugar substituted for 1 cup of sugar. For brownies you will need to substitute 3/4 cup of maple sugar for 1 cup white sugar.

We asked Barb for one of her favourite recipes using maple syrup.

#### SPICE CAKE

1.5 c. flour*	1/2 c. maple syrup
2.5 tsp. baking pdr.	1/2 c. butter
2 tsp. cinnamon	2 eggs
1.5 tsp. allspice	3/4 c. milk
1.5 tsp. nutmeg	
1/4 tsp. cloves	

Blend syrup, butter and eggs. Mix dry ingredients and then combine alternately with blended wet ingredients and milk. Pour mixture in 8 in. greased square pan and bake at 350 degrees for 45-50 minutes. Barb says this is delicious with warm apple sauce.

\* for gluten free cake, Barb recommends the following substitution: equal mounts of brown rice flour, amaranth and arrowroot.



## Red Fife

by Chris Wooding

Red Fife is a landrace or heritage wheat first grown in 1842, by David Fife, in Otonabee, Ontario. The term landrace means there is a genetic variability in it that allows it to adapt to diverse growing conditions. It is a hard spring wheat, which is traditionally seeded in the spring (as opposed to a winter wheat which is seeded in the fall). Hard spring wheat is high in protein (gluten) but lower in starch. This makes it an ideal bread baking wheat. It was crossed by Charles Saunders (the godfather of Canadian wheat) with Hard Red Calcutta to create Marquis, which became the predominant wheat in Canada for a generation. Read more at [wikiwheat](#). It's a rich history!

The Delta Mill, once ailing, has been restored to its former glory, and is now a National Historic Site. On Saturday, October 9, 2010, the mill stones ground grain into flour for the first time in 100 years.

How do you describe the Red Fife breads? Much like the array of terms to describe the nose and taste of wines, a vocabulary is emerging to better describe the texture, taste and aroma of bread. Red Fife's return is bringing "farmer" and "variety" identification back to wheat and bread. Red Fife grown by different farmers will each have its own distinct characteristics. Seeding this year's crop from last year's harvest, will further refine and enhance these differences, and year by year subtle variations will become more distinct. Much of this movement is based on terroir, the subtle influences of local climate, soils and related growing conditions.

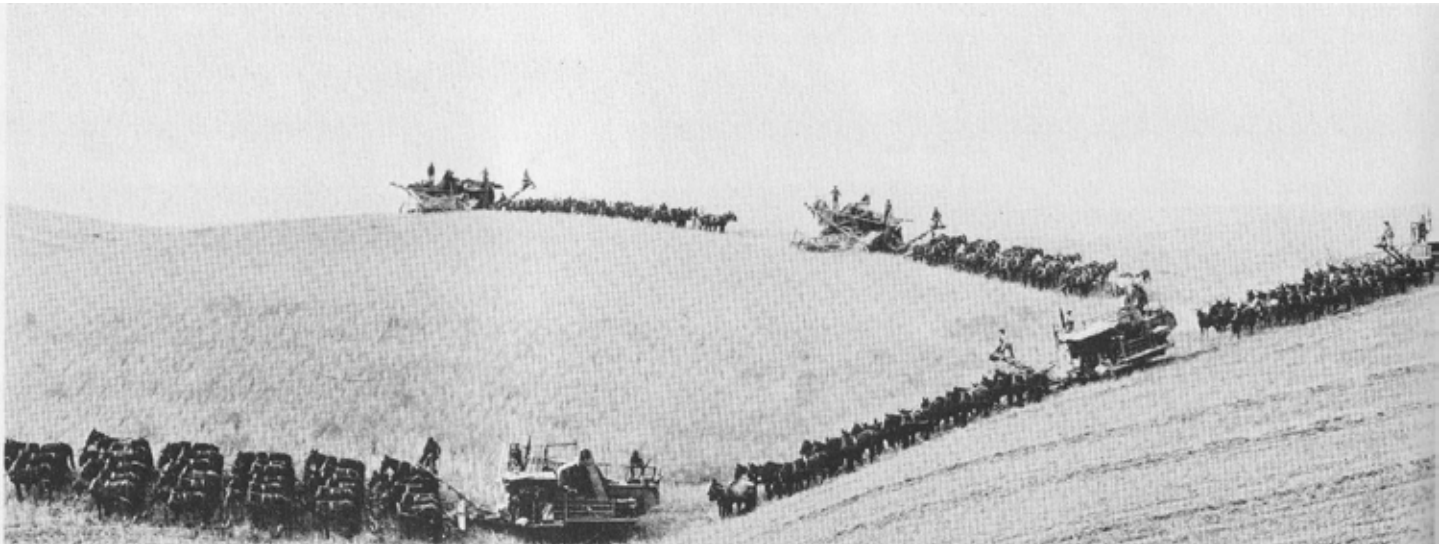
Just as the local environment influences the wheat, the baking techniques also yield varying results. If you are baking bread, look for subtle differences from loaf to loaf and try and determine what you did differently. If you are not baking, give it a try. It just takes flour, water, salt and yeast. That's pretty straight forward, and nature does most of the work! I use a 36 hour fermentation, finding that the longer the fermentation, the more complex the taste.

Local food establishments that use Red Fife flour include The Athlone Inn and Bread and Butter Bakery. It is also regularly available, along with other grains and flour, through Wendy's Mobile Market. There is also a growing home baking community carrying on the great tradition of fresh home made bread.

**Join the revolution. Go against the grain and eat heritage wheat!**

### A Quick Bread Vocabulary:

- Crub: the patterns of the holes inside the loaf;
- Gluten: the elastic wheat endosperm protein that gives the dough elasticity and holds the air pockets as it rise
- Polish: A type of sponge (bread starter), usually quite wet; left overnight to ferment;
- Fermentation: the process by which yeast converts the sugars;
- Wheat Berry: the whole wheat kernel consisting of bran, germ, and endosperm.



## A SHORT HISTORY OF WHEAT HARVESTING

by Chris Wooding

Wheat cultivation and harvest methods have seen some remarkable changes over the past 10,000 years. From the days of unbelievable human effort, there has been a steady march toward mechanization and efficiency.

To harvest grain, there are a number of basic steps:

- cutting - the process of cutting and collecting the wheat plant;
- threshing - the process of separating the grain from the plant;
- winnowing - separating the chaff from the grain.



The cutting was originally performed manually using scythes and sickles, then bundled and stacked. The first major advancement was the binder reaper, which cut and bundled the wheat in a single step. The stooks, as they were called, were then collected and brought to a central location where they were threshed and winnowed using huge steam driven threshers.

As more mobile power became available, much of the processing was moved to the field. The advent of the combine (which combines cutting, threshing and cleaning/winnowing) resulted in huge efficiencies. First the combines were drawn with horse teams, sometimes up to 50 horses or mules.



As steam engines, and ultimately gas/diesel tractors replaced the horse power, the size of the machines also grew to use the available power. By the 1950's, combines were able to cut 6-8 feet at a time and boasted a 25 HP engine. Modern combines have a cutting head of 36 feet, are 450 hp, and can hold 300 bushels before unloading.

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## The Bread Issue

artificial flavours or colours. I don't know why anyone bothers to add preservatives to bread - it is quite unnecessary if the bread is properly made and stored. We live in the country so we buy several loaves at a time and keep a stock of 6 to 10 loaves of different breads in one of our large freezers. When we use bread we usually keep 2 part-loafs of bread in plastic bags (not sealed) in our refrigerator. These will last about a week and if left longer will get tired or dry before they get mouldy. One reason is that the breads from local bakeries have less water in the finished product than mass produced loaves and a refrigerator is a very dry environment so it is not a friendly place for moulds to develop in bread.

Over the decades of the 20th century, many local bakeries disappeared due to the flood of industrial bread produced by national corporations, sold in supermarkets large and small. Happily, in the past 20 years there has been a revival of the local bakery and decent bread. Our 5 Local Flavours bakeries are excellent examples of this trend.

## Local Flavours Bakeries

### Bread & Butter Bakery and Fine Pastries

This bakery was founded at 1530 Bath Road in Kingston in 1998 by Wendy Whitall and her family. I have sampled their breads more frequently since they joined Local Flavours in 2010. My favourites are Maritime, Red Fife and Multigrain.

"We strive to and take pride in maintaining the highest standards in fine baking and cooking. Everything in the store is made fresh every day, using all natural ingredients and local produce whenever possible. We make all of our products from scratch right here in our store. Plus we offer a selection of carefully chosen products, such as local maple syrup, honey, preserves and coffee.....We bake a wide variety daily, ranging from basic white to our most popular bread - multigrain, which contains

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13 different grains and seeds. If you're looking for something different we also make a variety of hard to find specialty breads including: maritime brown, Finnish pulla, and our cheese bread made with local Wilton cheddar, to name a few! "

"We are especially proud of our red fife whole wheat bread, which is made with red fife and rye flours that are grown and milled in the Kingston area." These organic flours are produced by Chris Wooding at Ironwood Farms and sold and distributed by Wendy's Country Market.

[www.breadandbutter.ca](http://www.breadandbutter.ca)

### Oomen's Bakery

This wholesale bakery operates in Frontenac county north of Kingston and joined Local Flavours in 2010. They make a number of good breads but I have especially enjoyed their tasty dark whole wheat loaf, which owes its distinctive colour and flavour to the use of molasses. I have purchased it for many years from Tara Foods in Kingston and the Glenburnie Grocery. I can now get it and other products such as cinnamon buns (one of my many sins) much closer to home from Wendy's Country Market. Oomen's do not have a website.

### Countryman's

3608 County Rd. 2, Prescott  
open 8am-6pm 7 days/week  
**gluten free** bakery opening soon,  
breads and pastries, wines

613-925-1575

[www.countrymans.ca](http://www.countrymans.ca)



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# church street bakery

Westport, Ontario, Canada

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The Andre family own this seasonal bakery (open from Easter Saturday until Christmas) which operates at 34 Main Street in the village of Westport." They have been a member of Local Flavours for the past two years.

"Who can resist the smell of freshly baked bread? Whether you're in the mood for a classic white loaf, a hearty multigrain, some of our ever popular dinner rolls or a playful twist of cinnamon, you are sure to be pleased with our selection."

I enjoy their Maritime Brown Bread.

[www.churchstreetbakery.com](http://www.churchstreetbakery.com)



## Panaché Bakery

Owner Ray Baril started this business 7 years ago. This family-run bakery and café is located at 164 King Street East in Gananoque and joined Local Flavours in 2008.

"Choose from breads, buns, pastries, cookies, pies, cakes and a wide variety of other fresh-baked delights. All our baked goods are made here from scratch. Our regularly-available breads are: white, whole wheat, sourdough-flax, rye, good hearth, multigrain and baguette."



"We're proud to say that we were chosen Gananoque's Entrepreneur of the Year for 2007."

[www.panachebakery.ca](http://www.panachebakery.ca)

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## Local Flour

These businesses make organic flours from grain that they produce on their own farms. Twenty years ago I don't think there was any locally produced flour available - organic or otherwise. Not much of it has found its way into local bakeries yet, it has been bought and used by home bakers. I have made some tasty waffles with Chris Wooding's Red Fife wheat flour and it has a distinctive flavour.

### Sunset Farm

4403 Latimer Road, Inverary  
613-353-2260

The Cumpson family produce certified organic spelt flour and kernels which is available at Farm gate, phone, Glenburnie Grocery, Tara Foods & Wendy's Mobile Market

### CIPM Inc.

RR 3, Madoc  
613-473-3058

[cipm@coopermill.com](mailto:cipm@coopermill.com)

Flours include Spelt, Red Fife Wheat, Buckwheat, Rye, Red Winter Wheat; all stone milled into whole whole grain flour.

Production Methods:

Certified Organic Available in 2.5kg cotton bags & 20kg paper.

Year Round. In the store, appointment or at Foodsmiths in Perth.

### Ironwood Gardens

P.O. 124, Stn Main, Gananoque  
613-382-8709

[cwooding@ironwoodgardens.ca](mailto:cwooding@ironwoodgardens.ca)

[www.ironwoodgardens.ca](http://www.ironwoodgardens.ca)

The Woodings produce non-certified organic Red Fife wheat flour, No pesticides / herbicides. available by phone or from Wendy's Mobile and Country Markets.

## Local Flavours AGM- Guest Lori Stahlbrand

by Ashley Weese

February 12 AGM was combined with a workshop. We had two guest speakers, Lori Stahlbrand of Local Food Plus and Edward Pond, a locavore and food photographer. A local band, Plastic Paddy, composed of farmers from the area, entertained us during the pot luck dinner while attendees mixed and mingled and enjoyed their supper. We had a great turn out and the afternoon was enjoyed by all!

Here's what we heard from Lori.

There are two factors that drive the interest in local, sustainable and organic food. The first is anxieties around peak oil, climate change, pollution, food safety, food security and urban sprawl. The second is a desire for local fresh foods with authentic flavour and production methods that reflect our values. When developing a sustainable food system we need to ensure that the resources of the future are not diminished by our actions today. It has to be primarily local, financially viable for all stakeholders, ecologically sound, socially responsible and respectful of other species.



It's important to leverage the power of public sector institutions such as universities and hospitals that can provide large-scale stable markets for local sustainable food. Purchasing policies can leverage the power of institutions to influence multinational food service companies and distributors to shift purchases to local sustainable food. These policies can also stimulate the development of new local supply chains and processing.

Finally, the local food movement is a powerful approach. It offers a way for eaters to reduce greenhouse gas emissions and improve the environment through their food choices. We support our local farmers by giving them more power in the market place and by strengthening a local economy. It provides us with the opportunity to "vote with our dollars" for a set of values we support, allowing individuals to take collective action.

Local Food Plus has more than 200 Certified Local Sustainable farmers and processors in Ontario, with about a third who are Certified Organic, and more than 90 partners. Their model is one that can be replicated in many different settings to support the development of local sustainable food systems.

<http://localfoodplus.ca>



### Tait's Bakery & Deli

This business was started in 1908 by John Tait, specializing in pastries and breads that he had learned to make when he was working in Buckingham Palace. The bakery has been located on King Street in Brockville since 1908 and has been owned and operated by two generations of the Mazurek family since then. John and Stephen Mazurek purchased the Bakery from their father in 1979 and became the first bakery to join Local Flavours in 2007. They have a wide range of breads but my favourites are 100% Organic Whole Wheat and Historic Grain.

"Many of our recipes are still being used from the original owner - Mr. Tait, from 50 years back. We bake the old-fashioned way - which means no additives or preservatives added to our products."

Tait's Downtown is located at 31 King Street West and Tait's Uptown is at 2123 Parkdale Avenue.

[www.taitsbakery.ca](http://www.taitsbakery.ca)



## Local Farmer Profile: Ironwood Gardens

Ironwood Gardens is owned by Chris and Mary Wooding who are relatively new to eastern Ontario. They officially pulled out of the Big Smoke 5 years ago and established themselves on their small acreage north of Gananoque. For the last 5 years Chris and Mary have operated their small scale farm supplying a variety of fruits and vegetables to their community supported agriculture (CSA) customers and attended the Gananoque Farmers Market. This year they will focus exclusively on grains, specifically on heritage grains, rye flour, buckwheat and oats.

Ironwood is the largest grower of organic heritage Red Fife wheat in the Frontenac Arch Biosphere. Red Fife wheat is one of the earliest varieties of wheat grown in Canada and is making a huge resurgence due to its outstanding aroma, flavour and baking qualities.

Chris is very passionate about the several landrace wheat varieties he is growing out. Soon he hopes to introduce other wheat varieties including White Fife, Preston and Thatcher.

A recent highlight for grower Chris Wooding was on Saturday, October 9, 2010, Chris had the privilege of seeing his Red Fife wheat milled at the Old Stone Mill in Delta where the mill stones ground the Red Fife grain into flour and it was the first time in 100 years that the mill had run.



Chris doing the grind at the Mill.



Chris Wooding, bone tired and happy with the results of his labour. August 2010 at Wendy's August event.

Join us May 7 at the Delta Mill to get your new Local Flavours brochure and so much more.



PHOTO BY KEN WAGNER

<http://www.deltamill.org/>