

CityBites

SEPTEMBER/OCTOBER 2013
TORONTO'S GUIDE TO GREAT FOOD & DRINK



WINE (p22)
Touring Niagara
and Prince
Edward County

BEER (p26)
Stephen Beaumont
attempts to match
lobster and beer
...and succeeds!

JOIN THE PARTY! HOW ROSE AND SONS MAKES EATIN' FUN (P8)

OYSTERS (p12)

How to eat. Where to eat. What to eat.
When to eat (now!)

CHEF Q&A (p10)

What's up with Matt Blondin?

Now
online at
citybites.ca

Bring it on!

HOW TO PUT YOUR GARDEN BOUNTY TO USE ALL YEAR LONG

Forty-five heirloom tomatoes, 15 giant zucchini, mountains of green and yellow beans—what is an overwhelmed urban farmer to do with all that harvest? And that's just what's ripe. In many urban homesteads across the city there are bushes full of vegetables, fruits and herbs reaching their peak and demanding attention.

By the end of the summer the novelty of picking produce from your own backyard starts to wane, especially if you've been at it for years. There is only so much produce an enthusiastic gardener and their clan can eat, no matter how fresh or delicious. It's far too easy to turn a blind eye to the surplus of vegetables that become overripe on the vine.

There are many different strategies for keeping guilt at bay and your bounty off the compost pile

Fear not. Not everything has to be consumed immediately. There are many different strategies for keeping guilt at bay and your bounty off the compost pile. Do as our savvy forbearers did: dry it, freeze it, can, preserve or pickle it, and you'll be eating fresh all winter long.

DRYING: Drying herbs is as easy as cutting and tossing leaves in a paper

bag or hanging bouquets upside down in a cool, dry place. Everything from strawberries to tomatoes can be dried in an oven or dehydrator. Even garlic scapes! Homemade garlic powder anyone?

FREEZING: The super green and nutritious kale freezes just as well as spinach. Some people like to cut the stems and blanch before freezing but it's not necessary. Kale, chard or collard greens all thaw well enough to add to an omelet, soup, stir fry or muffin mix. Tomatoes can also be frozen whole or chopped, with or without skins, and used for a delicious spaghetti sauce. Herbs or garlic freeze well when blended with oil and poured into ice cube trays. Remove the cubes and store in freezer bags for individual portions of parsley, fennel fronds, cilantro, dill and basil.

CANNING: Pressure canners are inexpensive, easy to use and versatile. Save the taste of summer in jars of peaches or use up all your zucchini, eggplant, onions and jalapenos in a homemade spicy ratatouille.

PRESERVING: Making jam with leftover rhubarb and strawberries is easier than you think. All you need is a big



FRESH FOR NOW Preserve your crop to get you through the winter.

pot, mason jars and a set of tongs. Kits for making jam are also available at your local hardware store.

PICKLING: Cucumbers aren't the only things that benefit from brine. There are many simple pickling recipes for hot or sweet peppers, garlic scapes, asparagus and beans. And brine is reusable for your next batch or two. Don't forget to add herbs from your garden such as bay, dill, fennel, garlic and cilantro. **CB**



MARC GREEN and **ARLENE HAZZAN GREEN** own *The Backyard Urban Farm Company*. BUFCO brings organic vegetable gardening to urban and sub-urban homes and businesses throughout the GTA Visit bufco.ca.

PHOTO: ARLENE HAZZAN GREEN

THE **BIG**
CARROT
Organic Leaders for 29 Years!

Natural Food Market • 348 Danforth Avenue • 416.466.2129
info@thebigcarrot.ca • www.thebigcarrot.ca • the_bigcarrot thebigcarrotnaturalfoodmarket

