

City Bites

NOVEMBER/DECEMBER 2013
TORONTO'S GUIDE TO GREAT FOOD & DRINK

WINTER CHOWDOWN!

TRICKS AND TIPS FROM OUR
FAVOURITE CHEFS, SOMMELIERS,
AND BARTENDERS (P20)

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Gifts, gadgets
and edible delights

FESTIVAL (p18)
Icewine in Niagara

SALOON STYLE (p11)

Allen's is still doing it right

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Zoltan Szabo on essential sparklers

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Lorenzo Loseto's award-winning tuna

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An essential winter Reading List

NEXT YEAR'S FABULOUS GARDEN IS JUST A PAGE OR TWO AWAY

You may be kicking and screaming your way into winter but it's time to talk turkey. Thanksgiving is long gone and the 2013 growing season has come to an end. But there is much to be celebrated as a groundswell of new vegetable gardens has sprouted: from rooftops to allotments, from fire escapes to front yards, from spontaneous guerilla gardens to pristine edible landscapes. More and more people are growing and eating their own food. But people who love to grow must face the fact that it's time to abandon the frozen soil and seek refuge in the warmth of the great indoors.

Grow-aholics will still maintain herbs on a windowsill or nurture microgreens in a fancy fridge-like growing cabinet, while some will extend their season outdoors using tunnel cloches, cold frames and greenhouses. But others prefer to put down their hoe, put up their feet and enjoy a warm drink by a fire while reading a good book. And who can blame them? Winter is the perfect time to regenerate, rethink, and dream of gardens yet to come. So grab your Kobo, pull out that library card or take a trip to your local bookstore and dig into this must-read selection of books.

For DIYers, you can't beat **The Organic Gardener's Handbook of Natural Pest and Disease Control: A Complete Guide to Maintaining a Healthy Garden and Yard the Earth-Friendly Way** by Frank Tozer, who expertly guides the reader through

the intricacies of making quality soil, raising seedlings indoors, garden planning, crop rotation and building raised beds and greenhouses. The book is loaded with diagrams and useful charts, making it a number one garden companion for the dedicated at-home grower.

Garden nerds will love the juicy detail and fascinating photographs in **The Organic Gardener's Handbook of Natural Insect and Disease Control**, edited by Barbara W. Ellis. This well-organized encyclopedia will assist in the diagnoses and troubleshooting of everything from leaf damage to spotted tomatoes, and help differentiate insect friend from foe.

Neat and tidy types will love Mel Bartholomew's **All New Square Foot Gardening: Grow More in Less Space**, especially if your own garden space is at a premium. This book provides a step-by-step approach to growing more food in less space using raised beds and an ingenious alternative planting method to traditional rows.

For foodies with a discerning palate for quality writing, **Apples to Oysters, A Food Lover's Tour of Canadian Farms** by Margaret Webb is sure to please. This utterly engrossing culinary adventure is part travelogue, part cookbook and sometime political manifesto. Webb fearlessly digs into her own past as a farmer's daughter to reveal the dangers of conven-



WINTER COMFORT Good books, good wine, good gardening.

tional farming practices and celebrates the diversity and ingenuity of a new crop of Canadian organic food producers.

And if kitsch is your thing, pick up the nostalgic but still relevant **The Old Farmer's Almanac Canadian Edition**, where you'll find region-by-region weather forecasts for 2014, planting tables, astronomical charts and "zodiac secrets". A great year-round reference and bathroom reader—who can resist? **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

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