



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

July & August 2010



100 Mile Diet

Getting Started

The 100-Mile Diet is simple. It's a living experiment in local eating that will reconnect you with your food, your local farmers, the seasons, and the landscape you live in. The idea has caught on in a way that no one could have predicted.

1. Start small.

You can start with a single meal, a 100-Mile day, a one-week commitment. Most people partner up, or do the 100-Mile Diet as a family or group.

2. There are no rules.

Make your 100-Mile Diet experiment a challenge. If you're trying it for a day, consider getting tough: every ingredient in every product has to come from within 100 miles.

3. Surf the internet.

Try some of the links that provided resource information for this newsletter:

<http://eatingniagara.blogspot.com/>

<http://www.niagaraculinarytrail.com/>

<http://100milediet.org/>

<http://www.localeating.ca/>

<http://www.dietsinreview.com/diets/100-mile-diet/>

4. Find your farmers' market.

The easiest and most fun steps toward eating locally; make the market a weekly priority for your food shopping.

5. Start a garden — even a tiny one.

Self-sufficiency feels good, and greens up our cities and towns. Grow vine beans, tomatoes and herbs in pots. Start a community group to plot a community garden.

6. Plan a winter garden.

Winter is a tough time to find local produce, but you might be surprised at what still can grow. Ask your gardening friends or at garden shops, or read through regional seed catalogues for ideas and information on how to plan a winter garden. Spinach, garlic, kale, mustard greens, turnips and cabbage all grow throughout the winter.

7. Buy in bulk and preserve.

Buying bulk saves money, and since it is often hard to find local preserves, you may have to do it yourself. Well, throw a party. With a few bottles of local wine and cider, even a small group can make quick work of canning jams, pickles, fruit and tomatoes. Call up your elders before the knowledge is lost, try the local library, or go online with National Centre for Home Food Preservation.



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Spread the Word

The 100-Mile Index provides a statistical snapshot of our world's globalized food system. The numbers are fascinating, troubling, funny and sometimes, just plain strange.

- Minimum distance that North American produce typically travels from farm to plate, in miles: 1,500
- Number of Planet Earths' worth of resources that would be needed if every person worldwide lived like the average North American: 8
- Planets saved if all of those people ate locally: 1
- Ratio of minutes spent preparing food by English consumers who buy ready-made foods versus traditional home-cooking: 1:1
- Estimated number of plant species worldwide with edible parts: 30,000
- Number of species that currently provide 90 percent of the world's food: 20
- Share of each U.S. consumer food dollar that returned to the farmer in 1910, in cents: 40
- Share that returned to the farmer in 1997, in cents: 7
- Ratio of prisoners to farmers in the U.S. population: 5:2
- Percentage of fresh vegetables eaten in Hanoi, Vietnam, that are grown in the city: 80
- Percentage of all tomatoes in U.S. that are harvested while green : 80
- Major river dams constructed to irrigate California, now the world's number five agricultural producer: 1,200
- Number of years that Alisa Smith and James MacKinnon of Vancouver, Canada, ate only foods produced from within 100 miles of their home: 1
- Amount of potatoes, in pounds, that they bought for the winter: 100
- Days that that 100 pounds of potatoes would have fed a person in Ireland, on average, before the potato famine of 1845: 18

Exploring Niagara

The entire Niagara region is studded with grand mansions, forts, bridges, battlegrounds, nature parks, orchards, vineyards, transformed canning factories and flour-mills. Most small towns are still laid out along the original portage routes of the early settlers and in between you will find a rich, fertile agricultural landscape. There simply is not a city or fair-sized town anywhere in Niagara that does not offer at least one road-side stand, so keep your eye out for them wherever you go.

Support your Local Farming Industry!

BUY LOCAL!

Buy, Eat , Drink and Think Local Challenge

If the residents of Niagara Spent just \$10 of their existing grocery budget on local foods each week, there would be an additional \$253 million in our local economy each year – and it doesn't stop there! If the visitors to Niagara spent \$10 a week on local foods the number climbs to \$371 million. Buying local is about making sure our money stays in our community where it does the most good. Buying local is something we can all do and it makes a difference.

For every \$10 you spend at a local business, \$8 stays in the local economy. If you're a smart, conscientious, bargain shopper it makes sense to buy local. And since we all have a choice, why would you choose to be cheap, fast and easy?

Recipe:

Cabernet Beef Stew

3 ½ lbs chuck roast, cut into 1-inch pieces
4 tbsp Ontario canola oil
3 medium yellow onions, sliced
3 tbsp all-purpose flour
1 ½ cups beef broth
1 whole tomato, diced
4 sprigs fresh thyme
Salt, freshly ground black pepper

Pat beef dry with paper towel, then season well with salt and pepper. Heat half the oil in a large oven-proof pot over medium heat until hot. Working in batches, brown the meat for about 3 minutes on each side (without stirring). Transfer browned beef to a separate bowl.

Add remaining oil to pot; reduce heat to medium. Add the onions and cook until onions are browned, about 15 minutes. Add flour and stir until onions are evenly coated and flour is lightly browned, about 2 minutes. Stir in broth, scraping pan bottom to loosen bits; stir in wine, tomato, thyme, browned beef with juices and season well to taste. Increase heat to medium-high and bring to a full simmer. Reduce heat to low, cover, let cook for 2 hours until beef is fork tender. Stir occasionally, scraping up anything that is sticking to the bottom of the pot. Discard thyme and adjust seasoning to taste. Serves 6.



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Greenbelt

Wrapping around the Golden Horseshoe, the Greenbelt is 1.8 million acres of potential to make Ontario a better place. Ontario's Greenbelt and Niagara are home to some of Canada's most prized agricultural land. The area produces an abundance of food including fresh fruits and vegetables, dairy and meat staples as well as award winning wines. Buying, eating and drinking local products support a healthy Greenbelt. By celebrating local foods it promotes vibrant rural communities and protects natural areas.

Follow the Trail

The perfect day awaits you in this bountiful region – in fact it may take many days to discover the full range of epicurean delights available through the five gourmet regions. Following the Niagara Culinary Trail is easy. You'll find retail destinations that include farm gate stands, markets, artisan food producers, food shops and restaurants that offer local dishes.

Niagara Markets

Niagara Markets is an artisan grocery store located in trendy, uptown Niagara Falls; the new revitalized Queen Street district. Owners Andre and Tammy Bourgeault started this little market and like its name, carries Niagara products. So popular is this convenient, one-stop shopping destination that this year they're expanding with an outdoor market, home and restaurant delivery service and home-made foods like barbecued meats, fresh picked salads and fruit smoothies.

"Shopping at Niagara Markets" is like a virtual tour of Niagara's most delicious local food destinations, says the regions food writer, Lynn Ogryzlo. In the store you'll find thick cuts of meats from Homer's in Smithville, amazing venison and wild boar sausage from LakeLand Meats in St Catharines, delicious jam and preservers from Niagara Presents in Beamsville, delicious grape juices from Cherry Lane in Vineland and fantastic vinegars from Aceto Niagara, Niagara's artisan vinegar company. These are just a smattering of local offerings meant to give you a taste for more. Cooking local at home has never been easier and tastier at Niagara Markets.

Fresh Start

For some bed and breakfast owners in Niagara, buying local is so important they formed an association called Fresh START. As consumers we need to be able to have a fresh start with our purchasing habits and to pay more attention to planning our menus around what is available regionally. As bed and breakfast owners the Fresh START group can offer guests a fresh start each morning as they provide locally based menus with fruits that have better nutritional value and taste better because the ingredients are so close, you can taste the difference.

Welland Farmers' Market
Between Young St and Division St
Saturdays, 6:00am-12:00pm

Bry-Anne Farms
Bryan & Anne Durst
471 Foss Rd, Fenwick
June – Oct, 9:00am-6:pm

DeVries Fruit Farm
DeVrues family
825 Canbora Rd, Fenwick
Open daily year round except Sunday

The Apple Bin
Harold and Marion Damude
2705 Highway 20 E, Fonthill
Mon – Sat, 8:30am-5:30pm

White Meadows Farms
Bering family
2519 Effingham St, St. Catharines
Mon – Sat, 10:00am-5:00pm
Sun, 11:00am-5:00pm
www.whitemeadowfarms.com

Alpine Nursery
Howard Colcuc
845 Four Mile Creek Rd, NOTL
Open daily from July 31 – Oct 31

Bluemin' Acres
Diana and Edard DeMarco
1007 Line 1, NOTL
Open seasonally M-F: 8:00am-5:00pm,
Sat 5:00am-12:00pm

Gresundheit!
Woerthle & Gemmrich Families
1151 Four Mile Creek Rd, NOTL
No retail hours, just call ahead
905-468-5603

NEOB Lavender Boutique and
Tea Garden
Robert and Melissa Achal
748 Niagara Stone Rd, NOTL
Daily 10:00-8:00pm call for details
905-682-0171

STRAIGHT FROM THE FARM



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Recipe:

Roasted Rhubarb and Raspberry Puffs

4 stalks rhubarb, cut to 1" pcs
1 cup just-picked raspberries
¼ cup Niagara apple juice or cider
¼ cup sugar

1 tsp cornstarch

For the crust:

½ sheet puff pastry, rolled and cut into 4, 4-inch squares

½ cut whipped cream

Powdered sugar, for garnish

Preheat oven to 350 deg. F. Place rhubarb in an 8 by 8-inch baking dish. Puree half the raspberries, apple juice, sugar and cornstarch and pour over rhubarb and mix well. Bake for 30 minutes, carefully stirring half way through. Remove from oven and let cool.

Line a baking sheet with parchment paper and place pastry squares an inch apart. Bake 10 to 12 minutes, until pastry has puffed and is beginning to brown on the corners. Meanwhile mix whipped cream with cooled roasted rhubarb mixture.

To serve, cut a pastry square in half horizontally. Spoon raspberry rhubarb filling on bottom half and top with cap. Garnish with a roasted rhubarb stalk and dust with powdered sugar. Serves 4.

Vineland Growers Co-Operative Ltd.

With more than three quarters of a million trees on more than 5,000 acres, Vineland Growers is Canada's largest grower and shipper of tender fruit; strawberries, cherries, plums, nectarines, apricots, eating grapes and Niagara's quintessential fruit, the peach.

Local food is better because you're close to the source. That means it can be left on the tree longer, developing more fresh, juicy flavours. All this means more excitement and satisfaction in all of the regions tender fruit. That's why people travel from miles around to eat the peaches, why we celebrate the strawberries and why families go out to pick the cherries – the closer you can get to your food source, the better it is!

Look for the Vineland label at your local food store and if you can't find it – ask for it. Support your locally grown produce. www.vinelandgrowers.com

Grimsby Farmers Market

St. George's Ukrainian Church, 19 Ontario Street at Adelaide
May – October 28, Thursday from 3:30 – 7:00 pm

Imagine returning to a time and place where you can buy food the old-fashioned way. Meet the grower, producer or maker; see, touch, smell and taste the goods, then buy knowing that they are fresh from the source. You can do this at the Grimsby Farmers' Market because it's a "Home Grown" market. The market is home to 25 local farm vendors and features local farm fresh vegetable, fruit, honey maple syrup, preserves, vegetable and herb plants, perennials, cut flowers, artisan breads made with whole and organic grains, home baking, natural fed lamb, chicken, turkey, bison and beef as well fresh eggs and local cheeses.

Wine Visitor + Education Centre

135 Taylor Rd, NOTL
www.niagaracollege.ca/wine

Drop into the Centre at Niagara College and you'll find a display of wines from across the province and a collection of Ontario wine country information. The Centre is also home to a teaching winery with award winning wines and a 360 degree wine tasting bar.

Caroline Cellars Family Estate
Winery
Winemakers Rick Laker Sr. & Jr.
& Milan Mladjan
1028 Line 2, NOTL
www.carolinecellars.com

Niagara College Teaching
Winery
Winemaker Terraqnce Von
Rooyen
135 Taylor Rd, NOTL
www.niagaravollege.ca/wine

Reif Easte Winery
Winemakers Kalus W. Reif &
Roberto Di Dominico
15608 Niagara Parkway, NOTL
www.reifwinery.com

Southbrook Vineyards
Winemaker Ann Sperling
581 Niagara Stone Road, BOLT
www.southbrook.com

Crown Bench Estate Winery
Winemaker Peter Kocsis
3850 Aberdeen Rd, Beamsville
www.crownbenchestates.com

Harbour Estate Winery
Winemaker Ken Mowat
4362 Jordan Rd, Jordan Station
www.heweines.com

WINES & VINES