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spread



*your monthly guide to
what's happening in the
culinary scene*

Welcome to Summer!

eDining.ca



Check out our new [videos](#),
access hundreds of [recipes](#) and
Nova Scotia [restaurant listings](#)!

July, 2008

Check out these events in the
month of July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 1	2	Happy Hour & Jam Session- Trellis Cafe 3	Dinner and Entertainment Trellis Cafe 4	Forty Fingers at the Shore Club 5
6	7	8	9	10	11	12
13	14	15	16	Bras D'Or Lakes Inn 2008 Ceilidh 17	18	19
Annual Craft & Chowder Festival 20	21	22	23	24	25	World 'Tuna Flat' Rowing 26
27	28	29	30	31		

Check the eDining [Events & Happenings](#) page for upcoming events like: [Tap in to Progress](#) (See page 4), and the Delta's month-long [Seafood Festival](#).

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Shopping locally is easy at the Halifax Farmers' Market.

Nova Scotian wines took home 19 awards this year at the All Canadian Wine Championships in Windsor. Wineries like Jost, Blomidon, Gaspereau, Grand Pre and Nova Scotia's newest winery, L'Acadie Vinyards competed. This year, 1045 wines were submitted from 152 wineries across

Buying Local: A passing trend?

The movement towards using more local food is not a passing trend; more and more restaurants are incorporating local products into their menus. For the average consumer, finding local produce is as easy as taking a trip to the Halifax Farmer's Market on a Saturday morning.

If you just can't wait until Saturday, Finding Local Food www.foodkm.com (or www.foodmiles.us) is a website that allows consumers to find locally grown food and drink. Simply enter your postal code (or zip code) and the closest food and drink producers will appear on a map.

You can search with different ranges to find the closest producers. Listings on the service are free too!

If you're looking for not just local food, but organic as well, try visiting the ACORN (Atlantic Canadian Organic Regional Network.) website–

www.acornorganic.org/index.html.

Their website has a directory of all the certified producers and processors in Atlantic Canada, as well as Grower's database.

ACORN
ATLANTIC CANADIAN ORGANIC REGIONAL NETWORK

Farmer's Markets in Nova Scotia

For many towns, small and large, Farmers' Markets contribute significantly to local economies. They support local producers and provide farmers, artisans and artists an opportunity to sell their products to local markets.

Aside from the economic benefits of local markets, there are environmental and health aspects as well. Eating locally produced foods and consuming locally produced products cuts down on transportation costs, leading to fewer emissions and ultimately, a lower price is passed on to the consumer.

With so many markets all across the province, be sure to visit the Farmers' Markets Cooperative of Nova Scotia website at <http://nsfarmersmarkets.ca>



Bring your own wine!

Many restaurants in Nova Scotia (as well as other provinces across Canada) allow you to bring your own bottle of wine to their establishments.

Restaurants like Café Chianti, Tempest, Il Mercato and Onyx charge a corking fee of between \$10–\$30, but many (like Gio) offer a buy a bottle bring a bottle deal where you save 50% off the corking fee.

Here are some handy tips about BYOW:

- **Don't bring homemade wine** - the government only allows people to bring commercial wines to restaurants.
- **Know how much the restaurant charges** - some places will charge you a higher corkage fee to discourage you from bringing your own wine. Don't hold that against them; they most likely have invested a lot of money in an amazing wine cellar.
- **Know if they charge by the bottle or by the size of the bottle** - some restaurants will charge you \$10 a bottle no matter what size; some places will charge you more money for larger bottles. (ie: a 750ml would be \$10, 1.5L would be \$20.)
- **Many restaurants allow you to "THTR"** or take home the rest... so don't feel pressured to polish off the whole bottle.

For a list of BYOW restaurants in Nova Scotia, check out:

http://www.bringmywine.ca/nova_scotia_byow_restaurants.html

The Tomato Scare of '08

If you had trouble getting tomatoes last month, you aren't alone. Since mid-April, hundreds of cases of Salmonella cropped up across the United States, all linked to uncooked tomatoes. While it was recommended that Canadians avoid raw tomatoes as well, the Canadian Food Inspection Agency did not upgrade their stance on the US Food and Drug Administration's recommendation on tomatoes. Shopping for locally produced food would of course reduce the risk of contamination greatly for Canadians, but according to the CFIA, there has yet to be an incidence of salmonella in Canada linked to tomatoes, such as those that are being investigated in the United States.

From a supplier standpoint, it's better to be safe than sorry. Companies like SYSCO use state of the art testing for salmonella and e-coli before they ship orders to Canada. Because of the stringent testing, tomatoes were soon readily available for consumers in Canada. The CFIA continues to follow the outbreak in the United States, and posts regular updates on their website to keep consumers informed.

For more information, consumers can call the CFIA at 1-800-442-2342 / TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday to Friday). For information on Salmonella, visit the Food Facts webpage at

<http://www.inspection.gc.ca/english/fssa/concen/ca/usee.shtml>

For information on receiving recalls by e-mail, or for other food safety facts, visit the CFIA web site at www.inspection.gc.ca.

- **CUT** Steakhouse now offers raw portions of their dry-aged beef for aspiring at-home BBQ chefs. You can call ahead to place an order with them; once it comes in they will cut and vacuum seal it for pick-up. For the extremely serious at-home gourmet, you can also purchase Chef Salamat's secret steak spice to go with the beef!
- The Canadian Progress Club will host "Tap into Progress" on the first Friday of each month, including Friday, July 4th at the Beer Market. For \$10, you get a specialty drink, a chance to win many great prizes, and cover for the Lower Deck. All proceeds will be going to the Progress Club Halifax Cornwallis, which supports Phoenix Youth Programs, Special Olympics Nova Scotia, and other community organizations.

SPOTLIGHT



The Restaurant Association would like to welcome one of its newest members, Fox Hill Cheese House: makers of aged and specialty Cheddar, plain and herbed Havarti and Gouda, Quark and Quark dips, fresh cheese curds, Feta, and Parmesan cheese.

Fox Hill Cheese House only uses milk from their own 50-head herd of Holstein cows. While Fox Hill is a relatively small cheesemaking facility, they have an amazing retail area where customers can watch the cheesemaking process unfold through a viewing window. In addition to the full line of Fox Hill cheeses, the store offers specialty food products including gourmet crackers and breads, preserves, fine chocolates, jams and jellies. One of their newest products is sure to be a hit: look out for Fox Hill Gelato!

New!

- Finbar's Irish Pub, Bedford
- Harbour Restaurant + Bar
- Lovin' Spoonful Bistro Ltd.
- Rock Island Café
- Milano's Ristorante
- Bread + Roses Inc.
- The Peg + Wire Coffee House
- Athens Restaurant
- The Great Room
- Stories Restaurant at The Haliburton

You can check all of these new members out on the eDining.ca website.



Peaches

Originating from China, peaches are related to other foods like apricots, almonds, cherries and plums. Peak season for peaches is between June and August, so make sure to take advantage of the local growers here in Nova Scotia!

Peaches can be used in a variety of ways, including not only typical desserts like cobblers and pies, but in jams, cereal, yogurt and even salads.

Aromatic, slightly soft or semi-firm red and yellow peaches with velvety skin are best. Avoid fruit that has a green hue or that feels very hard, as it will not ripen. Bruises can accelerate and reveal spoilage. Use ripe peaches as soon as possible, or store them for three to four days at room temperature or in the refrigerator. Wash peaches immediately.

Try out a new Peach recipe!



Peach and Marscapone Cheesecake with Balsamic Syrup and more in the [recipes](#) section of [eDining.ca](#)!

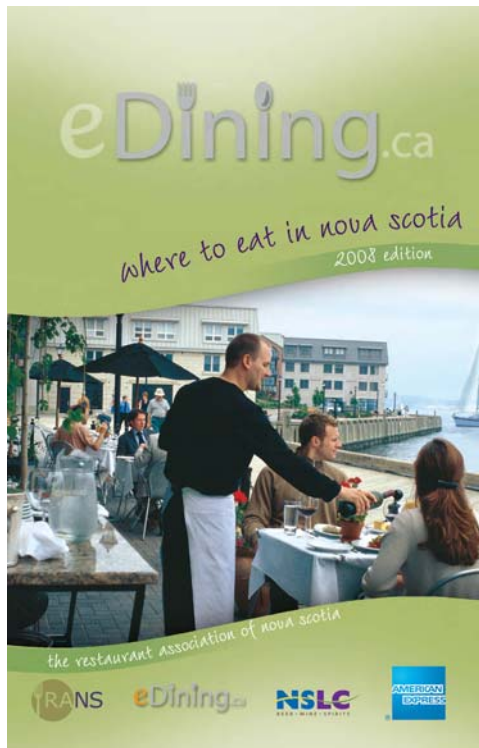
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your place to shop for unique world-class wine, beer and spirits.