

CityBites

TORONTO'S GUIDE TO GREAT FOOD & DRINK

| FREE |
Harvest 2010

Celebrating
5 Years!

THE HARVEST 2010 TOUR!

GET OUT OF TOWN
AND EAT SOMETHING
FRESH AND LOCAL

TURKEY
BUYING GUIDE

BEST VINEGARS

THE TIFF
SURVIVAL GUIDE

TORONTO
BEER WEEK

KOSHER PICKLE 101



Michael Potters of
Harvest Restaurant

PLUS! FOOD BOOKS + CHEAP WINES + SECOND HARVEST + URBAN GARDENS

Grow your own

TAKE THE LEAP AND REAP THE BOUNTY

If you had to be completely self-sustaining, could you do it? Goodbye mod-cons, hello hunting and gathering. You'd have to find, collect and purify water and learn to recognize what was edible and what could potentially kill. As a self-sustaining survivalist, you'd have to focus on the absolute basic necessities of life: food, water and shelter.

Do you think you could provide at least some of your own food? Are you up for the challenge? It's actually not that hard, you know...

Consider this precarious reality. Only about 3 percent of the North American population is in the business of feeding 100 percent of the rest of us. Compare that with 150 years ago, when 70 to 80 percent of us were involved in agricultural food production.

In the time it's taken us to burn through 3 trillion barrels of oil, we've lost our knowledge of the lifecycles of plants and insects,

weather patterns and the phases of the moon. As a culture, we've also lost our confidence, with many urbanites suffering from a Black Thumb Complex. Perhaps most damaging of all, we've lost the joy of communing with nature—quite possibly without even realizing that it's gone.

Okay, chances are the power isn't going to go out suddenly or permanently tomorrow, but learning to grow your own organic fruits and vegetables is a very good idea. Not only is it good for you—more plants, less Prozac—it's good for the planet.

Tending to the life of a plant is surprisingly simple. Give it the basics—food, water, shelter, light—and Mother Nature takes care of the rest. All you have to do is pay attention and assist from time to time. Remember the plant has a life of its own and knows what to do.

Arlene Hazzan Green and Marc Green run The Backyard Urban Farm Company and design, install and maintain organic vegetable gardens: 416-450-3899, bufco.ca.



The author's garden in Toronto.

HOW TO GET STARTED

Think September is too late? Here are a few tips to get you thinking about next spring.

- ✦ Visit a private or community garden, peak over a neighbour's fence and see how it's done.
- ✦ Take a country drive to a local farm like Everdale Farm in Erin (www.everdale.org) or Farmstart in Brampton (www.farmstart.ca). Both have exciting fall events and programs.
- ✦ Don't be shy. Gardeners love to talk, share their secrets and show off their bounty.
- ✦ Start small and keep it simple.
- ✦ Grow herbs like basil, chives and oregano on your windowsill.
- ✦ Ignite your imagination at the bookstore.

PHOTO: MARC GREEN

FROM LOCAL FARMS TO YOUR TABLE

We invite you to experience the freshest of Niagara's bounty, produced locally and prepared by Niagara chefs who embrace the Farm to Table philosophy every day. Each afternoon demonstration features a vineyard walk with Michèle Bosc and discussions with a local food purveyor, ending in a delectable tasting created while you watch and paired with Château des Charmes wines. Our series culminates with the Harvest Feast, as our featured chefs join forces for a grand finale: a winemaker's style dinner sure to delight your inner foodie.

FARM TO TABLE SERIES

Sunday, June 27

Chefs Anna and Michael Olson

Sunday, July 18

Chef Roberto Fracchioni,
Millcroft Inn & Spa

Sunday, August 15

Chef David Watt, Zest

4:30 pm to 6:30 pm

\$50 pp + taxes & gratuity,
for each date

HARVEST FEAST

Sunday, September 26

Featuring all Farm
to Table Chefs

6:30 pm to 10:30 pm

\$150 pp + taxes & gratuity

**PURCHASE THE ENTIRE
3-DATE SERIES PLUS
THE HARVEST FEAST FOR
\$250 PP + TAXES AND
GRATUITY**

Space is limited. To reserve
your place call Michèle Bosc at
905.262.4219 ext. 26 or email
michele@chateaudescharmes.com

VISIT WWW.CHATEAUESCHARMES.COM
FOR COMPLETE EVENT DETAILS

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DES CHARMES