

CityBites

JULY/AUGUST 2013

TORONTO'S GUIDE TO GREAT FOOD & DRINK

THE CITYBITES 45

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Summer planting

IT'S NOT TOO LATE TO GET YOUR VEGETABLE GARDEN GOING

It's mid-July, and the question we hear most is: "Is it too late to start a veggie garden?" The answer is an unqualified "ABSOLUTELY NOT!" In fact, it's almost never too late.

Mid June to early July:

There's still time to do just about everything you might want, just not plants that don't tolerate hot weather, like spinach, radishes and peas; or things that need long mature time, like some of the larger beefsteak tomatoes. The trick might be sourcing seedlings, but someone usually has something left on the shelves. You can plant from seedling: tomatoes, ground cherries, peppers, eggplant, broccoli, cabbage, and herbs; and from seed: cucumbers, pole/bush beans, zucchini and other squashes, chard, kale, lettuces.

Mid to late July:

You'll need to be a bit more selective now as there won't be enough time to grow things that require a longer season—most tomatoes and peppers, eggplant, zucchini, for instance. You can plant from seedlings (pending availability): Tiny Tim and Gold Nugget cherry tomatoes, cabbage (which loves to grow into the cooler fall weather); and from seed: kale, chard, lettuces and herbs.

Mid to late August:

Take the heat lovers right off the list, even those that mature quickly. However, because evenings will start to get cooler over the next few weeks, there's still a lot to plant. You can plant (all from seed): chard, kale, beets, Asian greens (tatsoi and bok choy, for instance), radishes, lettuces; plus a variety of herbs (perennials will be there for you next spring, and some can be brought inside in pots for the winter).

September and beyond:

If you establish a garden using raised beds (a BUFCO recommendation) you can easily add hoop tunnels or cold frames—miniature greenhouses—that will help retain some of the daytime heat throughout the night, thereby extending the growing season, sometimes right into December.

Marc Green and Arlene Hazzan Green run The Backyard Urban Farm Company. Visit them at bufco.ca.

Chef Nano Crespo

SOHO HOUSE TORONTO



Since it landed in Toronto last year, the Soho House Toronto has been a buzz spot for many reasons, not the least of which is Chef Nano Crespo's delicious pan-global cuisine. The Buenos Aires-born chef has been working in restaurants, beginning with his dad's, since he was 13, and has preferred hard labour in kitchens to theory in classrooms. He worked his way from Argentina to L.A., where he discovered the Soho House group of gastro-obsessed operations that include global high-end restaurants, pop-ups and exclusive clubs. Chef Nano launched the Toronto club and was slated to head back to L.A. once it was up and running—but he decided to stay (despite the infernal cold!) and has been spinning out mouth watering dishes ever since. You just don't hear about them on Twitter because Soho members are forbidden to eat and Tweet. How refreshing is that? *Bishop's Building, 192 Adelaide St. W., sohohousetoronto.com*



OH SOHO TASTY (clockwise from top) Chef Nano Crespo; quinoa salad; wood-fired pizza; ricotta orecchiette; mac and cheese.