

PUBLIC INFORMATION CENTRE

Acton Reservoir Expansion Town of Halton Hills (Acton) PR-2784

Halton Region is planning to expand the Acton Reservoir within the Town of Halton Hills (Acton) beginning spring of 2016.

A Public Information Centre will be held for residents who want to learn more about the construction project. Please drop in at any time. Halton staff will be available to answer your questions.

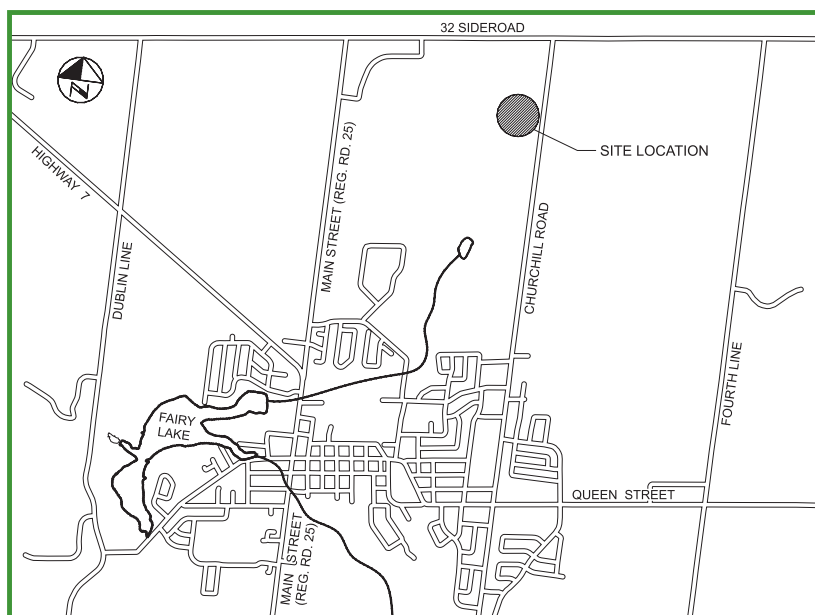
Date: Tuesday October 27, 2015

Time: 6:30 to 8:30 p.m.

Place: Acton Arena & Community Centre - Hall C
415 Queen Street, Acton

If you would like to learn more about the project and are unable to attend the Public Information Centre, please contact:

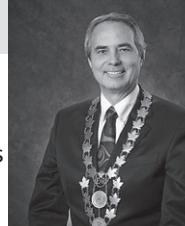
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Visit the Pumpkin Trail and support local businesses

Until October 31, residents and visitors of Halton Region can discover local farms and businesses along the Pumpkin Trail: a pumpkin-themed, self-guided tour of Halton. There are lots of family-friendly events and attractions to discover, including Halloween-themed offerings for kids! It's a unique experience you won't want to miss!

Visit halton.ca/pumpkintrail for an online map or where to find a paper copy. Present your map and voucher to participating vendors for discounts, free items and more!



Gary Carr
Regional Chair

Meetings at Halton Region, 1151 Bronte Rd., Oakville, L6M 3L1
Visit halton.ca/meetings for full schedule.

Nov. 3 9:30 a.m. Health & Social Services Cttee. **Nov. 12 9:30 a.m.** Regional Council
Nov. 4 9:30 a.m. Planning & Public Works Cttee.
Nov. 4 1:30 p.m. Admin & Finance Cttee.



Please contact us as soon as possible if you have any accessibility needs at Halton Region events or meetings.

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COMMENT

Fall is the perfect time to learn how to make soup

By Lori Gysel & Gerry Kentner
whatscooking@theifp.ca



What's Cookin'

Time for some soup making! I have encountered lots of people in my travels that tell me they love homemade soup, but they don't make it because they simply don't know how. Well, there's no time like the present to learn.

Of course there are many soups out there, but there are a few common ingredients and a few rules of thumb that will allow you to whip up soup like a pro in no time.

Next time you shop, stock up (pun intended!) on some stocks. You can buy ready-to-go stock in a tetra pack, you can buy condensed stock (or broth) in cans, or you can buy a powdered or paste version that you just add water.

Watch the labels—lots of stocks are high in sodium and many contain MSG. So shop carefully to get the most natural one possible.

While you're at the grocery store, buy lots of onions, carrots and celery— if you're going to make soups, you're going to need this perfect trio. Almost every soup I can think of starts with this combo. Potatoes. If you are going to want nice thick soups without using heavy cream, you'll need some potatoes—white ones, yellow ones, sweet potatoes, a few of each would be nice.

Now you've got the basics, you'll just need the ingredients that make each soup unique.

Rules of thumb: start by dicing onion, carrot and celery—cook these in your soup pot with a bit of oil, until they are soft and the onions are translucent. Next add any other vegetables that you want in your soup—maybe

potatoes, corn, peppers, tomatoes. These are the veggies that make each soup unique. Add dried spices.

Cook in with the magic trio (onion, carrot, celery) for a few minutes. Add broth. Bring to a boil. Reduce heat to a simmer, continue to cook until veggies are soft.

If you're making a puréed soup, now is when you purée.

Add cooked meat if you are using. Add rice or noodles if using and cook into soup.

Add fresh herbs. Taste. Season with salt and pepper. Done.

Problem solving:

- If your soup is too thick – just add more stock or water.

- If your soup is too thin, add more chopped veggies, mashed potatoes, rice or noodles – something that will soak up some of the broth.

- If the soup doesn't have a lot of flavour, add some powdered or paste concentrate, or some salt or if you are watching your sodium intake – try adding a squeeze of lemon – that can help bring out the flavours.

- If you are making a cream soup and there is all kinds of flecks of white bits floating in the soup, you probably did not use 35% cream and the cream you did use has split (fat and solids have separated). You won't die from it, it just looks weird. Eat it and then use 35% cream next time.

Have fun and keep cooking!

Email questions to whatscooking@theifp.ca

Lentil Soup

Serves 6

INGREDIENTS

- 1 cup green lentils (Dupuy are the best)
- 4 cups chicken stock
- 1 large carrot, diced
- 1 stalk celery, diced
- 1 onion, diced
- 2 bay leaves
- salt and pepper to taste
- 1 cup diced ham (optional)

METHOD

1. Cover lentils with cold water and soak for several hours (this will speed up the cooking process).

2. Drain and rinse lentils, throwing out the soaking water.

3. In a large pot, place remaining ingredients with lentils (except ham) and bring to a boil. Reduce heat and simmer 1 and a half - 2 hours, until lentils are soft.

4. Remove bay leaves.

5. Using an immersion blender, partially purée the soup.

6. Add ham into the soup.

7. If soup is too thick, add a bit more stock or water. Soup will thicken as it cools.

