



From the slab to the platter, Jackie Dean-Rowley shows off both aspects of a cheese tray at her store.

thing: "Simple is best". She suggests dried fruit, plain crackers or just a little honey.

"Let the cheese speak for itself," says Dean-Rowley.

Canada has a love affair with cheese and is internationally renowned for its exceptional quality milk and dairy products. Our strict quality standards begin at the farm and are meticulously maintained throughout the level of processing.

And what is Canada known for?

"We are all about cheddar," Dean-Rowley says.

According to Agriculture and Agri-Food Canada, each Canadian consumes more than 3.5 kilograms of cheddar alone in one year.

If you are looking for a great cheddar, try the naturally smoked maple cheddar from Manitoba when you stop by the shop.

There is a reawakening of interest in artisan cheese (handcrafted cheeses made with natural ingredients). This is evident from the decline in popularity of processed cheese (a more diluted product that contains additives like preservatives and colour) which has fallen over the past 10 years from 3.1 kgs per person to 2.3 kgs.

Specialty cheeses, including aged cheddars and goat and sheep milk cheese, show the sharpest rise in popularity. One interesting fact Dean-Rowley made note of was that, while goat and sheep cheese generally contain lactose, most people who are lactose intolerant find them easier to digest.

For those looking to branch out their palate for the first time, Dean-Rowley suggests aged cheddars to really showcase the depth of flavour even familiar cheeses can have.

"And then to the triple cream brie which shows subtlety in flavour and texture," says Dean-Rowley.

What about those of us who are more apprehensive to diving into the world of fine cheese?

"Don't be shy," Dean-Rowley says. "I will come out

from behind the counter and help you pick out a category."

All of Dean-Rowley's cheeses are organized by country and region, which not only makes a feast for the eyes, but an easier decision in the long run. In autumn, the store will be bringing in cheese and recipe books to inspire even more ways to enjoy cheese.

One of the best ways to serve cheese is on a cheese plate. If you need some advice on how to best arrange one, The Mill Street Cheese Market will help you do just that,

"You can bring your own platter, and we'll help you choose a nice range of cheeses to serve," says Dean-Rowley, who adds when it comes to arranging a cheese plate "variety is best".

A bloomy rind (like a brie or camembert), cheddar, semi-firm cheeses (like gouda or Swiss) and a wedge of Parmesan allow for varying texture. Dean-Rowley also suggests including a blue cheese and urges to "not be afraid of the blues", insisting they add a totally different character to the plate, sort of like your zany aunt at a family function.



Bratin Auto

TECH-NET
Professional
AUTO SERVICE



82 Main St. N.,
Georgetown
905-873-6127

MAINTENANCE SERVICES OFFERED

- Brakes
- Exhaust Work
- Transmission & Service
- Tires
- Drive Clean Testing & Repairs
- Cooling systems
- Electrical
- Tune-up's
- Computer Analysis
- Alignments
- ...and more

Call to book your appointment today for all your maintenance needs