

Although The Mill Street Cheese Market is new— having opened just this past May— there are already some old faithfuls. Some products that customers always seem to go back for include a Pine River eight-year aged cheddar from Ontario and a flavourful raspberry Bella Vitano cheese, a Parmesan blend, washed with a raspberry tart ale giving it a uniquely bright flavour.

“There are as many people coming in needing guidance as there are people who know just what they want,” Dean-Rowley says. “I actually learn a lot just from the suggestions and preferences from the people who come in the store.”

With this friendly, workshop-type atmosphere you

can't help but throw yourself into this world of decadence with reckless abandon.

Dean-Rowley always knew she would be in the cheese industry. When asked, “Why cheese?” she says, “It's happiness, I love food.”

It's now clear that there is so much more to cheese as we know it. Even our nation's consumption statistics show that we have fallen in love with the sometimes mysterious, but forever satisfying, world of cheese.

Whether it's soft or aged, creamy or crumbly, comes from a cow or a sheep, is full of holes or even blue, at the Mill Street Cheese Market, cheese isn't daunting— it's delightfully familiar and waiting to be discovered.



## Cheese-y questions:

### How should we store cheese?

Firmer cheeses including Parmesan, cheddar and gouda can be wrapped in plastic wrap and kept in the fridge. They should last a couple weeks.

Blue cheeses and soft cheeses like brie need to breathe. It is best to wrap them in wax paper and place them in a sealed container before placing them in the fridge.

### Can we freeze it?

Try to avoid freezing; it can really affect the texture.

### What is “raw milk” cheese?

It means not pasteurized. In Canada, pasteurization occurs at 72C and it is a process that eliminates the bacteria. However fear not Canadians, with Canada's strict dairy laws and aging processes it is safe for us to enjoy.

### What does “terroire” mean?

Terroire comes from the French word for land. With cheese, it has to do with the effect of the soil and climate has on the animal grazing and living there. What the animal eats and how or where they live has a direct affect on how the milk will taste and subsequently, how the cheese will taste. You may have the same cheese, but when it's from a different region, it could taste differently.



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<b>Total</b>	<b>\$ 196,000</b>	<b>\$ 1,943</b>

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Credit Cards/PLC	Paid off	—
Penalty to break mortgage	Paid off	—
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