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Farmer's Market favourites

My family has been making and consuming homemade salami, sausages and other like products as far back as I can remember. Beginning long ago when my father first emigrated here from Italy, and soon after opening up a grocery store on Dufferin and College Street.

sentimental thinking about those times. She would assign everyone of us a chore, and we sang, danced and joked together throughout the entire process. Someone had to prep the meat, my uncle usually would turn it into smaller pieces, my mother would put it through the grinder, and my grandmother would salt it and season it.

we had when all of us, and I mean a whole lot of us, got together to make our "salametti" and hang them in the cantina with head cheese, pork feet and other things I can't even remember anymore. Nothing went to waste.

He would later sell that store to my Uncle Frank and then open another on Ossington Avenue. Soon afterwards he opened another on Dufferin and Bloor Street. One could say he's been around a bit.

One of the most savory moments came when she would mix it up and then direct a small portion into a frying pan so we could all share a taste. We tasted and tasted the entire night. She would say "I have to make sure every mix is seasoned to "saporito" (perfect flavor)". God forbid if it wasn't seasoned properly. I loved and miss her so much.

Today I feel so enriched that we've kept up some of our wonderful Italian traditions. To this day it's still a favourite pastime to get together for the making of salametti's, prosciuttos and fresh sausages. I hope our children keep it going. It still takes six to eight months for curing but we still get the frying pan out during the seasoning stage (just to make sure the taste is just right).

We have a large family by normal standards. And I have fond memories of all of us getting together at my Grandmother's house to make soppressata, prosciutto, salami, sausages etc. My Nonna lived in downtown Toronto, and all of our family was within close proximity to one another. It makes me so

I have such wonderful memories of my childhood, especially the fun

We sell our "salametti" at many local farmers' markets and I really enjoy the small town atmosphere of the Acton Farmers' Market.

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Homemade Italian Sauce

Directions:

In a pot put in some olive oil.
Let it heat up.
In the mean time chop up 2 cloves of garlic and 1/2 an onion.
Once it heats up put both in pot with some homemade Italian sausage.
Let it brown, stirring, so it doesn't burn.
Add two jars of tomatoes to the pot.
Add salt and pepper to taste, and there you go.

Italian sauce for pasta or anything else.



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