

# Food tastes out-of-this-world

Continued from page 1

scratch and even her two dessert items have been formulated to be as healthy as possible.

For her snacks that are not canned, Stanley uses a process called freeze-drying, which allows the food to have up to a 25-year shelf life.

Through this process, food is placed into a deep-freeze at -40 C or below. After it freezes, the food is slightly heated and then vacuum-sealed. All liquid removed from the products is immediately converted into gas by the machine.

Aside from the benefits of a long shelf life, Stanley

says, the process of freeze-drying fruits or vegetables can trick customers into eating healthier throughout the day.

"It's helping people eat healthier, because anything that comes out of it has a sponge-toffee texture, so when you are eating fruit, you think you're eating chips or candy," she said.

Stanley added that, when freeze-drying food, it still maintains all its nutrients but has an enhanced flavour because all the water is extracted from the item. She says the process is very different from dehydrating, which preserves only about 70 per cent of

the nutrients and tends to result in the product having a more leathery texture. She says that, with freeze-drying, the food also maintains its form quite well.

"With my seasonal fruit chips, you can eat them as is, or, if you put them in water, they will turn back into fresh fruit slices - it's really crazy how they maintain the original taste and structure," she said.

70 Below currently serves southern and central Ontario and will have products available for purchase at the Acton Farmers' Market this year. For more information, visit 70below.ca.

# Rising costs leave Andrews' Scenic Acres out of Halton farmers' markets this year

Andrews' Scenic Acres has announced its recent decision to pass up on participating in Halton Region's farmers' markets for 2018, after nearly 40 years of being a regular vendor in Georgetown, Milton and Oakville.

Matt Setzkorn, Operations Manager at Andrews' Farm, says the decision was made in large part due to the farm's rising expenses and the desire to place a stronger focus on farm maintenance and food, as well as pick-your-own produce, educational tours and community events for visitors.

"It is a big change for us and it has not been an easy decision for us to leave these special markets in our home community.

Being part of farmers' markets has always been such a joy for us and a great way to share products from our farm and connect with the community," Setzkorn said. Setzkorn added that due to this year's minimum wage increase and the farm's large number of staff members, Andrews' Scenic Acres can have an increase of up to \$200,000 in costs to contend with this year. "We'll miss seeing all of our friends at the farmers' markets, but we hope you'll make the short drive to come farm visit us at the farm," he said.

For more information about Andrews' Scenic Acres, visit <https://www.andrewsscenicacres.com/>.

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