

Readers' questions are answered

Time to answer some more e-mail questions. If you have any food questions, please e-mail them in to us—it helps us with ideas of what you would like to hear about!

1. *What is the difference between Thai basil and regular basil?*

Excellent question. There are actually several kinds of basil. Common basil has large soft leaves about an inch or so long. There are actually ruffled, lettuce leaved and purple varieties too. Thai basil has a strong anise aroma in its raw state. It is used widely in Thai cooking, but is not readily available in local grocery stores—yet! Common basil should have a lemon/jasmine aroma, however, I have found recently that all store-purchased basil seems to have that anise aroma. The leaves still look like common basil, but the aroma is that of Thai basil. Kind of makes me wonder if the supplier hasn't cross-bred his plants by accident!

Basil is an annual plant— not difficult to

Lori Gysel
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grow and should be a staple in your herb garden every year!

2. *Can you put fish right on the barbecue grill or do you have to wrap it up?*

You can do fish on the barbecue in many ways. If you want to do it right on the grill, then be sure to spray the grill first with a non-stick spray (do not hold the aerosol can close to the heat or flame— remove the grill, hold it away from the barbecue, then spray).

You can also do fish in one of the fish baskets— same rule applies about spraying though.

Or, for an easier method, spray a large piece

of foil with non-stick spray, then place the fish on the foil with a few lemon slices, a couple of celery tops, maybe some fresh herbs from your garden like chives, chervil, parsley, then wrap up the foil and place on the grill. Your fish needs to cook at a medium heat for about 8-10 minutes per inch, measuring at the thickest.

3. *Is a tomato a fruit or vegetable?*

I get this question at least once a year— always a topic we like to discuss in my house, with my husband being an arborist. Botanically speaking, fruit is the part of the plant that develops from the ovary of the flower and contains the seeds. That means that tomatoes are fruit, as are eggplants, zucchinis, cucumbers and nuts.

So next time you are thinking of whipping up a fruit salad, why not think outside the box and include one of these lesser thought of fruits!

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Mom's Meringues

Ingredients

- 2 egg whites
- 3/4 cup sugar
- 3/4 cup chocolate chips (optional)



Method

Beat egg whites until stiff but not dry. Gradually beat in sugar. Fold in chocolate chips if you like. Preheat oven to 350 degrees F. Then turn the oven off. Using a parchment-lined baking sheet, place small mounds of the mixture on the baking tray— about 1 tablespoon per meringue.

Place baking trays in the oven that is turned off and leave them there overnight. Be sure to put a sign on the oven door so that no one turns the oven on with your meringues in there! Store in an airtight container once cooked.



The Regional Municipality of Halton

Halton Region's GreenCart Demonstration Program Now Accepts Certified Compostable Plastic Bags



The GreenCart is like a Blue Box for your kitchen scraps. Kitchen scraps (including meat and bones), paper towels, coffee grounds and more are now being collected at the curb in the GreenCart from five demonstration neighbourhoods across Halton, instead of in a regular garbage bag.

The GreenCart demonstration program is off to a great start! In the first six months 172,660 kilograms of food and compostable paper waste was diverted from the landfill, the equivalent of 32,394 bags of garbage. Keep up the good work!!

We Listened! There was an overwhelming positive response to a compostable plastic bag trial in the Burlington demonstration areas and Halton is happy to announce that residents in **all** demonstration areas can use certified compostable plastic bags in the GreenCart demonstration program.

An information package including a sample of certified compostable plastic bags will be delivered to your residence during the month of July. If you do not receive your sample bags by **August 14, 2006** please give us a call.

When purchasing compostable plastic bags, look for this logo!



Acceptable certified compostable plastic bags

Product Name	Manufacturer	Retail Location
BioBags®	BioBag Canada, Inc.	Lee Valley – Burlington
BIOSAK® Compostable Brown Bags	W. Ralston (Canada) Inc.	Longo's Fortinos
Great Value Compostable Kitchen Garbage Bags – Eco Film™	AL-PACK Enterprises Ltd.	Wal-Mart – Region-wide

Note: Regular non-biodegradable plastic bags, including clear green plastic bags, are still **not** accepted in Halton's GreenCart program.

Business Development Centre

We want your business to succeed. The following programs and services are available to help your business.

Youth Opportunities

- Business Plan Competition
- Summer Company

Exporting

- Seminars
- Business Consultant
- Networking Alliance

Start-up

- Seminars
- Business Consultants
- Business Registration
- Resource Library
- Public Use Computers

Business Retention, Expansion and Site Location

- Seminars
- Mentorship Program
- Site Location Assistance
- Workforce Development
- Regional Innovation Networks

Upcoming Seminars, Workshops and Events

Starting a Small Business Information Seminars: Mon., July 17 (afternoon session) and Wed., July 26 (evening session).

Access to Professionals – Ask the Expert: The following professionals will be at Halton Region to answer your business questions on Tues., July 11. Appointments need to be booked in advance.

Marketing – TBA

Legal – William Thatcher

Accounting – Bill Williams

Premier-Ranked Tourist Destination Project Official Launch: A project developed by the Ontario Ministry of Tourism to help regions across Ontario distinguish themselves in the tourism marketplace will be launched in Halton Region on July 11. For more information, contact Jessica Morgan of our office.

Exporters: Do you want to expand your export business? If you are exporting only to the U.S. we invite you to join The Export Alliance, a program designed to effectively assist companies in exporting to markets beyond the U.S. For more information and to apply for this program Javier Lopez of our office.

Contact us for more information on these events and how to register.

Smart Commute Halton—Providing Smart Transportation Choices

To help reduce traffic congestion and improve air quality, Halton Region is introducing *Smart Commute Halton*. This is a new demonstration program for employees of the Halton Regional Centre and the Woodlands Operation Centre designed to reduce single occupant vehicle trips to and from work by offering supports and incentives for carpooling and other alternate modes of transportation.

Another Smart Commute Halton initiative is a web-based ride matching service called the Carpool Zone. This ride matching service works like a searchable database of classified ads to help residents find people to carpool with so they too can help reduce traffic congestion, smog and greenhouse gas emissions.

Smart Commute Halton is part of Halton's Transportation Demand Management Program and Halton's Transportation Master Plan. For more information, please visit www.halton.ca/smartcommute



Joyce Savoline
Chairman



A. Brent Marshall
CAO

Halton Regional Meeting Schedule

Monday, July 10 - 9:30 a.m. - Budget Review

Wednesday, July 12 - 9:30 a.m. - Regional Council