

# Friendly Food Feast

What a challenge! Could you prepare a multi-course meal without using oil, sugar, spices or flour? How would you manage without anything canned, frozen or not grown or produced outside a 100 mile radius?

After reading many books on the industrialization of North American food, the Milford Tuesday Book Club decided to take-up the challenge and on July 11 created a Friendly Food Feast and it was fantastic!!

Researching both heritage and current agricultural production, the group managed a sumptuous meal: bacon, potato and swiss chard soup, oat biscuits, lamb stew, zucchini frittata, quiche, ratatouille omelets, dressed salad, honey cream strawberries, iced tea of bergamot & orange mint, cider, rose wine and ice cider. Many in the group grew their own herbs, fruit and veggies. Some of the county products purchased included bacon, lamb, eggs, cheese, mushrooms, wine and cider. From outside the county, butter, cream, oatmeal (grown here but processed in Peterborough ) were bought.

We all loved Rosemary Smith's innovative salad dressing. The receipt included 2/3 c thick cream, 1/3 c cider vinegar, 1tbl maple syrup, salt to taste, chopped chives, winter savory and tarragon. We allowed salt as it is a basic dietary staple and is mined in Goderich Ontario.

While thinking "big" the group decided to act "locally", to put into practice the challenges about which we had read. One could only think about Helen Keller's words: "I am only one. But I am still one. I cannot do everything but I can do something."

- Janice Gibbins

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