

FOOD & DRINK

Pick-your-own produce guide now available

Guide shows consumers where to purchase fresh Ontario produce

From strawberries to raspberries, cherries to currants, peaches to pears, the 1999 *Pick Your Own* guide from Foodland Ontario is now available.

The guide, detailed by region, features more than 400 Ontario farms that are opening their gates to produce-picking fans.

Fill your baskets with a pageantry of fruit that includes gooseberries, muskmelons, rhubarb and more.

You can never pick too much as the guide offers freezing and canning tips. The more you pick and preserve, the more sunny

memories of summer there will be during the long winter months.

There's also a rainbow of nutrient-rich vegetables to pick that stretches from red beets to green cabbage, from orange squash to yellow zucchini and purple eggplant to white onions. But don't stop here.

The *Pick Your Own* guide then takes you through the province's 121 Farmer's Markets.

And once the fresh produce season has ended — after the last apples have been picked and the pumpkins carved for Halloween — refer to the guide for a listing of

Ontario's 76 harvest-your-own Christmas tree farms.

The 84-page guide also contains money saving coupons from Home Hardware for home preserving equipment, a calendar of Ontario's seasonal harvest and information about each farm.

To make the most of your picking experience, follow a few basic tips.

Because crop availability depends on Mother Nature, call the farm before setting out to confirm operating hours.

Early morning and late afternoon are the

preferred times for picking as the sun is not at its strongest. When you're in the field, sip on fluids, wear loose clothing, a good hat, comfortable walking shoes and protect your skin with plenty of sunblock.

Take your own containers to carry your produce home.

Copies of the 1999 *Pick Your Own* guide are available free from Foodland Ontario by calling 1-888-428-9668, through any office of the Ministry of Agriculture, Food and Rural Affairs and participating Home Hardware stores.

Strawberry colada cheesecake

Cooking time: 55 minutes
Chilling time: two hours
Serves: six

- Crust**
- 1 1/2 cups graham crumbs
 - 1/4 cup butter, melted
 - 1 tbsp water
- Cheesecake**
- 2 pkg (each 8oz/250g) cream cheese, at room temperature
 - 1/2 cup granulated sugar
 - 3 eggs
 - 2 tbsp lemon juice
 - 1 tsp almond extract
 - 1/2 tsp vanilla
- Strawberry topping**
- 2 tbsp each granulated sugar, lime juice, rum and shredded coconut
 - 3 cups sliced Ontario strawberries

Crust: Stir crumbs with butter and water until evenly moistened. Press onto bottom of nine-inch springform pan, creating slight upward slope at side. Bake at 350°F oven for 10 minutes; set aside.

Cheesecake: In large bowl and using electric mixer, beat cream cheese until smooth. Beat in sugar until well blended. Beat in eggs, one at a time, beating well after each addition. Beat in lemon juice, almond extract and vanilla. Pour over crust. Bake in 350°F oven just until set and golden brown around edge, 35 to 45 minutes. Run knife around edge of cake. Refrigerate for at least two hours or until chilled.

Strawberry topping: In bowl, combine sugar, lime juice, rum and coconut; stir in sliced strawberries. Let stand at room temperature for one hour to blend flavours. Spoon over wedges of cheesecake.



PHOTO/FOODLAND ONTARIO

Strawberry cream dessert

Chilling time: one hour
Serves: six

- 2 cups Ontario strawberries, sliced in half
 - 1 envelope unflavoured gelatin
 - 1 cup milk
 - 2 tubs (each 175g) French vanilla yogurt
 - 2 tbsp granulated sugar
- Garnish:** Ontario strawberries, sliced

• In a blender or food processor, puree strawberries until smooth; set aside.

• In a saucepan, sprinkle gelatin over milk; let soften for one minute.

• Heat on low heat until gelatin is completely dissolved. Stir in pureed strawberries, yogurt and sugar.

• Pour into six dessert dishes, refrigerate for about one hour or until chilled.

• Garnish: Serve with slice strawberries.

Tip: For faster chilling, set dishes in freezer section of refrigerator.

Nutritional information:
one serving
Calories: 102
Protein: 5.0 grams
Fat: 1.5 grams
Carbohydrates: 17.0 grams



PHOTO/FOODLAND ONTARIO

Our Fresh Produce

Product of Canada No. 1
Fresh 'N Tender
Romaine Lettuce .99 each

Product of Mexico No. 1
Sweet 'N Juicy
Mangoes .88 each

Product of USA No. 1
Super Sweet
Vidalia Onions .99 lb. (2.18 kg)

Our Gourmet-To-Go

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Family Size
Lasagna Trays 13.49 (Meat or Vegetable)



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STORE HOURS
Mon. - Wed. 8 am - 8 pm
Thurs. - Fri. 8 am - 9 pm
Saturday 8 am - 7 pm
Sunday 9 am - 6 pm

Prices in effect from Wed. June 9th - Tues. June 15th, 1999.
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CITY WIDE DELIVERY AVAILABLE



Our In-Store Bakery

Low Fat
High Fibre
Assorted Oatmeal Cookies 2.69 pkg. (Baked Daily)

Our Delicatessen

Saputo
Provolone Cheese 5.99 lb. (1.32/100 g)

Our Meat, Poultry & Fish

Great for every occasion!
Beef Fillet Mignon or Tenderloin Roast 13.99 lb. (30.84 kg)

"Mario's Recipe"

Salmon Steak "My Way"
4 Salmon Steaks
1 Lemon Squeezed
1/2 cup white wine
2 tbsp olive oil
1/2 tsp salt
1/2 tsp black pepper
2 garlic cloves, finely chopped
fresh parsley

Place salmon with all the marinating ingredients in a low dish pan, covered with foil paper.
Place in a preheated oven at 350°F, for 30 min. or on the BBQ, at medium heat for 7 min. per side.
Serving suggestion when salmon is fully cooked, place it on a bed of rice with juices.