

Good time for an alternative to lawns

Re: Drought hits home on farms, July 14.

"Drought 'good for beer drinking, but not farmers', Environment Canada's David Phillips says"

Think outside the lawn.

In light of our recent drought, watching so many sprinklers waste drinkable water on lawns, it is an opportune time to think of reducing turf and exploring alternatives.

- Kentucky blue grass and most lawn grasses are not from North America and not adapted to thrive in our landscape.

- Most of the water applied to lawns never even makes to the deep roots of your grass plants.

- Turf grass is a monoculture that attracts the weeds, pests and disease that we spend so much time getting rid of. A green lawn therefore requires inputs – fertilizers and pesticides – which largely end up unused as run-off in our storm sewers and therefore go untreated into our lakes and rivers.

- Mowing a lawn for one hour is estimated to emit as much hydrocarbon as driving a car 350 miles. The average gardener spends up to 100 hours every year walking behind a lawn mower.

- Compared to a patch of lawn, a rain garden allows about 30 per cent more water to soak into the ground.

There are so many wonderful alternatives to expanses of lawn.

Some ideas include: planting a drought-tolerant lawn alternative or landscaping with plants that need no water once established (xeriscaping); an edible landscape such as a potager garden or permaculture garden; a habitat garden to support birds, bees and more; a rain garden to collect and filter water runoff; or native plant garden that uses plants which grew in North America prior to European contact and are adapted to thrive in our natural environment.

In the very least, leave that brown lawn (turf can remain dormant for up to six weeks without any adverse effects) and turn your hose on a slow trickle to deeply water your trees. Large shade trees can reduce indoor temperatures as much as 4 to 5 C, but when dehydrated they become vulnerable to pests and disease.

There are some wonderful resources in the library, from York Region and online.

You don't need a green thumb, just a willingness to try!

LAURA TIPTON
STOUFFVILLE

Enjoy the wild flowers, while they last

I am wondering if others are enjoying the wild flowers at the sides of our roads.

Uxbridge is better than some other municipalities as they haven't gone around cutting the sides of the road as much.

There are white Queens Anne's Lace, yellow Trefoil and Hawkweed, blue and crimson Viper's Bugloss, Blue Corn Flowers, pink Sweet William, White Cockle, yellow Toad Flax, white and pink clovers and orange lilies.

I am so disappointed that municipalities feel they need to waste gas, pollute the air and cut a metre of these beautiful flowers. Officials have told me it's for allergies, but they don't remove all of them.

The same officials also said it's to help people see to get out of their driveways, but they don't do anything in the winter when they pile up the snow for us to remove.

Get out and enjoy. The mower will be back.

DIANE WARD
WHITCHURCH-STOUFFVILLE

PEAMEAL BACON

At risk of offending the nomenclature police, this is now known as **Sweet Pickled Boneless Pork Loin**, or something close, but if you labelled it as such, you would confuse everyone, and when you travel in the southern States, this is considered 'Canadian Bacon'.

We just think of it as a normal country breakfast, or lunch if you rise late! One of our customers asked me last week why our bacon doesn't give off a lot of pan juice. This answer is that it's not 'tumbled' or 'seasoned', a manufacturing process whereby the meat gains weight (water mostly) and then loses it in the pan, and only after you've paid for it! Ours doesn't, and it's well-trimmed, as a bonus! One thing to be mindful of is that the sale is for whole pieces – you'll need to do the slicing. If your knife is dull, bring it in for a tune-up, and if it's one from here, the sharpening will be free. **Reg. \$6.99/lb.**

1/3 OFF THIS WEEK

LOCAL BLUEBERRIES

While Cathy and I were watching the Jays and thinking blue, we were munching on these, and she pronounced "These are so good, just like the ones we used to get at Turkey Point in the summer" ...Turkey Point was the site of the family cottage, and the blues were evidently good. So, we bought a lot, enough to do a feature this week, and possibly make a few **\$1.99** 'Turkey Point' Blueberry Pies as well.

WHAT'S FOR LUNCH?

The BLT. Perhaps the simplest, best sandwich. Salty, smoky bacon, juicy field tomatoes and crisp head lettuce on toasted slices of sourdough. **\$5.99**

Sunday Brunch will begin with our **Beef and Barley Soup**, with the choice of either Penne w/Chicken, Mushroom and Onion in Rose Sauce, Steak and Mushroom Stew or Adobo Chicken, with either rice or mashed and vegetable. Tea or coffee with a mini dessert. **\$11.95 PER PERSON**

WHAT'S COOKIN' AT THE DELI!

We'll start with our **Bog Salad**, which has quinoa, cranberries, diced onions, peppers, almonds, dried apricots and raisins, all seasoned with a cranberry-orange dressing. **Reg. \$2.99/100g. Featured at**

1/3 OFF THIS WEEK

Next up, you've got **Cream of Mushroom Soup**. To make this, we use more than mushrooms for sure; onions, carrots, celery and potatoes are all present, with a background of chicken stock. It's a great soup. **Reg. \$8.95 per 900 ml. Featured at**

25% OFF

Following on, we'll have our **Breaded Calamari**. Just a re-heat works well here, and perhaps a bit of a lemon/mayo dipping sauce. **Reg. \$2.99/100g**

25% OFF

For the main course, we'll be making **Teriyaki Salmon**, with our homemade teriyaki glaze and sesame seeds, all done with fresh Atlantic salmon. **Reg. \$4.99/100g**

25% OFF

Coming next is **Steamed Siu Mai**, which are dumplings wrapped in rice dough, and the flavours are either chicken with shrimp or pork with shrimp, both with ginger and garlic. To heat these, either steam them or use your micro. **Featured this week at**

99¢ EACH

Our Sous Vide feature will be a **Jack Daniel's Grilled Chicken Breast**. It comes in a sealed pouch, it's fully cooked, and all you need to do is put it in boiling water for 10-12 minutes and you will have a meal as good as if you did all the work yourself. **Reg. \$4.99/100g**

25% OFF THIS WEEK

And lastly, our salad dressing feature for this week will be our **Asiago Caesar**, which works very well with our nice local romaine. **Feature will be**

\$3.99 JAR (250 ML)

KENT MANGOES Juicy, plump mangoes. Amazing colour, only outdone by their flavour. **99¢ EACH**

RAINBOW TROUT FILLETS

These come to us fresh and we sell them two ways; either marinated in canola with lemon and dill, or au naturel. They still have the little bones so you'll have to work with them a bit, but it's a nice, easy and delicious meal. **\$12.95 /LB**

Featured at

CHORIZO!

These are a pork sausage that bites back, so be sure to have a Mexican fire extinguisher close, aka a Corona (with or without lime is ok). Grilling is the best way to handle these. **Reg. \$5.99/lb. Featured at**

25% OFF THIS WEEK

LOCAL CAULIFLOWER

These are now in mid-season form, and we'll have a good supply of these, freshly picked in Caledon. Size 12's - **\$1.29 EACH**

25% OFF THIS WEEK

AISLE 4!

It seems like my lucky day in Aisle 4, as three of my faves are happenin'. And they are.....

NANCE'S MUSTARD - This is a smooth, creamy mustard that is more in the European style in flavour and colour, and I find it pretty amazing at getting all the other flavours started up and running in all the things I put this on. 250 ml size. **Reg. \$2.99**

MONTGOMERY B.B.Q. SAUCE. This comes from the Montgomery Inn in Ohio, and I first learned of this through my pal from Country Produce in Orillia - a fellow lucky enough to winter in Ft. Lauderdale next door to the 'Inn' owner - so we both have it. I love this especially on chicken, but using it on ribs works good, too! 250 ml size. **Reg. \$4.59**

STRUBB'S TOASTED ONION RELISH. This adds an entirely new dimension to your hot dog, burger or even your brie cheese sandwich. Size is also 250 ml. **Reg. \$2.99**

We will feature these items this week at

25% OFF THIS WEEK

SOME CHEESE PLEASE!

Our feature cheese this week is **Bella Vitano** in either balsamic, raspberry or merlot. It is an aged, firm cheese that has such an enjoyably long, and smooth after taste. I love any of these with a nice glass of wine. **Reg. \$7.49/100g.**

P.S. - It travels well.

1/3 OFF THIS WEEK

WHAT'S BAKING THIS WEEK?

Our theme in the bakery this week is raspberries... local ones, and we'll be baking...

CATHY'S RASPBERRY CAKE - These are made with three layers of fluffy vanilla cake, each slathered with our seedless raspberry filling and vanilla icing. Although these have been square in the past, they are now round in 6" and 8" size, and still decorated in pink with fresh raspberries. **Reg. \$14.95 and \$22.95**

ANDREA'S TRUFFLE FLANS - This comes from our head baker, Andrea, and it's made in a toasted pecan crust, with a divine chocolate and Chambord ganache. Not only is the flavour amazing, the texture is silky smooth, the perfect compliment to the crust and.... they are flourless if you have to keep track. Large size, **Reg. \$24.95 ea.**

MIXED BERRY SCONES - These are the most popular flavour that we make. They are moist yet fluffy, with loads of fresh whole raspberries, blueberries and diced strawberries and dusted with icing sugar once they cool. **Reg. \$2.29 ea.**

RASPBERRY BUTTER TARTS! - These are studded with fresh raspberries baked-in. The tartness (sorry for the pun) of these counteracts the sweetness of the taste which makes it possible (and probable) to have more than one at a sitting! **Reg. 6 for \$7.99**

All the items will be featured this week at

25% OFF THIS WEEK

OPEN MONDAY 9 a.m. - 6 p.m.

PIZZAZ!

Our special pizza this week will be **'Blue Steak'**, and it's made with slivered strip loin (cooked blue), blue cheese, caramelized onions and sauteed mushrooms. 12" size, either baked or 'ready-to-bake', **\$10.95 EACH**

WHAT'S FOR DINNER?

From our freezer, we'll have **Cream of Asparagus Soup** - made from local produce, and we'll have our **Meaty Lasagna** in the 8 x 5 size. **Regulars are \$8.95 and \$17.95** respectively, and both will be **25% OFF** featured at

BANDSTAND

This week, back for yet another outstanding Thursday evening at the Bandstand is hugely popular perennial favorite **Brass Transit** with the incomparable sounds of **Chicago** presented by Main Street sponsor **Sylvia Morris Century 21**. Sure to be another special night!!

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, JULY 31

Hours: Mon. ~ Fri. 8:00-8:00 | Sat. 8:00-6:00 ~ Sun. 9:00-6:00

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