



Ontario Home Economists In Business

[www.oheib.org](http://www.oheib.org)



## NEWSLETTER

FALL 2009

### FROM THE 2009-2010 CHAIRS

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- September 30, 2009 Meeting Notice, ThinkFOOD! At Maple Leaf Foods

#### OHEIB

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Welcome to Fall! Did you enjoy the 10 days of summer? Actually only three days were recorded above 30°C (June 24<sup>th</sup>, Aug 10<sup>th</sup> and 17<sup>th</sup>). Did you catch some rays? Were you able to sample the 30 + varieties of Ontario strawberries brought to farmers markets around Toronto? In light of the deluge of rain (144 mL in August alone) and tornadoes (22 in Ontario) we hope you made the most of the summer. At the very least we had a spectacular Labour Day long weekend!

Your executive has been busy planning intriguing events to pique your interests, read on!

First on the schedule is Wednesday, September 30<sup>th</sup>, at Maple Leaf Foods **ThinkFOOD!** Centre, (see Meeting Notice as a separate attachment) in Mississauga. This culinary centre opened in the Spring of 2009 and is the home for the Company's product innovation and culinary experts. **ThinkFOOD!** has 3 kitchens - consumer, commercial and new product development. With state-of-the-art equipment and facilities, it will be a not to be missed experience. Sign up today.

The following meeting will be **Thursday, December 3<sup>rd</sup>** for a scrumptious meeting at Longo's in Box Grove m), Ninth Line & Hwy 407. Details will follow.

#### A call to members!

Can you enthral enthusiasm with your presentation skills? Then you are the perfect candidate to share your work experiences and **OHEIB** membership at Ryerson University on **Tuesday Oct 6<sup>th</sup>**. As part of a panel of three, FNP100 needs an OHEIB member along with THEA and OHEA. The gig is 11:00 am -12 noon. The event is intended to highlight various avenues beyond dietetics for first year's students to consider as they begin their studies in Nutrition and Food. Step up and shine! Let others know what a

great work/life you have created and share that with the next generation! Please contact Heather Lush at [hlush@ryerson.ca](mailto:hlush@ryerson.ca). Of course, let the executive know so we can acknowledge your commitment to this worthwhile endeavour.

As we begin our first year as co-chairs, we are looking forward to a Fabulous Fall and hoping to see you at **ThinkFOOD!** September 30<sup>th</sup>!

**Clare Jones & Ilona Maziarczyk**

## OHEIB News

The printed **Membership Directory** was mailed late August. Please check your information for accuracy and send any changes to Barb Holland at [ohuib@sympatico.ca](mailto:ohuib@sympatico.ca).

As a member, you have access to the Members Only area – you do so by submitting a password. Here you will find the Members Directory, Photo Gallery, Newsletters and more. Photos of the Award Winners from the AGM have been added. If you have photos you would like included, please send them to [ohuib@sympatico.ca](mailto:ohuib@sympatico.ca)

### Changes to Directory:

**Sue Quirt** has moved: 128 Playfair Terrace, Milton L9T 4V1. Email remains the same.

Please add **2<sup>nd</sup> Floor** to **Annie Woo's** business address.

Please note these changes to **Jennifer Mackenzie's** business address (in bold)  
**FOODWORX & Nuttshell Next Door Cafe**  
**33 Queen Street, Box 517**  
**Lakefield, ON K0L 2H0**  
**Ph. 705-652-9721**

Apologies for a spelling/typing error, the correct spelling is: Katarzyna **Tupta**.

### Welcome:

**Judy Coveney RD** is consulting/freelancing and teaching part-time – a nutrition course at George Brown College. She is also a part-time cooking assistant with LCBO cooking schools. For 13 years Judy worked for Loblaw Brands Ltd.

A number of students joined OHEIB recently: **Kelly Atyeo, Susan Caswell, Alla Kamar, Kwan Yu Li, Sanja Petrovic, Nicole Stonewall, Melissa Tan and Karen Walters.**



## MEMBER NEWS

**Michele McAdoo** and **Susanne Stark** attended the 10<sup>th</sup> Annual Association for Consumer Trends Conference in San Francisco in May on behalf of Kraft Kitchens. Please read their write-up in a separate attachment.

From September 21, 2009 to May 2010, **Heather Lush** will no longer hold the position of "Promotions/Outreach Coordinator" in the School of Nutrition at Ryerson University. Instead, Heather will be filling the role of "Health Promoter" for the Ryerson Health & Wellness Centre overseeing student health promotion programs and placements. Her email will remain the same, but phone extension will change. To contact Heather by phone, call the main switch board at 416-979-5000.

**Jennifer Mackenzie's** pickling book, *The Complete Book of Pickling*, went into second printing after only 3 months of its release. She was interviewed for newspapers across the U.S., by Canwest News and Canadian Press and mentioned in articles from Prince George, Baltimore, Maryland, Houston, Texas and points between. As well, Jennifer was interviewed by nine CBC radio stations and appeared on Breakfast Television and Canada AM. She is once again developing recipes for the Dairy Farmers of Canada 2010 Milk Calendar. And look for articles coming up in the Autumn and Holiday issues of LCBO's *Food & Drink* magazine. Jennifer is also working on (co-authoring) another 2 cookbooks due out next spring.

**Lois Barney** moved from Ontario to Prince George, B.C.

After graduating from Ryerson this spring, **Melissa Tan** took 3 months off to travel to Asia to explore the diverse cultures and foods. She is interested in food styling and recipe development.

**Donna-Marie Pye** is working on a new cookbook (another new 300 things for the slow cooker to be released Fall 2010). She has recently enjoyed testing some Julia Child recipes for a class she is giving on October 1st (called Julie & Julia Cooks) at Household China. Along with cooking up some of Julia's classics there will also be a film discussion.

**Allison Jorgens** is working as the Quality Assurance Regulatory Manager at Metro Inc. (A&P Canada). As such, she manages the regulatory (food labelling) department.

**Emily Richards** is organizing the **Cooks 'n' Books Stage** at **The Word on The Street**, Canada's largest annual outdoor book and magazine festival. The line-up includes Laura Calder, Jane Rodmell, Jeff Crump & Bettina Schormann, JP Challet, Brian Morin, Jennifer McLagan and **Mairlyn Smith**. Queen's Park on Sunday September 27, 2009 from 11:00 am - 6:00 pm. For more info, [thewordonthestreet.ca](http://thewordonthestreet.ca)

Once again (for the 4<sup>th</sup> year) **Judy Scott Welden**, **Lois Turk** and **Barb Holland** are working together again to organize and stage the To Your Good Health Stage at the **Royal Winter Fair** under the direction of Lois Ferguson. Many of our student members will be involved as well. The Royal runs from Friday, November 6<sup>th</sup> to the 15<sup>th</sup>.

### **! Viva Mexico!** by **Louise Boyer**

The month of September has a special place in the hearts of our new neighbours down south. All 30 days are spent celebrating *la Independencia de Mexico*, so we have endless fiestas to look forward to.

Come October, as the owners of our rented house in Jocotepec are coming back from Canada, we are moving to a nearby home owned by a Mexican family. We will be there for at least a year, and can't wait to cultivate the huge garden, while adding some Mexican flair to our interior decorating.

This summer, we have been enjoying some unique culinary experiences, thanks to our Mexican friends. One Saturday, we went on a day-trip with our dentist, his wife and three daughters to the round pyramids of Guachimontones. We met at 7:30 am at their home. The mother Alicia was just returning from the corner bakery with fresh *bolillos* (bobbin-shaped crusty rolls) for our breakfast to take on the road. Heating on the stove was a pan of homemade refried beans. Alicia cut the *bolillos* in half crosswise, hollowed them out, filled the "cones" with the warm beans and pushed in two sticks of fresh cheese and two strips of marinated

jalapeños. The sandwiches were then individually wrapped in foil and put in the cooler along with fresh fruit, an enormous avocado from the neighbour's garden, and 4 litres of milk. When it was time to eat, we took a side road and found the perfect spot for our picnic: an empty plaza in a tiny village with a new kiosk, benches and all. The sandwiches were still warm... *Delicioso!*

### **From OHEA:**

**Ellie Topp** has taken on the role of Secretary of the Canadian Partnership of Consumer Food Safety Education (CPCFSE) and **Mary Carver** is Ellie's back up as required. The pair attended the CPCFSE AGM, in Ottawa on June, 4<sup>th</sup> on behalf of OHEA - a membership partner in CPCFSE. Check out the CPCFSE food safe program accessible at [www.ohea.on.ca](http://www.ohea.on.ca) -via a home page link. CPCFSE will be exhibiting at the Royal Agricultural Winter Fair Nov. 6-15, Exhibition Place, Toronto.

OHEA's media release *It's a Date... Best Before or Expiry* was picked up by Chicken Farmers of Canada in their September newsletter available at: [www.chicken.ca](http://www.chicken.ca).



## **BITS & BITES**

Keep your **cloth** grocery bags clean. In a recent study from the Canadian Plastics Industry Association, 64% of the 25 *used* reusable bags tested were contaminated with bacteria. Make sure to wash your cloth bags weekly and use single-use (plastic) bags for raw meat, poultry and seafood.

**Seven Super Spices** (and herbs): oregano, cinnamon, ginger cayenne, thyme, rosemary and yellow curry powder. One tsp cinnamon contains as many antioxidants as ½ cup blueberries.

Turmeric, the deeply-hued spice found in yellow curry powder is a concentrated source of antioxidants. Even a teaspoon of curry powder, which is a blend of turmeric and other spices, has as many antioxidants as ½ cup of red grapes. Curcumin, the bright yellow compound in turmeric, has been the focus of several studies. Emerging evidence suggests curcumin may help inhibit the growth of cancer cells, reduce

inflammation and safeguard our brain. In preliminary studies, curcumin helped thwart the development of destructive brain plaques. As a result, researchers believe yellow curry may offer the potential to protect against Alzheimer's disease.

The University of Manitoba Human Ecology is celebrating its **100th anniversary** in **2010**. They are presently working on an alumni list. If you are interested in planning a class reunion or seeing if one is being planned, contact the Alumni Association, (204) 474-9946 or toll-free, 1 (800) 668-4908. Check the anniversary website:

[http://www.umanitoba.ca/faculties/human\\_ecology/centennial/centennial.html](http://www.umanitoba.ca/faculties/human_ecology/centennial/centennial.html)

## Canadian Culinary Book Awards at the Royal Winter Fair 2009

Cuisine Canada and The University of Guelph Canadian Culinary Book Awards are coming to the Royal Winter Fair once again. On opening day of the Fair, November 6, beginning at 12:30 p.m. the awards will be given to authors from all over Canada, and to both English-and French-language books.

Following the awards will be a gala reception presented by chefs and restaurateurs using local ingredients. The chefs include Jeff Crump, Ancaster Old Mill; Bob Desautels, Borealis Restaurant; David Garcelon, Fairmont Royal York Hotel; and a chef from George Brown College. Wines throughout the reception will be from Niagara College's student-operated winery.

The Fair, attracting 350,000 people and 25,000 students, gives Cuisine Canada a great opportunity to tell the story of Canadian food. Cuisine Canada will have an exhibit linking Canadian foods and cooking, with cookbooks for sale from the Cook Book Store. On the Fair's cooking stage short-listed celebrity authors will cook from their books with the help of student chefs.

For more information on the Canadian Culinary Book Awards, please log on to [www.cuisinecanada.ca](http://www.cuisinecanada.ca). The short listed books will be available on September 1st. The finalists will be announced at the Royal Fair on November 6th.

At the **Cookbook Store** in Yorkville **Saturday October 3rd, 2 pm on...APPLE DAY** with NUIT BLANCHE & special guest Chef JP Challet author of One Pot French. Taste heritage apples from Siloam Orchards during the afternoon and evening, as well as baked apple goodies.

## Fall Cooking Classes at Culinarium, 705 Mount Pleasant Rd., Toronto:

**Emerie Brine** of Bernardin is teaching hands-on cooking classes at Culinarium - September 21<sup>st</sup> is canning pears and making pear jam and pickles. October 7<sup>th</sup> is canning tomatoes, making sauce and salsa. October 21<sup>st</sup> is making apple sauce and pear jam.

Other courses at Culinarium include:

**Bread and Soup Class** - October 16

**Ontario Wine & Cheese Tasting** - October 30 Enjoy Ontario artisans cheeses with Ontario wines, and learn how to create the best matches possible.

Go to [culinarium.ca](http://culinarium.ca) for info and to register.



***“So this is where the magic happens.”***

Keep it or toss it? Go to [www.stilltasty.com](http://www.stilltasty.com) to learn the shelf life of thousands of foods.

**From Canadian Home Economics Foundation  
Call for Proposals: Margaret Speechly Stansfield  
Award**

Professionals who work and study in the area of consumer studies and family resource management are invited to apply for an award to support research projects or innovative public service or educational projects in the field. Applicants may be professors, graduate students, or other accredited professionals with a commitment to consumer studies and family resource management.

The **Margaret Speechly Stansfield Award** is an annual award to further work in consumer studies and family resource management that will enhance quality of life for individuals and families.

**Level of the award:** up to \$2,000. More than one award of lesser value may be granted.

**Deadline for receipt of applications is September 30.** The decision on the award will be made by October 30.

Funding is available through the Margaret Speechly Stansfield Memorial Fund, made possible by donations by family members of the late Winnipeg home economist, and enhanced by a major donation from the Canadian Standards Association in appreciation for volunteer work done by CAC Manitoba member Margaret Soper. The fund is administered by the Canadian Home Economics Foundation (CHE Foundation).

Those applications unable to be funded by this award in the current year may be referred to the CHE Foundation General Fund.

**For more details, criteria and eligibility, contact:**  
Nancy I. Schneider, PHEc, MSc  
Trustee, CHE Foundation, P.O. Box 2582, Stn. Main,  
Winnipeg, Manitoba, MB R3C 4B3.  
Phone: 204-474-9488 or  
[nancy\\_schneider@umanitoba.ca](mailto:nancy_schneider@umanitoba.ca)



**WINE NEWS**  
By Louise Boyer

**Events in Ontario Wine Country**  
<http://winesofontario.org>

**Sept. 18-27: 58th Annual Niagara Wine and Grape Festival.** Winery tours and tastings, concerts, Niagara cuisine, artisan shows, wine seminars, live

entertainment and parade.  
[www.niagarawinefestival.com](http://www.niagarawinefestival.com)

**Sept. 19: Singles Niagara Winery Tour With Lunch,** 9:30 am-6:00 pm. Join Meet Market Adventures and other Single Wine Connoisseurs for a fun and informative day of wine and food.  
[www.meetmarketadventures.com](http://www.meetmarketadventures.com)

**Oct 3: Harvest with Henry,** Henry of Pelham Family Estate Winery, 9 am – 5 pm. Put your boots on and join the Speck brothers as they work the harvest.  
[www.henryofpelham.com](http://www.henryofpelham.com)

**Oct 17: Inside the Glass Seminar Series** – featuring Merlot, Strewn Winery, 11 am – 12 pm.  
[www.strewnwinery.com](http://www.strewnwinery.com)

**Events in Toronto**

**Sept. 17: Vintages presents Taste Ontario,** Art Gallery of Ontario, 6:30-9 pm. Tour the best of wine country for only \$45. For tickets, call 1-800-266-4764.  
[http://www.vintages.com/events/VQA\\_event.html](http://www.vintages.com/events/VQA_event.html)

**Sept. 21: Sonoma in the City,** The Arcadian Court, Simpson Tower, 401 Bay Street, 8<sup>th</sup> Floor, Toronto, 7-9:30 pm. Rick Slomka, 905 336-8932,  
[calwine@sympatico.ca](mailto:calwine@sympatico.ca)

**Sept. 25: Düsseldorf Altbierfest!** , Fermenting Cellar, Distillery Historic District, 55 Mill Street, 6:30 pm. For tickets, contact  
[laurie.walroth@germanchamber.ca](mailto:laurie.walroth@germanchamber.ca)

**Oct. 7: Chilean Wine Festival,** Fermenting Cellar, Distillery Historic District, 7-9:30 pm.  
[www.winesofchile.ca](http://www.winesofchile.ca) . See also Wines of Chili fantastic new web site: [www.winesofchile.org](http://www.winesofchile.org)

**Oct. 8: Chilean Winemakers Dinner,** 6 pm., Crush Wine Bar & Restaurant, 455 King St. W.,  
[www.winesofchile.ca](http://www.winesofchile.ca)

**Oct. 8: Grapes for Humanity Annual Fundraiser,** 6:30 pm., The Four Seasons Hotel, 21 Avenue Road, A chocolate-inspired banquet with matching wines prepared by Los Angeles Chef Ashley James.  
[www.tonyaspler.com](http://www.tonyaspler.com)

**Oct. 24: Shari Darling's Afternoon Delight,** 10 am-4 pm, Badminton and Racquet Club of Toronto, 25 St. Clair Ave. W. A workshop on the basic principles of

pairing wine with food by thinking wine styles first.  
[www.ontariowinesociety.com](http://www.ontariowinesociety.com)

**Oct. 26: Napa Valley Wine Tasting**, 7-9:30 pm.,  
Venue t.b.a., Toronto. Rick Slomka, 905 336-8932,  
[calwine@sympatico.ca](mailto:calwine@sympatico.ca)

**Oct. 27: Nightlife**, 8-10:30 pm., The Great Hall, 1087  
Queen St. W., Featuring 22 wineries from Napa  
Valley. [www.iyellowwineclub.com](http://www.iyellowwineclub.com)

**October 27 & November 3: Wine and Cheese  
Seminars.** The Dairy Farmers of Canada are teaming  
up with the LCBO to host Wine and Cheese  
Seminars, October 27 at the Millcroft Shopping Centre  
in Burlington & November 3 at the Bayview Village  
Shopping Centre (Bayview & Sheppard). Go to  
[lco.com](http://lco.com) to check for dates and availabilities in your  
area as more may be added due to popularity.



## 2009 FALL EVENTS

### SEPTEMBER

**September 11 to 13: The 25th Annual Vegetarian  
Food Fair.** Harbourfront Centre, Queen's Quay. Free  
admission. This is the largest event of its kind in North  
America. Sample new foods from over 100 exhibitors,  
watch cooking demos, attend nutrition seminars and  
learn about a healthy vegetarian lifestyle.  
[www.veg.ca/foodfair](http://www.veg.ca/foodfair)

**September 12: Stratford Garlic Festival**, 9 a.m. - 4  
p.m., Old Stratford Fairgrounds, Stratford.  
[www.stratfordgarlicfestival.com](http://www.stratfordgarlicfestival.com)

**September 13: Feast of Fields**, 1 to 5 pm., Kortright  
Centre, 9550 Pine Valley Drive, Woodbridge. Tickets  
are \$100. For information, [www.feastoffields.org](http://www.feastoffields.org)

**September 22 to 26:** The District of Temiskaming will  
make history in 2009 when it hosts the first  
International Plowing Match & Rural Expo in northern  
Ontario, [www.ipm2009.net](http://www.ipm2009.net)

### OCTOBER

**October 5 & 6: Ethnic & Specialty Food Expo 2009.**  
All Things Organic. At the International Centre, Hall 1,

Mississauga, 10 am to 5 pm. For details,  
[www.ethnicandspecialtyfood.com](http://www.ethnicandspecialtyfood.com)

**October 6: The 14th Annual Eat to the Beat** is the  
world's largest all-women's chef event. In support of  
Willow Breast Cancer Resource and Support  
Services, more than 1000 guests, 60 chefs, 15  
wineries and breweries join forces to raise in excess  
of \$200,000. Roy Thompson Hall. For more details  
and to buy tickets, [www.eattothebeat.ca](http://www.eattothebeat.ca)

### NOVEMBER

**Nov 7 to 16: 2009 Royal Winter Fair, Rioch  
Coliseum**, National Trade Centre, Exhibition Place,  
[www.royalfair.org](http://www.royalfair.org)

**November 14: The Stratford Chefs School Food  
Writing Round Table.** Heliconian Club, 35 Hazelton  
Ave. \$25, Students (\$10). The Stratford Chefs School  
is hosting a panel discussion with food writers/authors  
James Chatto, Corby Kummer and Michael Symons.  
Tickets available through the Cookbook Store, call  
416-920-2665 or email [cooking@ican.net](mailto:cooking@ican.net)

### THEA Meeting

**September 29: Aromatherapy in the Kitchen -  
Fragrant Foods for Body, Mind and Soul**  
Demonstration and tastings featuring some unusual  
fresh herbs and flowers from the garden. Fisher &  
Paykel, 4180 Sladeview Cres., Unit 4, Mississauga.  
From 7:15 – 8:45 pm. \$15 Members, \$20 Guests, \$10  
Students. To reserve, email:  
[thea.jane.forest@rogers.com](mailto:thea.jane.forest@rogers.com)

## OHEIB FALL EVENTS

**Wednesday, September 30: Maple Leaf Foods  
Mississauga (Mississauga Road and 401).**  
Details in the Meeting Notice (an attachment) and  
on our website, [oheib.org](http://oheib.org). Reserve a spot by  
emailing [oheib@sympatico.ca](mailto:oheib@sympatico.ca)

**Thursday, December 3:** Gourmantra at Longo's  
in Box Grove, east Markham, (407 & Ninth Line).

The OHEIB newsletter is a seasonal publication (Fall,  
Winter, Spring and Summer). Please send stuff to  
Barb Holland, [oheib@sympatico.ca](mailto:oheib@sympatico.ca)