

TIDBITES

BY KATHLEEN MACKINTOSH

FROM THESE ROOTS

Preserves

Much of our food-related knowledge and experience is grounded in, and centered around, family; so too are these delicious preserves. Krista Harrington of Fergus, Ontario, along with her mother and sister, have joined forces to create the first jams to leave me speechless. My first spoonful resulted in a wide-eyed, silent “Wow!” followed by the frantic dive of my spoon back into the jar.



Krista is the kitchen queen of this trio, creating each jam using Ontario fruit combined with herbs and/or edible flowers from her garden. After Krista started her own organic market garden at the age of fifteen, she took to preserving the fruits of her labour out of necessity: At a time when aesthetically imperfect fruits and vegetables were not marketable, she chose to preserve them instead of letting them rot in the field.

Today, she is inspired by texture and colour in addition to flavour. From These Roots produces some of the most unique jams I have ever tasted. Look for Raspberry & Rosemary, Blueberry & Lavender, Strawberry & Lilac, and Krista's favourite, Pears & Pansies. Not just for breakfast anymore, these preserves pair well with cheese and roasted meats. You can find From These Roots preserves at Culinarium in Toronto, Ouderkirk and Taylor in Guelph, and Fraberts Fresh Foods in Fergus.

From These Roots
(519) 362-6097
www.fromtheseroots.ca

LA NATURA FINE FOODS

Salsa Verde

Joe Lombardi and Vikas Sharma met fifteen years ago while working in the hospitality industry. They quickly became good friends – but with a healthy dose of good-natured competition. Each loves to cook, and they spent endless hours cooking for family and mutual friends attempting to out do each other with creations from their kitchens. They eventually realized that combining their creative culinary forces would be more productive than competing against each other.

And thank goodness they did, because these two fine gents produce the best salsa verde I have ever tasted. After many years of tinkering with the recipe, they have managed to find the perfect blend of tomatillos,

onion, cilantro and lime – no artificial ingredients or preservatives required; simply La Natura. I love the finely chopped but firm texture, which is perfect to sit atop a tortilla chip. One bite of La Natura Salsa Verde is never enough! Available in Toronto at the following retail locations: Market Fine Foods, Pusateri's, Pantry, Culinarium and True Human Rights Centre.



La Natura Fine Foods
www.feedmenaturally.com

Kathleen Mackintosh is a professional home economist living in Toronto. In her past life she developed and edited recipes, conducted cooking demonstrations, and organized large-scale food events. In her most recent food adventure, Kathleen has founded Culinarium (www.culinarium.ca), a gourmet grocery market and locavore food haven which exclusively features foods made in Ontario. A dedicated foodie, you can find Kathleen chopping, crunching, munching, tasting or talking about food at every opportunity.

TEAAURA

Handcrafted gourmet shortbread cookies

Nothing calms the nerves like a good cup of tea and a sweet cookie – a match made in heaven as far as I'm concerned. Susan Ho, the founder of TeaAura, has taken the tea and cookie combination to a smart new level. As a participant in the Toronto Food Incubator Program, she handcrafts delectable shortbread cookies made with Ontario butter and flour and flavoured with the goodness of our favourite tea blends: Try Matcha Green Tea, Chocolate Mint, Rooibos Chai, Earl Grey, Lavender Currant and Oolong Rose.



Susan is no stranger to good food. She studied food and nutrition sciences and has experience in food styling and recipe development. Her creative background is evident in the detail of her cookies, each one shaped like a tea leaf. Her cookies have a lovely buttery crunch, and the simple list of ingredients allows the tea flavours to shine through. I can't wait for my next cup of Earl Grey accompanied by a couple of TeaAura Earl Grey shortbread cookies... is it tea time yet? Available at St. Lawrence Market North (the Saturday farmers' market) and Culinarium.

TeaAura Inc.
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