

Kathleen Mackintosh is a professional home economist living in Toronto. In her past life she developed and edited recipes, conducted cooking demonstrations, and originated 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 that exclusively features foods made in Ontario. A dedicated foodie, you can find Kathleen chopping, crunching, munching, tasting or talking about food at every opportunity.



HARVEST CRAFTERS GOURMET PRESERVES

Harvest Crafters Gourmet Preserves are an excellent example of quality products that are made possible when business-savvy urbanites pair up with their rural counterparts, the keepers of the land – in this case, Ontario farmers.

Jim O'Neill of Ancaster teamed up with the Martins, a Mennonite family in Elora, to create a line of delicious no-sugar-added fruit preserves, as well as apple butters, pepper jellies and drizzles. The Martins built a registered kitchen facility on their land for the local Mennonite community to use. (Interestingly, although the Martins own the facility, the entire community is entitled to provide input into how it is used.) Together, O'Neill, the Martins, and the Elora Mennonite community have formed a symbiotic relationship dedicated to creating Harvest Crafters' full flavoured preserves. Jim heads up the marketing and sales outside the Mennonite community, the Martins and their nine children create the delicious preserves, and the local farming community's harvest and resources are put to productive, profit-generating uses.

The Martin family uses apple purée made by the Mennonite community as the primary sweetener and base for the line of no-sugar spreads. What makes these preserves stand out is the full flavours delivered by the other fruits in the mix: the apple purée in no way dilutes the intense flavours of the blueberry, raspberry, strawberry or bumbleberry deliciousness I like to slather on my morning toast. These spreads are also delectable when used as sweeteners in fruit desserts, as cheesecake toppings, in smoothies, paired with cream cheese and crackers, or just eaten off a spoon!

Harvest Crafters Gourmet Preserves are available at Culinarium in Toronto, Buncha Farmers in Queensville, Cooke's Fine Foods & Coffee in Kingston, County Food Co. in Stratford, Kingsmill's in London, and Vincenzo's in Kitchener.

Harvest Crafters Gourmet Preserves

www.harvestcrafters.com
(877) 939-0969

Readers' Reflections

Editor's Note: We welcome your reflections and comments. Please email your letters to editor@edibletoronto.com, entering *Readers' Reflections* in the subject line, and be sure to include your full name and daytime phone number. We regret that we are not able to publish every letter we receive.

Received by email January 30, 2009
Subject: "What a Great Magazine!"

Gail,

I pick up your magazine at Fiesta Farms as soon as I see a new one in the rack and take it home to savour. I read it slowly and cover to cover. Sometimes twice. With most media telling me the horror stories, your magazine inspires me and brings me hope about our ability as a species to survive and treasure the values that are really important – "comfort, harmony, wholesomeness, family values – all of which feed our soul" (your words, with my arrangement of them, from the Winter '08 magazine).

Thank you, thank you, thank you for starting this magazine. I'm already looking for the spring edition

Anne

Katherine-Anne Skinner, BFA, BA, M.Ed.
Visioning Your Being... Being Your Vision

