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Spring Recipes

Niki Willis Makes
Great Cocktails



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Niki Willis, Fu's Repair Shop cocktail creator and general manager. Curtis Comeau photography.

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the sixth bodega tapas bar opens in ellerslie

Chris Mena and Lino Oliviera have opened their newest Bodega Tapas Bar in The Village at Blackmud Creek. The food? Their delicious Iberian-style small plates—piri piri shrimp, the bacon-wrapped dates with quince, that delicious Ibercio ham. The space is sweet and cozy, with the relaxed boho vibe we have come to love at the Bodegas. Patio? Coming soon. Bodega Tapas Bar Ellerslie, 916 103A Street SW, bodegayeg.ca.



central social hall opens ellerslie location

The fun and energetic Central Social Halls have a new location in Ellerslie—another great spot for drinks with friends, lunch with clients, brunch with family. “Growing up in Edmonton and being part of the hospitality community for over ten years has been so rewarding. We’re excited to finally bring Central Social Hall to the southside,” says co-founder Jesse Kupina. Central Social Hall Ellerslie, 10014 12 Avenue SW, centralsocialhall.com.

new wine bar in town

Zula Wine Bar is the latest resto to open in the West Block Glenora. It’s by chef Yuksel Gultekin, of Sofra fame, not surprising that the menu has a savoury Turkish Mediterranean feel. The outstanding meats come from Arpa Farm Fresh Butcher’s Shop next door, also by Gultekin. As wine professional Tara Smith is the manager you know you will have a beautiful glass of wine with dinner. Zula Kitchen + Wine Bar, #120, 14055 West Block Drive, zulakitchenandwinebar.com.



gramma bear hangs up the oven mitts

Gramma Bears has been a fixture at the Old Strathcona Farmers’ Market for 35 years. Alas, no longer; Harold and Evelyn (the OG gramma bear) Dickout are retiring. We’ll miss their smiling faces and those incredible butter tarts. “Well, you can’t go on forever,” said Evelyn. “The equipment is old now and all needs replacing.” We’re sure these two lovely people will have no trouble filling their days in retirement.

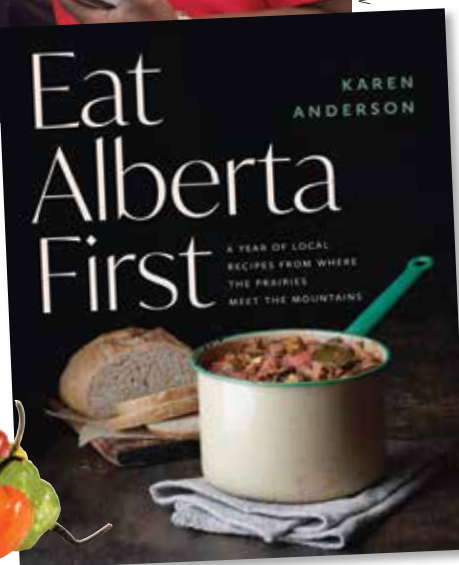
turn up the heat with kaiso pepper sauce

Paul and Andrea Thorne have created an outstanding Caribbean-style pepper sauce called Kaiso, with scotch bonnet peppers, vinegar and lemon juice and each is chock full of robust, long-lasting flavour. Herb, made with parsley, basil and mint; Heat, with turmeric and mustard and Fire, with turmeric, mustard and red bell pepper. “I been making hot sauce for years and giving it to friends at Christmas,” says Paul. “Kaiso is not trying to compete for the hottest pepper sauce out there, but we’re tops when it comes to taste and flavour,” he says. Find Kaiso at the Downtown Farmers’ Market against the east wall, Culina to Go in the Oliver Exchange and Uncle Brian’s Speciality Butcher Store. kaisopeppersauce.ca.



a love letter to Alberta ranchers, farmers, foragers

Eat Alberta First by Karen Anderson is a hefty tome, filled with cooking tips, a section on Alberta food artisans and 90 recipes, by Karen, her family and friends and professionals such as chefs Brad Smoliak, Michael Allemeier and Cindy Lazarenko (yes, Cindy’s toothsome borsch, the one she used to serve at her Highlands restaurant is in here). Not only are the recipes organized seasonally, Karen has created a whole new set of seasons which go a long way in explaining how we eat here. For example, February/March is cabin fever season (a lot of baking). The Celebrations season: Easter, Thanksgiving and Christmas and recipes from her friends Noorbanu Nimji (Eid) and Richard Seto (Lunar New Year). Everyone should have this book in their kitchen. You will be a better cook for it. *Eat Alberta First* by Karen Anderson, Touchwood Editions, \$40. ●



From upper left: Chef Lino Oliviera at the Ellerslie Bodega opening, Ellerslie’s new Central Social Hall; Zulu Wine Bar plate; Harold and Evelyn Dickout; Kaiso’s Paul and Andrea Thorne and their tasty sauces; an homage to Alberta, cookbook-style.

Chef Tony Le's Fire Roasted
Tomato Soup with Gin & Tonic
Crème Fraîche



Recipes to celebrate
Spring

Curtis Comeau Photography

Days get longer, green shoots start appearing in the sea of last year's leaves and yellowed grass. It happens quickly—the rhubarb is tiny nubs then full stalks three weeks later. Chives spring up almost instantly, radishes follow. A collection of recipes from good cooks using asparagus, fresh peas, radishes and rhubarb, and one to remind us that garden tomatoes won't be here 'til August.

Fire-Roasted Tomato Soup with Gin & Tonic Crème Fraîche

Century Group exec chef Tony Le updates the classic gin and tomato soup with a new technique and a special gin. He chose the Royalmount Gin (made by 1769 Distillery, a family business in Montreal) for its fresh flavours of cucumber, citrus and rose petals.

Gin & Tonic Crème Fraîche

- 1 c crème fraîche or sour cream
- 1 splash lime juice
- 1 shot Royalmount gin
- 1 shot tonic water
- salt and pepper to taste

In mixing bowl combine all ingredients and season to taste. Reserve to serve with the soup.

Fire-Roasted Tomato Soup

- 10 Roma tomatoes, halved
- 2 stalks scallions whole
- 1 med onion diced
- 1 med red onion diced
- 5 cloves garlic
- ½ c olive oil
- salt and pepper to taste
- 1 L vegetable stock
- 2 sprigs fresh thyme leaves

Place tomatoes, onions, garlic, scallions on a bake sheet.

Drizzle with olive oil and season with salt and pepper. Place in the forno oven at 750°F for 10 minutes or 500°F broiler oven for 15 minutes.

Take the cooked ingredients and place in large sauce pot with vegetable stock and fresh thyme. Bring to a boil and reduce heat to a simmer for 45 minutes. Season accordingly with salt and pepper.



Curtis Corneau Photography

Chef Tony Le (Birdog) makes soup.

Use an immersion blender or a traditional blender to puree soup. Adjust seasoning if needed.

Serve with the crème fraîche, fresh herbs and your favourite croutons

Makes 4-6 cups.

Morel Mushroom Cheese Spread

Karen Anderson's new book Eat Alberta First is filled with delicious seasonal recipes and stories about Alberta food people.

This morel mushroom recipe is from Eric and Michelle Whitehead, the folks behind Untamed Feast in St. Albert. If anyone knows how to showcase the springtime gold that is this divine mushroom, it's them.

Morels may be scarce this year due to our dry weather. If you are unable to forage any, remember Untamed Feast does have dried mushrooms available. Recipe by Karen Anderson from Eat Alberta First, copyright © 2023 by Karen Anderson. Reprinted with permission of TouchWood Editions.

- 1 c (approximately 20 grams) dried morel or mixed wild mushrooms
- ½ c hot tap water

- 2 T butter or olive oil
- ½ c diced onion
- 2 cloves garlic, minced
- 8 ounce (250 gram) package cream cheese, goat cheese, or spreadable vegan substitute
- ¼ t salt
- pinch pepper
- edible flowers and fresh herbs, for garnish (optional)

Put the mushrooms in a small bowl and cover with the hot water. Let sit until soft, about 30 minutes, then squeeze them gently over the bowl to remove the water. Reserve the water. Finely chop the mushrooms and set them aside. Heat the butter (or oil) in a frying pan over medium heat, add the onion, and cook until golden, about 5 to 10 minutes, then add the garlic and cook until fragrant, about 30 seconds. Stir in the chopped, rehydrated mushrooms and cook, stirring occasionally, until dry. Stir in the reserved mushroom liquid, reduce the heat to medium-low, and slowly cook down, stirring occasionally, until dry again.

Remove from the stove once all the liquid is absorbed and let the mixture cool. Soften the cream cheese with a wooden spoon, add the mushroom mixture, salt

and pepper, and blend well. Use a spatula to transfer it to a plastic wrap-lined bowl, press it evenly, cover with more wrap, and refrigerate until firm, at least 4 hours. Invert the cheese spread onto a serving platter and sprinkle with fresh herbs and edible flowers, if desired.

Serves 8-12.

Spring Panzanella Salad

"I make this at home for family and friends and it's always a hit. Super simple, fresh and just screams spring"—chef Scott Downey, The Butternut Tree

Dressing

- 1 clove garlic
- 2 lemons
- ¼ c buttermilk
- 6 T extra-virgin olive oil
- kosher salt, freshly ground pepper

Finely grate the garlic, zest the lemons, juice both lemons and whisk together with buttermilk and olive oil. Season to taste with salt and pepper.

Please see "Spring Recipes" on next page.



Chef Tony Le's
Roasted Chicken with
Spring Onion Pesto and
Shaved Asparagus

Spring Recipes

Continued from previous page.

Salad

- 1 cucumber, halved lengthwise, cut into 1" pieces
- 4 green onions, thinly sliced on the diagonal
- 2 c sugar snap peas, thinly sliced on the diagonal
- 2 T extra-virgin olive oil
- 2 1" thick slices round country-style bread
- 1 bunch asparagus, trimmed, sliced on a diagonal into 2" pieces
- 1 c (packed) herbs (dill, mint, basil, parsley)
- 4 oz feta cheese

Lightly crush cucumber pieces with rolling pin or bottom of sauce pot and mix with onions, peas, herbs and feta. Toss the bread with olive oil and toast either in an oven at 350°C for 6 minutes tossing halfway through or in a skillet on medium-high heat for 4-5 minutes tossing occasionally.

Transfer the bread to the plate and cook asparagus until tender but with a slight crunch using the same skillet or oven for about 3 minutes.

Toss cucumber, onion, pea, feta and herb mixture with the bread, asparagus and dressing and serve in a shallow bowl.

Serves 4.

Green Goddess Dressing

Tastes like spring itself. This tangy dressing can be used on a salad, in a sandwich, as a dip or a marinade for chicken, pork or tofu.

- 1 c parsley leaves
- 1 c packed watercress or spinach leaves, stemmed
- 2 T tarragon leaves, rinsed
- 3 T minced chives
- 1 clove garlic, roughly chopped
- 2 anchovy fillets, preferably salt-packed
- 3 T fresh lemon juice
- 1 T + 1 t Champagne vinegar or sherry vinegar
- ½ c canola oil or grapeseed oil
- ½ c yogurt or buttermilk
- ½ c mayonnaise, homemade if you can (recipe follows)
- kosher salt and fresh ground black pepper

Combine the parsley, watercress or spinach, tarragon, chives, garlic,

anchovies, lemon juice, vinegar and oil in a blender or food processor bowl. Pulse, then blend until smooth, about two minutes. Add the mayo and yogurt or buttermilk and blend again until smooth. Season to taste.

Makes about 1½ cups.

Mayonnaise

Making mayonnaise by hand (as we learned in Home Ec so long ago) used to be a bit of a chore. In a food processor? Easy peasy.

2 large	egg yolks
1 t	Dijon mustard
4 t	fresh lemon juice
1 c	olive or canola oil
	kosher salt and fresh ground pepper

Place the egg yolks in a food processor along with the mustard and lemon juice. Pulse until well combined. With the motor running, add the oil in a slow, steady stream (mixture should become thick and emulsified). Season to taste. Refrigerate, covered for up to 1 week.

Grilled Ramps

It's ramp season. They are wild leeks, look like a rustic spring onion and taste garlicky, a little too garlicky, raw. But give them some heat and they mellow into the most delicious taste of spring. Rarely can you find ramps in the grocery store, but often farmers have them at the markets. Or, maybe someone you know has a (secret) ramp patch. They don't need a lot of time and are best done on a grill for a few minutes or on the stovetop. You don't need to use a grill pan but if you have one, pull it out. Serve with other vegetables, roast potatoes or in an omelette.

1 bunch	(about 20) ramps
1 T	extra-virgin olive oil
	kosher salt and freshly ground pepper

Preheat a grill or grill pan to medium-high heat. Trim and discard the root hairs or trim the bottoms. Place in a single layer in the pan or on the grill (good to use a grill basket). Watch closely, turn often and pull off when they look a bit charred and wilted, about 5 minutes.

Serves 2-4.

Pan Roasted Spring Radishes

"Seeing the rosy pink of a spring radish tucked behind its soft green tops makes growing your own garden or going to the

market so worth the effort. The simple spring radish can be used for more than salads. These roasted radishes can be served on slow roasted cod or any fish, roast chicken, on top of a spinach salad, or if the recipe is doubled or tripled they can be a side dish on their own."—chef Brad Smoliak.

12	fresh spring radishes cleaned and quartered (try to get them the same size), save radish tops
1 T	canola oil
2 T	sherry vinegar
2 T	cold butter
2 t	honey
	salt and pepper

Heat canola oil in a large saucepan on medium. Add quartered radishes and sauté until they have some nice golden colour, add sherry vinegar and let the steam vapourize. Turn the heat down add radish tops (tear if they are too big), honey, butter and seasoning. Swirl pan until butter is melted and tops are wilted.

Serves 2-4.

Asparagus and Burrata Salad

This salad and piquant dressing is generous and delicious, great for a special lunch or brunch.

Dressing

1 clove	garlic, peeled and roughly chopped
¼ t	kosher or sea salt
75 g	shelled, unsalted pistachios
1 tin	anchovies, drained and chopped
¼ c	extra-virgin olive oil
1 t	sherry vinegar
2 T	flat-leaf parsley, chopped
2 T	mint leaves, chopped
	cracked black pepper
	squeeze lemon juice

Grind the garlic and salt to a paste in a mortar. Add the nuts and anchovies and pound until you have a mixture that is partly puréed, partly chunky. Or pulse in a food processor. Whisk the oil, vinegar, herbs and black pepper together in a medium bowl. Add the nut mixture to the oil mixture and set aside.

Salad

30	French breakfast radishes, trimmed and washed
1 bunch	asparagus

Please see "Spring Recipes" on next page.



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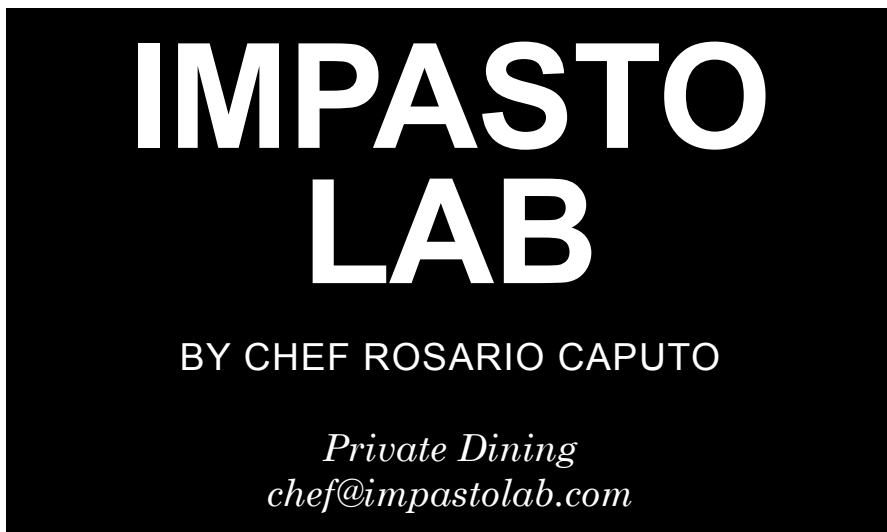
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Spring Recipes

Continued from previous page.

- 3 burrata rounds
- 1 c fresh peas (and their shoots if you like)
- extra virgin olive oil
- juice of ½ lemon

Slice the radishes lengthways to make teardrop-shaped slices. Trim the asparagus stalks and carefully peel off any tough-looking skin if necessary. Steam or dry roast the spears until just tender (about four minutes, depending on the thickness).

Lift the rounds of burrata out of their liquid, set on kitchen paper to drain.

Put the burrata on a platter then arrange the peas, pea shoots if using, radishes and asparagus on the platter. Drizzle the oil and lemon juice (if desired) over the salad. Season. Spoon some of the pistachio and anchovy dressing on top of the salad and serve the rest in a bowl on the side.

Serves 6-8.

Jacques Pépin's Fresh Peas

This deliciously decadent yet simple way to cook fresh peas is adapted from a recipe in Essential Pépin, by Jacques Pépin. Be sure to add the yolks very gradually over low heat. Have with a simple chop, chicken or fish.

- 3 c small fresh green peas
- 3 T unsalted butter
- 2 T fresh parsley, finely-chopped
- 2 t sugar
- ½ t freshly ground black pepper
- ½ t kosher salt
- 2 large egg yolks, well beaten
- 3 T heavy cream

In a medium pot, stir together the peas, butter, parsley, sugar, black pepper, salt and ½ cup of cool water. Bring to a boil, then turn the heat down to medium low and boil gently until the peas are just tender to the bite, about 3-4 minutes. Meanwhile, in a small bowl, whisk together the yolks and cream. Once the peas are tender, gradually stir the yolk-cream mixture into the peas and continue cooking over low heat, stirring continuously, until the liquid thickens to a light and creamy sauce, 30-60 seconds (do not allow the sauce to boil or the yolks will curdle). Remove from the heat and serve warm.

Serves 4-6 as a side dish.

Roasted Chicken with Spring Onion Pesto and Shaved Asparagus

A simple roast chicken served with shaved asparagus and a zingy pesto, by chef Tony Le.

Roasted Chicken

- 1 chicken (5-6 lbs)
- kosher salt
- ground black pepper
- 4 sprigs fresh thyme leaves

Preheat oven to 425°F. Truss the chicken and season with salt and pepper all over. Roast the chicken in the oven for 1 to 1 ½ hours until an internal temperature of 165°F is reached.

Let the chicken rest for 15 minutes then carve and serve with the spring pesto and shaved asparagus.

Serve 4-6.

Shaved Asparagus

- 12 stalks fresh asparagus (Edgar Asparagus is available at all Edmonton farmers' markets in the spring.)
- 1 T ?
- ½ lemon, lemon zest and juice
- 1 T olive oil
- kosher salt
- ground black pepper

Trim woody ends of asparagus if needed. Cut tips off the asparagus roughly 1 inch and split vertically. With a vegetable peeler shave the remaining stalks into ribbons. Place ribbons into ice cold water for 10 minutes. Drain the water. In a bowl add remaining ingredients and adjust seasoning to taste

Spring Onion Pesto

- ½ pack fresh basil
- 2 stalks fresh green onion
- 2 ounces grated parmesan
- 1 each lemon zest and juice
- 1 c olive oil
- 1 t kosher salt
- 1 t chili flakes

Place all ingredients into the bowl of a food processor. Mix until all ingredients are thoroughly combined. Adjust seasoning to taste.

Makes about 1 cup.

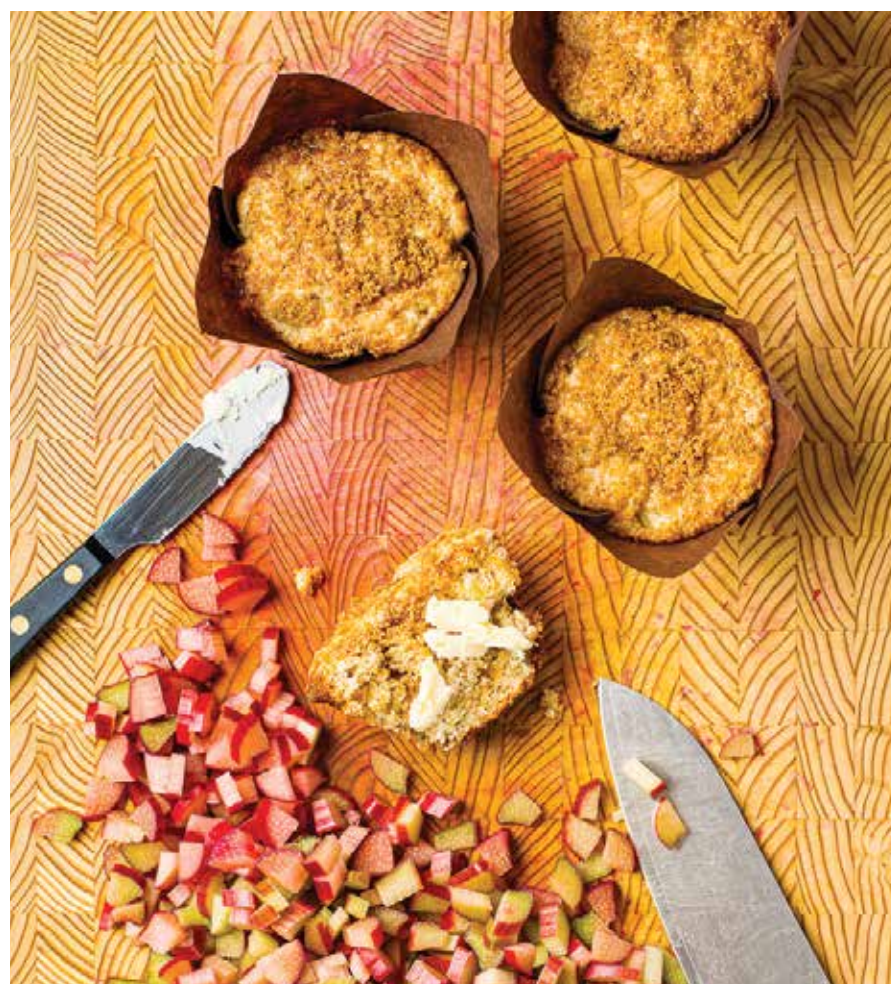
Rhubarb Muffins

“These are best made with fresh rhubarb, you can substitute blueberries for the rhubarb. If you don’t have whole grain flour you can make them with just all purpose for an equally delicious result. We like using the Red Fife at Awn as it creates a really lovely nutty flavour in the muffin”
—Kaelin Whittaker, Awn Kitchen

- 1¼ c all-purpose flour
- 1¼ c whole grain flour such as Red Fife
- ¾ c sugar
- ½ t salt
- 1½ t baking powder
- 1½ t baking soda
- 2 c rhubarb, finely chopped
- 1 c buttermilk
- ½ c neutral oil
- 1 large egg, whisked
- brown sugar for topping

Preheat the oven to 375°F. In a large bowl, mix the dry ingredients together, toss in the chopped rhubarb. In a separate bowl, whisk the buttermilk, oil and egg. Fold into the dry ingredients using a spatula, in as few folds as possible. Fill muffin cups, sprinkle with brown sugar (about 1/2 tsp per muffin). Bake in preheated oven for 20–22 minutes.

Makes 12 muffins.



Chef Kaelin Whittaker's Rhubarb Muffins.

Rhubarb Crumble

A lovely gluten-free dessert (or breakfast). I was in London recently and tried a British dish, forced rhubarb. It's pale pink, sweet, less tangy than our mouth-puckering rhubarb. I love the pucker. —Mary Bailey

- 2-3 stalks rhubarb, chopped (about 1 cup)
- juice of 1 orange
- 2 T sugar
- 1 star anise, broken in half

For the Crumble Topping

- 2 T oats
- 2 T broken-up almonds or walnuts
- 2 large pinches ground cinnamon
- 1 large pinch sea salt
- 1 t olive oil
- 1 T maple syrup or honey

Preheat the oven to 350°F

In a large bowl, toss the rhubarb with the orange juice, sugar and star anise. Divide between two little ovenproof pots, making sure each has a star anise half. Roast for 10 minutes.

Meanwhile, mix the oats, almond bits, cinnamon, salt, oil and maple syrup. Lay half the crumble mix on top of each pot.

Put back into the oven and cook for another 30 to 40 minutes, until the crumble looks crunchy and golden.

Serves 2. 🍷






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Niki Willis



Makes Great Cocktails.



Cocktails from left: Soju and Soda; Cherry Blossom; Return of the Dragon; Butterfly Tea Sour; Lychee Martini; Jalapeño Mandarin.

Mary Bailey

with photos by Curtis Comeau Photography

Niki Willis is Fu's Repair Shop cocktail creator and general manager.

Niki Willis has worked in bars for over 22 years. "It was part time at first and convenient. I had a daughter, I could be with her during the day," she says, talking about her early years in hospitality.

Remember New City Likwid Lounge and New City Suburbs? Niki was there. "There was a guy named Marty who worked there, I watched him cocktail and thought, I want to do that."

It was high volume bartending, long before the resurgence of the art of the cocktail. And, it was a young person's game. But, as Niki's career started to take off she thought 'why can't I keep doing this? There are so many more fun things to learn.'

Recently, after a few years being the general manager at El Beso and Pablo, she thought of getting out and doing something different, manage a dental office maybe. But, Kyla Kaziel of The Common made her an offer she couldn't refuse. For Fu's Repair Shop, the light-hearted, new wave Chinese resto next door to the Common.

Now, Niki spends time researching Asian sprits and flavour profiles to create new cocktails that complement Fu's cuisine.

"I'm learning about Chinese culture. I'll sit with Winnie (Winnie Chen Fu's exec chef and co-owner) experimenting and going over flavours.

What is Niki excited about now?

"Baiju and soju and sake, the Asian spirits. I've started playing with pandan, it's nutty, floral, leafy. As much as I love the classic cocktails, it's exciting to switch them up, infuse with something or make them lower proof with sake. The balance in a cocktail is always key no matter what.

"I am leaning towards more savoury cocktails. We're always going to sell pretty fruit-forward cocktails, but it's fun to try something different like the Wasabi Sazerac, with wasabi instead of absinthe.

Her fave cocktail?

"The Return of the Dragon, made with habanero simple syrup and clarified with

coconut milk. It's spicy yet mellow due to the coconut. The Cherry Blossom is one of our best sellers, low abv, made with sake, so pretty. I love the whole creating part of my job, we have new drink features quite frequently."

The other thing Niki is excited about is education and changing the world of bartending. "Our industry is still male dominated. Yet here at Fu's we have mostly female bartenders and a female-led team. You could say there is a heavy female influence at Fu's and I think a little more finesse. I'm really excited about helping the next generation of ladies to step up."

Note: Fu's Repair Shop is moving to The Station location on Jasper, essentially tripling their space. Opening end of May.



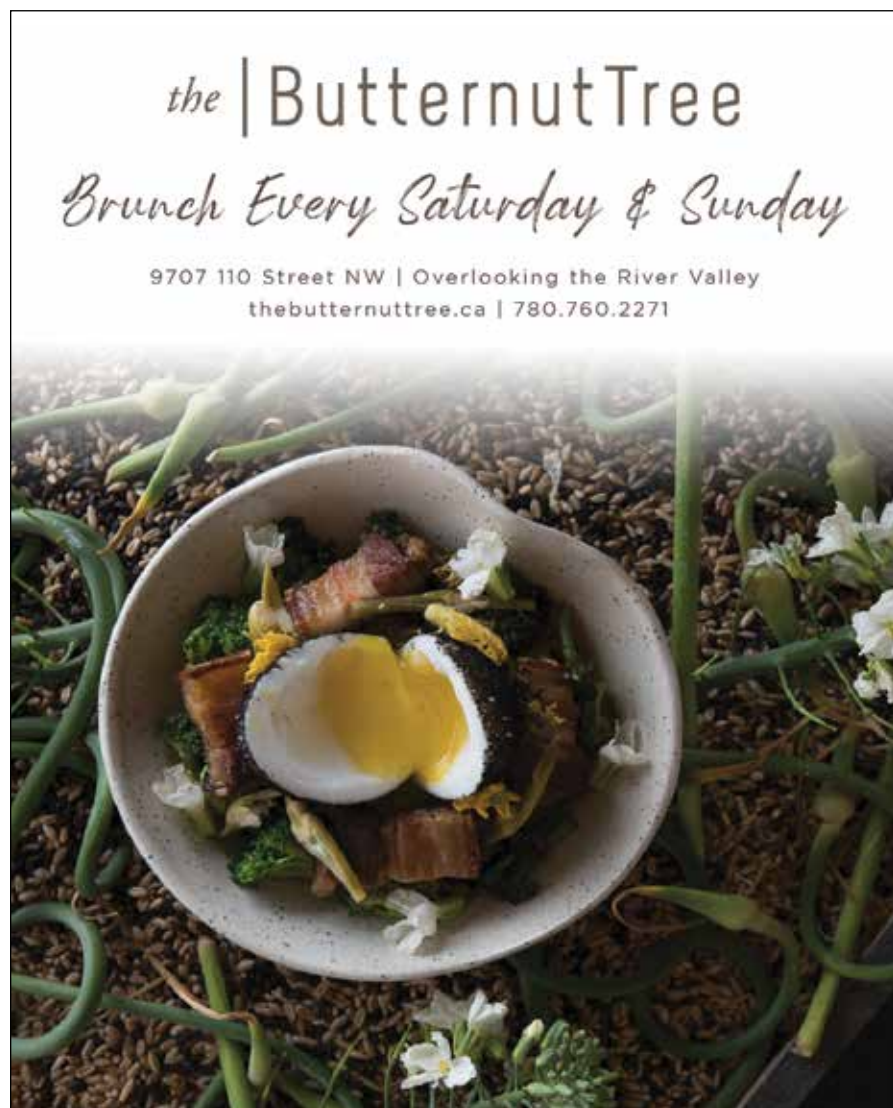
The Cherry Blossom

This is a low-proof cocktail with a delicate flavour. It looks even prettier in a lovely glass and garnished with baby's breath. Or make it long drink with soda or Prosecco.
—Niki Willis, creator.

- 1.5 sake (Gekkeikan)
- .5 elderflower liqueur (Bols or St-Germain)
- .25 simple syrup
- .25 fresh lemon juice
- .25 tart cherry juice

Give it a good shake and strain into a coupe or a Nick and Nora glass. 🍷

Tomato editor Mary Bailey is crazy about Fu's Viet Coffee Negroni, especially at brunch.



Gido's Farm

When Brad and I married over 31 years ago, Brad's idea of a yard was a concrete slab.

It wasn't that he didn't appreciate nice landscaping, he just saw his parents work non-stop on maintaining their yard, which, by the way, was gorgeous. Golf course-worthy grass, borders of geraniums, baskets of impatiens. Not for him, no way, no how.

Time has changed what is important to Brad. We love our home and when you love something, you want to take care of it.

The first thing was the lawn. He started to mow it and edge it, fertilize and care for it. Then came the garden. I was all about the landscaping and the beauty projects—for Brad it was all about really understanding where our food comes from.

When Brad was in hospital in 2019, he had lots of time to research. We have always been advocates of purchasing from local vendors, but he wanted to see what he could grow. He started with a small garden plot on the side of

the house marked with a hand-crafted sign: Gido's Farm est. 2019. Grapes went in first, then tomatoes, lots and lots of tomatoes, along with plenty of herbs. Simple enough.

Year two: seedlings. More tomatoes, all kinds. San Marzano seeds ordered from Italy, beefsteak, Roma, zebra, heirloom. Things got out of control. He had so many seedlings that once he got to the 4-inch pot stage he had to give many away. He started most of his herbs from seed too. At this point he outgrew his little garden plot and had to build a big, raised bed and purchase lots more pots. Total number of tomato plants that year? Around 60.

Year three: shelves, grow lights, seedlings and schedules. Brad ordered seeds from all over the world, adding all sorts of interesting vegetables to the garden. Shallots and garlic from

Ukraine, asparagus, beans of all kinds, lettuces, carrots of course, radishes, celery, cucumbers. We now have a full-fledged garden without really having much of a garden plot other than the original small plot and raised beds that we keep building here and there. It's amazing what you can put in a yard without changing the look of the original landscaping. And we had over 100 tomatoes, tucked here, there and everywhere.

Year four: the harvest had us not only eating from our garden all summer long but pickling cucumbers, beets and carrots and canning tomatoes and tomato sauce. We had a fantastic harvest of Evans cherries and grapes. We aren't

a vineyard yet, but Brad has plans, I say with a crooked smile. We have added more fruit trees to the yard. Brad is trying his hand at cultivating plants from seeds of fruit purchased, having had great success with a pomegranate so far. He is taking slips from roses and grapes, determined to start a new plant from an established one.



Brad has fallen in love with learning about and growing food. He is forever watching YouTube gardening channels and purchasing books. He tried different ways to stake the tomatoes—some have simple stakes, some have fancy trellises. It all depends on what website he has been on. Not everything he has planted has been a winner, but what has been a success we devour, raw and cooked. We continue to support our friends at the markets, but we are finding it's even more fun to pick our own produce. We can't wait for the early lettuce for our first garden salad and then watch as each day treats us to something new.

We are happy to be living farm to table eating. 🍷

Leanne Smoliak's greatest compliment came from her father-in-law: "She's the perfect Ukrainian wife, she keeps a full fridge and a well-stocked bar."



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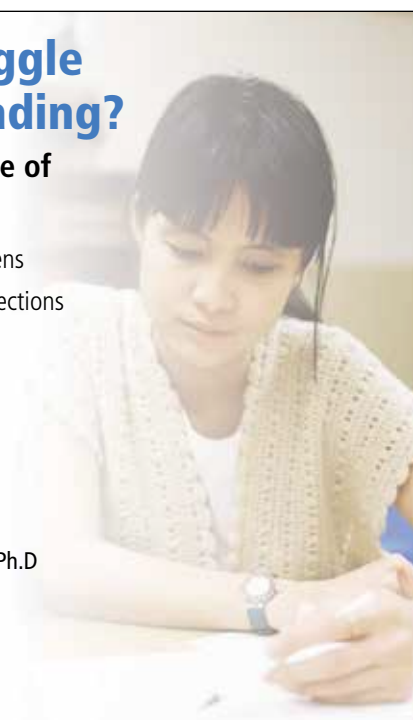
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For The Love of Bucha

- Adeline Panamaroff -

Fizzy, sour, with hints of fruits and herbs. These are the sensations and flavours I enjoy when I drink the kombucha that I brew at home. I started brewing several years ago after I had to give up caffeine due to a sensitivity. I wanted to continue drinking green tea and improve my gut health, which is how I found kombucha. Over the years, I have tried different flavour combinations and brewing methods, which led me to wonder; how do the professionals do it?

For Byron Hradoway, his journey to kombucha was also through home brewing. “It was just something new to try. I’ve always been into homebrewing, fermenting stuff, like wine, beer, mead. I bought a SCOBY (symbiotic colony of bacteria and yeasts) kit and went from there,” Hradoway explains. He says that it is easy to make too much kombucha, something I have never had a problem with, as I stick to a strict one week brewing schedule.

For Hradoway, making too much was a happy accident, as it prompted him and two friends, Jennifer Darling and Brian MacLean, to think about marketing their product.

“Jen and I come from a graphic design background—we came up with the branding, all of the product identity and then we did farmers’ markets. A month later we hit the ground running,” says Hradoway,

“We financed it ourselves and pulled a BDC loan to help finish up our space in Old Strathcona in the fall of 2019. At one point this was our full-time job, but since the pandemic it’s back to a side-hustle,” he says.

Kombucha is a gut friendly, fermented sweet tea that makes use of a SCOBY for the fermentation process. SCOBY

are layers of beneficial yeasts and bacteria that float on top of the brewed tea, eating up the sugar and caffeine in the liquid, creating a natural fizziness as a by-product of that digestion.

“The big thing with kombucha; it is full of probiotics, amino acids and digestive enzymes. Some people drink it specifically just for those health benefits,” says Hradoway.

Boocha Kombucha’s approach is to deliver kombucha as an alternative to sodas or as a cocktail mix. To keep the flavours of their brew lighter and less sour, Hradoway and his team only put their kombucha through one fermentation phase, and use forced carbonation to achieve bubbles that a second ferment would do naturally.

I have always enjoyed doing the second ferment, as this is where I add flavour. Usually this is dried pear slices, from locally grown Edmonton pear trees; tart, like most fruit grown in the Canadian Prairies. These small yellow fruit gems add a sweetness to my homebrewed kombucha that mellows the sour unflavoured ferment.

Boocha Kombucha uses Alberta grown and refined sugar beet sugar from Taber and the aluminium cans are manufactured in Calgary. The organic tea and dried orange peel are purchased from a tea distributor in Vancouver, and other flavourings come from further aboard.

“Those [glass] bottles are actually manufactured in Germany. The cost to ship them across the ocean just didn’t

make sense. Cans are a little bit lighter. They allow us to do things a little bit differently. It seemed to be what retailers wanted.”

Boocha uses a green and black tea blend for the kombucha base. How long does it take to ferment and process their brew? “Generally 10 to 14 days from raw loose tea to final can,” says Hradoway.

One of the unique aspects of their brewing process is they ferment the kombucha in repurposed Jack Daniels oak barrels (from Tennessee). Other commercial brewers use large metal vats for fermentation. Hradoway says that oak helps to mellow the sour flavour of the kombucha even further.

Hradoway plans to develop flavours based on local ingredients and add seasonal limited editions to the lineup; “I’ve always wanted to incorporate more local berries into seasonal stuff. I really want to go around the area and pick fruit from city trees, a forage concept.”

For cat lovers, Boocha Kombucha offers craft Snorri Soda, in navel orange and ginger ale and seasonals such as rhubarb and saskatoon berry. The labels feature Hradoway’s cat Snorri.

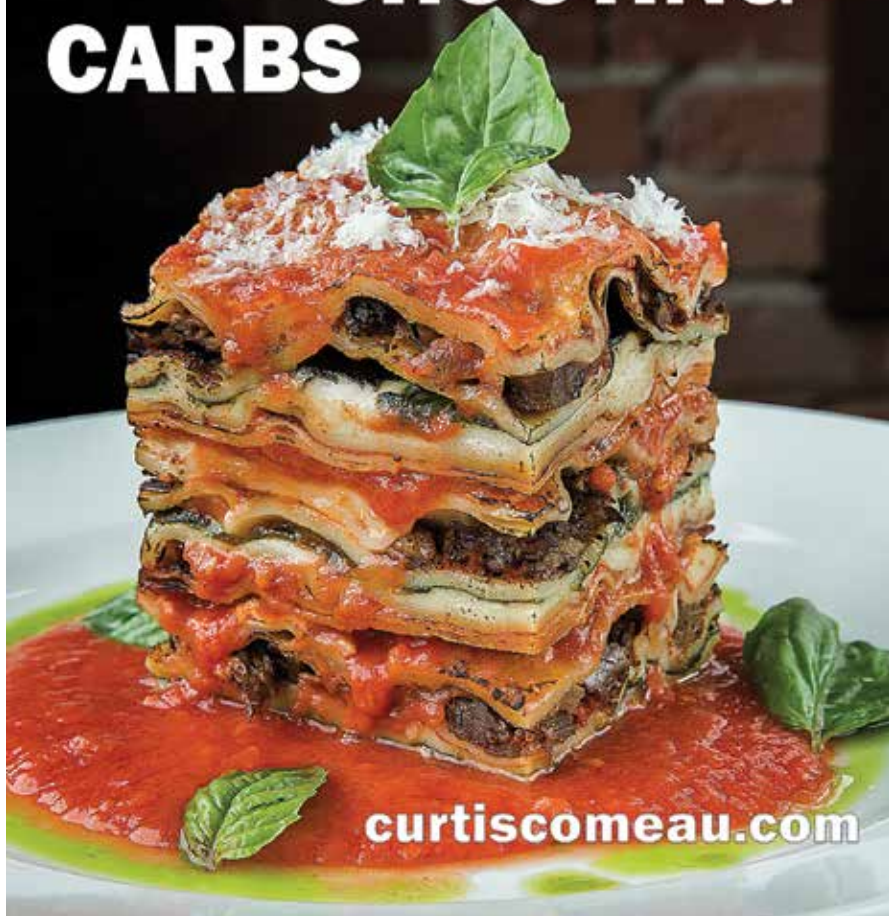
Boocha Kombucha, just off Whyte Avenue offers its kombucha in the taproom two days a week (Fridays and Saturdays) in cans or growlers, and can be found at select retailers like Farrow and Ace Coffee Roasters.

During the summer you can also find them at the St. Albert Farmers’ Market and the 124th Street Farmers’ Market in Edmonton. 🐾

Adeline Panamaroff, Edmonton based writer, likes her kombucha sour, with a hint of local fruit.



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Feeding People

The cure for loneliness

A Meals on Wheels delivery is the bright spot in the day for many Edmontonians.

I saw first hand the necessary work that Meals on Wheels does when I volunteered in the kitchen during the Pandemic. Once a week I chopped vegetables, put together pickle and dessert cups and packaged meals for delivery. I met some great people and fell in love with the Meals on Wheels (MOW) kitchen folk—Jason, Dawn and all the rest. What they do and how they do it is marvellous.

What's happening now? I spoke with Sonja Zacharko, the executive director and Terry Tobin, the fund development and community engagement manager about their work.

“Our job is to provide nutritious meals and related programming to people who have barriers who can't access or prepare food themselves or can't eat whole foods,” says Sonja.

Sonja and Terry talk about what the barriers could be. Health, lack of money, lack of a kitchen. Or, they have a kitchen but getting to the grocery store regularly is a problem. A large proportion of MOW's client are seniors, but not all. The genius of the program is that an actual person delivers the food daily. You could call it a kind of early warning system.

“Sometimes it's just that someone is a little off, disheveled, or not clean,” says Sonja. “Not so well. We can take steps right away.”

The personal, face to face regular contact is what make the Meals on Wheels program so valuable. “The food is the medium that provides the opportunity for the social connection,” says Sonja.

Meals on Wheels offers other services too. For example, the Going Home Program. If a patient is leaving hospital without support in their home, hospital social workers organize two weeks of delivered meals. Many people become temporary clients after dental or jaw surgery leaves them without the ability

to eat solids. MOW has a program for that. Anyone can take advantage of the services. People order online and set up delivery.

How does MOW pay for all this? Clients pay for the meals. Prices are reasonable (one meal is \$12, two daily meals, \$14) and there are client subsidies to help with the cost.

The organization relies on levels of government funding and donors, partnerships and grants. And volunteers.

“We couldn't do this without the volunteers in the kitchen and the volunteer drivers. There are 50 a day,” says Sonja.

“We did have a decline in volunteers after Covid,” says Terry. “But companies are helping to make that up by providing their staff for our kitchen. Atco does something called Days of Caring, it really helps.

“Costs (food, utilities) are higher now than during the pandemic and we have increased demand for the subsidy program—it's a different demographic looking for our services now,” says Sonja.



“Through Covid there were more opportunities to apply for funding. Now, now, there are a lot more organizations vying for the same dollar. We have to really make our message stand out.”

“I like working for an organization that makes a real difference,” says Terry. “The idea that your neighbour is going hungry because they can’t make food, that’s not acceptable. I represent a cause that’s authentic, real, with the profound ability to make change.”

“Food security is important to me,” says Sonja. “As a dietician I’ve worked in

food my entire life, and to work with a group of individuals so inspired to make a difference is important. To see the impact every day, we are small but mighty. Donors and partners recognize we are unique.

“Look at who we serve. They are everywhere. Across the city. Food security is more than just a grocery store nearby. It’s having meals prepared and delivered to a client’s home. That’s good value at a low cost. Fresh food, delivered 364 days a year.” 🍷

Mary Bailey is the editor of The Tomato.



You can help Meals on Wheels provide meals and enjoy quiche or pie yourself

Hugs and Quiche for Mother’s Day! Order by Monday May 5 Three savoury quiche flavours: bacon Florentine; mushroom and sausage and roasted vegetable with feta, plus a lemon tart, \$8 each. Proceeds to benefit Meals on Wheels programs and services. Pick up May 11 and 12 from 8:30am-6:30pm. Delivery is available for existing Meals on Wheels clients. Order here: mealsonwheelsedmonton.org/collections/hugs-quiches.

Grow a Row

Plant extra veggies for Meals on Wheels. Potatoes, onions, carrots, celery, rhubarb, zucchini, beets, squash, fresh herbs and tomatoes and fruit, berries. No crab apples please! Homegrown produce donations can be dropped off at the Edmonton Meals on Wheels office (11111 103 Avenue) by appointment. Call 780-429-2020 to set up a time for drop-off. Please trim the vegetables and keep the sacks under 50 pounds.

The Pies for Pops for Father’s Day

Three flavours: BBQ beef, onion and cheddar; sausage, mushroom, bacon and asiago and a lemon tart. Proceeds to benefit Meals on Wheels programs and services. Check the Meals on wheels website for order dates and pick up info in late May.



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1. Introduce yourself! If you can’t name your neighbours, you’ve got some work to do. Knowing who you live next to is a great way to build a strong community.
- 

2. Roll up your sleeves! If you see your neighbour out in their yard doing spring cleaning, head over and offer to lend a hand. You may even get to share a tasty beverage with a new friend.
- 

3. Find out your neighbour’s favourite beverage. That way, you can stock up at Sherbrooke before inviting them over.



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It's rosé season

We drink rosé all year long now, but nothing compares to the pleasure of a glass of pink on a patio in the spring sunshine. Ebullience is what we're looking for. Still or sparkling, simple or complex, there is a rosé for any occasion.

2021 Moments Huber Rosé (Traisental, Austria)

This rosé from this outstanding Austrian producer is made with seven different red grape varieties, including Blaufränkisch and Pinot Noir (saignée method). Love the salmon colour, the minerality and the crisp strawberry and floral notes. Drink with hummus and crudité or pizza bianca.

2022 Château Le Raz, (Bergerac, IGP Perigord, France)

The Barde family farms 60 hectares of vines on hillsides near Saint-Méard-de-Gurçon in the Dordogne to generate flavour and complexity in the wines. This blend of Cab Sauv, Cabernet Franc and Merlot is delicious, the perfect partner to a ploughman's lunch picnic—a fun bottle of wine at a great price.

Terra Vecchia Une Ile Rosé NV (Corsica, France)

A crisp and delightful, bone-dry pink wine grown on the east coast of Corsica. Refreshing, with lots of flavour—rhubarb, grapefruit, strawberry, melon. Made from Nielluccio, what Sangiovese is called on Corsica. Drink with wild Argentine shrimp, or charcuterie. Find at Color de Vino.

2021 Zsirai Múza, (Villányi, Hungary)

An easy drinking rosé from a lovely family. It's 100 per cent Kékfrankos (the central European grape also known as Blaufränkisch.) Red fruit notes, medium bodied, well-balanced acidity. Drink chilled with snacks on the back deck.

2021 Wachter-Wieler, Handgemenge Rosa (Süd-Burgenland, Austria)

A blend of Blaufränkisch with Zweigelt and Merlot. It's just delicious, juicy, with bright flavours and a lovely texture. An appealing rosé and robust enough for cedar planked salmon.

2021 Gustave Lorentz Le Rosé (Alsace, France)

This Pinot Noir rosé is refreshing, with fresh berry fruit and subtle tannin providing some backbone. Pleasurable, with enough complexity and weight to drink with dinner—roast chicken or mushroom risotto.

Janz Rosé NV (Tasmania)

A lot of careful technique went into this bottle—hand picking, whole bunch pressing, extended aging on the lees—resulting in a wine with complexity, nuance and elegance. Mostly Pinot Noir with eight per cent Chardonnay. It's an attractive pale pink, tasting of strawberries and cream and Turkish delight. Fragrant, with lively balanced acidity and bit of fruity sweetness, ideal for brunch and Mother's Day. Have with smoked salmon blini. The pretty label is by Tasmanian artist Daniel Gray-Barnett. Tasmania is now a big deal for traditional method sparkling, due to its cool maritime climate, similar to Champagne. The first bottling, a collaboration with Louis Roederer Champagne, was the 1989 Jansz. Jansz is now owned by Australia's Hill Smith wine family.

2021 Dirty Laundry Rosé (Okanagan Valley, Canada)

This casual summer sipper is made using the charmat method (similar to many Prosecco). It's easy going, with a touch of strawberry sweetness. Note the crown cap, a fun trend moving though the Okanagan; first saw crown caps on Bella's excellent bubble. Drink chilled, even on ice, like they do in Provence.



Gérard Bertrand Papilou (Languedoc, France)

This blend of Cinsault and Pinot Noir has a fine bubble, red fruit aromas and flavours. Fresh and generous, super likable. Wine made in this style makes me think of making sourdough. Some of the musts from the direct pressing (the starter) create the first fermentation to make the base wine. A second part of the must (kept refrigerated since the harvest) is added creating the bubbles during the second fermentation. After blending a third dose of must is added (like the *liqueur d'expédition*, dosage, in Champagne). Drink with calamari or chicken kabobs.



2020 Villa Marcello Brut Millesimato Rosé Prosecco

We are seeing many more Rosé Prosecco at wine shops and on wine lists. This one is a family affair. Giovanni Mazzei from the Tuscan wine family worked with his mother Alessandra Marcello's family estate Villa Marcello in the Veneto. The result? Their first Rosé Prosecco. Crisp, light bodied, with delicate flavours of pear and lime citrus. A lovely wine all by itself or with grilled vegetables or omelettes. Find on the wine list at Central Social Hall Ellerslie.



Gremillet Rosé Brut (Champagne, France)

The Gremillet family makes Champagne in the Aube right in the heart of the Côte des Bar, with grapes from 16 villages. The first vineyards were purchased by Lulu, the matriarch, in 1974. How does a family new to the Champagne business get a foothold? Her son Jean Michel began by selling to French embassies. Now they export to 80 countries (wherever there is a French embassy?) The wines are well priced (by Champagne standards especially) and excellent examples of the region. The Rosé is a delight, a beautiful salmon colour, bursting with layers of red fruit notes finishing long. In addition to the Rosé, make note of two other Gremillet, not pink but worth exploring. The **Black Label Selection** is 70 per cent Pinot Noir and 30 per cent Chardonnay, peachy, rich and delicious, with robust notes of stone fruit. Chardonnay for the **Blanc de Blanc** is sourced from the Cramant Grand Cru and Sézannais (one third each) the rest from Montgueux and Côte des Bar. A fine bubble, with delicate biscuity notes with honey and lemongrass flavours and aromas, super long finish, a treat.



It's Gin and Tonic Season too

Brockmans Gin (Warrington, England)

Along with the usual botanical suspects— juniper, lemon and orange peel, coriander—Brockmans infuses blueberries and blackberries. The result? A luxurious gin for those that aren't fond of the piney bite of juniper. The aromas are fruity and sweet, the texture creamy and the flavour berry rich. Baijiu features Brockmans gin in their Negroni, try it for your next G & T, make a French 75, add a splash to whipped cream for your berry desserts.

A Spectacular Gimlet

- 2½ ounces Brockmans
- ½ ounce lime juice, freshly squeezed
- ½ ounce simple syrup
- lime wheel for garnish

Shake the gin, lime juice and simple syrup in a shaker filled with ice until well-chilled. Strain into a chilled cocktail glass or rocks glass filled with fresh ice. Garnish with the lime wheel.

Makes 1 cocktail 🍹

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Beer Guy

Coronation Ale

Go to sea. That was my grandfather's kind but unhelpful career advice to me when I was 21.

Grampa Gring meant well but he was a person of his time and place (aren't we all?). Born in Lancashire, northern England, during King George V's reign, at 21 Grampa took his own advice and went to sea, hiring on as an engineer aboard the SS City of Yokohama. On his first voyage in 1938, he and the Yokohama took locomotives from Germany to South Africa. With the start of the Second World War, Grampa ferried troops and refugees on the liner Orion before joining the Royal Navy. Lieutenant Frank Ormerod spent the war on a series of fighting ships, crisscrossing the Atlantic, Pacific, Indian and Arctic Oceans, from Murmansk to Mauritius, Baltimore to Bombay, finishing the war in the far east, serving on HMS Pursuer, a British aircraft carrier.



In 1946, Frank was finally on his way home to Preston, Lancashire. Riding a bus into town, he saw his wife Jane in a queue outside a butcher shop. Later he learned that Jane was in line for bones which she cooked down for fat to bake a pie for the returning hero. Frustrated with rationing and grey, gloomy postwar Britain, in 1948 my grandparents decided to emigrate to Australia. Frank took the train down to London, visited Australia House and was told that it would be many months before he could get passage by ship to Australia. Disappointed, Frank was walking down the Strand when he saw a huge sign on Canada House saying, "Come to Canada, land of opportunity." Frank popped in and when he asked about moving to Canada he was told, "How about Saturday?" Two weeks later Frank flew to Canada aboard a Trans-

Canada Airlines North Star, refuelling in Iceland and Goose Bay before landing in Toronto. My grandmother and mum followed months later, crossing the Atlantic aboard the ship Aquitania. Frank and Jane built a happy life in Kingston, Ontario, before retiring to Sidney, BC. I don't think they ever looked back.

I asked Frank one time if he missed British beer. He admitted the Canadian beer he drank upon arrival in Toronto was dreadful (Black Horse Ale) but soon enough he was drinking mainstream lagers like all Canadians of the era. In 1986 I travelled to Britain and learned that while older Brits held on to their

beloved traditional ales, the post-war generation turned increasingly to continental European lagers. Indeed, down the pub in Preston, a cousin my age was amused by my love of English bitter, calling it old man beer. He and his friends drank lager.

Like other newcomers to Canada, my grandparents embraced their new country and adapted, while keeping some English traditions alive. With a big, deep voice, Grampa would fill the kitchen with "Rule Britannia, Britannia rules the waves" while carving the Sunday roast. Frank and Jane had a soft spot for Queen Elizabeth II, so would have toasted her coronation in 1953. British brewers went all out to brew special Coronation Ale, a strong golden ale, for the coronation.

This May 6 is Coronation Day once again, this time for King Charles III, something being greeted with a shrug by many Canadians. But I will raise an ale for the new monarch on Coronation Day, and again on Victoria Day weekend, in a salute to our country's and my own British heritage and in memory of my beloved English grandparents.

Coronation Six Pack

Coronation Day and Victoria Day is an ideal opportunity to drink IPA, a beer perfect for Edmonton spring. The sharp whip of a hoppy IPA will wake our hibernating taste buds from winter's slumber. Get ready palate, summer is on its way!



Four Winds Greg West Coast IPA, Delta, BC

Nothing pleases me more than the return of classic, clear West Coast IPAs. Greg is brewed as a tribute by his sons to the late Greg Mills, co-founder of Four Winds Brewing. Mills loved the ocean and life on the BC West Coast. This IPA has the old school pine resin and grapefruit peel flavour that you're looking for.



Yellow Dog Play Dead IPA, Port Moody, BC

Make a day trip from Vancouver and not far from the waters of the Burrard Inlet you'll find Yellow Dog Brewing and its brewing neighbours along Brewers Row in Port Moody. Play Dead IPA is a very quaffable West Coast-style IPA, soft and nicely balanced between piney hops and biscuity malt.



Cold Garden This Must Be the IPA, Calgary

As the Talking Heads-quoting sign says in their cozy and eclectic Inglewood taproom, This Must Be the Place. And this is the beer you need: a West Coast-style IPA that is light bodied, hop forward and fruity. Cold Garden claims drinking this beer is "like running naked through the hop fields of the Pacific North West."



Blindman May Long DIPA, Lacombe

I'll forgive the May Long reference (Victoria is the reason for the season!) as this Double IPA is an annual delight. At 8.8 per cent ABV, this tropical juice and pine bomb is not for the faint of heart. A perfect way to usher in the changing season.



Sawback West Coast IPA, Red Deer

Central Alberta punches above its weight in beer, with great breweries in Lacombe, Red Deer, Sylvan Lake and Rimbey. Sawback has been quietly making some excellent beers in Red Deer, including this nice throw-back to West Coast-style hoppy IPAs of yore. Old-fashioned in the best way.



Growlery Turbo Prop New England IPA, Edmonton

Edmonton's Blatchford Field, across the road from Growlery Brewing, played an important role in the Second World War, training pilots as part of the British Commonwealth Air Training Plan and staging planes on their way to the Soviet Union. The RAF roundel on this beer brings that history forward. And the beer is delicious too! 🍷

Peter Bailey shook Lady Di's hand in Edmonton in 1982. He hasn't washed his hand since.



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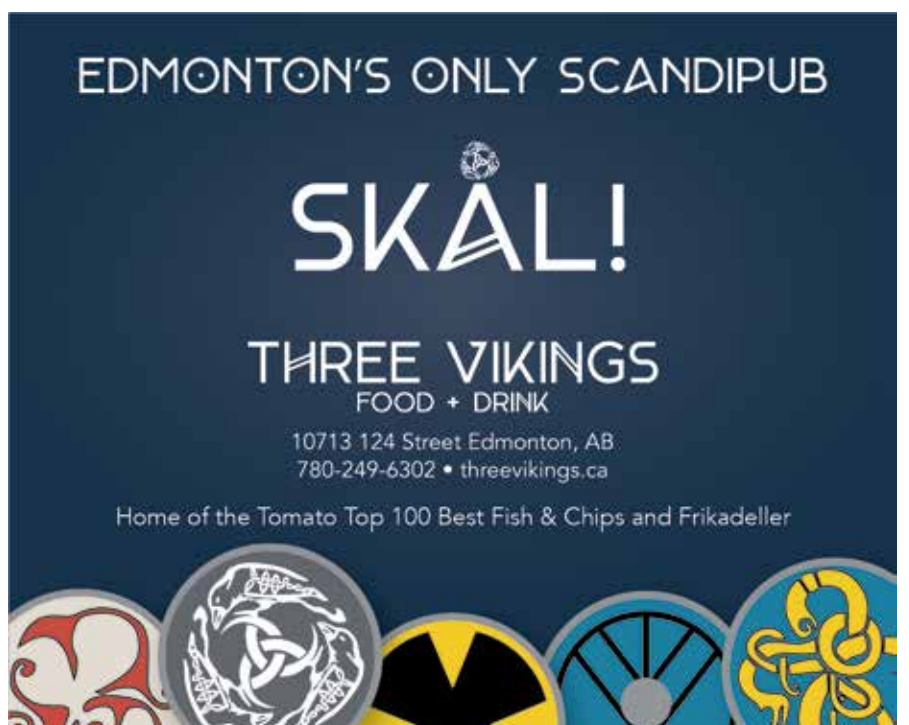
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wine tastings happenings and events

Get quiche for **Mother's Day** and pies for **Father's Day** (and lemon tart for both) for the **Meals on Wheels** fundraiser. Visit mealsonwheelsedmonton.org for deets.

Meuwly's upcoming events at **EPIC 5th Street Food Hall** (10344 105 Street) **Charcuterie & Wine Pairing**, May 8; **Charcuterie & Beer Pairing**, May 25 and a pop-up at the **Sea Change Tap Room** (9850 62 Avenue) May 18. Tix and info at meuwlys.com.

Hot Chefs Cool Beats happens Thursday, May 11 at the **Mosaic Centre** (2003 91 Street SW, home of **Workshop Eatery**). Over 15 of Edmonton's top chefs are participating, including **Winnie Chen** (Fu's), **Scott Downey** (Butternut Tree) and **Jiju Paul** (Hotel Mac). The event supports the annual High School Culinary Challenge and NAIT Culinary scholarships—a worthy cause. Tix: \$120, edmontonchefs.ca/events.

This is a wine tasting you don't want to miss: Austria's **Gruber Rösschitz** with winery rep **Matthias Steinlechner**. Eight wines featured including three from the rare Black Label Series, 7pm, Saturday, May 13, at **deVine Wines & Spirits** (10111 104 Street, 780-421-9463). Tix: \$55/p, devinewines.ca.

Mother's Day High Tea at **The Butternut Tree** (9707 110 Street thebutternuttree.ca), Sunday, May 14, from 11am-2pm. Enjoy baked sweets and savouries and Canadian herbal tea. Tix: \$65/p, book on their website.

EPIC 5th Street Food Hall (10344 105 Street) **Chef Takeovers: Lindsay Porter**, Monday, May 15, in support of **Wellspring Alberta**; tix, \$160/p+. **Winnie Chen** (Fu's Repair Shop) Monday, June 5, in support of the **CHEW Project**; tix, \$165/p+. **Alex Edmonson**, Monday, June 12, in support of **In the Weeds**, tix, \$185/p+. Book at dineepic.com/event.

Bella Casa (9646 142 Street, bellacasadcl.com, 780-437-4190) is having a birthday! Sweet Sixteen from May 4 and ending with a party on Saturday, June 6—gifts with purchases, draws and door prices, demos and discounts. The **Zwilling J.A. Henckels** knife sharpening clinic on Saturday, May 6, 1-4pm.

Lots of happenings at **Bountiful Farmers' Market**. On **Mother's Day**, May 14, gift basket giveaways and carnations for mothers. May 17 is **Coffee with the Chamber Live**, the monthly networking event. Starting June 4, visit the new outdoor Sunday market on the east side of the building, 10am-4pm.

restaurant buzz

The Butternut Tree (9707 110 Street thebutternuttree.ca), now offers weekend brunch from 10am-1pm, with \$8 Mimosas Saturday and \$8 Caesars Sunday. Enjoy the new spring menu and take advantage of these fun offers: Happy Hour Wednesday-Saturday with 10 per cent off bottles of wine and appies; Wednesdays classic cocktails, \$10 and 20 per cent off shareables; Thursdays, 50 per cent off Sea Change beer and wines by the glass. Woo hoo!

Preston's (Coast Edmonton Plaza Hotel, 10155 105 Street, prestonseidmonton.ca) is now run by **A CAPPELLA Catering**. Enjoy **Prime Rib Sundays** from 5-10pm, 10 oz traditional prime rib served with au jus, horseradish and family-style sides, \$35/p. Check it out!

Biera (9570 76 Avenue, biera.ca) now offers weekend brunch from 10am-2pm. The menu showcases the kitchen team's fave breakfast dishes such as chef **Christine Sandford's** ambrosia toast. Or enjoy eggs benny topped with beer cheese, or English breakfast with house-made black pudding. Call 587-525-8589 for a reso.

product news

Heart of the Home (12539 102 Avenue, heartofthehomeveg.ca) has lots going on this spring, starting with 15 per cent off **Wrendale** for May; **Mother's Day** treats

on May 14; and bring your **Zwilling J.A. Henckels** knives to their sharpening clinic, Friday, May 26. June's monthly promo is popsicles and **Father's Day** treats on June 18. The store is closed May 22, Victoria Day.

Community Natural Foods (8135 102 Street, communitynaturalfoods.com) is opening their first Edmonton store on June 8. The 10,000 square foot space will offer an excellent selection of organic meat, dairy and produce; grocery items for every diet or preference; a fresh juice, elixir, smoothie and grab n' go bar and supplements and body care. Check it out!

Pick up tasty **Popowich Meat Company** (6853 170 Street) products at the **Uproot Food Collective** (10552 114 Street, uprootfoodstore.ca) including the popular Maui Ribs, Chicken Schnitzel and Jalapeno Poppers. Buy in person, or order online. Delivery is available throughout the province.

The exceptional, volunteer-run **Green & Gold Community Garden** (University of Alberta South Campus, greengoldgarden.com) is gearing up for another great year. The methods they use (low-till gardening, use of cover crops, alternative mulching, composting and weed management techniques) create beautiful soil that grows delicious things and provides habitat for the birds and the bees. Less weeding needed too. Proceeds from purchases support the **Tubahumurize Association**. Want to volunteer or get a notice that tells you what's picked each week? Email gsgarden@ualberta.ca.

Riverbend Gardens has two new pickup spots for their CSA. **Catch of the Week** (5036 106 Avenue) in Goldbar and **Ribeye Butcher Shop** (15534 37 Street) in Manning brings their pickup locations to 14. Learn more at riverbendcsa.ca.

Marica J Hamm (DipWSET and Via Italian Wine Expert) has signed on with the new **Canadian Liquor Store** (101-18003 105 Avenue, canadianliquorstore.ca). Marica is in the store Monday and Wednesday from 12-8pm or by appointment. 🍷

Send interesting food and drink news for Kitchen Sink to hello@thetomato.ca.



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