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Berry-picking bear, Ekaterina Zirina, iStock.

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Dish

congratulations teresa!

Teresa Spinelli, president of the Italian Centre Shop, had a busy June. First it was to Toronto, where the Italian Centre Shop garnered the Canada's Best Managed Companies Award. Then it was off to Concordia University of Edmonton (CUE) where she received an honorary doctorate and gave the rousing convocation speech. Then Teresa became an inductee to the JA Northern Alberta Business Hall of Fame, where her father was inducted in 2013. (The first father-daughter team in the Hall). Teresa will tell you the only reason any of this happened is because of her team and the community. "We are here to create community. It's not just about the products; it's about fostering an environment where both employees and customers feel valued and supported." We salute Teresa for her unwavering commitment to our city and her customers. More on the remarkable Teresa Spinelli on page 18.

The Italian Centre's Teresa Spinelli at the JA Hall of Fame dinner. Limages Media photo.



taste edmonton at taste of edmonton

The 11-day extravaganza of YEG food is back on Churchill Square, Thursday, July 18 to Sunday, July 28. There are dozens of new new restaurant and food trucks bringing 88 new menu items, as well as all your old favourites. Taste Caribbean foods, poke, sushi, pizza, burgers, smokehouse, Ukrainian food, vegetarian vegan, gluten friendly and dairy free. Also, all-day musical performances, the Market by Wholly Handmade, and, new this year, a couple of spots to book a VIP experience: KLM Sky Lounge (up to 12 people) or the Canadian Brewhouse Lounge for up to 200 people. This marks 40 years of Taste of Edmonton, it'll be a humdinger. Early bird tix on sale until July 17, tasteofedm.ca.



The 70s basement vibe that is Shiddy's Rec Room.

new hang in town: shiddy's rumpus room

The look may recall your grandparent's (or parents, or maybe your own) basement—wood panelling plastered with found art, faux Tiffany lamps and vinyl seating, as well as the 70s bad rock soundtrack. It's a fun spot to while away a few hours, especially with a Flat Boy smash burger (now headquartered at Shiddy's) or enjoy the all-day breakfast menu. Behind the bar is the distillery and brew house where Shiddy's vodka-based canned drinks, (McShiddy, Prairie Fairy, Slam-o-Nade), plus all the Sea Change beers are made along with the new gin, floral and fragrant with aromatics such as Szechuan pepper. Or, enjoy a slushy cocktail (they have two slushy machines!).

It's big expansion for Sea Change which has been growing steadily since opening in 2017 with a single craft beer, kickstarting what we now know as Happy Beer Street. This is not a group that takes itself too seriously, but, underneath the frivolity is a respect for craft. That 62nd Avenue brewery is home to all the R&D, where the brewers experiment to come up with new flavours and styles such as the limited-edition tribute to Joey Moss, Man Crush Mandarin Ale. Look for the large orange grain silo. Shiddy's, 9908 78 Avenue, getshiddy.com.



bernadette's now open downtown

Chef Scott Iserhoff and his wife Svitlana Kravchuk have just opened Bernadette's on 104 Street downtown. They had a place next to the WhiskeyJack Art House called Pei Pei Chei Ow which they outgrew—expect some ambitious cooking here. The lunch menu is short and sweet, things like a toothsome beef stew with mile high bannock charred on the grill, which reflect chef's indigenous background, plus a full lineup of inventive cocktails and good, succinct wine list. It's a relief to have another great spot open for lunch downtown. Expect many seasonal offerings, last week, there were spot prawns on the menu, because it's spot prawn season. An intimate space and it looks amazing—lots of colour, a glorious mural fills one wall. Scott Iserhoff is a serious chef with lots to say. Let's listen. Lunch 11am-3pm, dinner 5pm-close, Tuesday to Saturday. Bernadette's, 10114 104 Street, 587-879-4317.

From top: Bernadette's jingle dress salad, bannock with seasoned butter and beef stew.

congratulations jacqueline!

Jacqueline Jacek, of Jacek Chocolate Couture, was honoured with the 2024 JA Northern Alberta Business Hall of Fame Impact Award. This award recognizes individuals whose "leadership, determination and dynamism is driving business and positively shaping their community." The business (now with two retail stores, two partner stores, over 200 wholesale partners and a one per cent give-back charitable program), started in her basement back in 2009. We applaud Jacqueline for helping to make Edmonton delicious and for lighting the path for other female entrepreneurs. Way to go! 🍷

Jacqueline Jacek with her JA Hall of Fame Impact Award. Limages Media photo.



biera is now open for lunch

Biera (9570 76 Avenue, biera.ca, 587-525-8589) in the Ritchie Market is now open for lunch. Chef Davina Moraiko's menu is a winner—salads, various handhelds on bagels, milk buns, focaccia and sourdough, and a few delicious mains like the Acme Meats bavette with fried polenta. We can't wait to check it out, especially on their lovely patio. Lunch served Tuesday–Friday and brunch is Saturday and Sunday, 11am–2pm. Visit the website for the full menu and reservations.

The Biera veggie sandwich.



Alberta Berries

Explore locally-grown fruit this season



The January cold snap put paid to the idea of juicy Okanagan stone fruit this summer—peaches, nectarines, apricots. We may see some lovely Ontario fruit in the market, but why not go in a completely different direction? Alberta berries—haskaps, raspberries, saskatoons, strawberries, even black currants. Find at the farmers' markets and you-picks across the province, or from your backyard. We thought we'd veer away from the crisps and pies (saskatoon pie forever and yes, there is a recipe on The Tomato website) to explore the more free-wheeling side of berry recipes—soups, salads, condiments, mains and yes, of course, some desserts, from chefs who know berries, including Julia Kundera, Zofia Trebaczkiewicz and Brad Smoliak.

Zofia's Berry Morning Cake

I have successfully substituted 1 cup of the flour with almond flour or polenta for a more interesting texture. —Zofia Trebaczkiewicz, EPL Kitchen.

Pastry cream

3	egg yolks
250 g	milk
25 g	corn starch
60 g	cream
50 g	sugar
½	vanilla bean

Mix egg yolks with corn starch and 80 grams of the milk.

Pour the remaining milk, cream, sugar and vanilla into pan, bring to a boil. Temper yolks with hot milk mixture and once all mixed, heat continuously, mixing until thickened. Cover with cling wrap, cool and transfer into pastry bag.

Berries

Macerate 3 cups of saskatoons and raspberries with ½ cup of sugar and juice of a lemon.

Cake Batter

3 c	spelt flour
2 t	baking powder
	lemon zest
1 T	crushed red peppercorn
½ t	salt

1 c	brown sugar
200 g	unsalted butter
1	egg and 1 egg yolk
⅓ c	buttermilk or kefir
1 c	sliced almonds

Cake Assembly

Mix the dry ingredients in a bowl, add room temperature butter and work into a crumble. Whisk eggs and buttermilk and add to crumble. Do not overmix. Spread ⅔ of the dough in a 9 x 13-inch pan.

Pipe the pastry cream over and add drained berries. Add the almonds to the rest of the batter and sprinkle over the cake. You will be able to see the berries peeking through the batter.

Bake at 350°F for 30-35 minutes, until golden brown.

Serves 6-8.

Gluten-free Berry Cornmeal Pancakes

The cornmeal adds a lovely texture and the baking powder and soda provide lift. Adapted from a recipe found on NYT Cooking.

½ c	cornmeal
1½ c	gluten-free flour mix
3 t	sugar
1½ t	baking powder
1½ t	baking soda
1¼ t	kosher salt

2½ c	buttermilk
2 large	eggs
3 T	unsalted butter, melted
1½ c	blueberries
	oil for the skillet

Pre heat oven to 325°F.

Whisk cornmeal, flour, sugar, baking powder, baking soda and kosher salt together in a bowl. Using the whisk, make a well in the center. Pour the buttermilk into the well and crack eggs into buttermilk. Pour the melted butter into the mixture. Whisk all together, do not overbeat. Lumps are ok. Coat your blueberries in a teaspoon of gf flour so that they don't sink, then stir them into the batter. The batter can be refrigerated for up to one hour.

Heat a large non-stick griddle or skillet, preferably cast iron, over low heat for about 5 minutes. Add 1 tablespoon oil. Turn up heat to medium-low and ladle ⅓ cup batter into the skillet at a time, do not overcrowd your pancakes.

Flip when bubbles rise to the surface, then cook until the bottoms are lightly browned (or until they start to smell heavenly). Repeat, you may have to add a bit more oil. Remove pancakes to a wire rack set inside a rimmed baking sheet, and keep in the heated oven until all the pancakes are cooked. Or, flip on to a plate as you go, this depends on who is waiting for breakfast.

Serves 4.



Zofia Trebaczkiewicz's *chłodnik litewski* with raspberries.

Oatmeal Haskap Muffins

Zofia and Julia served these muffins at Four Rooms on Whyte Avenue. Delicious and easy, just what you want in a muffin.

- 2 c large flake oats
- 2 c buttermilk
- 2 eggs
- 1 c brown sugar
- 1 c melted brown butter
- 2 c flour
- ½ t salt
- 2 t baking powder
- 1 t baking soda
- ½ t grated tonka bean (microplane). Optional, use cinnamon or vanilla instead
- 2 c haskap berries

Mix buttermilk with eggs, sugar and brown butter. Add oat flakes and let it sit for 30 minutes. Mix the dry ingredients (flour, salt, baking powder, soda and aromatics), then add the berries. Add the dry ingredients into wet, being mindful not to overmix and spoon into muffin cups.

Bake at 350°F, until inserted toothpick appears almost dry (20 min).

Makes 6 muffins.

Chłodnik Litewski with Raspberries

There is Polish tradition of summer fruit soups, such as strawberry with tomato and this delicious beet soup by chef Zofia Trebaczkiewicz. Think of it as the most amazing borscht. Chef has listed many garnishes, use what you like.

- 4-5 med roasted beets, chopped
- ¾ c raspberries
- 4 T red wine vinegar
- 1-2 cloves garlic
- 2 potatoes, boiled
- 1 c vegetable broth
- 750 gr kefir
- 250 g crème fraîche

Blend all ingredients until smooth and chill. Salt/pepper to taste.

Garnish with 2 finely chopped semi-pickled cucumbers (half sour), 4-6 sliced radishes, chopped dill, chives, basil, sorrel (any one or all). Finish with dill oil, popped dill seeds, feta, Aleppo peppers and a few raspberries.

Serves 2-4.

Please see "Berries" on next page.



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Berries

Continued from previous page.

Strawberry Caprese Salad for One

An easy lunch for one. You could substitute burrata or even goat cheese or feta and add some salad leaves. If you don't have any basil, use parsley or a combo of fresh herbs.

- 6-8 cherry tomatoes
- 6-8 strawberries
- 4-6 small fresh mozzarella balls
- 3-4 torn fresh basil leaves
- healthy drizzle extra virgin olive oil
- squeeze lemon juice
- sea salt and fresh-cracked pepper

Place the strawberries, tomatoes and cheese in a bowl. Tear the basil leaves over and drizzle with oil and lemon juice. Add a twist of the pepper grinder and a good pinch of flaky salt. Add spinach or lettuce leaves if desired.

Serves 1.

Strawberry Salsa

Adapted from a Martha Stewart recipe

- 1½ c strawberries, hulled and diced
- ¼ c finely diced red onion
- ½ jalapeño, finely chopped (remove seeds for a less spicy salsa)
- ¼ c chopped fresh cilantro leaves
- lime juice
- kosher salt

Combine strawberries, onion, jalapeño and cilantro in a bowl with a squeeze of lime juice. Season and refrigerate 15 minutes. Serve with tortilla chips.

Makes about 2 cups.

Grilled Halloumi with Pickled/Fermented Strawberries, Hot Honey and Strawberry Vinaigrette

This is a recipe that we have recently worked with at the kitchen. I really love the fermented fruit element, but you could do a quick pickle instead. This salad works as well with burrata or grilled strawberries. —Zofia Trebaczkiewicz, EPL Kitchen

- 2 c or so salad leaves and herbs
- 12 slices Halloumi cheese

Place thick slices (½-inch) of cheese on a preheated and lightly oiled grill for 2-3 minutes per side until golden grill marks appear. Alternatively, place on preheated and oiled pan and cook till golden. Reserve.

For the pickled strawberries

- ½ lb small, ripe and firm strawberries
- water, enough to submerge berries
- 1 t salt
- 6 T honey
- 6-8 white peppercorns
- cinnamon stick
- 1 t brown mustard seeds
- fresh tarragon

Place washed strawberries in a mason jar with the spices and tarragon. Mix warm water with salt and honey, let it cool and pour over strawberries until completely submerged—use a glass weight if needed. Store in a dark, cool place. They will be ready to use in 4-5 days. Place in refrigerator.

Alternatively, make a quick strawberry pickle:

- ½ lb strawberries, quartered
- juice of half a lime
- 1 T maple syrup
- 1 T olive oil
- ¼ t wine vinegar
- salt and pepper
- 1 sm shallot, diced

Mix all ingredients and let the strawberries macerate for a few minutes.

Hot Honey

Bring a cup of honey and a couple (according to taste or heat tolerance) of Thai chiles to a simmer, then turn the heat to low and let the mixture infuse for about an hour. Strain and transfer to a jar.

Strawberry Vinaigrette

- 1 c ripe strawberries
- ½ c olive oil
- ½ c cider vinegar
- 2 T hot honey
- 1 t Dijon mustard
- ½ t salt and black pepper
- 1 t sumac
- 3-4 fresh chopped basil leaves

Process first five ingredients in blender until smooth, then mix in the sumac and basil leaves.

To serve: Assemble salad of preferred greens and herbs and lightly toss with

fresh strawberry vinaigrette. Place grilled halloumi on the greens. Top with the fermented strawberries and hot honey.

Serves 4.

Pork Tenderloin with Red Wine Strawberry Sauce

This recipe comes together quickly but does require a bit of work right at the end. Worth it for the flavours. The coriander, strawberry, red wine combo is fantastic with pork tenderloin. Adapted from a recipe by chef Alex Hrabovsky, Food & Wine Magazine.

- ½ lb pork tenderloin
- 1 T coriander seeds
- 1½ t kosher salt, plus more to taste
- ½ t black pepper
- 2 c hulled and halved fresh strawberries
- 1 t granulated sugar, plus more to taste
- 2 T canola oil
- ⅓ c finely chopped shallot
- ¾ c dry, fruity red wine
- 1½ c chicken stock
- 3 sprigs thyme
- 3 T unsalted butter, cut into pieces

Preheat oven to 400°F. Let pork tenderloin stand at room temperature 30 minutes. Meanwhile, crush coriander seeds with a mortar and pestle or small heavy skillet until coarsely ground. Stir together crushed coriander seeds, salt and pepper in a small bowl; set aside. Toss together strawberries and sugar in a separate bowl; set aside.

Heat the oil in a 12-inch ovenproof stainless steel skillet over medium-high. Sprinkle coriander mixture over pork, pressing lightly to adhere. When oil is just smoking, add pork to skillet. Cook, turning occasionally, until pork is browned all over, about 8 minutes. Place the strawberries around pork.

Transfer skillet to preheated oven. Roast until a meat thermometer inserted in thickest portion of pork registers 130°F, 8 to 10 minutes. Reduce oven temperature to 200°F. (Do not remove skillet from oven.) Continue to roast pork and strawberries until thermometer registers 140°F, about 5 minutes. Transfer pork to a cutting board, reserving strawberries and pan drippings in skillet. Cover pork loosely with aluminum foil.

Return skillet to heat over medium-high. Add shallot to pan drippings, and cook, stirring often, until the pan drippings are slightly thickened, 2 to 3 minutes.

Add the wine and cook, stirring and mashing strawberries with a spoon, until sauce has thickened enough to hold a clean line when a spoon is dragged across bottom of pan, 7 to 9 minutes. Stir in chicken stock and thyme sprigs and bring mixture to a simmer over medium-high. Cook, stirring occasionally, until sauce is thick enough to coat back of spoon, 13 to 17 minutes. Pour sauce through a fine wire-mesh strainer into a small saucepan, pressing on solids to extract liquid; discard solids. Place saucepan over medium-low heat. Add butter, and cook, whisking constantly, until butter is fully incorporated, about 1 minute. Remove from heat, and season strawberry sauce with salt and sugar to taste. Cut pork into slices and serve with strawberry sauce.

Serves 4-6.

Haskap Rosemary Sauce for Salmon

Adapted from a recipe found on the Rosy Farms website.

- ½ of 1 shallot, chopped fine
- 1 t olive oil
- 1 c haskap berries
- 1 T water
- 1 T champagne or white wine
- 2 t fresh rosemary chopped
- pinch salt and pepper

Sauté the shallot in the oil until translucent. Add the rest of the ingredients and cook over medium low heat until the berries are soft and the sauce is fragrant. Check seasoning. To serve, puddle on the plate and place roasted salmon on top.

Serves 2-4.

Haskap with Chilies in Adobo Marinade

This is delicious with bison, elk or beef. Also delicious with chicken or pork but it does colour the meat.

- 6 chipotle chiles, canned in adobo, stemmed, plus 2 tablespoons of sauce from the can.
- 5 g cloves garlic, thinly sliced
- 1 lg strip orange zest
- 1 c haskap (or blueberries or saskatoons)
- ¼ c fresh lime juice
- 2 T red wine vinegar
- 1 T tomato paste
- 1 t dried oregano

Please see "Berries" on next page.



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Berries

Continued from previous page.

- 1 t ground cumin
- ½ t freshly ground pepper

In a small saucepan, combine all the ingredients and simmer over high heat until reduced by one-third, about 8 minutes. Transfer the contents of the pan to a food processor and puree until smooth. Let cool before using.

Keeps for up to a week in the fridge.

Julia's Panna Cotta with Summer Fruit Sauces

Julia Kundera, chef at the Out of Bounds restaurant at the Cattail Crossing Golf & Winter Club, is a flavour maven. Along with her sister Zofia Trebaczkiewicz, they have had a major impact on the Edmonton food scene for many years. We love their cooking! This is a sturdy panna cotta technique and, with the three sauces, you will have a summer of lovely desserts in your repertoire.

Panna Cotta

- 2 c heavy cream
- ¼ c sugar
- vanilla bean extract
- 1 env powdered gelatin
- cold water (enough to bloom the gelatin)

Heat the cream and sugar together until dissolved. Remove from heat and add vanilla. Lightly oil 4 or 6 custard cups with grape seed oil. Sprinkle gelatine over cold water and let stand for 5-10 minutes. Pour the very warm cream mixture over gelatin and stir until completely dissolved. Divide into prepared cups. Wrap with saran and chill until ready to serve.

Black Currant and Raspberry Sauce

This recipe works well with saskatoons too as they also have a lot of pectin and do not need thickening. Both are beautifully balanced with the raspberry.

- 2 c black currants
- juice of a half lemon
- 100 g sugar
- 1 c raspberries

Bring lemon juice, sugar and currants to a boil and simmer until almost broken down. Cool and mix in the raspberries.

Haskap and Rose Sauce

- 2 c haskaps
- 2 c sugar
- 1 T rose water
- 1 c wild rose petals, washed and dried

Simmer haskaps with 1 cup of sugar and the rose water on low heat until juices are released. Process the other cup of sugar with rose petals in food processor, then spread on a baking sheet to dry for 24 hours. Sprinkle panna cotta with the rose sugar and serve with the rose haskap sauce.

Chamomile Strawberries

Strawberries macerated with elderberry syrup or balsamic vinegar flavoured with elderberry syrup are also a favourite.

- 2 c strawberries, hulled and sliced
- ¼ c honey
- 1 T organic chamomile flowers
- lemon zest
- ¼ c water

Place honey, flowers, zest and water in a pot and bring to boil. Simmer 2-3 minutes until thickened. Cool and pour over strawberries.



Julia's panna cotta with summer fruit

Berry Clafoutis

A simple batter, much like a crepe batter, is poured over fresh raspberries and blackberries in a butter and sugar-lined dish. Baked until bubbling, with a light golden crust and served warm with crème fraîche. So easy and so good! –Brad Smoliak

	butter for pan
1¼ c	whole milk
⅓ c + 2 T	sugar for pan and top
3 lg	eggs
1 t	vanilla extract
¼ c	flour
	pinch salt
	several grinds of coarse ground pepper, it brings out the flavour of the berries
1½ pints	raspberries, blackberries or blueberries, or a mix of berries.
	powdered sugar

Heat oven to 350°F.

Lightly butter, then sprinkle 1 tablespoon of sugar into medium size baking dish with sides at least 1½-inches deep.

Place milk, ⅓ cup sugar, eggs and vanilla into a medium bowl and whisk together until very well blended. Add flour, salt and pepper and whisk until frothy.

Pour ½ of the batter into the baking dish and sprinkle on the fruit. Add the rest of the batter. Smooth batter over the fruit with the back of a spoon. Sprinkle the remaining tablespoon of sugar over the top.

Bake about 30 minutes or until the top is puffed and browned and a skewer comes out clean from the centre.

Sprinkle with powdered sugar and serve with slightly sweetened crème fraîche or whipped cream. Best served warm.

Serves 4.

British Summer Pudding

The quintessential British pud makes the most of seasonal berries. It's a bit of a fiddly construction project but the taste and the look are worth it. Use the best white bread you can find or brioche. Adapted from Olive Magazine.

5 c	fresh strawberries, stemmed and quartered (plus more for garnish)
6¾ c	fresh raspberries (plus more for garnish)
2 c	fresh blueberries (plus more for garnish)

1 c	granulated sugar
3 T	lemon juice (from 1 lemon)
¼ t	fine sea salt
12-14 slices	day-old white bread, slices crusts removed, or brioche

Stir the strawberries, raspberries, blueberries, sugar, lemon juice and salt together in a large bowl. Let stand at room temperature until berries become very soft and release their juices, about 1 hour, stirring occasionally.

Meanwhile, line a 2½-quart bowl (about 8 inches wide and 4 inches deep) with plastic wrap; set aside.

Pour the berry mixture through a fine wire mesh strainer set over a medium bowl and reserve the juices. Brush ½ cup reserved berry juice evenly over 1 side of the bread slices using a pastry brush (you want the bread slices to be dyed from the juice). Stir macerated berries and up to 1 cup juice in a large bowl, set aside. Reserve any remaining berry juice for brushing on finished pudding or for another use. Arrange bread slices, juice sides down, in the prepared bowl, overlapping and trimming bread slices as needed.

Carefully transfer the berry mixture to the bread-lined bowl, tightly packing it in. Arrange the remaining slices and any trimmings, juice side down, on top of berries to completely encase the filling, tearing bread to fit as needed.

Place the bowl on a rimmed baking sheet. Cover the bowl tightly with plastic wrap, then top with a plate that fits inside the lip of the bowl. Place 2 large cans (or equivalent) on the plate to compress pudding. Chill pudding in the refrigerator for at least 12 hours or up to 24 hours.

When ready to serve, remove canned goods, plate and the top plastic wrap. Invert bowl onto a large rimmed platter. Remove bowl; and peel away the plastic wrap. Brush the pudding with additional berry juice, if needed, to touch up. Garnish pudding with berries.

Cut into thick wedges and serve with whipped cream or crème fraîche.

Serves 6-12. 🍓





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The Smos at Home

Leanne Smoliak

The pandemic farm

The common denominator for my husband Brad and I has always been food.

We are both chefs, at least I once was one. We love talking about food, shopping for food, cooking food and eating food. Our son joined the ranks of the food lovers and started cooking by our side when he was just a tyke. He is now a physicist but still keeps a part-time kitchen job. Once you wield a knife in a professional kitchen there is no turning back.

What has changed is how we view food. When we first met we were enthralled by starched white tablecloths and eagerly followed the goings-on of notable chefs. Entrees stacked as tall as they were wide. We didn't pay attention to whether (or not) the strawberries we were eating were in or out of season. The 2010 *Slow Food Convivia* in Turin opened our eyes. There we met individuals who preserved traditional and regional cuisine and encouraged the farming of sustainable foods. We met farmers and producers who were incredibly proud of their livestock and plants. They were growing what was native to their land—it was thriving and so were they. Never have I seen a farmer so excited about celery.

As we navigated life in the restaurant game we started to see how much waste there was. And, at the same time, we became aware of the increasing amount of food insecurity there is in the world.

At Kitchen by Brad, we attempted to curb food waste. We sent leftovers home with the staff. If a needy person was found going through the garbage bins, we would give them a meal and tell them to knock next time.

One night at Kitchen by Brad we met Aimée and Dave Benjestorf. Little did we know how they would change our lives.

In 2020, the Benjestorfs started the Pandemic Planting Project, a multi-acre farm dedicated to growing produce for Edmonton's Food Bank. Brad and I have volunteered at the farm since year one and although we are a little cog in the wheel of the giant tractor, our hearts are in it 100 per cent.

To be around Aimée and Dave is like walking in a path of sunlight. The farm is an ongoing labour of love and what they have done with it is almost inconceivable.

This spring a group of incredible volunteers planted 48,000 linear feet of potatoes, 4,000 of corn, 4,000 of sunflowers (in honour of Ukraine) and an acre of 22 different vegetables plus herbs and flowers. The garden and fields require tending all summer. There is lots of weeding and watering. Most of the work is done by Ukrainian refugees, some of the 60-plus families that the Benjestorfs helped come to Canada, some of the hardest working people I have ever met. We have learned from one another and had loads of laughs. Language does not separate us one bit. We have been brought together by the earth and by the seeds we plant and together we will help put food on the tables of Edmonton's less fortunate.

Food has a different meaning to us now. If we were to be served a perfectly turned potato we will wonder; did the chef turn the trimmings into vichyssoise, or did they throw them out? 🍷

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."

For more information on the Pandemic Farm: thetomato.ca/eat/the-pandemic-planting-project



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In Season

I want to use my granny's jars

GEM was the main brand of jar that I grew up seeing on the kitchen table, be it double quart, quart or pint sized.

The GEM jars that currently house a variety of gherkins and jams in my pantry have been passed down through several generations of mothers and grandmothers.

Other brands of jar have taken up the shelf space that GEM once had on hardware shelves, like Ball, Kerr and Bernardin. Yet it is still GEM that many modern canners want to use, looking for them at garage sales, in relatives' attics and at second hand shops.

Last year, the trusted canning company Bernardin announced, again, that they were no longer going to be manufacturing the lids and rings for these cherished jars. They have been a Canadian special for generations of home canners. What were home canners to do?

What is so special about the GEM jars? Besides the old-timey script embossed on the glass and the memories they held. These glass jars—made by a variety of companies over the last 100 years, Imperial, Dominion Glass, Domglas, Crown and Bernardin—have an opening that is 78 mm wide which is between a regular and wide mouth canning jar. A GEM jar possessed a glass insert with a thick rubber ring around its lip and a steel ring which tightened over both as the jar went through the hot water bath. The glass inserts and steel rings are still as abundant as the jars, although none of these components are being made any more. (The rubber rings are still made, by Viceroy). The home-canning market was modernised mid-century with the introduction of the metal snap canning lid. It replaced

the glass and rubber ring, as the metal lid has a rubber ring built into it. Even after the snap lids were introduced, I vividly remember my mom and granny still using the glass lid and rubber rings for pickles well into the 1990s.

With the announcement from Bernardin last year saying that they were no longer going to produce the GEM-sized snap lids, again, after having made such an announcement once before, many home canners, including myself, flocked to Canadian Tire and Home Hardware to make a last, desperate grab for these lids and jar rings before they sold out. Which they did.

Then this happened.



This past year, ForJars, who makes GEM-sized jar lids, opened a Canadian distribution centre in Kelowna, great news for the legions of home canners who wanted to continue to use their heirloom GEM jars.

With the entry of ForJars, those who have been working through their stockpile of Bernardin lids this spring, summer and fall now don't have to keep looking at those boxes of Viceroy rubber rings. Which, I am sure we all bought a few boxes of last year, for extreme canning emergencies.

Nolan Chapman, the sales manager for Canadian ForJars, told me that ForJars has sold 400,000 GEM-sized lids, between January and August last year. (Their biggest customers are Hutterite colonies in Alberta, Saskatchewan and Manitoba). ForJars sell GEM lids online, but is working to make them available at retail too.

“So long as there is a demand for this format of canning, we will supply all the necessary products indefinitely,” he said.

Adeline Panamaroff

There is no need to despair about that stockpile of good GEM jars that you have in the back of your kitchen cupboard. They can be dusted off and used again this canning season with the new lids and rings.

I know I will be dipping into my new stash as berry season takes off. 🍓

Adeline Panamaroff likes to home can.

Awn Kitchen's Raspberry Jam

You can half this recipe, but I don't recommend doubling it, make two single batches instead. When doubling jam recipes, it takes longer for the jam to set and you will lose the bright colour in the fruit. Although the quantity of sugar might seem excessive, remember that sugar acts as the preservative when making this jam. I often freeze fresh fruit at the peak of the season in 900 gram packages to make it really easy. —Kaelin Whittaker, Awn Kitchen

To sterilize jars and lids

Wash the jars in hot soapy water, dry well with a clean tea towel. Place the jars on a baking tray and put into the preheated oven (350°F) for 15 minutes. If you're using snap lids, you can reuse the ring, but always throw out the flat piece after it's been used, there is a good chance it won't seal properly the next time you use it. Wash the rings and lids in hot soapy water, put into a saucepan and bring to the boil, then simmer for 5 minutes. Dry the rings and lids completely using a clean tea towel.

To make the jam

900 g fresh or frozen raspberries

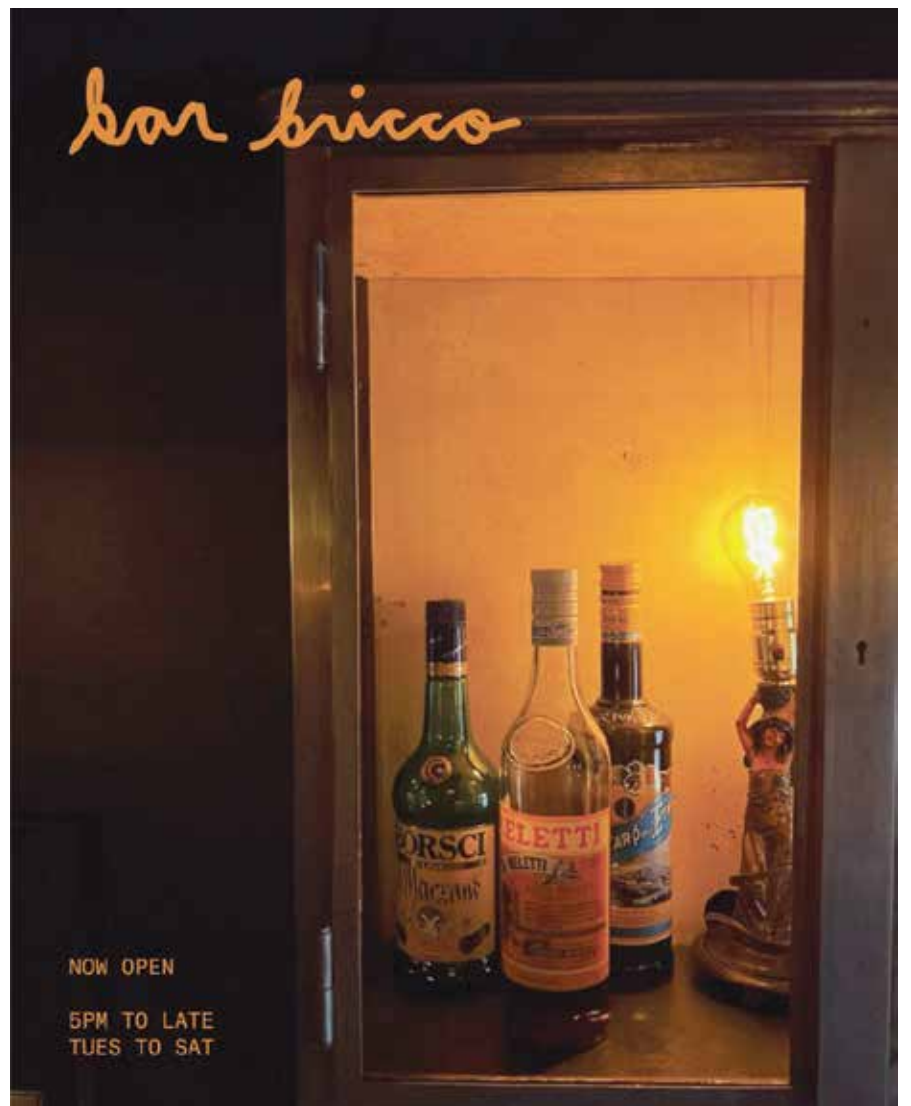
900 g granulated sugar: 110 g less if the berries are quite sweet

Place your sugar in an ovenproof dish, then into a preheated oven for 15 minutes. Heating the sugar will speed up the process of the jam setting, and keeps the colour nice and rich.

Put the berries into a wide stainless steel saucepan. Mash them a little and cook for 15-20 minutes over medium heat until the juice begins to run, add the warmed sugar and stir over a gentle heat until the sugar is fully dissolved. Increase the heat and bring to the boil, cook steadily for about 5 minutes, stirring frequently.

To test for set, turn the heat off, place a tablespoon of jam on a cold plate and into the freezer for a minute. Push the jam with your finger, if it wrinkles, it is set. If it isn't quite set, turn the heat up again, and cook for another 5 minutes, before testing again. Once set, skim off any light pink bits that have risen to the top of the pot (these are the impurities in the fruit coming out) and pour into hot sterilized jars, cover immediately.

Makes about 1.5 litres jam, depending on the juiciness of the berries. 🍓



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Beer Guy

Alberta Ale Trail

When the bartender asks, 'Are you here for the crib tournament?' you know you've left the big city behind.

No, I wasn't there to play cribbage, unlike most of the people in the packed taproom at Detention Brewing in tiny Rosalind, Alberta. My son and I had stopped in for an après-ski beer after a day downhill skiing at Valley Ski Club, located near, well, not near much. It's in the Battle River Valley, about two and a half hours southeast of Edmonton. My son loves shredding the steepest and narrowest of big mountain *couloirs*,

but he also enjoys trying the underappreciated small-town hills around Alberta. Last winter we skied Medicine Lodge Ski Hill, just west of Bentley and hit the impressive Hawk Tail Brewery taproom in Rimbey for après-ski. Sure, prairie alpine skiing is a bit of an oxymoron, but what these ski hills lack in vertical feet they make up for with uncrowded slopes, friendliness and small-town charm. These places are often community-owned, kept going with love and community spirit by determined locals.

Rural communities have struggled as family farms have dwindled, with some places held together with stubbornness, baling wire and maybe a gas station and a library branch—and sometimes some new ideas. This was the situation in Rosalind, a speck on the prairie about 30 minutes southeast of Camrose. The Rosalind School closed permanently in 2013, with a local family purchasing the building in 2017. Mark (dad), Tammy (mum) and Wyatt (son) Langille all attended Rosalind School back in the day. A trip to New Zealand and the experience of craft beer culture there inspired them to transform the school

into a brewery. Wyatt headed off to the Olds College brewing program and he is Detention's brewer today.

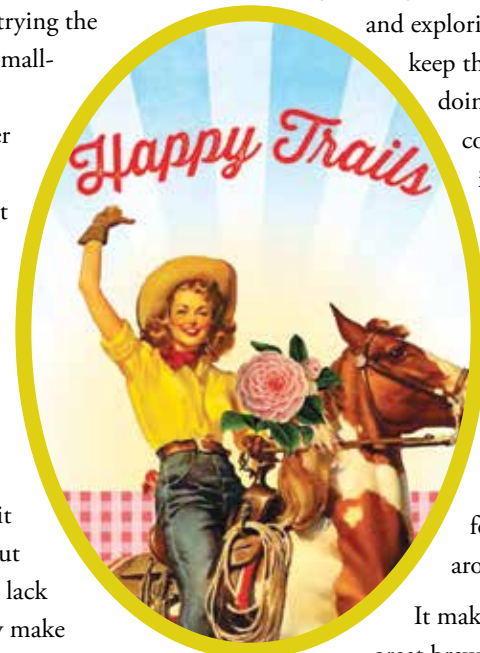
In all my beer travels, Detention might be the best I've seen at carrying out a themed concept. Everything at Detention supports the schoolhouse brewery idea, with the taproom in the former science lab, flights served in retro metal lunchboxes and the taproom tables made from hardwood lifted from the gymnasium floor.

Detention is a great example of the amazing breweries in Alberta, in tiny villages to big cities, that are innovating and exploring new ideas to

keep themselves viable. In doing so, build their communities. So it is was a delight to see the Alberta Small Breweries Association (ASBA) launch the Alberta Ale Trail, a website and app featuring itineraries or trails for visiting breweries around Alberta.

It makes it easier to find great breweries both on and off the beaten path. There are 150 breweries on the Alberta Ale Trail map, split into six regions (Northern, Edmonton, Central, Calgary, Southern and the Rockies). Each region has several curated trails. The Edmonton region has 29 breweries featured on four trails, including Happy Beer Street, Hop Pocket, Southeast Edmonton (including Sherwood Park) and West Edmonton (including St. Albert and Spruce Grove). "We really wanted to make it easy for everyone to discover and enjoy these breweries," said Blair Berdusco, the ASBA executive director. The project is supported by both the provincial and federal governments, which shows once again that beer is the one thing that brings all of us together.

Happy trails everyone!



Alberta Ale Trail picks

Hit the Ale Trails this summer and find great craft beer all over Alberta. You may find some of these beers at better beer stores, but generally, you gotta go there to get them!

Peace River Brewing Foxtail Amber, Peace River

Directly across the mighty Peace River from Misery Mountain Ski Area. At 56° north latitude, Peace River is the northernmost brewery in the Alberta Ale Trails, about five hours' drive from Edmonton. Opened in 2018 by Tyrell Kehler and Medrey Bond. Try the malt forward, nut brown amber ale.

Next Five Brewing Dilly Dally IPA, Devon

Last winter the snow was scarce in Edmonton, but the Devon Nordic trails along the North Saskatchewan River had decent snow. After a cross-country ski session one Sunday I popped into Next Five and was impressed with their colourful, well-designed and barrier-free taproom. Dilly Dally is a refreshing, balanced American IPA.



Detention Brewing Summer School Cerveza, Rosalind

This charming, high-concept brewery in a former school about 90 minutes from Edmonton is a pleasant destination for a day trip. Brewer Wyatt Langille brews a number of accessible 'school projects' including No Running in the Halls Red Ale, Milk Money Milk Stout and this light-bodied, very crushable Mexican lager.

Ol' Beautiful Brass Monkey Blood Orange Blonde, Calgary

Ol' Beautiful and its partner across the patio, Cold Garden, are part of the Brewery Flats Ale Trail, centered in Calgary's hip and happening Inglewood neighbourhood. Take a seat on the sunny patio or escape the heat inside and grab a taco from A1 Burrito. Brass Monkey is an easy drinking blonde ale made with organic blood orange puree, hopped with Mandarina.

Travois Brewing Scottish Export, Medicine Hat

Part of the Southern Alberta Ale Trail, Medicine Hat brews above its weight, with three great craft breweries – Hell's Basement, Medicine Hat and Travois Brewing. Full marks to Travois for locating downtown in a heritage brick building built in 1939. Scottish Export is a traditional Scottish ale with heavy toasted malty caramel taste with subtle notes of plum and raisins.

3 Bears Happy Trails Pale Ale, Banff

The Rockies Ale Trail runs from Hinton's Folding Mountain Brewing, west to Jasper Brewing, south to Banff and then west to Canmore's trio of great breweries. Banff Hospitality Collective brought the forest indoors with their woody cabin-chic brewery and restaurant. Try their fruity, herbal pale ale après-ski, après-hiking or après-wandering Banff Ave! 🍷



Peter Bailey will see you on the trails. He's on X/Twitter and Instagram as @Libarbarian




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The Italian Centre riot

The Italian Centre Shop is 65.

Several years ago, after the death of Teresa Spinelli's father Frank in 2013, but not long after she became the president of the Italian Centre Shop, the manager at the time decided to do something about the lineup at the deli.

They would install a ticket number machine. People would take a number and wait until one of the busy deli staff could help them. Curious as to how this might work out, I popped down to the shop on 95 Street to see how things were going.

Pandemonium. Voices were raised. Men jostled, hands enthusiastically gestured, a punch or two may have been thrown. You could hear the commotion throughout the store.

Take a number for provolone? *Pazzesco!* Canadians may be known for their love of a queue, but southern Italian men do not line up. Or at least, they didn't then.

Within a year or two things had quieted down. There were still a few friends of Frank who sauntered up to the counter as always, but with time even they figured out it was faster and easier to just take a number.

This was only one of the changes that were happening at the Italian Centre Shop. Frank was gone and now his daughter was the boss.

Change is hard. For all of us. It's especially hard for anyone who identifies intimately with a place that is a touchstone—something that reflects culture and a way of life they may have left behind decades ago but still cherish.

Frank Spinelli opened the Italian Centre Shop in 1956 with the idea to bring a bit of home to the hard-working men he knew from his time in the camps—good coffee, Italian language newspapers and magazines—and as the store grew, European foods and wine grapes. (That's a whole other story: F. Spinelli vs the ALCB.) It quickly became a social hub, not just for homesick Italians but for many European immigrants.

"There was no doubt that the business would be taken over by my brother," says Teresa. "After all, in a very traditional Italian family that's the way it's supposed to be."

The death of Peter Spinelli, Teresa's brother, changed everything. It was up to her to carry on Frank's legacy.

"No one, including me, was sure that I could do it. Many of the employees had been working at the store for longer than me. They thought of me as the little girl who used to play cashier. Taking direction from a woman was a challenging task—not only for them, but for me too."

How do you step into your father's legacy? How do you thrive in a role that everyone is telling you can't do and are not suited for? How do you succeed in an arena that you never dreamed you would be in?

Teresa credits her family and community.

"I learned to value the loyal relationships that my dad had created. These relationships had been earned over time, and I too must put in my time. I witnessed my parents, aunt,



Mary Bailey

uncle and others in my community work tirelessly every day. Despite their hard work, they remained devoted to their community, giving back and prioritizing family. It's from them I learned the value of community, contribution, commitment and connection—values that are paramount to me.”



She learned to listen to herself. ‘Your dad wouldn’t have done that.’ ‘What a stupid idea.’ ‘That’s never going to work.’ Lots of self-doubt, but I kept focusing on what I wanted.

“I soon realized that my focus wasn’t on selling salami, it was on nurturing people. My goal was to cultivate our team and provide them with opportunities for growth.

“When we had our first visioning session, we were about 30 employees, I was one of three women. No plan, no processes, no job descriptions. It was chaos on a good day.

“Then they came up with this: *‘Our vision at Italian Centre Shop is to exceed our customer’s expectations of a cultural experience. The combination of our specialty products and services will lead us into future expansion with multiple locations.’*

“I thought ok, they obviously don’t understand the challenges Maybe in five or 10 years we will get there.

“The visioning session was February 27, 2005. In July 2006—18 months later—we opened our second location. In just 18 months we had achieved something that I alone could not do.

“They did that, not me,” she says.

Frank’s wife Rita was a familiar face at the till (forever Mrs. Spinelli to me). When she died in 2023 after a long illness, Teresa wondered what to do with her mom’s house. First, it was filled with families escaping the war in Ukraine. Then, Teresa decided to talk to the Alberta Lung society. Recovering from lung surgery takes a long time. Families can be separated for several months, Now, while the association raises funds for a recovery facility, patients and their families stay at Rita’s house.

While Teresa and the Italian Centre are best known for things like the Boys and Girls Club project in Giovanni Caboto Park and myriad other public acts of philanthropy, much of Teresa’s giving (and advice and guidance) is quiet and personal, not in the public eye. Because community means giving back and that is everything to her.

Teresa once told me that she didn’t need to build a business empire. “I didn’t do it for me, I did it for them,” she said with her characteristic straightforwardness. Because a growing business creates more career paths for the 600-plus employees of the Italian Centre Shop.

And that is Teresa Spinelli’s superpower. We may think she builds grocery stores, but, actually, she builds people. She creates a way for people to succeed.

That is her legacy. 🍷

Mary Bailey is the editor of The Tomato and a fervent Italian Centre shopper.



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2022 Jim Barry Waltervale Riesling (Clare Valley, Australia)

The seam of lively acidity provides backbone for this exceptionally pretty Riesling from Australia's best Riesling region. The single vineyard Waltervale bottling possesses an attractive ripeness, the plushness of yellow stone fruit countered by bracing citrus aromas and flavours. Drink now with wild shrimp dishes, creamy cheeses, or hold five years.

2019 Zsirai Tokaj Dry White Blend (Tokaj, Hungary)

Huge fan of this innovative winery and huge fan of this easy drinking blend of Hungarian natives Furmint and Hárslevelü. Time in neutral Hungarian oak lends depth and nuance. Drink with chicken dishes or pizza bianca.

2022 Giralan Marna Chardonnay (Alto-Adige, Italy)

Whole cluster pressing and time on lees in neutral oak results in a delicious wine which displays its pedigree effortlessly. Most Chardonnays tell their story well. The Marna is Alice Munro. Drink with grilled salmon, roast chicken or mushroom dishes.

2022 Terenzuola Vigne Basse Vermentino IGT Toscana (Italy)

Loving the subtle salinity, notes of almond, citrus and flowers with a crisp, crackling acidity. A little skin contact adds weight and complexity to this delicious wine. This wine cries out for seafood, think pasta alla vongole or octopus.

2022 Cluster Flock Verdejo (Rueda, Spain)

The cheeky label is just the start. A group of Kiwi wine lovers (including a couple of MWs) set out to make accessible, but solidly high-quality wines. Does this mean critter wines are back? If they taste like this, count me in. Pop in your backpack and go.

2022 Gérard Bertrand Gris Blanc Organic Rosé IGP Pay d'Oc (Languedoc, France)

Grenache, very pale in the style of Provence, dry, fragrant with summer flowers and berries with lively red fruit flavours. Unpretentious, well-priced and delicious.



Lisa Rogers (Select Wines) Felix Jermann (Jermann) Caitlyn Fulton (RGE RD).

2022 Jermann Vinnæ Ribolla Gialla (Collio, Friuli-Venezia, Italy)

Felix Jermann is the fifth generation in his family winery, founded in 1881 by his Austrian great-grandfather Anton. What makes Jermann revered by wine lovers? They make exquisite wines of character. The vineyards are tucked away up in the hilly Collio, in Italy's northeast corner, formerly part of the Austro-Hungarian empire. The entire family is involved in the business, Felix's sister Sylvia is the winemaker. As progressive and modern as they may be, history is important to the family. Take **Tunina**, the single vineyard later-picked selection of Chardonnay, Ribolla Gialla, Malvasia and Sauvignon, which is considered to be Italy's first significant single estate wine (first vintage was 1975); the vineyard is named after the vineyard's first owner. We tasted the 2020, honeyed floral, electric. Gorgeous. The **Vinnæ Ribolla Gialla**, made from the native grape of Friuli, may have been my favourite of the tasting, with its floral and lemony yellow fruit characteristics, a little tangy with concentrated minerality, fresh and textury with a super long finish. Drink with rich seafood or vegetable dishes, Felix suggested its best pairing is with *frico*, a classic Friulan dish with potatoes and cheese.

2022 Heimann & Fiai Piros Siller (Szekszárd, Hungary)

Siller (in between a rosé and a light red) was a style of wine popular in Hungary pre-Communism. Heimann worked with other producers in Szekszárd to reintroduce it. This first vintage is a blend of Kékfrankos, Merlot and Sagrantino (grown from cuttings brought from Umbria and planted in the Bati Kereszt vineyard). It's delicious—lots of juicy red fruit, balanced acidity, with a pleasing grip provided by the Sagrantino. Drink slightly chilled with charcuterie boards.

2022 Terenzuola La Merla Canaiolo Nero IGT Toscana (Italy)

La merla (blackbird) is the local name for the Canaiolo Nero that grows in this part of Tuscany. Love the juicy red fruit, cranberries, cherries and raspberries, a little spicy, bright acidity. Drink slightly chilled with casual foods.





2022 Radford Dale Touchstone Chardonnay (Elgin, South Africa)

The first vintage from Radford Dale Organic, in cool-climate Elgin. We have been loving the wines from Radford Dale, the Vinum series and from the sister property Winery of Good Hope. This Chardonnay may redefine Chardonnay from Elgin—subtly spectacular, with evanescent notes of citrus (but think yuzu and mandarin and orange blossom, rather than lemon and lime), practically seamless, can't wait to see where this will go with a few years in the bottle. Drink now with grilled salmon or roast chicken. The **2022 Higher Purpose Cabernet Franc** is a stunner, with startling clarity of flavour—red currants, cranberry a ribbon of fresh green, notes, gently cuddled by silky tannins and a lovely fresh acidity. Drink this lightly chilled this summer with mushroom dishes or grilled lamb kofta.



2020 Castello di Volpaia Chianti Classico DOCG (Tuscany, Italy)

Volpaia's vineyards are some of the highest in Chianti and a little cooler, helpful in warmer vintages. This wine displays all the classic Volpaia Chianti Classico notes we love—elegant fine tannins, deliciously balanced red berry fruit, especially strawberry, an attractive sinewiness, with freshness, great structure and a long finish. Drink with red-sauced pizza or pasta or roast pork.



2019 Domaine Peter Sichel PGI Cucugnan (Languedoc, France)

Full bodied with exuberant red fruit and fresh acidity. Mostly Grenache with 10 per cent Syrah and Carignan with bright flavours, a little bumptious and forward right now, but it will settle down. Don't be in any hurry to drink this beauty, it will reward your patience, drink with red meats just off the grill.

2020 Gérard Bertrand Chateau Hospitalet AOP La Clape (Languedoc, France)

A Syrah, Grenache and Mourvedre blend, full bodied with fine tannins and a beautiful thrum of acidity. Spicy, complex and engaging, drink now or cellar for five or so years. Drink with the best beef you can find.



Equiano Rum Foursquare Distillery (Barbados)

This Afro-Caribbean Rum (10-year-old Mauritius Rum and 8-year-old Barbados Rum) is aged in cognac and bourbon casks and blended on Barbados by Foursquare Distillery. A portion of sales goes to anti-slavery worldwide. This is a rum of contemplation, drink neat after dinner or by the fire.

The No-Alcohol Way

There are many reasons people are flocking to non-alcoholic drinks, but how do you choose among the explosion of offerings? We love **Ceder's** and find it to be one of the best alternative gins on the market. Four choices: Crisp (cucumber, chamomile), Classic (notes of juniper, citrus and coriander), Wild (rooibos and clove) and the bewitching Rose, which tastes like looking at the world through rose-coloured glasses.

Alt Sparkling Organic Rose is a credible alternative to any sort of pink bubble. Made from Spanish Tempranillo then gently dealcoholized in Germany (which has the best technology for this sort of thing). It still tastes like wine, a little lighter and less complex perhaps, but fine for a chilled glass in the afternoon. 🍷



Find at better wine shops. Not all selections at all shops.

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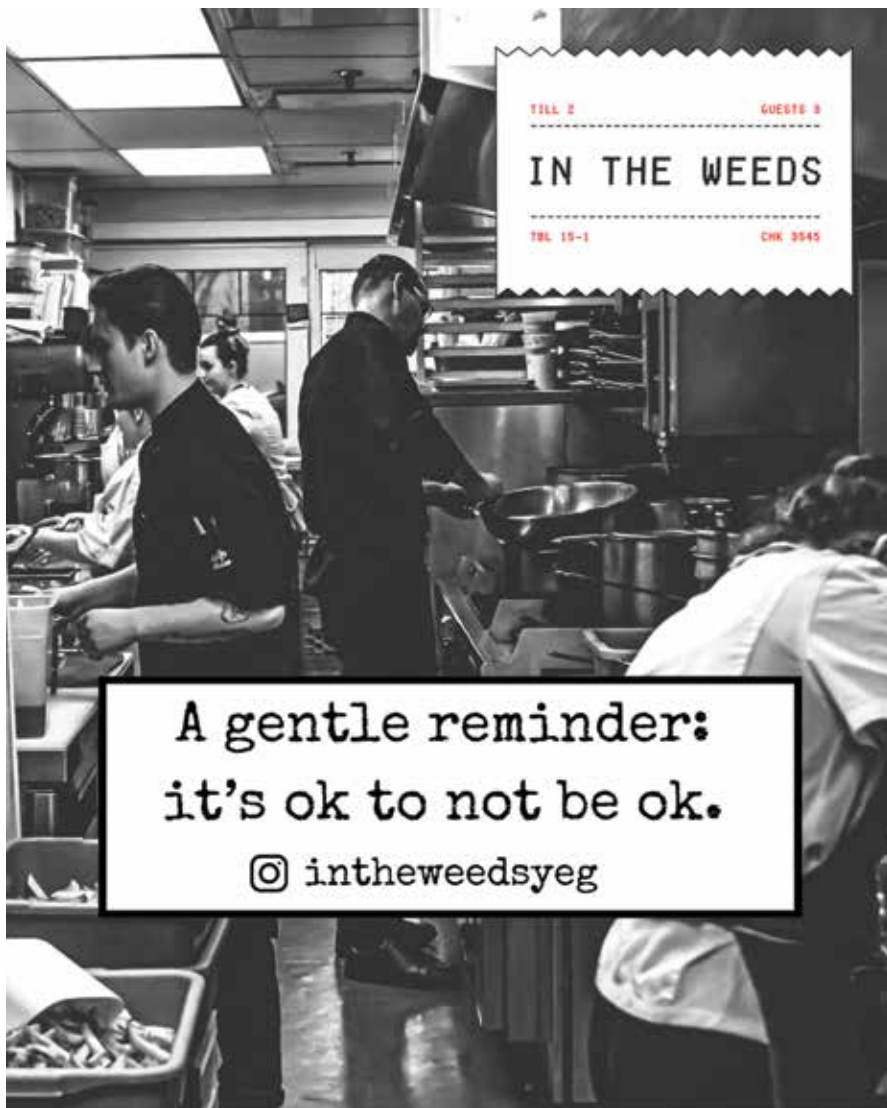
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A gentle reminder:
it's ok to not be ok.

📍 [intheweedsyeg](https://www.instagram.com/intheweedsyeg)

Kitchen Sink

What's new and notable

wine tastings happening and events

Taste of Edmonton, Thursday, July 18-Sunday, July 28 features 45 new vendors (vegetarian, vegan, gluten friendly, dairy free) and the **Wholly Handmade Market**. Early bird tix are on sale now until July 17, tasteofedm.ca.

Expect to be moved by **Brad Smoliak's** story; expect to be wowed by the amazing garden (grown for **Edmonton's Food Bank**) and expect to enjoy some great food at **Brad's Journey Picnic and Party**, Sunday, July 28, at the **P3 Farm** in Sturgeon County. Delicious food, fun entertainment in support of the **VAD Program at the Maz**. VIP at 3pm, picnic at 4pm. Tix: \$90-\$120/p, on Eventbrite.

Don't miss **Feast on the Field** 5:30 pm, Wednesday, August 14, the down-home picnic extravaganza by chefs **Serge Belair, Steve Buzak, Peter Keith, Dave Omen, Vikram Redgaonkar** and colleagues in Commonwealth Stadium. Funds raised support seniors in care. Tix available at capitalcarefoundation.net.

Alberta Open Farm Days happens August 17 and 18. Enjoy some fresh air at a local farm or a long table dinner, like this one in Cold Lake. **Meet your Roots** takes a novel approach in three chapters. **New Beginnings** symbolizes fresh starts using newcomer flavours. **Origins** is by indigenous chefs inspired by the ancestral roots of the land. **Looking Forward** is about the future of rural sustainability. All the deets at albertaopenfarmdays.ca.

Explore YEG's bustling food scene at the new **YEG Foodies Festival**, October 4-6 at the Edmonton EXPO Centre. Want to be a part of it? Visit yegfoodiesfest.com for exhibitor deets and tix.

restaurant buzz

The stellar lineup for **Edmonton's Kitchen Party**: **Eric Hanson**, The Marc; **Jason Greene**, Braven; **Doreen Prei**, Riverview at Glenora Park; **Naga Singh**, Belgravia Hub; **Tamara Solon**, Chartier Restaurant and Mother Bakery, Beaumont; **Max Straczek**, Pyro Wood-Fired Grill & Kitchen; **Greg Sweeney**, Arbour and **Joseph Vuong**, Café Bicyclette. The deliciously action-packed competition happens Thursday, October

10, at the Edmonton Convention Centre. For sponsors, partnerships, donations and tix, visit greatkitchenparty.com.

Attention spice lovers: Check out the **Lucho Taco** at **Luna Mexican**—pastor meat, onion, cilantro, roasted pineapple, melted spicy cheese, everything folded into a flour tortilla. with a side of *cremosita* (jalapeño) salsa. Enjoy with the Piña-habanero margarita made with real habanero peppers. Bring on the heat!

More ways to enjoy Rose Saffron Pistachio or (we hope) the Hot Honey Haskap ice creams. **Twice Cream** has opened a second location at 75 Salisbury Way, Sherwood Park. Check it out!

Want to get in the food business? **Meuwly's** has a program for budding entrepreneurs. Access flexible kitchen space rental and be mentored on product development, marketing and business strategy, with the goal of retail shelf exposure in the Meuwly's store as the launch pad. Learn more at meuwlys.com.

A whole lotta birthdays on the YEG food scene—**Meat** turned 10, **Kind Ice Cream**, **Toast Culture** and the **Bountiful Farmers' Market** achieved five years in business, and **Nowhere Wine Bar** and **Marlo Tacos** reached one year old. Congratulations!

Backstairs Burger's Holland Plaza location, 11998 109A Avenue is not only the spot for a tasty burger, they now have pizza too. Woo hoo!

Product news

Don't miss the discounts, prizes and treats all weekend long at the **Heart of the Home** (12539 102 Avenue, 780-705-4928) **8th Birthday Party**, July 6. **Gourmet du Village** drink mixes, brie toppings and dips are 15 per cent off all of July. August brings **Emile Henry** at 20-30 per cent off; the **Summer Sidewalk Sale** August 9-17 and the **Back to School Sale**, August 19-25. Open daily all summer.

The Summer Sale at **Bella Casa** (9646 142 Street, 780-437-4190, bellacasadcl.com) offers up to 50 per cent off kitchen gadgets and cookware, linens and bedding at the end of July into August. 🍷

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



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