

30 years of great food and drink 1996-2026 | thetomato.ca

05
06
2026

THE TOMATO
food & drink

HONEY

The
sweetness
of beeing

MEET



**Feeding Neighbours.
Connecting Community.**

This May, enjoy some of
Edmonton's favourite
brunch hot spots as they
compete in this delicious
month-long fundraiser.

In support of
edmonton
meals on wheels



www.bestofbrunchyeg.ca

va

PIZZA AL TAGLIO

PANINO

CAFFÉ & DRINKS

PASTRY

APERTIVO

DELIVERY NOW AVAILABLE!

12024 JASPER AVE.

A monthly wine subscription
by Color de Vino

cuz good grapes
make great wine

GOOD
GRAPE

Join now at www.goodgrape.ca

PROUDLY SERVING CANADIAN MEAT.
CANADIAN OWNED & OPERATED.

RIBEYE
BUTCHER SHOP

RIBEYEBUTCHER.CA



Editor

Mary Bailey
marybee@telus.net

Advertising Sales

Mary Lynn Meiklejohn
ml@thetomato.ca

Publisher

BGP Publishing

Copy Editor

Daniela Zenari

Contributing Writers

Peter Bailey
Leanne Smoliak
Daniela Zenari

Illustration/Photography

Curtis Comeau Photography
Amanda Schutz

Design and Prepress

Bossanova Communications Inc.

WebMeister

Gunnar Blodgett, COPA Jurist

Printer



Distribution

Greenline Distribution

For editorial inquiries, information,
letters, suggestions or ideas, contact
The Tomato at 780.431.1802 or email
production@thetomato.ca.

**The Tomato is published
six times per year:**

January/February, March/April, May/June,
July/August, September/October,
November/December

by BGP Publishing
Edmonton, AB T6E 2G1
780.431.1802

Subscriptions are available
for \$25 per year.

thetomato.ca

The Tomato food & drink
is located in Amiskwaciwāskahikan
on Treaty 6 territory, the territory
of the Papaschase and the
homeland of the Métis Nation.



Funded by the Government of Canada
Financé par le gouvernement du Canada | **Canada**



Contents

Features

- 6 The Sweetness of Beeing**
The importance of bees to food and life | Daniela Zenari
- 14 Canada's Food Island**
Comes to YEG | Mary Bailey

Departments

- 5 Dish**
Gastronomic happenings around town
- 12 Wine Maven**
Mary Bailey
- 18 Beer Guy**
Take a (beer) hike | Peter Bailey
- 20 The Smos at Home**
Travels with my mom | Leanne Smoliak
- 22 Kitchen Sink**
What's new and notable



Photo illustration: Bossanova Communications / Adobe Stock

DIG IN!

TIME TO GET DIRTY.



BEDDING PLANTS • SEEDS • FLOWER BASKETS • HERBS • PATIO TREATS • CAFE • FLOWERS • GARDEN TEASERS

Zocalo

IN LITTLE ITALY AT 10826 - 95 ST, EDMONTON, AB 780-428-0754 ZOCALO.CA

What's new at
Out of Bounds RESTAURANT



New Seasonal Menu & Hours

From mushroom gnocchi and lanbeh to coconut carrot cake and cocktails, we've updated almost every part of our menu for the summer!

Summer Hours:
 Monday - Friday 10 am - 10 pm | Saturday & Sunday 9 am - 10 pm

Mother's Day Brunch Buffet

MAY 10, 9 AM - 2 PM
 \$55/person | \$30/kids 12 & under
 Free/infants 4 & under | **Reservations Required**



Father's Day Prime Rib Dinner

JUNE 21, 5 PM - CLOSE
 \$65/person | **Reservations Required**



24427 Twp Rd 542 | 780-973-6696
 @outofboundsrestaurant • outofboundsrestaurant.ca



“My desire is to share my passion for wonderful Indian dishes, warm hospitality and tasty drinks in an elegant and inviting space.”

Goldie Hazrah, owner

MONSOON

BAR & BISTRO

Open: 11:30 am - 11:00 pm • Phone: 587-882-6130
 4485 Gateway Blvd., Edmonton • www.monsoonbistro.ca

EAT GREAT MEAT



POPOWICH
MEAT COMPANY

YOUR LOCAL BUTCHER
 6853 170 Street • popowichmeatcompany.ca • 587.462.8926
 Wolf Willow Shopping Centre • Lots of parking available

get ready to brunch!

Visit fave Edmonton brunch spots, like Darling, Rosewood Foods and the Highlevel Diner, to participate in the Best of Brunch YEG fundraiser for Meals on Wheels. Each resto donates \$1 from their featured brunch dish to Meals on Wheels, who provide nutritious, ready-to-eat meals for a wide variety of Edmontonians. Brunch often and vote for your fave, bestofbrunchyeg.ca.

a psa from the bees

Amanda Schutz, Edmonton-based designer/illustrator reminds us of the importance of being messy in the spring. Wait to make your yard pristine until temperatures are over 10 degrees on a regular basis. So, no raking for at least a few more weeks yet. The bees and the ladybugs will love that.



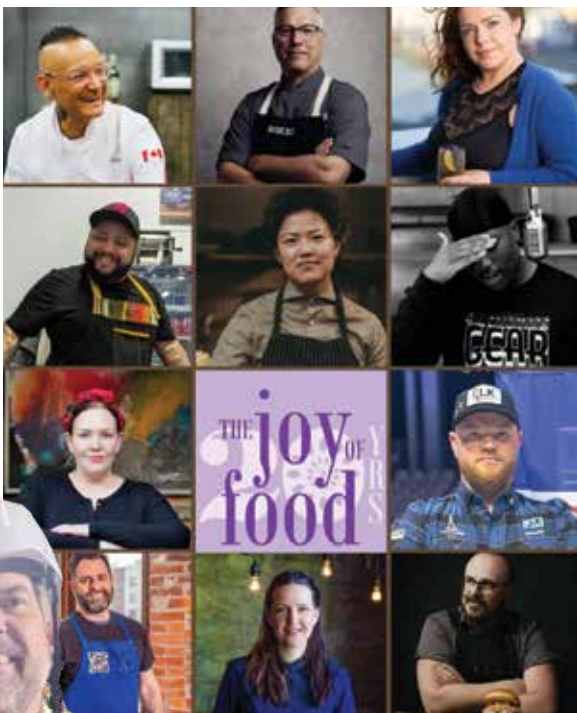
tour whyte the foodie way

One of our favourite people in food, Karen Anderson, is celebrating the 20th anniversary of Alberta Food Tours, the company she founded in 2006. The tours showcase Alberta farmers, ranchers, food producers, bakers and chefs. If you haven't taken one, now is the time to start, perhaps with the Savour Strathcona tour, monthly until October, albertafoodtours.ca.

the rimrock is back

What is your shoe size? That was the invite to take a sneak peek of Rimrock Banff, reopening in July. No problem for this team, headed up by general manager David Garcelon (some of you might remember David from when he was the exec chef at JPL.) We donned steel-toed boots, hard hats and safety vests to tromp through a world of plaster. We checked out a spectacular suite, a regular suite (still spectacular) and a standard room—filled with curvaceous furniture, calm tones, wood and rock.

Relaxing. And yes, the views. The Rimrock Banff, now a sister property of the Fairmont mountain hotels, joins the Accor Emblems Collection. New dining includes Parker's Table, Social and The Market (coffee bar and biergarten). For fans of Eden, the former Rimrock fine dining restaurant, know that the cellar came with the sale and remains a collection of deep verticals and spectacular vintages. More on the rebirth in the summer issue.



From top: Amanda Schutz's visual plea; Best of Brunch; participants in the Signature Terroir events; Alberta Food Tour hits the avenue. Left: Rimrock Banff director of food, beverage and entertainment Karla Garant and GM David Garcelon.

filipino-inspired deliciousness

Hospitality veterans Camila Abalos and Sherwood Supa open Barako Bistro in the Erin Ridge Plaza, St Albert. Expect a Filipino twist on familiar dishes. “We are making almost everything in house,” says Sherwood. “The breakfast sandwich has house-made longaniza sausage on our tangy, salty and sweet pandesal bread. We are sourcing sourdough from Breadlove though.” They are putting their experience working with chefs (Sherwood worked with Rosario Caputo at Cibo and Camila worked with Daniel Costa for a decade) to good use with a menu that features pastas, including a tasty lasagna. Expect a different coffee experience too. “We call coffee *barako* (which also means wild boar) because the Filipino Liberica bean has such bold and strong flavours,” says Sherwood. Open from 7am-3pm, Tuesday-Saturday with private dinners planned for evenings in the future, barakobistro.ca.

the joy of food at terroir

The Signature Terroir events happening May 27-29 in Edmonton start off this year's Terroir Symposium with a bang. Experience cultures and flavours through craft, storytelling and terroir on a culinary journey on YEG's charming streetcar across the High Level Bridge. Chefs Winnie Chen (Fu's Repair Shop), Tracy Little (Sauvage, Canmore) and Liana Robberecht (Calgary) along with cocktail impresarios Glaizem Garcia (Fu's) and Linda O'Flynn (Cask, Ireland) are your hosts, Wednesday, May 27. Chefs Blair Lebsack and Jared Dunn (RGE Rd) are joined by Irish chef Jess Murphy (Galway's Kai Restaurant) as well as Iceland's World Butchery team member Benedikt Gudgeirsson, at RGE RD, for a bison workshop with Noble Bison, Thursday, May 28. Chef Shane Chartrand (Paperbirch) hosts a gathering of chefs including Philadelphia's Ari Miller (Poi Dog), for a menu inspired by Indigenous foodways and local sourcing, Friday, May 29. Tix for all at terroirsymposium.com.

beautiful inside and out

New this spring is a delightful sparkling rosé from Gérard Bertrand, the Côte des Roses Rosé, ideal for brunches, showers, Mother's Day, Father's Day, rainy days and on the patio. The blend of Grenache, Cinsault and Syrah provides vibrant red berry and strawberry flavours with balanced acidity, dry and refreshing. Find at better wine shops. 🍷





THE SWEETNESS OF BEEING

The importance of bees to food and life

Daniela Zenari

There are so many fat, fuzzy bumblebees dancing around the apple blossoms in my backyard in the spring. Their black-and-yellow stripes pop against the light pink petals. The hum sounds like an electrical box. Their buzz? Music.

I had to know more about bees and the indispensable role they play in our lives.

Honeybees (*Apidae Apis mellifera*) are smaller, golden brown and less hairy than their cousin, the bumblebee (*Apidae Bombus*). There are 300 different species of bees in Alberta, but the honeybees here produce more than a third of all of Canada's honey.

"I think many people wouldn't even know that honeybees are different from bumblebees," says the Bee Lady, Patty Milligan. Patty kept bees and sold honey for over a decade, then spent another 12 years talking and teaching about bees and honey. "My role is agriculture education, but I would say my heart is with educating people about bees and honey and pollinators in general."

All types of bees have one thing in common: pollen.

Their pollen obsession is what makes bees stand out from other pollinators (like beetles, butterflies, birds and bats). Others pollinate as a second thought, brushing against plants and flowers, in their search for nectar—and they're picky too. Bees evolved specifically for pollination, and they are not picky, pollinating whatever is available in their area. For agriculture, that means money. In 2021, honeybee pollination contributed to an estimated \$808 million in Canadian fruit and vegetable production alone.

The hungry bees pollinate vast fields of clover, alfalfa and canola—their primary sources of nectar in Alberta. (Ever noticed those white bee boxes in the yellow canola fields around Edmonton?) But don't discount dandelions, thistle blossoms, fireweed, wildflowers and your own garden as food for bees.

If Patty is the Bee Lady, Dustin Bajer is the Bee Guy. He's a local legend in the bee community—an educator, urban farmer, writer and eco-inspired cities builder. Dustin also started BeeComm: the bee community, which offers

community and resources for small-scale and backyard beekeepers, including an online beekeeping certificate course—a valuable service since Edmonton amended its bylaws to permit backyard beekeeping in 2014.

Dustin manages five beehives for Explore Edmonton and the Edmonton Zoo, a role he took on after Patty. He invited me to the roof of the Expo Centre for a hive inspection.

We put on our beekeeping suits and go to the hives, which look like little white houses, with bees buzzing around the small two-inch opening at the bottom—a smaller entrance than most beekeepers use. "Research shows that bees prefer a small entrance and small hives, because it's easier to defend," says Dustin. The bees had their work cut out for them, with wasps teeming around the hives. Dustin carefully pulls off the roof of the hive to reveal another wooden-framed box filled



with insulation. “I call this a quilt box; it’s not a normal piece of beekeeping equipment, but it’s extra insulation. It keeps them cool in the summer and warm in the winter.” Under the quilt box is a super—a rectangular box that houses the comb frames. Dustin builds his hives with eight frames, which are narrower than conventional deep ten-frame hives. The honey-filled frames inside made it surprisingly hefty. “There’s quite a bit of honey in there. By fall, we want the frames to be absolutely jam-packed,” he says.

“I’ll use my hive tool as a little bit of a lever to pull out the frame,” he explains as he wedges the thin piece of metal between the frames. “The bees have glued everything together with propolis, so without a hive tool there’s not much chance that you’d be able to get in here.”

The first frame comes loose, revealing a sheet of little hexagons, “all natural honeycomb. The bees have built this on their own,” Dustin explains. Some beekeepers use foundation to start their hives, but Dustin prefers a foundationless frame, “they can decide where they want to build their worker and their drone brood. When you’re using foundation, you’re sort of forcing the bees to build workers.”

Some cells are filled with honey, a brownish-golden layer, dulled by the

wax caps that cover them. Others have yellow pollen, larvae, capped brood (wax-covered pupae), or eggs that look like tiny grains of rice at the bottom of the cell. The clustered placement of capped brood and newly-laid eggs means the queen is strong and healthy. I noticed a bee emerging, its head poking through while its mandibles chewed through the cap covering it.

Dustin points out how the bees fill the frames: “They will start building comb from the middle and work their way out. And then they tend to fill honey from the outside in, keeping the brood in the middle, where it’s the warmest.”

By the second hive, the bees grew more agitated. Even so, we didn’t need to use smoke to calm the bees because Dustin’s colonies have been pretty docile. (Smoke calms bees because it masks the pheromones they use to communicate a threat to other bees in the hive.)

As we finished the inspection, I watched a battle between bees and wasps near the hive’s entrance—wasps compete with honeybees for nectar sources and steal their honey. I noticed two honeybees surrounding a small dead honeybee, taking the pollen off its legs, something Dustin had never seen before.

Honeybees are among many livestock that have been domesticated to the point where humans need to manage them to thrive, and in Alberta winters,



Clockwise from centre top: Good Morning Honey beekeepers Amber and Richard Ozero; a jar of their white honey; a bee at work.



they need it to survive. Bees have a way to keep themselves warm—they form a bee ball or a winter cluster, buzzing together for warmth—but hives still have to be winterized. They are wrapped for insulation or brought inside until the spring. Even with winterizing, hive loss occurs.

Bees are a unique livestock. When happy, they choose to stay in their hives. If not, they swarm to find a new home. “Bees make the perfect environment to keep the queen happy, raise their brood, make honey and collect pollen. They are biologically designed to maintain happiness in the hive, so if something is off, if they are upset, they do everything in their power to make a change,” Karen Calhoun (A Cappella Catering), local bee hobbyist, tells me.

Beekeeping has only become more complicated due to Varroa mites, a shifting climate, dwindling food sources and ever-increasing annual hive losses. The financial implications of a complete hive loss are almost impossible for a commercial producer to recover from, but they take a different toll on the backyard beekeeper. “It’s just heartbreaking, because you do your best. It’s about contributing to the

environment, but also, you make a connection with the bees,” says Karen.

“You really have to pay attention to the science behind bees, and the health of your bees,” says Amber Ozero, co-owner of Good Morning Honey (GMH), with her husband Richard. “You know, I often joke with Richard that we’re not beekeepers, we’re bee doctors. Our job is to keep the bees healthy.”

I visited GMH in Parkland County, about 45 minutes west of the city, while they were extracting honey from the frames. With 5000 hives, they are considered a medium-sized honey producer, but it felt like a massive operation to me.

The ample warehouse is filled with conveyor belts, giant tanks and pipes running high above our heads. One belt fed the frames into a machine that slices off the capping, “so the honey can flow freely,” says Amber. From there, the frames go along the conveyor into a giant round metal tank. “It loads 120 frames at a time, and it spins them for 10 minutes. The centrifugal force pulls the honey out of the honeycomb.”

Please see “Sweetness” on page 10



Clockwise from upper left: Dustin Bajer inspects a hive; a new queen bee is introduced to a queenless colony; Dustin Bajer display honey-filled combs in a backyard hive.



Want to keep bees in Edmonton?

Over 100 beekeepers (hobby and commercial) are members of the Edmonton District Beekeepers Association (EDBA), a local non-profit that promotes honeybee awareness and education: edmontonbeekeepers.ca.

Visit BeeComm

This is the place to find your bee people: bee.community.

City of Edmonton rules and regulations

edmonton.ca/city_government/initiatives_innovation/food_and_agriculture/urban-beekeeping#stack9995.

For information on all Alberta bees visit

www.albertanativebeecouncil.ca/albertas-native-bees.



Got a swarm?

If you find a honeybee colony where it shouldn't be, you can report it, and one of the swarm catchers will capture the bees and relocate them. Report the swarm on Dustin's website: dustinbajer.com/edmonton-bee-swarm-relocate-a-swarm-or-colony.



From left: Chinook Arch Meadery's fortified mead, Cherry Seduction; traditional mead from Fallentimber Meadery; Iron Hive's bestselling Pioneers Blood.

Want to try mead?

Chinook Arch Meadery

Near Okotoks, was among the first in Alberta to commercially produce and sell mead (in 2007). Cherie and Art Andrews closed their on-premise retail shop in 2023, but they are still producing award-winning meads at chinookhoney.com.

Iron Hive

A relatively new mead company founded in Edmonton by four Canadian military veterans. They rent space at the Towne Square Brewery and buy honey from True North Apiary, "but we plan to have our own hives this summer," says co-owner and brewmaster David Camellini. Frostbite is the dryer high-proof style, the blackberry mead called Pioneer's Blood is the best seller and Gold Rush is the traditional classic. ironhive.ca.

Fallentimber Meadery

In Water Valley, has expanded past traditional meads into sparkling flavoured meads and a line of honey-kissed sodas. fallentimbermeadery.ca.



\$808 MILLION

2021 estimated economic contribution of honeybee pollination to production of fruits and vegetables.

Where to buy Alberta Honey

You may get a gift of honey from a backyard beekeeper. Or you may buy honey from one of the smaller-scale producers you find at the various farmers' markets. Or:

The Italian Centre Shops

Find several local honeys such as Peace River, Drizzle and Honey Time from Yellowhead County.

Bon Jour Bakery

Look for Olivia May honey sourced from organic pasture just north of Morinville. It's made by bakers Kenny Chartrand and Maksym Yasko and named after their daughters. Try their new sourdough honey rye loaf as well.

Good Morning Honey

Buy at one of their retail partners or direct: goodmorninghoney.com.

Drizzle Honey

Is the born-in-Calgary / Dragons Den international success story founded by Aja Horsley. She started bee keeping while at culinary school ("we put up the hives at SAIT in 2014") and developed a network of beekeepers. Aja saw a need for high-quality Alberta honey in fresh modern packaging. Drizzle was born. The company sources a large proportion of its honey from northern Alberta, "because of the wildflowers." drizzlehoney.com.

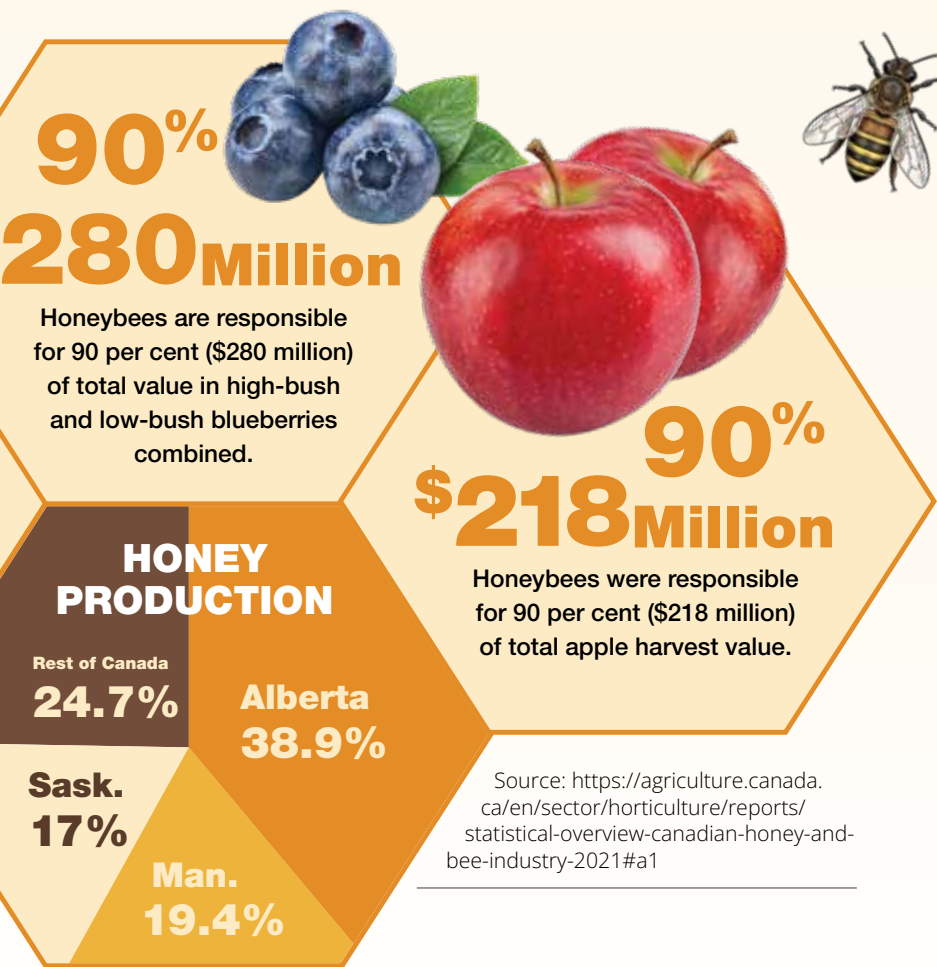
Peace River Honey

Organic honey from primarily clover and red alfalfa by the Wolfe beekeeping family. Find at major grocery stores across Canada.

Bee Maid Honey

A consortium of Canadian beekeepers who sell honey under the brand Bee Maid across the country: Beemaid.com.

Clockwise from top: the Italian Centre Shops carry a wide variety of Canadian honey; Good Morning Honey; Peace River and BeeMaid honeys; Aja Horsley of Drizzle Honey.



SWEET EATS

Honey lends an earthy sweetness to whatever it touches, making it ideal for dressings, marinades, roast vegetables or glazing salmon, chicken or ham, as well as granola. Check the label to make sure you are buying raw Alberta honey as there are a lot of fakers on the market.

Pecan Honey Granola

Maybe you make your granola with agave or maple syrup. Try honey instead. Cinnamon honey would be delicious in this easy granola recipe.

- 3 c rolled oats (not instant or steel cut)
- 1½ c pecans (or almonds or walnuts) coarsely chopped
- 3 T unsalted butter, melted
- ⅓ c Alberta honey
- ½ t kosher salt
- ½ c seeds (flax, pumpkin or sunflower), optional
- 1 t ground cardamom, ginger or vanilla extract, optional
- 1 c dried fruit (unsweetened berries or raisins, or chopped figs, dates or cherries), optional

Preheat oven to 300°F.

Line a baking sheet with parchment. Combine oats, pecans, butter, honey, salt and any optional ingredients (except for the dried fruit). Mix well and tip onto the baking sheet. Spread in an even layer and bake until the oats are lightly golden, about 30 minutes, stirring halfway through. Add the dried fruit when you take the granola out of the oven. Let the mixture cool completely on the baking sheet. Once cool, the granola can be stored in an airtight container at room temp for 3 weeks.

Makes 4-5 cups depending on add-ins.

Honey Bang Bang Shrimp

Adding honey to a simple bang bang sauce adds flavour and complexity. If you love coconut shrimp, just add 1 cup shredded coconut to the panko mixture.

For Shrimp

- 2 c panko breadcrumbs
- 2 c extra virgin olive oil
- kosher salt and freshly-cracked black pepper
- 2 lg eggs
- 1 c flour
- 1 bag wild Argentine shrimp, tails on, peeled and deveined
- freshly chopped cilantro, for garnish

Preheat the oven to 400°F.

Line a large baking sheet with parchment paper. In a shallow bowl, stir the panko and oil (and coconut if using) together and season. In another bowl, whisk the eggs. Put the flour in a third bowl. Dip the shrimp in flour, then egg, then the panko mixture, and place on prepared baking sheet. Continue until all shrimp are coated.

Bang Bang Sauce

- ½ c mayonnaise
- 3 T sweet Thai chili sauce (or to taste)
- 4 T Sriracha (or to taste)
- juice of 2 limes
- 1 T Alberta honey
- kosher salt
- chopped cilantro for serving

Whisk all the ingredients together in a medium bowl. Transfer to a clean bowl and scatter chopped cilantro over.

To serve: Place the shrimp on a large platter around a bowl of bang bang sauce. Dip away!

Serves 4-6.

More recipes on page 10

RGE RD

EAT OFF THE BEATEN PATH

Chef sourced ingredients from farms, friends and small scale producers.

10643 123 St NW | 780-447-4577 | rgerdl.ca

OPEN MON – SAT: 5PM TILL LATE | CLOSED SUN



THE BUTCHERY

SHOP OFF THE BEATEN PATH

CUSTOM CUTS | CHARCUTERIE | SANDWICHES | FRESH BREAD
PREPARED FOODS | PROUDLY SPECIALIZING IN WHOLE ANIMAL BUTCHERY

12229 107 AVE - 780-443-0000 - THEBUTCHERYYEG.CA

TUES - FRI 10AM - 5:30PM | THURS 10AM - 7:30PM | SAT 10AM - 4:30PM

Bold Delicious Flavour

Edmonton made premium sausage and artisanal salami

www.fugesausage.ca

FUGE SAUSAGE





RIVERBANK BISTRO

Voted St. Albert's Best Steak and Fine Dining Restaurant

Join us Sunday's for Roast Beef and Yorkshire Pudding

8 Mission Avenue
St. Albert | 587.290.1655
riverbankbistro.ca
Book your next private event

WHETAPIA

LITTLE VILLAGE

HOMESTYLE GREEK KITCHEN

CATERING • TAKEAWAY • DINE IN

14816 Stony Plain Road • 780-244-0885 • www.littlevillage.ca

Sweetness of Beeing

Continued from page 7

Another machine separates the wax from the honey. The honey goes into a tank to settle out twigs, bees and anything else that shouldn't be there. After another 24 hours of settling, the pure, unfiltered honey is moved to large blue barrels.

Meanwhile, the wax goes into the wax melter. "Any impurities will come out in these two barrels," says Amber. In one barrel? "That's dead bees, which can be used for shoe polish." And the other? "That's a tiny bit of honey that comes out of the wax, called melter honey."

Richard went to pour the wax, so I followed him to a smaller tank with a valve and spout and a wax-covered plastic sheet on the ground around it. "When you first pour beeswax, you have to sort of unclog it, so just stand back because it likes to spray everywhere, and I don't want to get wax all over you like I get on my shoes there," he chuckles. "The first one's messy," he adds, as he pours the wax into the one-pound moulds laid across the table.

"What do you do with those blocks?" I ask. "We sell them. You can make candles out of them. Lip balm, face cream, art, it seals wood, there are all sorts of uses for beeswax."

I left GMH with a few jars of honey and the same feeling that I had after my hive inspection with Dustin—a call to do everything in my power to help bees and other pollinators. I challenge you to do the same.

"The bees are dying, and if there are no bees, there's no food." Grade 10 science class was where I learned the importance of bees to food and life. My first existential crisis, which sparked my desire to become a bee advocate.

Did you know that dandelions are the first food source for hungry bees in the spring? This May (and every May after that), don't mow your lawn. Leave the dandelions. Let your garden grow free.

Bee wild. 🐝

Daniela Zenari grew up in her family restaurant, Zenari's. She writes about food, foraging and family.

Honey Recipes

Continued from page 9

Honey Butter

Your basic honey butter is equal parts creamed or liquid honey with unsalted butter. Use on roast chicken, with good buns or sourdough, especially nice at brunch. Here are ways to zhuzh it up.

Cinnamon Spice Honey Butter

- ½ c cinnamon honey
- ½ c unsalted butter
- ¼ t ea ground cardamom, ginger, fennel and black pepper.

Cream together and place in a bowl or roll into a log and refrigerate until firm.

Citrus Honey Butter

- ½ c honey
- ½ c unsalted butter
- juice and zest of ½ lemon
- juice and zest of ½ small orange (blood or cara cara oranges make the butter a pretty pink color)
- pinch kosher or flaky sea salt and white pepper.

Whip all the ingredients together, then chill until ready to serve.

Honey Mustard Dressing

Slather on a ham sandwich, dress a cabbage and apple salad or use as a glaze for chicken or pork.

- 2 T aged sherry vinegar
- 2 T extra virgin olive oil
- 2 T Alberta honey (or to taste)
- 2 T Dijon mustard
- ½ t wholegrain mustard (optional)
- pinch kosher salt and fresh-cracked black pepper

Whisk the vinegar and oil until emulsified, then whisk in the remaining ingredients. Or shake all the ingredients together in a jar. Store in the refrigerator for up to 2 weeks; makes about ½ cup.

Carrot and Hot Honey Flatbreads with Basil Dressing

This delicious vegetarian flatbread is adapted from a recipe by chef Suzanne Cupps. Blanching the scallions and basil keeps their bright green colour. Make sure you have ice water ready to stop the cooking process. The basil dressing with its use of cardamom and cumin is similar to chermoula. Any leftover dressing can be used in a sandwich, with grilled meats

or over a salad. Cut into smaller pieces to serve as a first course or as part of a meze.

Carrots

- 4 med carrots, cut diagonally into 1-inch-thick pieces
- 1 T extra virgin olive oil
- 2½ t kosher salt
- ⅓ c honey (or hot honey, if not using chilies)
- 3½ t chili flakes, or more to taste (optional if using hot honey)
- 1 c ricotta cheese, at room temperature
- 2 lg (about 8 x 6 inch) naan or Israeli (thick) pita, warmed
- sea salt, grated lemon zest and black pepper, for garnish

Preheat oven to 425°F.

Toss together carrots, olive oil and salt on a large, rimmed baking sheet. Roast until almost tender, about 15 minutes. Remove from oven, drizzle with honey and sprinkle with peppers if using, toss to coat and continue to roast until the carrots are tender and glazed, for about another 8 to 12 minutes, stirring every 4 minutes.

Basil Dressing

- 1 T + ½ t kosher salt, divided, plus more to taste
- ½ bunch scallions
- ½ c packed fresh basil leaves
- 1 t grapeseed oil
- 1 t fresh lemon juice (juice from approx. ½ lemon)
- 1 t cumin seeds, toasted
- 1 t coriander seeds, toasted

While the carrots are roasting, make the sauce. Bring water to a boil in a medium saucepan and stir in 1 tablespoon kosher salt. Slice white and light green parts of scallions into ½-inch pieces. Slice dark green parts of scallions into 1-inch pieces. Fill a medium bowl with ice water; set aside. Add all sliced scallions to boiling water; cook, stirring occasionally, 30 seconds. Add basil; cook 10 seconds. Drain and immediately transfer mixture to ice bath. Let stand 2 minutes. Drain well. Place the scallions and basil along with the remaining ½ teaspoon salt in a blender. Process until smooth, about 45 seconds, if it's too thick add up to 3 tablespoons water, ½ tablespoon at a time, as needed. (It should be able to come off a spoon in a slow stream, not too stiff, not too runny.) Season to taste. Reserve.

Spread the ricotta over the breads, leaving a ½-inch border. Top evenly with carrots and any remaining honey mixture from baking sheet. Drizzle each

flatbread with about 1 tablespoon sauce. Garnish with sea salt, lemon zest and a few grinds of black pepper if desired.

Honey-spiced Cucumber Salad

Adapted from a Bee Maid Honey recipe.

- 2 lg cucumbers (sliced)
- ¼ t ea kosher salt and fresh-cracked black pepper
- 2 T Aberta honey
- 2 T rice vinegar
- 1 T soy sauce or tamari
- 1 T minced garlic
- 1 T sesame oil
- 1 t red pepper flakes
- 1 t minced ginger
- ¼ c fresh peanuts, chopped (optional)
- sesame seeds and green onion for garnish

Cut the cucumbers into thin slices and place in a large bowl. toss with seasoning and set aside for approximately 10-15 minutes to soften

In a separate small bowl, mix the honey, vinegar, soy sauce, garlic, sesame oil, red pepper flakes and ginger together. Pour the mixture over cucumbers and toss to coat. Refrigerate for at least 20 minutes.

To serve: top with the peanuts, if using, and the freshly chopped green onion and sesame seeds. 🐝

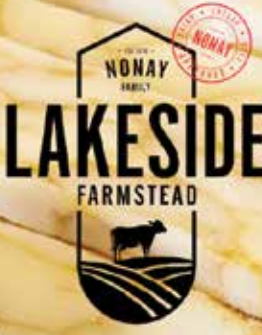
Replace Sugar with Honey Conversion Chart



SUGAR	HONEY
¼ cup	3 tablespoons
⅓ cup	3 tablespoons
½ cup	⅓ cup
1 cup	¾ cup
2 cups	1½ cups

If you are using more than 1 cup of honey, you need to decrease your other liquids by ¼ cup per 1 cup of honey.

Also decrease the baking temperature by 25°F since honey browns faster.



Visit our farm, not our website

Store hours: Wed-Sat 10:30-4:30
57225 Rge Rd 242, Sturgeon County
Inquiries: sales@lakesidefarmstead.com

20 years of community, culture, and cuisine

TERRAIR

EDMONTON EVENTS



SIGNATURE DINNERS

rge rd
fu's repair shop
paperbirch by chartrand

WORKSHOPS

bison butchery & sausagemaking
cocktail fermentation masterclass



JESS MURPHY
Ireland

BENEDIKT GUDGEIRSSON
Iceland

LINDA O'FLYNN
Ireland

ARI MILLER
USA

KIKI ARANITA
USA

20 YRS

MAY 27 - 31, 2026
CALGARY & EDMONTON
TERROIRSYMPOSIUM.COM

The Tomato | May June 2026 11

Wine Maven



Alessia Travaglini (L) and Alberto Alboreggia (Sorrentino's) after lunch at Nero.

“Gattinara is an old volcano,” says Alessia Travaglini,

5th generation of the family to make wine in Gattinara, “and there are two main things that make our wines different from those of Barolo or the Langhe. We are on an ancient volcano. The soils here are made up of basalt, porphyry, manganese, with some limestone and granite. The other big difference is that we are very far north and so close to the mountains. Monte Rosa (and its glacier) is only 30km away; it stands behind the vineyards. All this contributes to our wines being a bit fresher.”

Clemente Travaglini started making wine here in 1920. “We are still a family business—my sister, my parents, myself and my husband. Our job, our love, is to explore the characteristics of Nebbiolo in Gattinara,” says Alessia. “We are happy to bring forward the tradition and the story.”

First up was the new **2020 Nebolè Classic Method**. “It’s an interesting project; we started to explore the possibility of sparkling Nebbiolo in 2007; 2020 is the first vintage to be released. It spends 48 months on the lees, disgorged in April and released last October. I have been tasting it since and am encouraged by how it’s changing.” The harvest protocol is unique: they pick the tips of the clusters only, in specific vineyards, leaving the rest to ripen for another month. The result? A delicious bubble, dry (zero dosage), yet with the beautiful Nebbiolo red fruit notes plus layers of apple, citrus and a seam of minerality that keeps things fresh. As the entire vintage is only 4000 bottles, unfortunately it won’t be available in every store. But we are seeing more sparkling Nebbiolos in the market, which is a good thing for lovers of well-made bubble.

“When people think of Nebbiolo they think of a wine that needs three-five years of aging, has big body and strong complexity,” says Alessia. “People sometimes call wines of this style baby Barolos but I don’t agree with that. It’s a different project, it’s not baby anything, it’s the way we think about our wine and this wine has the characteristics we want to communicate.” **2023 Nebbiolo Coste della Sesia DOC** is from vines under 15 years old, grown below 50 metres, fermented in stainless steel and spends 10 months in large old Slovenian oak. Fresh, with aromas and flavours of roses, strawberry, earth, smoked meat and an attractive herbal note, accessible and super drinkable right now. Have with roast vegetable dishes or lasagne.

This Gattinara, in the classic curvy bottle, was my intro to Nebbiolo (with my friend named Travaglini, this was how we splurged). Now, of course, there are dozens of Nebbiolo on the shelf, but who doesn’t love to be reminded of the wine of their youth? **2021 Gattinara DOCG** is the signature Travaglini wine made from vines that range from 15-45 years, lovely rose, strawberry and black tea aromas, flavours of tart cranberry with svelte, upright tannins and a superb finish. Lean into that singularity with robust braised beef dishes or hard cheeses.



Juanita Roos (Color de Vino), Greg Deeds (Begude), Misun Bu (Dream Wines).

New owners of Bandol’s Domaine de La Begude means that the prices

have dropped quite spectacularly. That, plus the removal of the value-add tax means these wines are affordable for everyday drinking, not just special occasions.

2024 Cadet de la Bégude Rosé IGP Méditerranée is a delicious blend of Grenache, Cinsault and Mourvèdre, pale coral, with almond blossom and strawberry notes. It’s easy drinking, a terrific patio wine and we hope to see this by the glass around town this season. IGP Méditerranée is what we used to call vin de pays.

2024 Bandol Rosé Bandol is the home of Mourvèdre and this rosé has just 25 per cent Cinsault to partner. A beautiful wine, fuller bodied with ample complexity. Delicious. Drink this right through dinner, especially with grilled salmon.

2021 Bandol Rouge is full bodied, with layers of savoury flavour—darkest fruit, leather, Mediterranean herbs, a forthright tannin backbone and balanced

acidity. Mourvèdre, and Bandol in particular, is known for its ability to age gracefully, but this is drinking well now too. Organic grapes with 10 per cent Grenache. A delicious, elegant wine meant to be enjoyed slowly, with your best steaks.

2022 D de Dauzac Bordeaux Superieur Rouge is not from the south of France. Rather, its Bordeaux made by the sister company of Begude. It’s an approachable Cab Sauv and Merlot blend with delicious red fruit notes, affordable, drinking well now, just a terrific wine to have around for impromptu dinners or to tuck into a gift.





From left: Graham Versailles (Waldorf Wine), Maria Vincente (R. López de Heredia) and Camilo Torres (Bar Henry) at Bar Henry.

María José López de Heredia now heads operations at the mythical wine producer **R. López de Heredia**, who have been making wine along the Ebro River in Rioja since 1877. What a treat it is to taste Tondonia with export director **Maria Vincente** at Bar Henry. Maria talks about the underground cellars that date back to the 1880s and the old technique of using bunches of grape vine cuttings (*pajuela*) to clean barrels. The wild yeast that arrives on the grapes. At harvest, if it's hot in the cellar, they open a window. In fact, Maria says, "nothing has changed." In a world of constant change, this is not only refreshing, it is radical. Heredia doesn't make a lot of wine and what they do make is aged for several years before release. "We release the wines as they are, we have people who are faithful, lovers of our wines," she says.

2014 Viña Tondonia White Reserva.

We start with the very rare white, primarily Viura (the classic white grape of Rioja) with 10 per cent Malvasia. Beautiful almond and linden leaf aromas. Thick, almost viscous, yet dances on the palate

with notes of lemon, tangerine and a whisper of salinity. As much as I love fresh and fruity youthful whites, this 12-year-old wine is alchemic.

2017 Viña Cubillo Crianza has 25 per cent Grenache plus Mazuelo and Graciano to the 65 per cent Tempranillo in the blend. The difficult vintage had early frost, but what they did make is delicious and approachable—the lean character offset by a lovely smoky tobacco and red fruit bouquet with silky tannins. Drink with tartare, grilled lamb, rich pastas.

2017 Viña Bosconia Reserva. Laser focused, elegant and expressive, Some of the tasters said that Bosconia was their gateway wine to Rioja in general and Heredia in particular. The blend is 80 per cent Tempranillo with 15 per cent Grenache, the rest Mazuelo and Graciano. My notes say: transcendent. A beautiful wine, drink with grilled beef or lamb, mushroom dishes.

2012 Viña Tondonia Reserva is also 80 per cent Tempranillo, rich with the characteristic smoky tobacco and red fruit aromas, tasting of complex spice, earth, dark red fruit flavours—it says something different every time you take a sip. Needs time to knit. Drink with very good friends.



New wines from Mount Etna by Massimo Lentsch.

This relatively new producer is making waves with these two wines made from indigenous grapes; expressive and delicious.

2024 Etna Bianco DOC is grown on stony volcanic soil, aged on the lees in steel with *bâttonage* for at least six months. No oak at all, which results in the delicious textural elegance of this Carricante. Love the fragrant citrus, white fruits and herbaceous notes, the minerality and subtle salinity. The grapes are from the Feudo Gabelle vineyard in the Calderara Sottana contrada. Let it sit out of the fridge for at least 10-20 minutes to display all the aromas and flavours. Drink with silky pastas with seafood, chicken dishes.

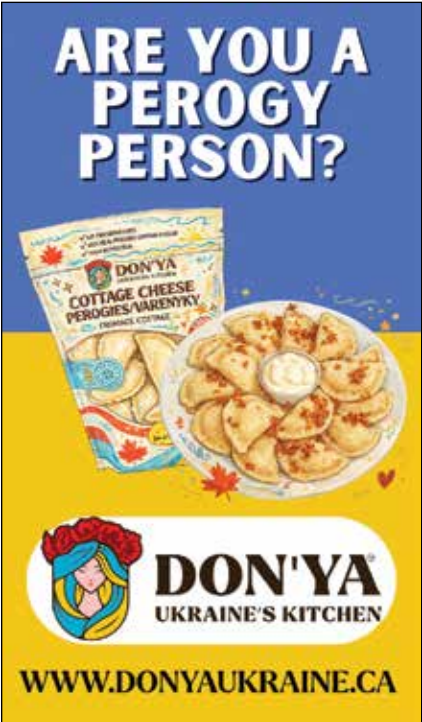
2023 Etna Rosso DOC is grown on the the northern slope of Etna in the Feudo di Mezzo contrada. This lively Nerello Mascalese has some new oak and is bottled unfiltered. It's a little spicy with juicy red fruit and a lovely seam of minerality from the first sip with persistent and engaging tannins. A delight. ●



Bringing People Together



artofcharcuterie.ca





Canada's Food Island COMES TO YEG

*We love Alberta food. We also love great food from
other parts of Canada, especially seafood from PEI.*

Mary Bailey



Left: Chefs Adam Loo and Chris Gibb from ADA Culinary Studios in Charlottetown.
Right: Chefs Davina Moraiko and Tony Lee (Intercity Meat and Seafood).





Lino Oliveira, Sabor, making a jumbo paella.

The PEI Culinary Showcase at the Atrium was a blast. Guests chatted and drank cocktails from the Deep Roots Distillery while enjoying a series of delicious bites. Christian Mena from Sabor circled the room with oysters Rockefeller, seafood chowder and other tasty canapes, while Sabor chefs Lino Oliveira and Bishan Joshi prepared a massive paella. Chef Davina Moraiko, along with Tony Lee from Intercity, doled out *moule et frites* (delicious) while Rob Tryon from Effing Seafoods shucked sweet and briny oysters and served them with a variety of hot sauces from Maritime Madness (the jalapeño apple favour was a big hit).

Chefs Adam Loo and Chris Gibb from ADA Culinary Studios in Charlottetown handed out mini lobster rolls, uber rich and delicious—glad they were mini.

Chef Roy Oh from Calgary's Roy's Kitchen made a toothsome and tender Korean braised beef short ribs and chef Rogelio Herrera (Calgary's Modern Steak) served PEI Certified beef tartare. Did you know that some PEI beef is finished on potatoes? Maybe that's what made the beef so juicy and full of flavour. Chefs Sterling Cummings

and MacKenzie Pavka from Calgary's Bridgette Bar created a delicious wolffish dish with PEI potato dumplings in a horseradish broth. About that wolffish. Also known as ocean catfish and *loup de mer*, it's native to the North Atlantic and it's endangered. Amar Seafood in Victoria, PEI has a different approach—farmed fish is getting a crucial upgrade. Utilizing deep underwater wells, Amar raises the fish on land, with no hormones or antibiotics, just cold clean seawater. The water remains at the same salinity and temperature all year long and being land-based, there is no risk of the fish ending up back in the sea. The water is filtered and returned to the ocean at the same temperature.

The guiltiest pleasure was the Cow Chips, ripple potato chips dipped in milk chocolate made by Anne of Green Gables chocolates. Yup, salty, sweet, all the good things—don't put me within a mile of these.

Want to taste for yourself? Check out the Fall Flavours Festival, September 24-October 10, fallflavours.ca 🍷

Mary Bailey, editor of The Tomato, is a good oyster shucker.



Food Island Recipes

Oysters Rockefeller

- ½ c unsalted butter
- 1 shallot, finely diced
- ½ c fennel, finely diced
- 2 cloves garlic, finely minced
- 2 c spinach, finely chopped
- ¼ c tarragon, finely chopped
- 1 c parsley, finely chopped
- ½ c breadcrumbs
- 2 T Pernod
- pinch of salt
- freshly ground black pepper
- 24 PEI oysters, scrubbed, shucked and kept on the half shell
- 4 c coarse or rock salt

Preheat oven to 450°F.

Melt the butter in a large pan over medium high heat, add shallot, fennel and garlic, cook for 2 minutes, until softened and fragrant. Add spinach and herbs, cook until it reduces by half. Stir in breadcrumbs and cook for 2 minutes longer. Add Pernod and season. Remove pan from heat.

Cover a large baking tray with coarse salt to keep oysters from tipping over (or use a scrunched-up piece of foil). Arrange oysters on the tray, place a heaping spoonful of the herbed breadcrumbs onto each oyster.

Bake oysters for 6–8 minutes until the mixture is bubbling and the oysters have started to curl up at the edges. Serve hot.

Serves 6-8.



Champlain's Mussels

Cooking mussels under pine needles is considered to be one of Canada's first recorded recipes, attributed to Samuel Champlain. However, research by food historian Joanne Power discovered that Champlain borrowed the idea from the fisherman of Brouage, where he grew up. This is a wonderful camping recipe for mussel lovers.

- 3 kg mussels
- 1 lg bag of dried pine needles
- pine board, at least 1 inch thick, about 18 inches square

Soak the pine board in water for about an hour before using. Find a safe place for the board. Discard any open mussels and arrange in the shape of a cross at the center of the board. Fill in, enlarging the circle as you go. Cover with pine needles, about 6-8 inches thick. Light each corner and as they burn, cover with more needles (4-5 inches thick). Fan the flame to encourage it to consume all the pine needles. The shells will become nearly black. When the fire has petered out, fan the ashes off the mussels (a piece of cardboard works well). Place all the open mussels on a serving plate.

Serves 4-6 depending on your love of mussels.

Deep Roots Distillery Maple Espresso Martini

- 1 oz Deep Roots Ocean Pearl Vodka
- .5 oz Deep Roots Maple Cream
- .5 oz Deep Roots Coffee Liqueur
- 1 oz freshly brewed espresso

All the ingredients to a shaker. Fill with ice and shake for about 20 seconds to create the cr ma foam.

Double strain into a chilled coupe
Garnish with three coffee beans

Makes 1 cocktail. 🍷

PRO TIPS FOR BEING A COOL NEIGHBOUR



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.



We are beyond excited to be the cool new neighbour in your hood, and we can't wait for us to become the **BEST OF FRIENDS.**

OTTEWELL | 9271-50 STREET

SHERBROOKELIQUOR.COM

SHERBROOKE
WINE, SPIRITS & OODLES OF BEER



**BECAUSE OF YOU,
WE CONTINUE TO SERVE
THOSE IN NEED, ALL YEAR LONG.
THANK YOU!**



Hunger doesn't take a holiday which is why we are so grateful for your continued support beyond the holiday season. Our programming provides snacks for children during the school year and into the summer months.

We love to see donations of fresh, homegrown vegetables so please consider sharing some of your garden harvest with those in need in our community. Thank you!



edmontonsfoodbank.com

[f](#) [@](#) [t](#) [v](#) @yegfoodbank

TALLOW CHIPS

**ORIGINAL RECIPE
FROM 1822**

SEED OIL FREE!

**NO ARTIFICIAL ADDITIVES.
JUST REAL FOOD YOU CAN
FEEL GOOD ABOUT.**

AMARANTHFOODS.CA

RANCHER'S

**EXCLUSIVELY AT
amaranth.**

The Enjoy Centre, St. Albert



FARM TO FLAME DINNER SERIES

Fire driven dining in a 1950's barn with Edmonton Culinary Champion Chef Tyson Wright.

Book your seat today

[f](#) [@](#) www.theoldredbarn.ca

**SUNDAY 11 AM TO 3 PM
MARKETS**

**FRESH
LOCAL
DELICIOUS**

OLD STRATFORD
FARMERS' MARKET
10310 83 AVE, EDMONTON, AB
OSFM.CA

Discover Something
New Every Weekend!



Edmonton's Premier Farmers' Market

120+ Local Vendors • 7 Multicultural Restaurants
Free Parking • Kids Playground • Live Music



OPEN ALL YEAR ROUND
FRI: 10-4 SAT: 9-4 SUN: 10-4

3696 97 St NW, Edmonton
www.bountifulmarkets.com
@bountifulfarmersmarketyeg

LE CREUSET®



HEART of the **HOME**
Est. 2016
kitchenware • accessories • gifts

780-705-4928
12539-102 Avenue
heartofthehomeyeg.ca



LONE PINE
DISTILLING

10375 - 59 Avenue NW, Edmonton
lonepinedistilling.ca

Sip Responsibly | #SippingCulture



We craft the
best spirits to
share in life's
many pleasures.

- Vodka
- Gin
- Cocktail bar
- Craft cocktails
- Event space
- Tours

**INTERCITY
PACKERS**
MEAT & SEAFOOD



**Intercity Packers is your source to
Alberta's finest meat and seafood.**

RESTAURANTS | GROCERY STORES | TEAM FUNDRAISERS

LetsTalk@IntercityPackers.ca | 825-901-9050
IntercityPackers.ca | 13506 159 St. NW, Edmonton, AB

EDMONTON'S ONLY SCANDI PUB

SKÅL!

THREE VIKINGS
FOOD + DRINK

10713 124 Street Edmonton, AB
780-249-6302 • threevikings.ca

TOMATO TOP 100

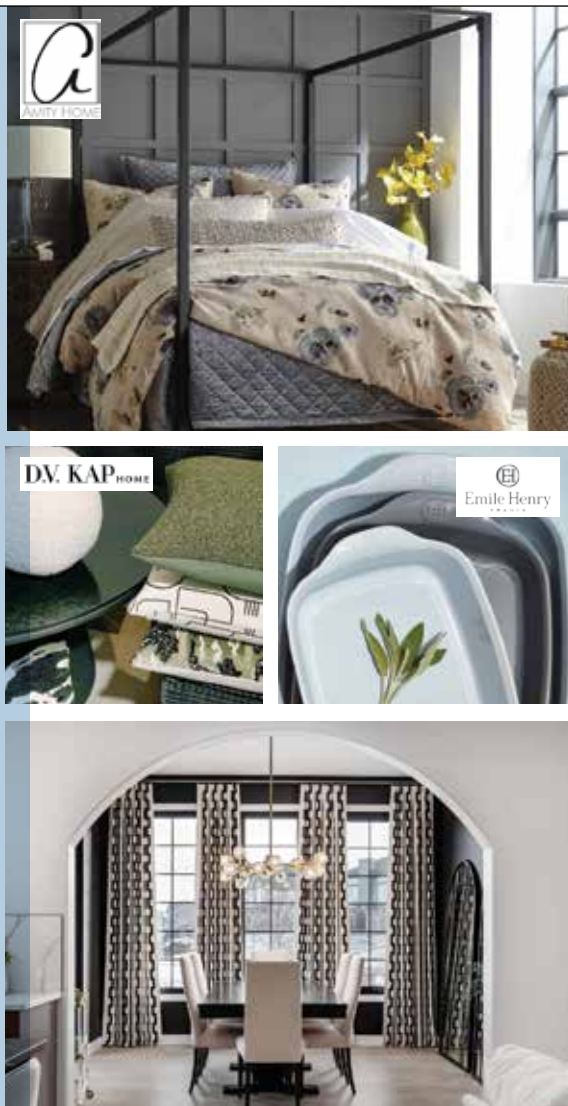


BELLA CASA
DESIGN CENTRE LTD.

KITCHEN
TABLEWARE
BEDDING
DESIGN
BATH
SLEEPWEAR
DRAPERY

All About Home

9646 142 Street
Edmonton
780.437.4190
bellacasaDCL.com



Beer Guy

Take a (beer) hike

**“Springtime in Alberta
Chills me to the bone.”**

—Ian Tyson

Don’t yell at me, but I love the winter. And the longer and snowier the better. Hockey is the best sport to watch, (Go Oilers!) and skiing is the best sport to do. I will not be taking questions. This past winter I skied 80 days, Nordic in and around Edmonton, some alpine in the Rockies and several multi-day backcountry (alpine touring) trips in B.C.

But all good things must come to an end. Sure, you can continue skiing into May, but even a diehard like me recognizes that spring skiing is less about the skiing and more about the vibes—and the beer. Sunshine Village goes out with a bang with the 97th annual Slush Cup closing out the May long weekend and the season. In my 1970’s Ontario youth we called the weekend, May Two-Four, referring to the widespread purchase and consumption of two-fours of beer to celebrate the start of summer. At the Ontario Beer Store those 24s were a choice of Molson Canadian or Export, Labatt Blue or 5 and, for the eccentrics, Carling O’Keefe Black Label or OV, all in brown stubbies.

Nowadays, when après-ski ends, it’s replaced by après-hike and bike. For my wife and I, this often means stopping in at a Happy Beer Street brewery after a long bike ride or walking to the Hop Pocket breweries in our neighbourhood. We love similar excursions while travelling, like the ride along and across the river in Kamloops to Bright Eye Brewing or the ride on Victoria’s Galloping Goose trail over to Driftwood Brewing in Esquimalt.

Off the bikes and onto our own two feet, there is the tried-and-true pub

crawl. The legendary band Spirit of the West immortalized a North Vancouver pub crawl in their classic song, The Crawl: “Well, we’re good old boys, we come from the North Shore / Drinkers and carousers the likes you’ve never seen.”

You may have your own version of The Crawl in your past. Or your present. Across the pond in Britain and Ireland, a notch above the crawl is the pub walk, which generally means an actual walk or hike in a rural setting, ending at the delightful English institution of the country pub. But a pub walk can be urban too. Last fall, my wife and I took the Long Walk in Galway, Ireland,

out along the seaside Salthill Promenade to the Oslo, the home of Galway’s first microbrewery, Galway Bay Brewery. Steve Earle sings about finding his Galway Girl walking the Long Walk: “And I knew right then, I’d

be takin’ a whirl / ’Round the Salthill Prom with a Galway girl.”

Back home, Banff native Kendall Hunter takes the idea of beer and hiking a step further with her fun and handy guidebook, *Beer Hiking Canadian Rockies*. Hunter details 30 hikes in Alberta and B.C. that end at or near craft breweries. The hikes in the Foothills (Calgary), the Rockies and the Kootenays range from easy walks like the three km stroll on Beaver Boardwalk in Hinton to strenuous climbs like the eight km (748 vertical metre) to the Ha Ling summit in Canmore.

Veteran hikers and beer drinkers alike can debate Hunter’s beer and hike picks over pints at their favourite mountain and not-so mountain breweries this summer. You can also find other delightful beer bikes and walks in the Alberta and B.C. Ale Trails websites, Alberta at albertaaletail.ca and B.C. at bcaletail.ca. See you on the trails!



cote des roses

New

VIN DE FRANCE

BRUT ROSÉ

FRESH, ELEGANT, AUTHENTIC

Unbottle
your
Sparkle.



TO FIND A RETAILER VISIT liquorconnect.com/142118

PROUDLY REPRESENTED BY:



@pacific_canada
@pacificcanada



Funded by
the European Union

Hike and bike six pack

Take a walk or ride your bike to find these outdoorsy beers at these breweries in Alberta and B.C. Or find them at fine beer shops around town to pack along for your next adventure.

Alley Kat Brewing, Arctic Aurora Cold IPA, Edmonton

“Basically Hiking” says Alley Kat owner Cameron French’s t-shirt. Cameron is a big outdoors fan—camping, hiking and competing in trail race ultramarathons. Five years ago Alley Kat partnered with Edmonton-based outdoor gear maker Kuma, co-branding beers and supporting community. Cameron picks Arctic Aurora as a great camping beer, a smooth, easy-drinking IPA brewed as a lager.



Endeavour Brewing, Devil’s Thumb Cascadian Dark Ale, St. Albert



Endeavour owners Matt and Georgia Atkins created a brewery to match their passion for the outdoors, particularly hiking in the mountains (the Endeavour logo is the tread of a hiking boot). Many beers are named after favourite hikes and hiking memories. The roasty and hoppy Devil’s Thumb Dark Ale is named for the arduous Devil’s Thumb trail above the Beehive at Lake Louise.

Cabin Brewing / Camp Brewing, Happy Campers Hazy IPA, Calgary and Langley, B.C.

Alberta’s Brewery of the Year and B.C.’s Brewery of the Year, both outdoors-oriented, got together to create a beer designed with the campfire in mind, with the goal to make the mountains feel closer. This juicy IPA features heaps of hops, including Citra, Mosaic and Krush, which bring a luxurious tropical hop backbone to the beer.



Canmore Brewing, Highline Lager, Canmore

Think outside. “There is no box” is painted on the wall at the Canmore Brewing taproom, signalling to everyone what the brewery is all about. Award-winning Highline Lager is named for Canmore’s Highline Trail, an epic local mountain biking and hiking trail. Highline traverses the slopes of the Ehagay Nakoda Range from the base of the Three Sisters to the shadow of Ha Ling Peak.



Folding Mountain Brewing, Raspberry Blonde Ale, Hinton

Bright, light and crisp, brewed with a Rocky Mountain spring in mind. A blonde ale with a hint of tart and sweetness from the added raspberry, with just enough fruit to keep things interesting without getting in the way of the beer itself. With extensive walking, mountain biking and cross-country ski trails, Hinton is worth a stop, not just as a layover on the way to Jasper.



Whitetooth Brewing, Blower Pow IPA, Golden, B.C.

Our helicopter ride from Golden into Amiskwi Lodge in the B.C. backcountry this past winter was delayed due to fog. Silver lining: tacos and fantastic beers at Whitetooth Brewing while we waited. Blower pow refers to the dry, billowing, deep Champagne powder snow Golden is famous for. Blower Pow IPA was Whitetooth’s first IPA, well-hopped in the Pacific Northwest style. 🍷



Retired library CEO Peter Bailey only uses pedal assist on the big hills. Mostly. He’s on Bluesky and Instagram as @Libarbarian.

KaiZen
JAPANESE RESTAURANT

Japanese Dining Experience

#100 21 Perron Street, St. Albert
780-418-0101
kaizenjapaneserestaurant.com

We also cater: Party trays from \$68.

BREADLOVE
ARTISAN BAKEHOUSE
— & BREAD SCHOOL —

Truly great bread.

46C St. Michael St., St. Albert
Home of Little Darling Coffee

FARINA
ITALIAN CUCINA
HOMEMADE PASTAS

5017 52 AVENUE
BEAUMONT
780-929-2498
FARINACUCINA.COM

TASTE
everything

**PRESALE TICKETS
NOW AVAILABLE**

**SAVE
\$10**

With **OVER 50**
Local Restaurants,
Live Performances,
and Local Artisans

Each Visit is a
NEW EXPERIENCE

JULY 16 - 26
CHURCHILL SQUARE

taste
OF EDMONTON



The latest Edmonton food & drink news delivered to your inbox weekly.

Sign up at thetomato.ca



TOMATObite

The Smos at Home

Leanne Smoliak

Travels with my mom

This spring my mom Lois and I joined a Senior's Discovery Tour to Spain's Costa del Sol for three glorious weeks.

It was for my mom's 90th birthday and I had no idea what to expect.

There were forty seniors from across Canada on the tour, with me being the youngest at 61. The oldest was 93 and absolutely delightful.

Seniors, it turns out, are wonderfully open-minded, exceptional listeners and refreshingly present.

Phones stayed tucked away. Conversations were thoughtful, fun, and never self-centred. Egos had clearly been shelved somewhere long ago, and it made for an easy, genuine connection. I loved every minute of it.

The Costa de Sol? Breathtaking. Mountain ranges covered in pine forests; limestone cliffs offering sweeping views of golden-hued beaches and the ultramarine Mediterranean. We travelled through lively settlements connected by rolling hills of olive and orange groves stretching endlessly in every direction, punctuated by the occasional broken-down stone hacienda. In a sun-washed landscape that felt timeless, it was the kind of place that encourages you to slow down and look around.

Then there was the food. We ate plenty of grilled fish and shrimp, savoury gazpacho, ripe mangoes and the most wonderful cheeses, mostly local goat cheeses from the mountains, often served with honeycomb. The rich and flavourful olive oil was abundant as

was citrus (the fresh-squeezed orange juice every morning quickly became something we got very used to).

Pork appeared in many forms, roasted, grilled, stewed—but nothing rivalled the *jamon Iberico de Cebo* and *Serrano*. A simple mid-afternoon tapas stop of jamon, crusty bread, olive oil, cheese, almonds and a glass of wine was absolute perfection.

The local markets were a mix of inexpensive clothing, beautiful leather goods, quirky knickknacks and food stalls to which my mom

and I gravitated every time. I came home with cheese, almonds, saffron, paprika and olive oil—souvenirs I am far more excited about than magnets or postcards.

I couldn't wait to share the flavours of the trip with Brad.

Olive oil-poached cod with saffron, sautéed shrimp with garlic, deglazed with Oloroso

sherry and topped with olives, capers, orange segments, blistered tomatoes, chopped almonds and Italian parsley, tossed with sherry vinegar and more of that remarkable Spanish olive oil. It was a delicious way to share this remarkable birthday journey, colourful and full of memories.

I am a very lucky gal to have such a special relationship with my mom. Not everyone is so fortunate. I hope she knows how very much I love her.

Happy Birthday Mom! 🍷

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."



Oaxaca flavour, Mezcaleria and Street Taqueria

www.eljardinyeg.com
780 540-9312
10359 104 Street Mercer Building

EDMONTON'S FAVOURITE
SOLAR-POWERED
POP-UP
ICE CREAM SHOP

OPEN IN CRESTWOOD
ALL SUMMER LONG

OPENING SOON!

**ORGANIC
HASKAP BERRY
U-PICK**

ROSYFARMS.COM

Bloom
Haskap Festival

May 30th

CELEBRATE WITH US & LET THEM RUN FREE.
There will be music, art/wellness activities, farm tours + more!
Join us May 30th and see the orchard in bloom!

RESERVE YOUR TICKETS
LIMITED SPOTS AVAILABLE

HASKAP U- PICK | FAMILY OWNED | KIDDO FRIENDLY | FARM STORE | ORGANIC & DELICIOUS

PEERLESS CHOCOLATES AND CARMELS
Find us at Bountiful Market and online at www.brownscuriosities.com

20 YEARS
CELEBRATING
ALBERTA'S FOOD
STORY

Check out our 2026 tour season at albertafoodtours.ca



OLD STRATHCONA FARMERS' MARKET

EDMONTON'S BIGGEST

YEAR-ROUND FARMERS' MARKET





SHOP EAT GIFT

SAT. & SUN.

8 AM - 3 PM 11 AM - 3 PM

10310 83 AVE NW

OSFM.CA
@STRATHCONAMARKET

THE SIDE DOOR

Old Strathcona's Corner Store




Market Fresh Products

Tuesday to Sunday 10 AM to 6 PM



on the corner of the
Old Strathcona Farmers' Market

TheSideDoor.ca

Kitchen Sink

wine tastings, happenings and events

Get ready to go for brunch this May. Find all the lovely restaurants participating in the **Meals on Wheels Best of Brunch YEG** fundraiser at bestofbrunchyeg.ca.

Fun tastings coming up at **Color de Vino: Chillable Reds** with **Revolution Wines** on Wednesday, May 6; a guided wine tasting of the Dao and Bairrada regions with **Francisco Gomes**, Wednesday, May 20 and a screening of the iconic movie **Sideways** at the **Metro Theatre**, Tuesday, May 26. With a tasting of Merlots and Pinot Noirs, of course. Tix for all on Eventbrite.

Enjoy spring on 95 Street during the **Festa Primavera in Little Italy**, happening Saturday, May 23, from 12pm-4pm. Find out more at vivaitaliaedmonton.com.

The **Old Strathcona Farmers' Market** holds monthly dinners called **Indigenous Taste of the Market** with chef **Shane Chartrand**. Chef, who runs **Paperbirch** in the Market, explores indigenous flavours via foods from OSFM vendors—expect an intimate dining experience that blends food, culture and storytelling. The next one is Wednesday, May 13. Tix: \$120/p+, osfm.ca.

Taste some delicious beers and learn the secrets to a great pierogi from the folks at **DON'YA Ukraine's Kitchen**, at the **Pierogies & Pints Cooking Class**, May 26 and June 23 at **Leduc Brewing Company**. Tix: \$50, leducbrewing.ca.

Celebrate the **Joy of Food** at this year's **Terroir Symposium** May 27-31. It's been 20 years of creative collaboration with chefs, food artisans and cocktail impresarios from around the globe. The action starts in Edmonton with four signature events at **RGE RD**, **Fu's Repair Shop** and **Paperbirch**. The action moves to Calgary for more master classes, workshops, dinners, and the final symposium on Sunday, terroirsymposium.com.

The **Taste of Place** agritourism summit happens June 14-15. "It's an immersive learning experience for destination marketers and economic developers to showcase unique destinations," says

Rebecca Mackenzie, **Culinary Tourism Alliance** founder. "The idea is to see best in practise solutions from those who are leading in the space, to network and to develop new business opportunities." Taste of Place moves around the country to help operators become ready to meet the expectations of the traveller. For those ready to dip a toe into agritourism or culinary tourism, or for seasoned businesses, Taste of Place will inspire. For tix and schedule visit: tasteofplace.ca.

Winston Churchill Square comes alive with the **Taste of Edmonton**. July 16-26, from 11am daily. What's new? Along with more depth in the food offerings the bar will now stock Alberta beers and RTDs from local heroes such as **Polyrhythm**, **Manual Labour**, **Blind Man Brewing**, **Brewsters** and **Clink Beverage**. Buy your Taste tix in advance and save \$10 per sheet of 40. Presales end July 14 at 11:59pm, Tasteofedm.ca.

product news

Just in time for planting season, **Zocalo** (10826 95 Street, zocalo.ca) is offering a series of free Thursday evening community workshops called **Growing Your Own Food** starting May 14 with **Talking Tomato Growing**; May 21, **Vegetable Gardens in Small Spaces**; May 28, **Culinary Herbs**; June 4, **Edible Fruits and Flowers**. Not a drop-in, you must sign up at zocalo.ca.

Catch of the Week (5036 106 Avenue, catchoftheweekedmonton.com) debuts a **VIP Discount Card** that the whole family can use—generous too, \$20 off every \$50 purchase with no expiry. Don't forget, the Tuesday lunch menu (11am-3pm) is just \$12.99, changes weekly.

Love the beef at Sabor, RGE RD, Riverbank Bistro, Tzin, Woodwork, Hayloft, Workshop, Woodvale and Braven? Want that same quality on your barbecue at home? Find **Nonay beef** at Effing Seafoods, The Butchery, The Side Door and Acme Meat Market. **Lakeside Dairy** cheeses are available at the south and west Italian Centre Shops, Tiny's Cheese Shop, Breadlove and Bon Ton Bakery. Or visit the farm store, open Wednesday-Saturday, 10:30am-3:30 pm.

Lots of activities at the **Bountiful Farmers' Market** (3696 97 Street) this spring: **EPL Sing, Laugh & Learn**

What's new and notable

sessions, 2:30-3:15 every Friday in May; **Mother's Day** and **Father's Day** photo booth, and vendor experience baskets each month. **Bountiful's 7th Anniversary** is in June, woo hoo! Details at bountifulmarkets.com.

The May promo at **Heart of the Home** (12539 102 Avenue, heartofthehomeyeg.ca) is 15 per cent off spa and pamper favourites. In June, grilling accessories are 15 per cent off. For Father's Day, 15 per cent off in-stock Miyabi knives. Reminder: closed Victoria Day.

Multicook (17204 95 Avenue, multicookedmonton.ca) is opening a second location at 370 Broadmoor Blvd in Sherwood Park in May. Check it out for delicious hand-made Ukrainian food ready to pop into your freezer.

restaurant buzz

YEG's **The Columbian** ranked #15 out of 4,600 in the Americas category on the **The World's 100 Best Coffee Shops**. Congratulations! Well done!

Va (12024 Jasper Avenue, va-yeg.ca) our fave Roman-style caffe is open during the construction on Jasper Avenue. Pop in for coffee, the award-winning *cotto filone*, a slice of *pizza al taglio*, a glass of wine or a spritz, 8am-3pm every day.

Barako Bistro (310-1115 St. Albert Trail, barakobistro.ca) in the Erin Ridge Shopping Centre is opening shortly. Curious? Visit the DISH, page 5, for more info.

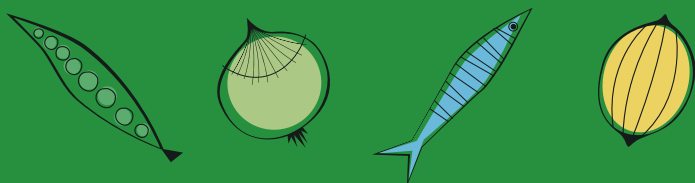
Woodwork (10132 100 Street, woodworkyeg.com) is now open on Sundays, from 4-11pm. Don't miss the tartare or the chaga cheeseburger featuring the delicious beef from Sturgeon County producer Lakeside Farms, or share a charcuterie board.

The Public Exchange is now open at 10909 Jasper Avenue (formerly Central Social Hall). Expect delicious cocktails, local beers on tap, a casual menu including DON'YA perogies plus dancing after 11pm on weekends. Check it out! 🍷

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

Happy & Olive

All day. Everyday.



9640-142 Street Edmonton • happyandolive.ca • 825-401-4958

SERVUS Credit Union
Patio Music Series
starts June 4

CAFÉ bicyclette patio

8627 91 street
LaCiteFranco.ca

darling

Dinner | Wine | Brunch



Catch of the Week

**LARGEST FISH & SEAFOOD
MARKET IN WESTERN CANADA**

"It's not fresh, it's SUPER FRESH!"

**OVER 8,000 SQUARE FEET WITH
THOUSANDS OF ITEMS TO CHOOSE FROM**



FRESH FISH

Depending on the season, we fly in fresh fish to offer our fellow Albertans exceptional taste and optimum quality. We carry Sashimi Atlantic Salmon, BC Halibut, Arctic Char and much more!

DELICIOUS SEAFOOD

We go to great lengths to bring exceptional quality seafood to your table.

Exotic choices from all over the world including Colossal King Crab, Atlantic Nordic Shrimp, Monster lobster tails, Scallops and much more !

CATCH OF THE WEEK CATERING

For all your special events, reunions, business meetings or a special meal. Amazing seafood platters to entertain any crowd.



Quality! Freshness! Selection!

Sunday 10am - 6pm • Monday - Wednesday 10am - 7pm
Thursday - Friday 9am - 8pm • Saturday 9am - 6pm

5036 106 Ave NW • 780-705-8181 • catchoftheweekedmonton.com



*More than
a grocery store!*

EDMONTON | CALGARY | SHERWOOD PARK