

the

spread



your monthly guide to
what's happening in the
culinary scene

eDining.ca



Summer in Nova Scotia

Check out our new [videos](#),
access hundreds of [recipes](#) and
Nova Scotia [restaurant listings](#)!

August, 2008

Check out these events in the
month of August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	The Corvettes at the Shore Club 2
Ceilidh on the Cove 3 6:00 pm Dauphinee Inn	Natal Day 4	5	6	Dinner at the Beard House Presents the best of NS 7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
The INCREDIBLE Picnic! 24	The Great wines of Catena Zapata at ONYX 25	26	27	28	29	30
						31

Check the eDining [Events & Happenings](#) page for upcoming events like:
The Great Wines of Catena Zapata @ ONYX and Dinner at the Beard House Presents The Best of Nova Scotia

Inside

The incredible picnic!

2

10 Reasons to buy locally

3

Public Enemy #1: Trans Fats

4



Picnic Locations

- Halifax: Garrison Grounds, Citadel Hill
- Truro : Victoria Park
- Annapolis Royal: Farmers market and wharf
- Wolfville/Kentville: Prescott House Museum
- Tatamagouche: Community fields
- Windsor: Cocoa Pesto Bistro and Windsor Community Centre
- Guysborough: Rare Bird Pub courtyard
- Sydney: Petersfield Provincial Park
- Liverpool: White Point Beach Resort

Fun for everyone at Select Nova Scotia's *incredible picnic!*

This August will mark the first annual Select Nova Scotia province-wide picnic. A day for great local food, live music and children's activities will be held on August 24th from 11 a.m. to 3p.m. This will be a wonderful opportunity for friends and family to enjoy community, nature, and locally grown food, all while reducing your environmental footprint!

By choosing to eat locally, both at the picnic and everyday, Nova Scotians are promoting local farmers, our economy, and a more sustainable future. Hosted by Select Nova Scotia, the picnic will bring awareness to the concept of eating locally, as well as giving the

community the opportunity to meet local food producers.

“Join us for a local food celebration! Bring your own picnic basket with local food or create a picnic lunch from local foods being sold by farmers and restaurants at the picnic sites. With an average width of 128 km, there's bound to be a picnic location near you. Visit <http://www.SelectNovaScotia.ca> to learn more.”

Keep checking the website for updated picnic locations!

Select Nova Scotia is the buy local program of the NS Department of Agriculture.

Blomidon Estate Winery is pleased to release their 2006 Estate Baco Noir. The 2006 Estate Baco Noir was carefully matured in small American and French oak barrels, which resulted in an earthy, smokey wine with flavours of blueberry and black cherry. The palate is rich and complex and is drinking well now, but will continue to age for 2 to 5 years. Only 169 cases were produced.

Available at:

Blomidon Estate Winery

Halifax Farmers Market - Saturday 8 am - 1 pm

Fine Restaurants throughout Nova Scotia



Ten Reasons to buy locally, from Select Nova Scotia

- 1) Local Produce is allowed to ripen on the vine, not in a truck!
- 2) Support small, local farms.
- 3) Reduce your environmental footprint.
- 4) Enjoy community-based markets
- 5) Eat seasonally!
- 6) Inexpensive family getaways to local farms, wineries and sugar shacks.
- 7) Try something you've never had before...
- 8) Eating healthy!
- 9) Make memories with your family...
- 10) Price! Local food means less travel, and less travel means cheaper products.

Catena Zapata at Onyx

A special treat is in store for wine lovers at Onyx this month. On August 25th, there will be a dinner featuring Catena Zapata Vineyards. Robert Parker Jr. called this one of the "Great Wine Estates of the World."

When Nicola Catena emigrated from Italy to Mendoza, Argentina in 1902, he planted his first vineyard. Now, over a century later, Catena Zapata Vineyard's productivity and popularity has grown exponentially.

Reception is at 6:30 p.m. followed by dinner at 7:00 p.m. To reserve your table, please contact Kyle at 428-5680.

Trans Fat

We all know the evils of trans fats:

“Fats in foods are made up of four different types of fatty acids – polyunsaturated, monounsaturated, saturated and trans. Trans fats are found naturally at low levels in some animal-based foods, but can also be formed when liquid oils are made into semi-solid fats like shortening and hard margarine.”

Consuming trans fats has been linked to increased “bad” cholesterol and decreased “good” cholesterol. While consuming too much fat should be avoided and certain types of fat are unhealthy, fat is an important part of a healthy diet. While saturated and trans fats tend to increase the risk of heart disease, monounsaturated fat and omega-3 and omega-6 polyunsaturated fats generally lower the risk of heart disease. Good fats can be found in things like olive oil, canola oil and in fish oils.

Canada was the first country to require that the levels of trans fat in pre-packaged food be included on the mandatory Nutrition Facts Table. Health Canada announced on June 20th, 2007 that it has adopted the recommendations of the Trans Fat Task Force to limit the amount of trans fats in foods. Recognizing the significant progress that has already been made in reducing trans fats in the Canadian food supply, Health Canada has given industry a two-year window to reduce trans fats to the recommended levels.

For more information about trans fats, please visit the government of Canada website at

<http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tfa-age2-eng.php>

Spirit Nova Scotia Local Food Award

The 1st Annual Spirit Nova Scotia Local Food Award will celebrate individuals, businesses and organizations that have made a significant contribution to the local food movement in Nova Scotia. Prizes will be awarded in three categories: producer (farmer/fisher), business (restaurants, retail etc.), and non-profit (organizations, institutions, individuals etc.).

The deadline for nominations is August 4th, 2008. Winners will be chosen by a panel of judges. Awards will be presented at the Select Nova Scotia Picnic on Sunday, August 24th, 2008. Nomination forms and additional information are available online at: <http://www.oacc.info/LocalFoodAward/welcome.asp>.

LOCAL FOOD:

Local food (also **regional food** or **food patriotism**) or the **local food movement** is a "collaborative effort to build more locally based, self-reliant food economies – one in which sustainable food production, processing, distribution and consumption is integrated to enhance the economic, environmental and social health of a particular place" and is considered to be a part of the broader sustainability movement. It is part of the concept of local purchasing and local economies, a preference to buy locally produced goods and services. Those who prefer to eat locally grown/produced food sometimes call themselves "localvores" or locavores.

The definition of "local" or "regional" is flexible and is different depending on the person in question. Some local business with specific retail and production focuses, such as cheese, may take a larger view of what is 'local' while a local farm may see the area within a day's driving as local.

SLOW FOOD:

The **Slow Food** movement was founded by Carlo Petrini in Italy as a resistance movement to combat fast food. It claims to preserve the cultural cuisine and the associated food plants and seeds, domestic animals and farming within an ecoregion.

The Slow Food movement incorporates a series of objectives within its mission, including:

- forming and sustaining seed banks to preserve heirloom varieties in cooperation with local food systems
- preserving and promoting local and traditional food products, along with their lore and preparation
- organizing celebrations of local cuisine within regions, for example, the Feast of Fields held in some cities in Canada or the Select Nova Scotia Incredible Picnic!

Green Beans

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are a very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. Green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.
www.whfoods.com

Try out a new recipe!



[Grilled Green Bean Salad w/Onions & Tomatoes](#) and more in the [recipes](#) section of [eDining.ca](#)!

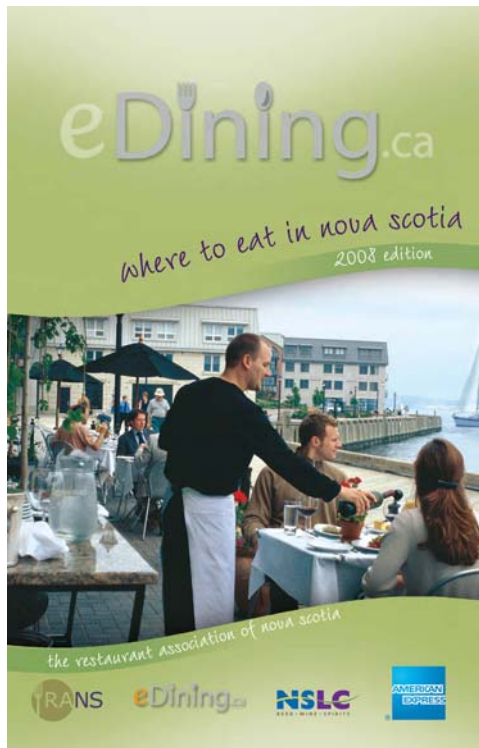
send us your feedback

Want to see a special product featured in our next issue?

Want us to profile a restaurant you recently heard of?

Need cooking tips?

Send us an [e-mail](#) and we'll help you out!



And don't forget! Pick up your copy of *eDining.ca* - *where to eat in nova scotia* at your favourite restaurant or local NSLC to find out what's cooking in Nova Scotia!



your place to shop for unique world-class wine, beer and spirits.