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Harrowsmith



WINTER
2022/2023

The Magic of Winter

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WAYS TO CELEBRATE THE SEASON

HANDMADE
WREATHS
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FABULOUS
PLANTS
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COZY and
comforting

Royal Soup

P. 22

BUDGET-FRIENDLY
FARMHOUSE
KITCHEN DIYS



A man wearing a green baseball cap and a black jacket is carrying a young girl with long blonde braided hair on his shoulders. The girl is wearing a bright pink puffer jacket. They are in a stable or barn, with several dark horses visible in the background. The lighting is warm and indoor.

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Winter, bring it on!



I am often described as unwaveringly optimistic, so you shouldn't be surprised that I love winter. Having a very warm jacket and a good pair of boots are the keys to lasting outside for several hours at a time, whether it be walking on the trails in my nearby nature, crunching snow under my wheels on a fat tire bike or climbing through my garden to clip branches for arrangements like the one on page 12 and the wreath on 16.

I also like that winter brings a cozy time, a reason to sleep a little more and to slow down from the pace that summer and fall take us through. There's a stillness in the cold air, and when it's all snowy and gross outside, I love hunkering down inside and nesting. Usually, I'm in the kitchen puttering around and often making batches of food for the week or to keep in the freezer. I love inventing new recipes ...even if they don't all work out ... so when Claire Dam messaged me that she was in her kitchen doing the same thing with a ton of veggies she was making sure wouldn't go to waste and a jar of pungent cardamom on the counter, I knew she was up to something yummy. Sure enough, she was, and Harrowsmith's Royal Carrot Soup (on the cover and page 22) came to be. It is warming from the inside out, and with a generous handful of toasted peppery pepitas, it's a perfect meal on a cold day.

That's what we wanted to give to you in this issue, lots of ideas and inspiration to be grateful for what surrounds you so you can share the joy of the season with the ones you love the most.

On that note, I can't wait for you to try all three "meat" loaves (one is vegetarian) that our Food Editor, Chef Ilona Daniel cooked up for this issue. Find the recipes starting on page 70.

I'm so grateful for our team of amazing editors, builders, creators, chefs and scientists who shared their love of winter throughout this issue — they have definitely inspired me!

There are two kinds of people in this world: people who love winter and people who think those people are lying. For that second group, I encourage you to summon your inner child, bundle up, and head outside to burn off that meatloaf and build a snowman, snowperson or a snow sculpture of your choice. (Check out the one that Abbey and her little brother Jesse made on page 80, the back page.)

Winter won't last forever — let's enjoy it!

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Year of the Garden
Année du jardin

2022



1

- **THE LIGHT ON A FREEZING COLD MORNING.** We love those mornings when it is frosty cold, and you step outside into the crisp promise of a winter's day. These days hold the still and fresh air that the long days of summer will never possess.

.....
Visit www.harrowsmithmag.com/winter-weather to learn the seasonal weather forecast for your region of Canada by our weather expert Mark Sirois.

2

- **THE WINTER NIGHT SKY** Slightly warmer temperatures in early winter this year make the time spent under the stars more comfortable. While global warming is bad, it has also presented some opportunities to stargaze at night in the middle of winter.
— *Astronomy expert, Robert Dick*



3

- **FULL MOONS IN THE DARKEST SKIES** Look for the full moons of winter on these dates and times they are at their peak:

The Little Spirit Moon
on December 7 at 11:08 p.m. EST.
The Spirit Moon
on January 6 at 6:08 p.m. EST.
The Bear Mon
on February 5 at 1:29 p.m. EST.
The Sugar Moon
on March 7 at 7:40 a.m. EST.

Winter, beginning on December 21st, brings the darkest days and the merry promise of the holiday season. It's when the crispness of frosty encounters in nature means coming home to comfort, good food, great friends and warmth by the fire. There's a joy of feeling cozy that can only come after being in the cold.

46 magical ways to love

BY THE HARROWSMITH EDITORS WITH FILES FROM
BOB BLUMER, MARK & BEN CULLEN, CLAIRE DAM,
ROBERT DICK, MICHAEL SCHULTZ AND MARK SIROIS

WINTER

4

- **THE GEMINID METEOR SHOWER ON DECEMBER 14-15** It will be shortly after the full moon, so the moon will be pretty bright, but the Geminid meteors tend to be bright too. So, if you can stay out past midnight, observers may see a nice display of roughly a meteor per minute. — *Robert Dick*

5

- **THE ZODIACAL LIGHT IN EARLY JANUARY** If you also live in a rural area and get up about an hour before sunrise, during the first week of January or at the end of December (when the moonlight will not interfere), you may also see a faint hazy glow extending up from the eastern horizon forming an extension to this line through the planets. This is the Zodiacal light. This is sunlight scattering off interplanetary dust in the plane of our solar system. These bright planets and faint phenomena reveal the structure of our solar system and help us ponder our place in the cosmos. — *Robert Dick*

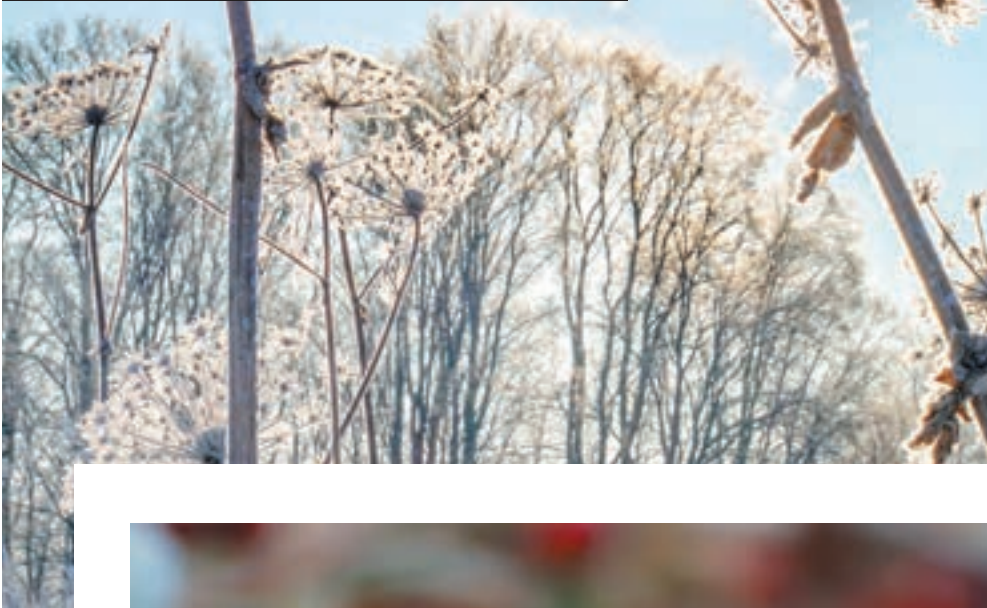
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- **SEEING SATURN, JUPITER AND MARS** In December, low in the southwest is the bright planet Saturn, further to the east and higher in the sky is the brilliant Jupiter, and over in the east is Mars. It's the bright "star" up and to the left (NE) of the bright star Aldebaran in the Hyades star cluster. A line drawn through these planets will show the ecliptic plane. All the planets orbit the Sun in a relatively flat plane called the ecliptic, that is the plane of our solar system. This is usually hard to envisage, but this winter, it becomes easier because we have three points of light to help us imagine this line across the sky. — *Robert Dick*

7

● **PLANTS THAT HAVE AN ARCHITECTURE IN THE WINTER**

We leave ornamental grasses and tall perennial seed heads standing through the winter. Ornamental grasses provide movement in the wind and texture all winter. Songbirds are attracted to seed heads that remain on perennial plants. While the birds are enjoying this natural source of food, you will enjoy the beauty of both the plants and the action that they create during an otherwise quiet time of year in the garden.



8

● **PLANTS THAT FEED THE BIRDS**

Many plants produce berries or berry-like fruit in late fall. For the most part, they remain on the plant until late winter, when foraging birds clean them off some February and March. Crabapples, mountain ash, bittersweet vine (*Celastrus scandens*), euonymus and even roses can produce great-looking fruit.



9

● **FLOWERS THAT BLOOM THROUGH THE SNOW** Depending on what part of the country you live in, you will enjoy the early blooms and glossy green foliage of what's commonly called the Christmas rose (Helleborus). On the west coast, the happy-looking flowers pop out as early as November, while the other provinces usually have to wait until February or March when the packed snow is gone. Bonus: the foliage is deer resistant.



10

● **BRANCHES THAT PUT ON A SHOW** Red osier dogwood (Cornus sericea 'Cardinal') with its deep red branches is a great winter accent. Popular in outdoor urns and window boxes for seasonal decoration in winter. Best grown in rich, moist soils in full sun to part shade. Hardy to Zone 2.



11

● **SHOWY EVERGREENS** Evergreen shrubs come into their own in winter, when deciduous trees and bushes have shed their leaves, and only the silhouettes of bare branches remain. From glossy dark greens to gold, icy blue and scarlet, evergreens colour the winter planting picture.

— By gardening experts Mark and Ben Cullen. Mark Cullen is an expert gardener, author, broadcaster and tree advocate and holds the Order of Canada. His son, Ben, is a fourth-generation urban gardener and a graduate of the University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com

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Bringing the outdoors in

- Another benefit of a winter garden is natural, readily available decorations. If you are assessing your winter garden before the holidays, you will likely want to decorate outdoors and indoors for the season. Many natural items in your garden lend themselves to a seasonal look that can be very attractive — not to mention save you money.



A decorative branch with a gold wireframe sphere ornament hanging from it. The branch is dark and textured, possibly covered in lichen or moss. The sphere is made of thin gold wires forming a geometric pattern. The background is a plain, light color.

Tip: To keep fresh, mist the evergreen branches with water every 3 days

13

● **USING EVERGREEN BRANCHES** This is big business. You can go to your local retailer and buy pine, fir, cedar and spruce branches at considerable expense, or you can cut your own. Again, no harm is done to your precious trees. There is no magic in this — just cut with a sharp pair of pruners and get creative using the stems, inside and out. — Mark and Ben Cullen

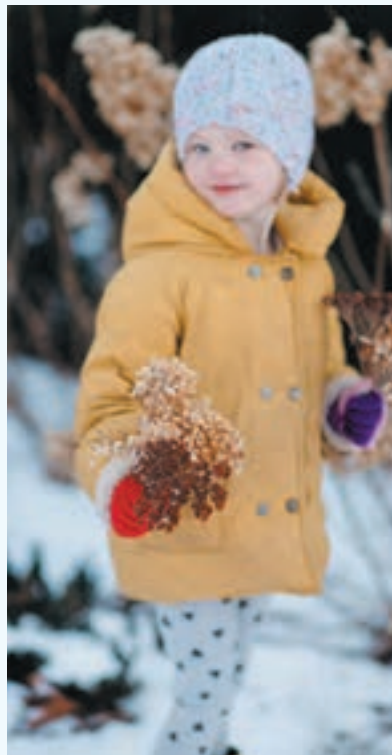
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● **WINTER WALKS** Whether you are in a natural area or an urban environment, walking in the cold will boost your energy, burn calories, activate the immune system and help you see the world differently. There's something about a fresh snowfall or a chill in the air that helps us take in a new perspective. It's a great time to awaken your senses to your surroundings.
— Claire Dam



15

● **HAVING A WINTER PICNIC** Dress warm, summon your adventurous spirit and bring delicious food. Our favourite menu items to pack in the insulated bag include soup, stew, chili and pot pies. Frittatas and sandwiches work well too. Add some brownies, hot chocolate and apple cider, and you have the perfect meal. Whether setting up in the forest or your backyard, a snow picnic is fun for all ages.



16

● **GATHERING ANNABELLE HYDRANGEAS** 'Annabelle' hydrangeas are the big "snowball-like" white flowers that bloom late summer through fall. These popular shrubs bloom on new wood, meaning their flowers are produced on the new seasonal growth (which grows up from the base of the plant). Now, winter, is the time to cut them down to the ground. This will provide the largest flowers and sturdiest stems. If you want smaller flowers, cut them back to 30- 60 cm (1-2 ft).

17

● **DRYING CITRUS FRUIT** ‘Don’t let your fruit go to waste; make dehydrated citrus wheels at home in your oven. Drying lemons, limes, oranges, and grapefruit is easy though it will take an afternoon to prepare them in the oven. Slice your fruit thinly with a sharp knife (the average-sized lemon could be cut into 6 slices) and lay flat on a baking sheet in a 170°F oven for 4 to 5 hours, turning the pan every couple of hours. Remove from the heat when the wheels are completely dry and slightly brittle to the touch, and allow them to cool completely. Store in a sealed container in a cool, dry place (they keep for at least a year) to use later with cocktails, as garnishes, in teas, and with your winter decor. — *Claire Dam*



18

● **USING DRIED CITRUS TO ADORN BOUGHS**

Making a bough, sometimes called a swag, is an easy way to add to your décor without building a whole wreath from scratch. To craft one, lay out the longest branch on your work table and, using florist wire, add in small branches at different lengths and with different textures of green. Here, I used mostly pine that I clipped from my back trees and wove in a citrus garland and some homemade pom-poms. The elegant black ribbon brings it all together. — *Claire Dam*



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Making handmade *wreath*

FOLLOW THESE STEPS TO MAKE YOUR OWN WREATH

Step 1: Start creating your wreath by collecting an assortment of boughs of greenery and clipping them into 15 to 20 cm (6 to 8 inch) long pieces. Here, we used a combination of spruce and cedar.

Step 2: Next, layer the branches together and pinch the bottom so that the greenery fans out and the stems can be wrapped together with wire or twine. Be sure to leave a “tail” of extra wire or twine (about 30 cm/12 inches) on the bough for attaching later. Continue until the bunch is full.

Step 3: Once you have created 10 to 12 bunches, snip off a 1/2 y long stems on the end. Using a wire clothes hanger formed into a circle (or a grapevine wreath form) as your base, place the first evergreen bouquet bundle on top and secure it with wire or twine. Gather the second bundle of foliage and overlap the stems on the first bunch. Wire it around the wreath base and continue this process, adding to the wreath until it is full and you don't see any of the bottom twiggy bits. until the bunch is full.

Step 4: Add cones and berries.

Step 5: Make sure everything is wired in securely and hang.



Tip: Before making wreaths or garlands, set freshly snipped branches in room-temperature water for a few hours. Doing this will keep your creations fresher for longer.



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● **FRESH GREENS THAT SMELL AMAZING** To bring in invigorating natural scents, choose freshly cut cedar, white pine, balsam fir or blue spruce.

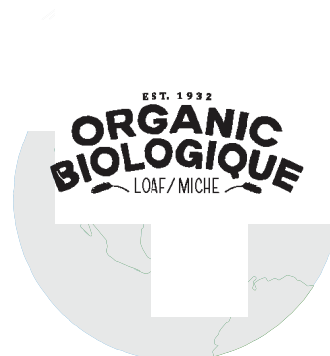
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MAKING SUET TREATS FOR THE BIRDS

We use our excess cooking fat to feed the wild birds in our area throughout the winter. It's actually a win-win because nothing goes to waste. We pour the meat fats right into our silicone trays (in the summer, we use them for ice cubes) and add in small scraps of fruit, nut butter, unsalted seeds and nuts, bird seed and even extra dried cranberries when we have them. We loop a string through each one and then freeze it overnight. The next day, the kids can't wait to pop them out of the tray, tie them in the trees and watch the birds enjoy their treats. — *Andrea F., Guelph, Ontario*



To make sustainable living more accessible, Harrowsmith and Oroweat Organic have teamed up to create dozens of planet-friendly activities and tips to help us all live greener and healthier. Now we want to hear from you. What changes have you made in your life to live more sustainably? What planet-friendly projects are you planning this summer? Share your projects with us at letters@harrowsmith.com to be featured in an upcoming issue and find more inspiration at harrowsmith.com/planet-friendly.



● WELCOMING THE PILEATED WOODPECKER

The pileated is the largest woodpecker in North America. Magnificent in flight, it has a large crow-like body of about 1/2 of a metre tall and a wingspan of almost a metre. Females and males both have a bold red crest with a mostly black body with white streaks of feathers on their face, neck and wings. "Pileated" is the Latin term for 'capped' or 'crested,' so that's where they get their name.

The pileated woodpecker does not migrate, so if you happen upon a pile of wood chips at the base of a dead deciduous tree this winter, you might be close to the timid bird. We have an old stump behind the chicken coop on our property, and I finally saw a pileated hard at work last winter using its barbed tongue to peck for carpenter ants and other insects.

They can be helpful since they'll eat wood-boring beetles that are attacking ash and other species of trees. For this reason, it is sometimes referred to as 'the carpenter bird' or 'wood hen.'

Pileated woodpeckers are insectivores. So don't be too quick to remove that dead tree on your property because that's where they will find their food. Pileated woodpeckers also like berries, including poison ivy, and you might be lucky and see one on suet you put out.

You'll likely hear the 'ca-ca ca' cry of this majestic, indigenous woodpecker before you see it so keep your ears and your eyes open this winter when you are walking in the forest. (You might see one but seldom two at a time.) — Michael Schultz





23

- **FEEDING BACKYARD BIRDS** When it comes to feeding birds, be sure to use the appropriate seed. Consider what kinds of birds you wish to attract to your yard, and put out the appropriate seed in your feeders. Mark & Ben Cullen share their tips:
 - **Black oil sunflower seed** is the closest to a universally accepted birdseed. Cardinals and goldfinches love it.
 - **Buckwheat and cracked corn** attract mourning doves. Avoiding cracked corn in your birdseed mix will help to minimize the population of grackles and mourning doves at your feeders.
 - **Quality canary seed** attracts house sparrows. Song sparrows have an even stronger preference for it than house sparrows.
 - **Safflower**, in our experience, may be the last birdseed you will ever buy. Very few birds will eat it, but squirrels don't like it either, which is why it is often sold as "squirrel-free." Worth thinking this one over before you buy.
 - **Black-striped sunflower seeds** are preferred by most songbirds. The smaller the seed, the better.
 - **Thistle** is the number one choice for attracting finches. Goldfinches are brownish in colour this time of year but change to brilliant yellow in the spring.
 - **Unsalted, shelled peanuts** are candy for most woodpeckers and blue jays.
 - **Quality suet**—unsalted and full of nuts or meal worms—is an excellent way to attract woodpeckers to your yard.

24

- **BUYING A NEW BIRD FEEDER** According to Statistics Canada, a quarter of all households have a bird feeder. If you are one of these millions of people, remember that bird feeders should be within a metre (3 feet) of a window or more than 10 metres (33 feet) from a window. Within a metre, birds cannot build up enough speed to hurt themselves too seriously if they hit the window, while more than 10 metres away provides them with an opportunity to veer away from the window when they realize it is not a thoroughfare to another part of your garden.





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• **SEEING ANIMALS IN THEIR NATURAL ENVIRONMENT** Wherever you find yourself in your nearby nature, you should expect to encounter wild animals, after all, it's their home that you are venturing into. Whether you cross paths with a rabbit, a fox, or a deer, these encounters will be the highlight of your day. Remember to remain discreet so that you can observe their behaviour — and if you are taking a photo, ensure that the flash is turned off on our camera so you don't frighten the animal.



Squirrel



Fox



Deer

26

• **IDENTIFYING ANIMAL TRACKS** It's always special to see a wild animal in its natural environment. Still, seeing the clues they leave behind presents a fun puzzle to solve. On your next winter hike, use our handy chart to decipher which species could have walked along the path before you did.



Wolf



Beaver



Raccoon



Dog



Bear



Coyote

Tip: Remember never to feed the animals. Once wildlife learn that people will feed them, they can lose their fear of humans and become aggressive.

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Homemade quilted stockings

- Clearing out your fabric scraps box and making colourful quilted stockings is a win-win. For a full tutorial on how Claire Dam made these stockings, plus our favourite free patterns, visit www.harrowsmithmag.com/quilt-stockings.

PHOTO OF STOCKINGS BY CLAIRE DAM



28

- **DOGS IN SWEATERS**
Really.



29

- **COZY SOCKS** Wearing socks to bed helps you fall asleep faster and snooze better during the night. Research shows that thawing out icy feet can adjust our body's core temperature and tell the brain that it's bedtime. Three cheers for cozy socks!



Royal Spice Carrot Soup

BY CLAIRE DAM

- There's nothing like a hot soup on a cold day — and what's better than feeling extra warm inside knowing that you can make a delicious soup from almost nothing? The basic formula for soup is a little bit of fat + some homemade broth (something you can make from food scraps and or bones) + some meat if desired + whatever veggies you have on hand in your fridge.

For this soup, we've used a simple list of ingredients and elevated the flavors with the royal duo of spices. Cardamom is the 'queen' of this soup, and black pepper is the 'king.'

This yummy soup is adult and kid (and baby!) approved. Serves 6-8.



SOUP

Ingredients

2 tbsp unsalted butter**1 cup** of leeks, tender, white/light green parts only, chopped**2 ½ tbsp** chopped garlic**5 cups** chicken broth**3 cups** peeled and diced carrots**2 cups** peeled and cubed potatoes**1/4 c** heavy cream, or clotted cream**1 tbsp** honey**1 tsp** salt, to taste**1 tsp** freshly ground cardamom

1. Preheat oven to 300°F.
2. In a large pot (like a Dutch oven), brown the butter on medium. Continuously stir as butter melts, then starts to foam and sizzle. The butter is 'browned' after 3-5 minutes when the butter has turned golden brown, the foam will have subsided a bit, and you'll see milk solids on the bottom of the pan. But most importantly, the butter will have an intoxicating nutty, buttery fragrance.
3. Add leeks and garlic, your aromatics, to the browned butter and sauté until just soft. Never overcook garlic.
4. Add your freshly ground cardamom and let it 'bloom' for 30 seconds in the browned butter. This will draw out the fat-soluble flavors of the cardamom.
5. Add your broth and scrape off any tasty browned bits from the bottom of the pan.
6. Add veggies and bring to a boil. Cover and reduce heat to a gentle simmer, roughly 20 minutes, or until veggies are tender.
7. While veggies simmer, prepare your peppered pepitas, and blend your honey and cream together and set aside.
8. Once cooked, transfer the soup to a blender and add the salt, ½ teaspoon at a time to taste, and purée until smooth. When you are adding the salt, remember that the pepitas will be salty too.
9. Serve soup immediately, drizzle with honey cream and sprinkle with a handful of peppered pepitas.

● **PEPPERED PEPITAS**

Ingredients

2 cups pepitas**1 tbsp** olive oil**1 tsp** freshly ground black pepper**¾ tsp** salt

1. Preheat oven to 300°F.
2. Line cookie sheet with parchment paper.
3. Toss all ingredients together and spread in a single layer on your parchment paper.
4. Bake for 10 minutes, stir. Then bake for another 10-20 minutes until seeds are golden, puffed, sizzling and crunchy.
5. Store in an air-tight jar.

Soup can be frozen and reheated to be served later. And, you'll want to make extra pepitas because you'll be snacking on them as soon as they're cool enough to pop into your mouth.

Display copy/ fun facts

Cardamom is grown primarily in the moist forests of southern India, cardamom is known as the 'queen' of spices, while black pepper, grown mostly in South Asia, is referred to as the 'king' of spices. They are the most widely sought-after spice crop in the world, having both culinary and medicinal uses.

Harrowsmith's number one tip for reducing waste: Learn to cook. When you learn to cook, you will buy real food, and because you cook, you will practice and discover amazing recipes with that real food. When you make your meals, you eliminate food waste and packaging waste. From-scratch cooking will improve your health, reduce your dependency on processed foods, save money, lower your carbon footprint, taste better than what you can buy and make you self-sufficient.

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Claire Dam is a farmer, a homesteader, a creator, a writer, and a photographer. She specializes in portraiture – such as weddings, families, newborns and lifestyle headshots. She shoots with film and digital on a variety of cameras old and new.

Blue Cheese Bruschetta with Honey and Cracked Black Pepper

BY BOB BLUMER PHOTOGRAPHY BY SUZI Q VARIN

- Blue cheese is divisive. Those who do like it tend to love its pungent aromas, creamy texture, and veins of blue mould. That cauldron of characteristics, in combination with the sweetness of honey, the odorific pleasures of raw garlic, the bite of freshly cracked black pepper, and the texture of a well-toasted slice of rustic bread make this easy-to-assemble appy a very heady experience.

Cooking Time: Less than 15 minutes

Yield: Serves 4 as an appetizer

4 slices rustic country-style or sourdough bread

2 garlic cloves

4 Tbsp walnut oil, hazelnut oil, or best available olive oil

8 ounces Saint Agur, or another creamy blue cheese

½ cup best available honey

(Coarsely) ground black pepper (either adjust your grinder to a coarser grind, or grind a few peppercorns in a mortar and pestle)

Toast your bread in a panini maker, over a grill, in a toaster, or toaster oven until it is very brown and crispy.

Immediately after toasting the bread, rub a garlic clove over the entire surface of one side. Each slice should use up about a quarter to a third of a clove. (Be careful: when the garlic meets the toast's hot surface, it will create fumes that will sting your eyes.)

Generously drizzle oil overtop each slice. Then schmear each slice generously with cheese. Generously drizzle honey over top and finish with the peppe . Slice bruschetta and serve immediately



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Bob Blumer is the creator and host of the television series Surreal Gourmet and Glutton for Punishment and is a producer and host of World's Weirdest Restaurants. His shows air on various networks in over 20 countries worldwide. His latest cookbook, Flavorbomb: A Rogue Guide to Making Everything Taste Better published by Appetite by Random House is out now.



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● BAKING PARTIES

Take a handful of good friends and a cozy kitchen, then add your favourite recipes. You will end up with quality time spent together and lots of yummy treats.

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● COOKIE EXCHANGES

We love cookie exchanges because you bake one type of cookie, bring them all to a party and then go home with many different varieties — and you only need to buy one set of ingredients. Most cookie swaps ask that guests bring one dozen cookies for each person at the party, and most parties usually host 8-12 people. Bringing cookies that have personal meaning to you makes for great conversation and a more meaningful swap.

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Virtual cookie exchanges

● While you could try the same-but-online version of an in-person cookie exchange, it will likely be quite expensive and time-consuming to ship boxes of homemade cookies to fellow party-goers. Instead, share your coveted cookie recipe with others ahead of time, and they will share theirs with you. Bake a batch of each type of cookie and then set a date and meet together via video call to taste them all and catch up.

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Making *3-Ingredient* Shortbread Cookie

- Preheat the oven to 325°.

Cream butter 1 cup unsalted butter, softened, and 1/2 cup sugar until light and fluffy.

Gradually beat in 2 cups of all-purpose flour .

Press dough into an ungreased 9-in. square baking pan.

Prick with a fork. Bake until light brown, 30-35 minutes.

Cut into squares while warm. Cool completely on a wire rack. If desired, dust with confectioners' sugar.



PHOTO CREDIT CLAIRE DAM

Giving Back

- **GIVING BACK** The holiday spirit is all about giving. What better way to spread some cheer than by lending a hand to others? Here are some timely volunteer opportunities and ideas.
 - Host a baking party to make treats for a drop-in program in your community.
 - Volunteer at a local program that cooks and serves warm meals for people who are unhoused or experiencing food insecurity. Plan this early and call ahead, as it's a popular volunteer activity around the holidays for families. Consider going on an "off date," like early in December or later in January and February.
 - Participate in a food drive by collecting non-perishable items like rice, pasta, beans, canned tuna, canned tomatoes and more.
 - Donate gently used winter coats and boots to a local program that supports those who need them the most. Other items always needed are underwear, socks, small sticks of deodorant, small soaps, oral hygiene items and adult diapers.
 - Adopt a family. Many organizations like the YMCA and the Salvation Army will match you with a family so that you can help them with gifts and food during the holidays.
 - Offer a gift card to someone sleeping on the street. When you give a coffee shop gift card, you also give that person access to enter a business as a customer and have a chance to warm up and use the restroom.
 - Visit the local animal shelter and offer to help bathe and walk the animals. Before you go, check and see if they need donated items like extra blankets.
 - As the holiday season approaches, remember that Canada's eastern provinces, which were hit hard by hurricane Fiona are still recovering from the destruction. You can help by donating to an organization listed on www.canadahelps.org.



SPREADING JOY

- Grab some of your neighbours and go door-to-door singing your favourite carols.
- Visit a local senior's home and get to know some of the people who live there. Likely, they have wonderful stories to share. Can't commit to a visit? Call the community coordinator to arrange to send cards or letters to the residents for the holidays.
 - Offer to babysit so that parents get an unexpected date night or a much-needed break from the kids.
 - Next time you are buying a coffee, pay for the person after you.

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● VISITING HOLIDAY MARKETS

Some favourites are: Got Craft Holiday Market

Dates: Saturday, November 19 + Sunday, November 20, 2022

Where: Croatian Cultural Centre

Montreal's Christmas Village

Dates: November 24 to December 18, 2022

Where: The Atwater Market

Niagara Falls Christmas Market

Dates: November 12 - December 18

Where: Downtown

Glow Gardens Halifax

Dates: November 23, 2022 - January 2, 2023

Where: Halifax Exhibition Centre



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● **SNOWDAYS, BANFF AND LAKE LOUISE, JANUARY 18 - 29, 2023** Every January Banff and Lake Louise comes alive with the annual SnowDays celebration. The streets of downtown Banff transform into larger-than-life winter galleries with giant snow sculptures. The thrill of Skijoring can be felt by excited onlookers lining the streets of Banff Avenue.

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● **THE QUEBEC WINTER CARNAVAL, QUEBEC CITY, FEBRUARY 3 - 12, 2023** From outdoor dance parties and sporting events to ice sculptures and parades, the Quebec Winter Carnival is a true must-do during Canada's winter.

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● **WINTERLUDE, OTTAWA, FEBRUARY 3 - 20, 2023** Celebrate free Canadian winter fun at this epic festival which takes place in the Ottawa region during the first three weekends of February each year!

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● **THE 2023 CANADA WINTER GAMES, PRINCE EDWARD ISLAND, FEBRUARY 18 - MARCH 5, 2023** The festivities take place this winter in Prince Edward Island, on the traditional and unceded territory of the Mi'kmaq People. From February 18 to March 5, the Games will bring together 3,600 athletes, managers and coaches, across 20 different sports, for the largest multi-sport event in the country.

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● **THE SNOWKING CASTLE FESTIVAL, YELLOWKNIFE, MARCH 1-26, 2023** A winter wonderland is created on Yellowknife Bay where the Snowking and his talented, hardy northern helpers brave -30 over the course of 2 months to build a huge castle made entirely of snow and ice. The Snowcastle becomes a month-long celebration of community spirit, collaboration, innovation in the arts, entertainment for young and old and, where the spirit of winter wonderment from all our collective childhood reigns supreme.

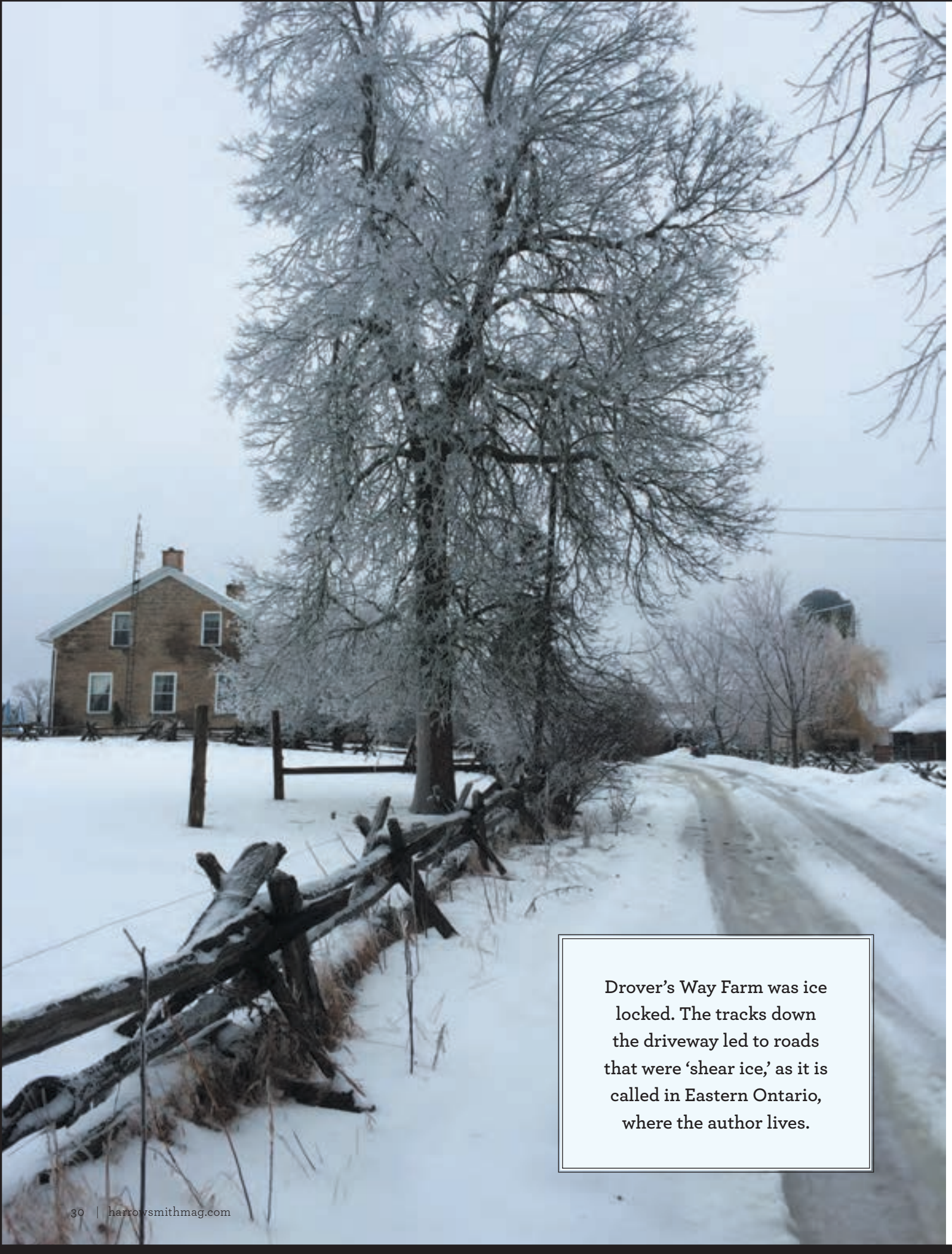


The Royal Winter Fair

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- **TORONTO, NOVEMBER 4-13, 2022** Celebrating its centennial year, The Royal Agricultural Winter Fair will return to Toronto's Exhibition place from November 4 - 13. "It's been a sombre few weeks as we mourn the loss of Her Majesty The Queen, but we look forward to commemorating her love and passion for agriculture and horses at the 100th anniversary," says Charlie Johnstone, Chief Executive Officer, The Royal Agricultural Winter Fair. **Events kick off November 2nd with The 100th Anniversary Opening Ceremony Showcase Presented by SiriusXM (Tickets on Sale Now!)** The Showcase will pay tribute to the vibrant history of The Fair with a special event inside the Coca-Cola Coliseum featuring Treasured Canadian television personality Rick Mercer as the evening's emcee! Feature performers include the RCMP Musical Ride, Ontario's first Poet Laureate Randell Adjei, rising Canadian country singer-songwriter SACHA and First Nations singer-songwriter Mary Bryton. Capping off the evening, there will be a special performance from the legendary Canadian band Blue Rodeo. Tickets are available for purchase at royalfair.org. For a century, The Royal Agricultural Winter Fair has been Canada's showcase for the very best in agriculture and food. World-renowned chef Michael Bonacini is once again reprising his role as Chair of the Culinary & Hospitality Committee on The Royal's board of directors, helping to curate exceptional culinary experiences. With Michael onboard, The Royal provides an incredible opportunity for people to connect over a delicious meal - while simultaneously learning about where our food comes from and celebrating the people who grow it.



Drover's Way Farm was ice locked. The tracks down the driveway led to roads that were 'shear ice,' as it is called in Eastern Ontario, where the author lives.

Lessons From the Storms

Nothing offers more perspective on life than a storm. Sarah Loten shares how she and her family — and their animals — have made it through decades of storms at Drover's Way Farm in Eastern Ontario and what they have learned along the way

Storms come in many forms on a farm. Often, we think of weather storms of snow, rain, wind, and hail. There can also be storms of disease and storms of circumstance. One doesn't need to live on a farm to realize that the proverbial 'perfect storm' can happen when, seemingly, all difficult issues that could happen occur at the same time. The difference, perhaps, on a farm is that there is a responsibility for many lives, including humans, animals and vegetation. To make matters more complicated, climate change is creating environmental conditions with unprecedented, severe storms. As farmers, we can't control or manage what the weather or conditions throw at us, but, like all aspects of farming, it is important to create a sustainable and survivable approach to adverse weather conditions.

Living on a farm in our northern climate, I have become acutely aware of the blast and fury of the seasons. With hundreds of animals under my care, as well as the resident wildlife that we encourage on our land, it is a huge responsibility to keep everyone safe and healthy in these storm conditions.

I used to think that mustering all the animals into barns and corrals would give them some level of protection in severe conditions. Sometimes that is true; however, after experiencing many storms, I have realized that it is better to look at how nature manages, how the animals respond and how the land can recover.

Animals have a strong instinct for self-preservation if given options for shelter and food, which may or may not include human-made structures. In horrible weather, given a choice between a barn and a hedgerow or a cedar grove, sheep will usually scorn the barn.

The effects of storms tend to be very localized. Even within several fields on one farm, the conditions can vary widely. The ability to respond and quickly adapt to whatever condition is probably the best security we can give our animals and ourselves in adverse conditions.



“

Nature can teach us many lessons if we stay present and calm in the face of whatever is happening.

”

The ice storm of 1998 taught us how to prepare for years of storms ahead

Quite early on in our farming journey, as a family, we were faced with one of the biggest storms that Eastern Ontario has ever seen. The ice storm of '98 came in stealth mode. It was described as a slow-moving hurricane. Slowly but surely, our world became entombed in a thick and heavy layer of ice. We hadn't been on our farm for many years. Our children were still very young, as were we. Maybe that was a good thing because we didn't have any point of reference to be afraid of. We watched in awe as our world irrevocably changed over several days. I remember standing on the porch of our stone house, with a toddler in one hand, holding on to a post to brace against the ice that had formed under the cover of the eaves.

There was disquiet in the land. All motors had stopped. No electricity marred the night sky. Animals and people couldn't move from their place. All we could hear was the sound of crashing trees. They cascaded to the ground under the weight of ice, shedding ice like pieces of glass. Branch after branch fell. Tree after tree succumbed. Electric poles and much of the electrical infrastructure twisted and crumpled to the ground. Yet, around us, the ice glistened like diamonds in the moonlight, and the remaining plants and trees were heroic and magnificent in their icy clothes. The power and the magnitude of this storm left us struck with awe. It was a time of stark and violent beauty.

We were a puny force against the storm, but, as farmers, we had to get on with things. We had livestock to feed, children to tend to and work to organize. My strongest memory of that time was the challenge, excitement even, of having to live without power for 2 weeks in the dark and cold Canadian winter. It was a puzzle that we had to solve because all the usual infrastructure that we relied on to take care of ourselves and our animals was gone. We couldn't go to the stores to pick up supplies because we couldn't get there. No roads were passable. When we finally

did travel, supplies were low or non-existent because trucks couldn't get through and re-supply the community. We had to be resourceful.

The circumstances could have been overwhelming, but we chose to meet the challenge with excitement and adventure rather than dismay. It was hard not to grieve the losses of trees and animals, but at our place, we were safe and healthy. We had resources. Our farm included a stone house built in the mid-1800s. It was built and lived in without electricity for close to a hundred years, originally. Two more weeks were only a small addition to its long history. For the first time in a century, the house was heated with an open (Rumford) stone fireplace. We had an iron cookstove that supplied all our cooking and hot water needs. A creek ran near the house, so we drew buckets of fresh water for our use and the animals. Our children and animals showed us what was really needed: water, food, light, heat, shelter and some recreation.

Our basic needs were taken care of, so we searched for some fun. We had acres and acres of skating rinks, and once we were able to break open a trail on our laneway and road, we walked for miles with the kids on the back of a Shetland pony with no worries about traffic.

During that time, we had a special birthday party for my son, who was turning 3. Our veterinarian friend had travelled to an emergency near our farm and then chose to come and spend time with us as he couldn't venture any further. We stoked up the open stone fireplace and toasted marshmallows and chestnuts on an open fire. We cooked a cake on the iron cookstove and fried some steaks and veggies that had thawed and needed to be eaten. Boiled water from the creek was our drink, and we had plenty of time to talk and play by candlelight. I can honestly say we had a wonderful rustic celebration during that icy and dark time.

The instincts of the dogs and the sheep during the spring storm of 2021 taught us much can be learned from our animals

This wagon won't be traveling anytime soon! It takes weeks for fields to lose their ice cap, after a significant ice storm. Anything left in the field, is ice locked until warmer weather.

I think storms have worsened in the last few years. There are always exceptional storms, as we experienced in 1998 — we all tend to remember those extreme weather events. However, the frequency and severity of stormy weather resulting from an unusual combination of events seem to be happening more often. In the Ottawa Valley (of which we are the southwestern end), there have been several dramatic wind events (i.e. tornados, the Derecho) that I have never experienced in my lifetime as frequently as I have experienced in the last few years. March of 2020 gave us another storm to remember.

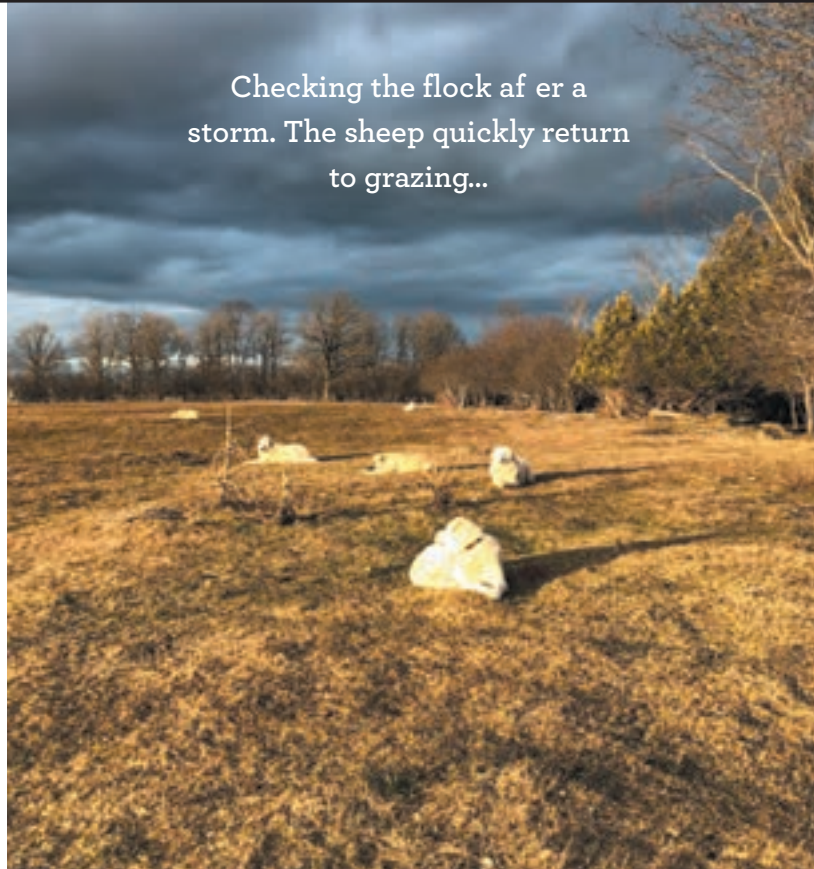
The whole world felt tumultuous and stormy in the first early spring of the pandemic. It had been a blustery and sodden day. The winds were whipping across the field, throwing down trees, twisting fences and ripping off sheets of metal from our outbuildings. These human vestiges of the landscape are but flimsy barriers to the power of wind and storm. Our sheep had scuttled into the hedgerows to avoid being blown off their feet. Like woolly tumbleweed, they were blown unwillingly across the field, scattered away from the flock. (Nothing is more distressing to a sheep than being separated from their flock.) They tried to bunker into tight groups, blanketing the soil and each other under bushy vegetation to stay warm and dry.

The storm had spent most of its fury when I went to battle against the gusts of wind, looking for the livestock guardian dogs who will remain protectively with the flock through the most difficult of conditions. It was my turn to take care of them, ensuring they were safe, warm, and fed.





After a winter storm, sheep come running to be fed. They live outside year-round and are happier there than in a barn as long as they can seek shelter (natural or human-made) in severe weather and have access to regular feed and fresh water.



Checking the flock after a storm. The sheep quickly return to grazing...



Livestock guardian dogs (Pyrenees, Armenian Gampr) guarding on the highest ridge of the farm as a storm comes in.

I revelled in the energy of the raw, cleansed air. Never had I appreciated the quality of the air, the bracing aliveness and the privilege. We are facing hard times as a people, as a land, like many across the world. A viral storm, that steals air, has become part of the landscape and lives of many. While experiencing a serious storm and its aftermath, there can be a deep sense of unsafety and isolation. We search for stories in our past to help us understand. We are afraid of what the future will bring, and it is hard not to catastrophize.

As I walked towards our higher land, I scanned fields that have seen the birth of thousands of lambs over the years. My head bent low, tucked inside my hood, gave me scant protection against the hard spatters of rain. It was hard to believe that these fields could be green soon and gambolling new lambs would populate these fields once again. I know life always has a way of continuing, despite whatever storm or plague has thrown its weight around.

I lifted my head quickly to take stock of my exact location. As I scanned the tumultuous horizon, there was a scene that took my breath away: Up on the highest ridge of our farm, the guardian sheepdogs lined themselves up in a strategic position to scan the fields around them. Their backs towards the stark black limbs of the leafless bush, and their fur whipped against the wind. Alternating sun and cloud shadows illuminated the landscape. These huge dogs had placed themselves across the ridge to face the worst winds of the storm. Lying down, heads up, vigilant, expectant, calm, they waited.

Trees and fence lines
were torn up by a
sudden wind storm at
Drover's Way Farm in
Perth, Ontario.



Usually, severe summer storms are fast and furious; the unexpected summer storm of 2021 lasted over an hour



Summer storms are a frequent occurrence in Eastern Ontario. In fact, they are generally welcomed by farmers because they bring much-needed rain for good pasture and crops. That said, the rain can come at a cost. The fury and violence of summer weather can be shocking and damaging. Like most things in life, we must take the good with the bad, appreciate the gifts but also be wary of the risks.

A lot of summer weather descends on us with little warning. Although, thanks to modern technology, some warning is given through weather reporting. All farmers regularly follow these sites and respect the accompanying information and warnings. We are vigilant and try to prepare for eventualities which could include high winds, hail, lightning, and other risks. That does not mean that we live in fear of what will come because, inevitably, summer storms will come. It is our job to respond with responsibility and safety. We plant crops with seed varieties developed to withstand wind. We have backup power sources to pump water if power is lost since animals need considerable amounts of water in the summer. We move animals to places where they won't get hurt by flying or falling debris. We get ourselves to shelter as storms approach, seeking protection from lightning and wind. Then, after the fury is spent, we calmly assess the damage and get to work, cleaning up whatever damage has been done. If the storm was particularly bad, we seek neighbours and friends and help each other out, as needed. That is the way things have always been done.

It was the summer of 2021 and I was walking with our border collies to check sheep at the very back of our farm. The land was very dry in the late summer heat. The sheep had moved back to the lowest treelined pastures, where some green grass remained. My oldest border collie was antsy, not focusing on the job at hand. I knew this was a



sure sign that a storm was coming even though the sky was blue and the sun was shining through the heavy humid air. The sheep were serene, woolly shapes spread out over the expanse of pasture. They raised their heads as we came closer, always vigilant of what was changing in their environment, but they went back to grazing. They were alert but calm. Much can be learned from our animals.

As I turned to go back to the farmstead, I heard the first rumbles of thunder. The dog glued herself to my leg. She knew what was coming. Suddenly, the sky turned a dark colour at the western horizon, and the wind was restless and serious. I picked up my pace, thinking I had lots of time to get back. Quickly, the sky grew very dark, bruised opaque purple. Lightning forked, and the thunder sounded deep and guttural. I didn't have time to get back, and I was vulnerable out in an open field. I decided to run for a trailer we had parked in one of our back pastures, near a pond, using it for camping on more delightful summer days.

As I slammed the door, the wind hit us (the dogs come in with me) with full force. The trailer rocked and vibrated. Trees clashed and crashed around us. It sounded like rocks were being hurled at the siding. Later, I learned that apples were being flung from the nearby orchard field. I tried calling for someone on my phone, but I couldn't hear above the noise. Besides, what could anyone do for me at that point? I was on my own, and I had to stay safe and calm so that I could respond properly. Panic is not helpful as it can make us behave impulsively rather than carefully.

My dogs dove under the table in the trailer, and I decided to join them. I figured my biggest threat was a tree crashing through the roof. At least we would have an extra layer of protection from the hard tabletop, held up by a central metal post. The sheer chaos and noise outside felt threatening, but I had to figure out a way to stay calm. I sang some songs. I stroked the dogs. I joked with them about having a party under the table! I consciously tried to relax my muscles while sitting in such a cramped spot. Then, I waited until the storm passed. They always do.

When I emerged an hour later, I looked around at many fallen trees in paths of destruction. Jagged marks of lightning were burnt into mature pasture grasses. The surrounding fruit trees had lost most of their apples. The term windfall had taken on a new level of meaning. However, despite the destruction, many grasses and bushes seemed more vigorous, sparkling with the nutritious rain. The vegetation had been extremely thirsty under the late summer sun. Renewed growth was something to be grateful for.

I walked back to the farmstead as the sheep and dogs

There is supposed to be a pot of gold at the end of every rainbow. Most farmers would agree! That pot of gold comes in the form of healthy green growth in crops and pastures.

emerged from the hedgerows. They were fine, although the dogs looked more sheepish than the sheep! They had been afraid, although as livestock guardian dogs, they knew that their job was to protect and stay with the sheep. As I got closer to the house, I noticed an old dug well with ferns surrounding it as a lacy collar. The fronds, growing out of the damp rock-lined wall, glistened in the sunlight. This little oasis had been laid bare by a huge fallen tree during the storm. I knew about this dug well, carefully covered by oak planks, roots and vines, but I had forgotten about it until exposed by the storm. The old well was beautiful. I knew this was something else to take care of because an open well is dangerous. But at that moment, as I made my way through the destruction, I took some time to enjoy the small scene of beauty that had been revealed in the aftermath of the storm. **H**

The cloud formations before a severe storm can be rich and beautiful. But these severe storms can bring much violence and destruction in their wake. It is hard not to peek out of a farm building to watch the drama unfold, despite the concern.

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Sarah Loten is a full-time sheep farmer in eastern Ontario. Along with her husband and five children, who regularly get conscripted for free labour, she manages several hundred acres, hundreds of sheep, too many dogs and not enough horses. On that last point, her husband would beg to differ. When not farming, she can be found training in a dressage ring or teaching therapeutic riding and music.





Farm tips for surviving and thriving through storms

Be prepared but don't overdo preparation. This creates more stress than necessary. Only prepare for absolute essentials.

Trust that your resourcefulness and resources will be available for whatever is needed.

Well in advance of any storm, obtain useful items such as water, non-perishable foods, candles or lanterns, wood and/or fuel for heating and cooking.

In most rural areas, well water must be pumped, which is usually supplied by electricity. Supplying water is the biggest challenge when power is lost. Bottled water is useful in limited quantities. A natural source such as a pond, lake or creek is also useful (filtered, boiled and treated for human consumption).

A generator allows well water access, especially if livestock needs are high.

Some battery storage for recharging devices can be most helpful, especially for communication.

In an emergency, realize that very little is needed physically. Focus on needs for safety, shelter, warmth, food and water, and communication.

Emotional needs are important. Staying calm and engaged is vital to safety, health and welfare.

If people and animals start to react with panic, anxiety or anger, or, if they freeze and don't respond, then a storm situation can be riskier, even life-threatening. Strive to take care of emotional needs for yourself and for those under your care.

Find ways to comfort, soothe and calm. Find ways to enjoy the adventure, especially over a longer period.

Look for small gifts and beauties that can be found in all difficult situations. In the hard moments, remember that storms always blow through.

Connect with other people who have experienced the same storm. Farm animals know this concept well: always stay with the herd, the flock, the pack! We survive and thrive better with each other.

You may need help, or you may be able to offer help. Either way, much help is needed in the aftermath of a severe storm.



Give Sustainably

Holiday Gift Guide

Sustainable gift-giving is what you give, what you don't give, how you give and how long the gift you give will last. That's a lot to think about during this busy time, so Harrowmsith has broken it all down so that your gestures this season will come from your heart without taking from the planet

First, consider buying nothing.

Let's face it, there's a lot of "stuff" in our world already. According to Zero Waste Canada, "within 6 months of the holidays, only 1% of everything the average person buys is still in use, and the other 99% has been discarded." This is alarming! (Especially since we're spending an estimated \$1,276 per person.) So, before you head to the mall, the market or online, begin your gift-searching quest with some creative thinking.

Give services instead of goods.

The gift of helping others with cleaning, organizing, yard work, car washing, running errands or cooking will likely be appreciated for a long time past the holidays. It's the thought that counts, and the personal touch makes every gift more meaningful.

Invest in experiences.

Here's some ideas that might work: Gift a meal together at a favourite restaurant, tickets to a concert or sports game, a membership to a museum or gallery, a spa or massage service, admission to an amusement park, classes for something they want to learn (like dance, pottery making or cooking), a getaway or camping trip.

Give a gift that makes an impact.

A charity donation in the recipient's name is a thoughtful gesture. Select a cause close to the recipient's heart and donate to a charity that makes a real impact locally or globally.

Give gifts that have a story

When Valentina and Sébastien Nobile founded their non-profit La Soufflerie in 2017, they had a noble cause – to keep the art of glassblowing alive in Paris. And they've come a long way from selling their vases from the back of their bicycles in the 15th district of old Paris. They now operate around the world. Their exquisite pieces are handblown from 100% recycled glass, making them sustainable and ethical and multipurpose. **Amour Vase in Strawberry, obakki.com. \$45.**



The HBC Point Blanket has been called many things throughout its history: an essential trade item, an enduring emblem of Canada, a carrier of disease, and a symbol of colonialism. HBC begins to acknowledge the layers of symbolism. Now, 100% of net proceeds of its sales will go to Indigenous Peoples. Hudson's Bay Foundation and the Gord Downie & Chanie Wenjack Fund have partnered to launch Oshki Wupoowane | The Blanket Fund. **Multistripe Point Blanket, thebay.com. Prices from \$325.**



Gift a beautiful — and odourless — kitchen composter. The designers of this biomorphic worm house collected data for almost two years, then created it in the best shape for both worm health and human convenience. Because food and yard waste makes up 20-30 % of what is going to landfills, this is the gift that keeps giving. For every ton of food scraps diverted from landfill, the atmosphere gets saved from six tons of carbon dioxide that would have been released. **Living Composter, Uncommongoods.com, \$306**



Gift something that never has to be replaced. Handwoven on century-old looms by local artisans who remain faithful to their ancestral artisanal skills, these towels are made to last a lifetime. The artisans engage in ethical production using sustainable materials to support local economies. This is a product that not only looks good, but it feels good – in more ways than one. **Turkish Linen Towel in Sun, 100 x 200 cm obakki.com. \$85.**

Daldanea is a small jewellery business that Molly Patterson, a Saskatchewan-born Métis artist, recently started after returning home to a simpler life of creating, gardening, and homemaking. Her beaded designs are stitched to gold and inspired by pictorial arts, photography, and folklore and work with geometric shapes and linear patterns in slim, tapestry earring styles. **Beaded earrings, F/W22 Collection, daldanea.com. Prices from \$55 and up.**



Seek out companies with principled production like Rothy's. The company has turned more than 125,000,000 plastic water bottles into their signature thread that they use to make fashion-forward shoes and bags. This ultra-durable and washable bag is made with approximately 618 grams of ocean-bound marine plastic. Rothy's has many styles of bags and shoes for adults and kids. **The Lightweight Tote in Leaf Green, rothys.com. \$244.**

Quality-made reusable items like coffee mugs, food containers and cool lunch bags are gifts we all enjoy and will help to keep plastics out of our landfills and waterways. This lunch tote has an insulated interior and is made of thoughtfully made lifestyle goods on a mission to make personal wellness sustainable, stylish and self-empowering. **Lunch Pouche, soyoung.ca. From \$36.**



Gift beauty products that make you feel good inside and out. Province Apothecary creates products that benefit sensitive complexions using only high-quality, certified organic ingredients sourced from each of the Canadian provinces and all over the world. The plant-powered skincare is dermatologist tested, recommended by naturopaths, cruelty-free, vegan, and ethically sourced. The company is Toronto-based and woman-owned. **Radiant Bath + Body Oil, provinceapothecary.com. 120 ml, \$62.**

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Gifts from the kitchen are always appreciated

While homemade sweets are heartfelt, so are your creativity and curating skills. Assemble a basket (don't buy one new, there's always lots at the thrift store) of local and organic goodies like dips, sauces and snacks that you find at the market or independent grocery sellers. Jams, chutneys, pickles, teas, and herb blends all make lovely treats to add in. Here are some unique Canadian-made goodies to get you started.

Sapsucker is organic, sparkling tree water with a little bubble and a hint of natural sweetness. It's plant-based and nutrient-rich with vitamins and antioxidants. Sapsucker is tapped in Canada and we love the brightly coloured cans and names of the flavours. Sipsapsucker.com.



A family business run by three Saskatchewan-based farmers and two sisters, bonded by a passion for sustainability, they make snacks like Roasted Chickpeas, Roasted Peas, and Roasted Lentils. Threefarmers.ca.



Fody's easy-to-digest and delicious pasta sauces and salsas are made from all-natural, premium ingredients and are certified Gluten-Free, Vegan, Non-GMO, and Low FODMAP. The company is based in Montreal. Fodyfoods.com.



Balzac's Coffee Roasters is a woman-founded, fair trade brand based in Ontario where they roast and package all of their coffee and offer special and seasonal blends. Balzacs.com.

Founded by executive chefs with a love for real ingredients, the Alberta-based Bow Valley BBQ creates unique flavours with its award-winning sauces and spice rubs. Bowvalleybbq.com.



Built on their love of travel, adventure and sourcing great quality tea. The Toronto-based Genuine Tea proudly supports mental health and wellness by donating partial proceeds to the Canadian Mental Health Association. Genuinetea.ca.



Gifts from nature

PHOTOGRAPHY BY MICHAEL ALBERSTAT

Impress with houseplants. Tropical plants are having a moment right now and make a gift guaranteed to be treasured. Bonus, they help clean the air too. Furnishings, upholstery, synthetic building materials, and cleaning products in homes and offices can emit a variety of toxic compounds. Air quality indoors can be improved by purifying the air with houseplants that absorb carbon dioxide, such as Dracaena, Ficus, peace lily, bamboo palm and more.

Gift an edible, zero-waste arrangement. Whether it's featured on your dining table or delivered to a friend, a fresh kale and herb bouquet provides a refreshing twist to the usual centrepieces. It will certainly be a topic of conversation at your spring table. Because it's made from mostly edible greens, this stunning arrangement serves a second purpose as an assortment of ingredients in your future meals. This means zero waste! The herbs can be kept in water and displayed on your table or countertop for three or four days. If you pop it in the refrigerator at night, it will last longer. It's a practical and unique idea that's easy to make on your own, or head to [harrowsmithmag.com/edible-bouquet](https://www.harrowsmithmag.com/edible-bouquet) for our how-to video.

Give farm freshness to your favourite friends and family. Gifting community-supported agriculture (CSA) food boxes have multiple benefits, not the least of which is that the recipient will receive the freshest produce, meat, or even flowers. Community Supported Agriculture also helps keep smaller farms in business, allowing them to give back to their community. This is the gift that keeps on giving!





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—RM, North Carolina*

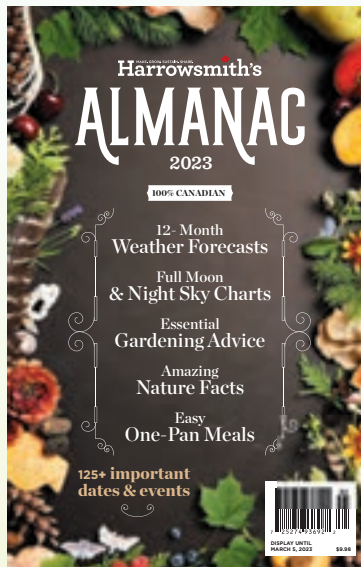


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9 Things to Know About Your *Circadian Rhythm* *This Winter*

BY ROBERT DICK

Working with the natural rhythms of your body can help you avoid feeling like you're fighting against yourself all the time and help you get better sleep. Here's the science you need to know

Circadian rhythms are 24-hour cycles that are part of the body's internal clock, letting us know when it's time to sleep and signalling us to wake up. The master clock in the brain is tied to environmental cues, especially the cycle of day and night.

I first heard about the circadian rhythm about 20 years ago when attending an Ecology of the Night conference. As an astronomer, I approached the conference as one who enjoys the pristine night sky.

I did not know about the biological impact of artificial light at night. What I learned by listening to the presentations from biologists, psychologists, psychiatrists, ecologists, First Nations representatives, and others blew my mind so much that I took a second look at the research literature. As a result, a few of us at the conference co-founded the science of Scotobiology, the study of the biological need for periods of darkness.

I approach the circadian rhythm as the time-dependent rhythms of biological and behavioural processes that maintain a robust and balanced ecosystem. Here are the most important things to know.

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How To Maintain a Healthy Circadian Rhythm

1. Find the sun early in the day.

Taking a morning walk, enjoying your coffee outdoors, or moving your desk closer to a window are all great ways to get sun exposure.

2. Get daily exercise.

Make time for a minimum of 20 minutes of exercise every day. Climb stairs, take work calls on a treadmill or join a fitness class.

3. Limit caffeine and avoid it after noon.

Gradually wean yourself into a new

routine, and you will be rewarded with better sleep.

4. Reduce light before bed.

An hour before bedtime, turn off the screens. The blue light from these devices can confuse your circadian rhythm into thinking it's time to wake up.

5. Follow a regular sleep schedule.

Maintaining a consistent sleep schedule — even on the weekends — is one of the biggest ways to keep your circadian clock on track.

Your body has a 24-hour rhythm

The circadian rhythm has approximately 24 hours. This is because it is based on a half-billion-year development that extends over many species. Over that period, the rotation of the Earth has slowed from an 18-hour day to the current 24-hour day.

Our bodies are exquisite chemical machines. And like our engineered machines, they need a controller to schedule critical functions and communicate these to various parts of our bodies that do the work. The circadian rhythm does the controlling, but it too needs to know when to start the day.

Changes in your body happen in response to lightness and darkness

Light starts the clock well, sort of. It is the end of the day that starts our internal clocks because the messenger that enables our bodies to begin is the hormone melatonin, which is accumulated during daylight and released after twilight, when the illumination levels of white light fall below (very roughly) 1-lux, or about 10X the illumination of the full moon, and coincidentally is about the threshold for our ability to read.

The release of melatonin begins by reducing our metabolism in the late evening, making us drowsy to encourage sleep. Sleep is critical because the night is the time for our bodies to repair damage, fight infection and otherwise rejuvenate to prepare us for another strenuous and stressful day. If we are active, then our energy is diverted away from these processes. Even as our circadian rhythm tries to make us healthy, if we try to fight it, we undermine the benefit. Melatonin also enables the release of other hormones that manufacture enzymes that do the actual work.

Your body's natural clock may start to change as you get older

As we age, we are less tied to this innate routine. Not only do our physical abilities change, but so does our biology. In the past, our life span was not much longer than 40 years, now, we live upwards of 80 years. But our biology has become less robust. Our peak melatonin levels fall below 50% as we age from 20 years to 60 years. Any additional light at night reduces the melatonin levels even further, affecting the benefits of sleep for people 60 years and older.

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How your circadian rhythm and body clock works

Start to pay attention to how you feel over the next 24 hours. Does it match up with this hunter-gatherer cycle that we descend from?

7:00 a.m. to 8:00 a.m.

Melatonin secretion stops

8:00 a.m. to 9:00 a.m.

Alert! Hunger

2:00 p.m. to 3:00 p.m.

Best coordination

3:00 p.m. to 4:00 p.m.

Fastest reaction time

5:00 p.m. to 6:00 p.m.

High cardiovascular efficiency and muscle strength

8:00 p.m. to 9:00 p.m.

Melatonin releases

9:00 p.m. to 10:00 p.m.

Lower blood pressure and core temperature

9:00 p.m. to 3:00 a.m.

Your body's restoration period

2:00 a.m. to 3:00 a.m.

Deepest sleep

Your body temperature changes throughout the day

Most people are subject to a schedule of activities, and abilities, that ebb and flow over a 24-hour period. Even our oral body temperature varies over 24 hours and averages roughly 36°C in the morning to 37°C in the late afternoon and evening, with a wide range among different people, and this affects the rate of our biochemical processes throughout the day. There is no 'normal' body temperature.

Not everyone is most active in daylight

I have anecdotal reports that about 10-15% of the population is nocturnal. In fact, one of my friends is predisposed to be a night person. Needless to say, he was greatly relieved when he finally retired from his job that he worked during daytime hours.

When the natural day-night cycle is disrupted, your health suffers

Some of this may sound strange given our modern society, but we need to remember that biologically and genetically, we are still hunter-gatherers. Just because we now work an 8-hour day and stay up late to binge Netflix does not mean we can ignore our biological roots. If we try, our physical health and mental well-being will suffer.

Throughout the night, the concentration of melatonin decreases, and we begin to wake up. Other hormones are then released that make us alert in the mid-morning to avoid danger and for successful hunting. In the mid-afternoon, we need increased reaction time and body strength for successful hunting and gathering of food. Then our metabolism is reduced again in the late evening so we can rest and rejuvenate.

The circadian rhythm takes its cue from nightfall. It extrapolates over the next 24 hours to control the production and release of a host of hormones that micromanage the many processes that must work well and at the right times for us to survive.

The normal scheduling of your body's biochemistry has been interrupted

Modern human society has changed over the past tens of thousands of years. Our daylight activities have been extended beyond sunset with, first, the use of fire, then gas lamps and now electric light that stays on all night long. This interrupts the normal scheduling of our body's biochemistry, and we are beginning to experience unforeseen consequences: anxiety, depression, emotional and physical stress, lingering illness and infections,

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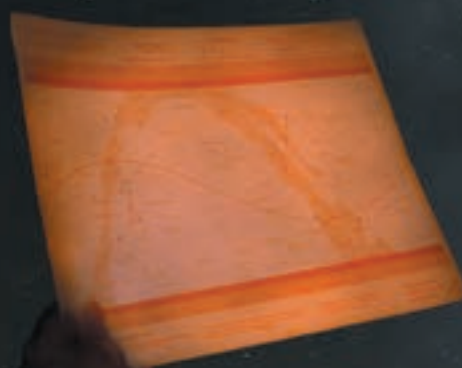
After gazing at the night sky, you might be inspired to capture the show in images. Our "whiz wheel" will help you obtain the perfect exposure. A unique acquisition for collectors of slide rules!



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and even the rise in diabetes and obesity and dementia throughout the population.

Birds and other animals have a circadian rhythm too

We can recognize the urban sky glow on the horizon and artificial lights. However, birds and other animals recognize the over-bright nights as the beginning of dawn, and they start their period of activity too early. The growth of urban sky glow has advanced the morning “bird song” (an indicator of avian activity) by an hour in urban parks, which leads to unproductive feeding activity that stresses the population. Trees may retain their leaves long past the time they should have released them in the autumn – stressing the plants through winter.

Your conscience awareness of artificial light at night does not change your biology Biological change requires hundreds or thousands of years and widespread artificial light at night (ALAN), which has been around for about a century, has only dominated the night over the past 30 years. This is probably why we are seeing the decline in our health and our increasing reliance on the medical industry.

Not all people are affected the same way though. Perhaps my nocturnal friend, and others like him, may not be affected by ALAN as much as the daytime population. We don’t know. But I would rather not be the subject of this experiment. So, I turn off my indoor lights and those outside my house in the late evening when I go to bed. I let my circadian rhythm regulate my lifestyle. **H**

ROBERT DICK is one of Canada’s foremost writers and educators on astronomical topics. Harrowsmith has benefited from Robert’s expertise since its inception. Robert is passionate about reducing light pollution and promoting science literacy. He has been an astronomy instructor for our astronauts, and ensures that our sunrise and sunset charts, stargazing and celestial events information will leave you starstruck.



Harrowsmith's D.I.Y.

FARMHOUSE

KITCHEN GUIDE

Time to update your kitchen? From planning ahead and choosing sustainable materials, to do-it-yourself cabinetry solutions, our expert recommendations will help you save money and transform your home into a greener space

The 7 things

BY SHOANA JENSEN PHOTOGRAPHY BY ARTHUR MOLA

I love the most about my farmhouse kitchen

Life and style expert Shoana Jensen is the fun girlfriend you trust to give you the best advice on simplifying your every day. Over the past two years, she and her husband Greg have completely renovated a 1970s farmhouse in Niagara-on-the-Lake in Ontario. Her style is Modern Farmhouse. Her approach is about mixing beauty with practicality and making choices to live sustainably along the way. And, of course, the Cityline TV personality is always up for a new DIY project. Here's a peek into what she loves most about her new farmhouse kitchen and why.



1. THE OVERSIZED FARMHOUSE SINK AND A BRIDGE FAUCET.

Farmhouse sinks are so functional, spacious, and timeless, and bridge faucets are pure elegance — together, they are a perfect match! I get asked all the time where I found them; both are from House of Rohl.



Every chance we could, we chose sustainably made products, eco options, Canadian materials, and things built to last a very long time.

2. WHITE CABINETRY CREATES A TIMELESS KITCHEN AND QUARTZ COUNTERTOPS THAT LOOK GREAT AND ARE EASY TO CARE FOR.



Choosing white makes any sized kitchen space feel large and airy, and with all of the natural light here in my favourite room, I just love how it all feels fresh and warm. The cabinets are from IKEA Axstad in matte white, and the counter is Caesarstone in 5110 Alpine Mist.

3. TOUCHES OF WOOD AND CANE.

Mixing natural materials like wood in my countertop stools into my white kitchen was an easy way to bring in more texture. The flooring is from PurParquet (the colour is Character Bisque), a Canadian company. P.S. Murphy loves our kitchen too!



It was important for us to design a home that is futureproofed, and by that, I mean choosing finishes that are great quality, have a classic design and will last for a long time. For example, I went with a high-quality matte finish on the cabinet doors that can be painted if we sell and another family moves in and prefers a different colour or style. The same with the countertop that we selected — it's a warm grey with a white vein, and it goes with every colour. I also went with a floor that has timeless appeal, one that reminds me of stunning heritage homes. Good design is important for how you use and enjoy your space, and a well-planned renovation means that the next homeowner doesn't have to redo the house all over again.

4. CLASSIC COUNTY CUP PULLS IN AN ELONGATED SHAPE.

These pulls look good on cabinets and on drawers, and while they work in many styles of kitchens, they are most often associated with farmhouse décor. These are from Schaub.



SHOANA JENSEN

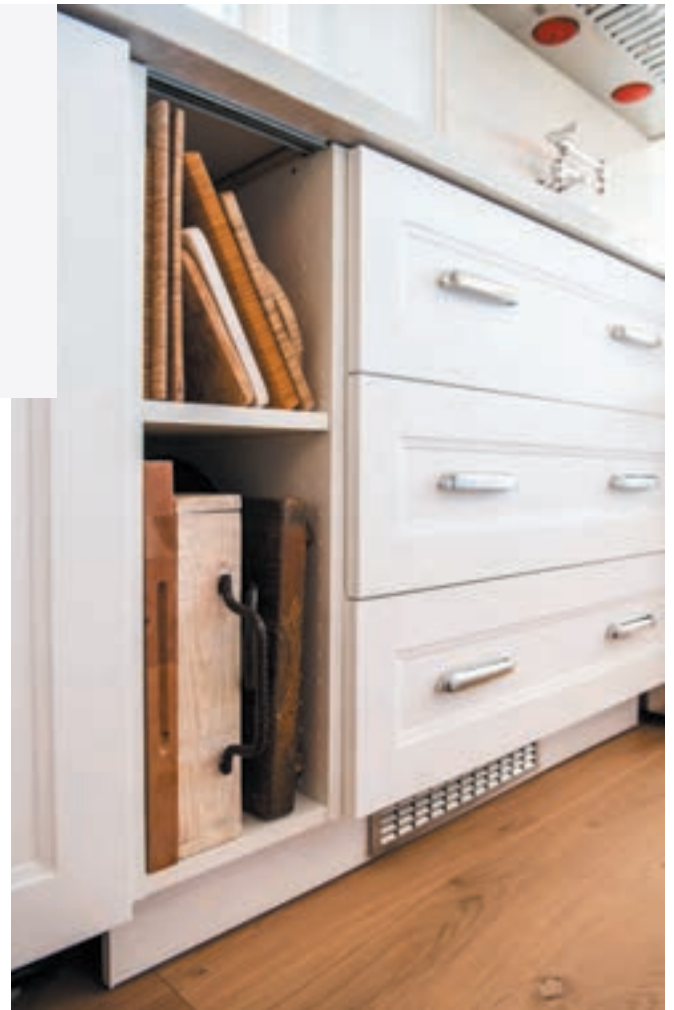


5. A SPICE LIBRARY.

Organizing my spices like this in Mason jars was totally worth the effort since I cook a lot. To make it all fit, I picked a size and measured them out (some math required!). You can find Mason jars at just about any hardware or dollar store, and they're super budget friendly. The pretty labels are from Etsy and are just as beautiful as they are practical.

6. A NOOK FOR CUTTING BOARDS.

I designed my farmhouse kitchen with a space where all of my cutting boards (many are thrifted and hand-me-downs) fit well and look cute too.



7. A FIREPLACE IN THE KITCHEN!

One of the smartest additions I think I made with my reno was adding a fireplace in the kitchen! I chose these aged brick veneers so it doesn't look too new. The brick is called Sacramento Rustic from StoneRox Canada.

Tip: Another thing we planned for is the addition of solar panels when the budget permits. Our electrical work in the kitchen and the whole house was designed to accommodate solar panels, and we chose a metal roof for the same reason. These steps help us move towards the most sustainable choices in a realistic way.

.....
Find Shoana's advice and inspiration @ shoanajensen and ShoanaJensen.com.



BY STEVE MAXWELL

Save Money & **BUILD** *Your Own Cabinets*



Making your own cabinets for the kitchen, bathroom or anywhere else in your house is not something that even many handy homeowners consider, and that's too bad. Success is a lot easier to achieve than it looks. I know because I've done it many times and have taught hundreds of ordinary people to do the same with my online cabinetmaking course. Though there's not enough space to go into all of the construction details, this article will show you the basics of DIY cabinetmaking.

It's easy to spend \$10,000, \$30,000, \$50,000 or more on a large set of new cabinets when it might only cost \$5,000 or less for the materials to build them yourself. Besides saving money and bringing great cabinets into your life, building your own gives you one more thing to enjoy about your house. Every time I use my home-built cabinets, or even glance at them across the room, I get a little thrill. It can be like this for you, beginning with an understanding of home cabinetmaking basics.

SIMPLE TOOLS

One reason non-professionals tend to shy away from cabinetmaking is the large size of the project. Just don't confuse size with complication. A full set of kitchen cabinets might be big, but they're also fairly simple to build. How simple? The cabinets in my kitchen were made with a benchtop table saw, a benchtop jointer, a belt sander, a chop saw, a drill and an assortment of hand tools. No fancy workshop space is needed, either. These cabinets were built right in the kitchen space itself during house construction. You can do the same thing during renovations.

Even if you have to buy tools to build your cabinets, the cost is minor compared with the cost of buying ready-made cabinets. And when you're done, you still have the tools to use for other projects.





CUSTOM CABINET SIZES

Let's say you've got a wall space measuring 78 inches wide, and you want upper cabinets to fill all the space. Buying off-the-shelf cabinets will always result in some wasted space because you need to use the smallest available standard size that's less than 78 inches. This could leave quite a bit of wall space going to waste with no cabinet on it. By contrast, when you build your own, you decide how wide, tall and deep your cabinets will be. The less space you have in your home, the more custom cabinet sizes pay off with better space utilization.



BEGIN WITH FANCY BOXES

Cabinets are nothing more than wooden boxes made to look pretty with doors, side panels, trim and hardware. My approach begins with boxes made of $\frac{3}{4}$ -inch thick cabinet-grade plywood. Join the top, bottom and sides of each box with glue and 2-inch finishing nails, and you've got an excellent foundation for embellishing with trim and such. It's pretty simple. Cabinet-grade plywood comes from the factory with high-quality veneer applied to the face, and this forms the visible inside surfaces of the cabinet. I like to pre-finish these parts before assembly. It's much easier to finish the inside face of cabinet box parts while they rest horizontally on your workbench than it is working inside an assembled box.

Next comes solid wood parts to jazz up the box. The entire outer appearance of the cabinets I build is completely solid wood for the best looks, and these solid parts include:

- **Vertical and horizontal frame members:** These outline the door openings and side panels. Vertical members are called stiles, and horizontal members are rails.
- **Raised panel doors:** These also have stiles and rails, but in this case, they surround a central wooden panel.
- **Raised end panels:** Similar to doors, these assemblies cap the visible ends of a run of upper or lower cabinets.
- **Trim and extras:** This is where things start to get nice. Crown moulding on top, a kick base at floor level around base cabinets, and maybe even some carvings to make things personal.

FIVE DESIGN DECISIONS

One of the nice things about building cabinets in your basement, garage or even the kitchen space itself is that you're never far from the place where the finished cabinets will go. This makes it easy to check and double-check measurements and ensure the cabinets you make will actually fit in the space you're working towards. But when it comes to cabinet design, there are five specific steps to keep in mind:

1. Determine the overall depth and height of upper cabinets The generic plans here show an overall 13-inch depth of upper cabinets, which you probably won't want to change much. In rooms with an 8-foot ceiling, you can extend the overall height of uppers so they take up all the space to the ceiling while mounted 17-to-20 inches above the countertop. If your ceiling is above 8 or 9 feet, consider leaving enough space above the uppers to allow for cleaning, decoration and storage.

2. Determine the overall height of lower cabinets The plans show an overall height of 36 ½ inches, including countertop and kick base, and this is a good standard height. Temporarily set up a simulated countertop surface and determine your ideal counter height by trial and error. Might as well get the height just perfect for whomever will be working in the kitchen most often.

3. Finalize location of sink, stove, fridge, dishwasher As you're gearing up to build cabinets, look for existing kitchen layouts that you like, then analyze and measure them. Measuring and recording are key. The relationship between the sink, stove and fridge is the most critical. A triangular workflow pathway between these places is usually best, with a maximum total distance between the triangle points being no more than 21 feet.

4. Determine the width of cabinet sections It's one thing to know that the overall width of a cabinet is a specific number of inches, but will you cover this section with one door? Two doors? Four? Now's the time to make these decisions. Keep the overall door width between 11 inches and 16 inches wide, and you'll be fine.

5. Determine the width of face frame elements and trim details. Now's the time to decide how wide your face frame elements will be and what kind of crown moulding, trim or beading you'll use, then work these into your initial sketches and notes. A width of 2 ¼-to-2 ½ inches is ideal for most face frame stiles and rails.

Making your cabinets for a kitchen, bathroom, laundry room or anywhere in your house is a great way to optimize the space, maximize your renovation budget, and give you something deeper to appreciate about your home. The more you do for your house, the more you'll like it, especially when it comes to cabinets.

.....
Steve Maxwell and his wife, Mary, live on a 90-acre modern homestead on Manitoulin Island, Ontario, in a stone house they built with local materials beginning in 1985. Steve is Canada's longest-running home improvement and how-to columnist. He divides his time working on the land, building things large and small, and creating articles and how-to videos that teach sustainable, self-reliant, hands-on living skills. Steve's BaileyLineRoad.com website is named after the rural road where he and Mary live with their five kids.

For the kids in your backyard — books that last

12 favourite birds · 12 bird songs



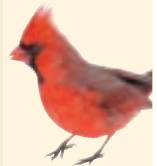
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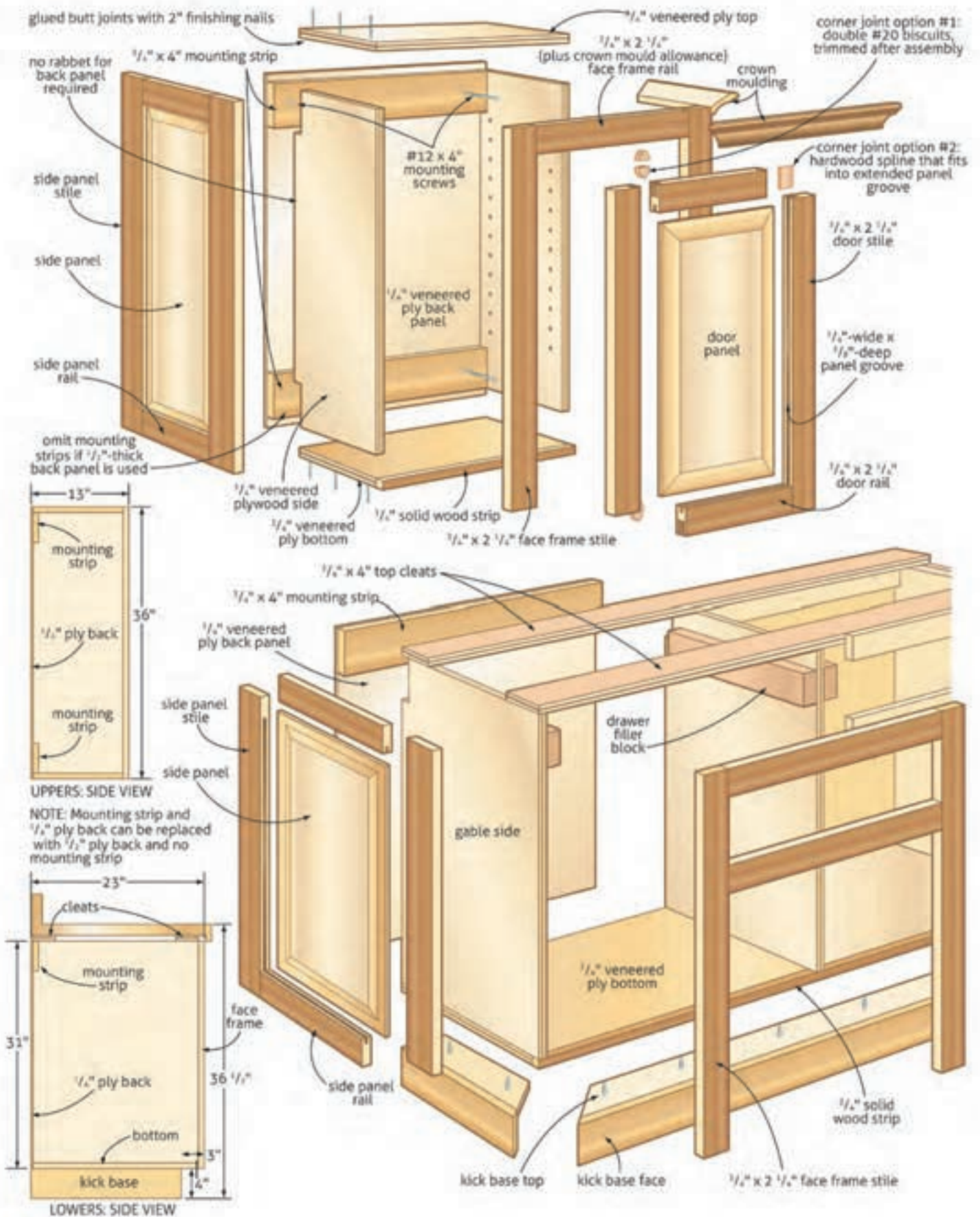


Biologist Chris Earley shows feeders, seeds, and a directory of common Canadian birds. All is packed into 48 colour pages. Paperback, \$9.95



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ECO

kitchen checklist

The sustainable kitchen begins with shopping for local and organic foods, but it doesn't end there. Energy-efficient food preparation and cleaning habits, using equipment made from sustainable materials, and dodging toxic chemicals are also important if you want to have a truly healthy kitchen. Fortunately, making the right choices for your well-being is also good for the pocket and the planet.



Use non-toxic cleaning products. Better yet, make your own kitchen cleaning spray using one part of vinegar to two parts of water.



Unplug the electrical gadgets you are not using, like your toaster and coffee maker. Use a surge protector for multiple appliances and turn it off when products are not in use. It all adds up.



Buy your food locally to cut down on the fossil fuels burned in trucking or flying food in from across the country.



Choose efficient appliances that are ENERGY STAR certified. The government of Canada cites that fridges, freezers, dishwashers and water coolers, account for up to 14% of the energy used in the average home. When buying appliances, it's important to remember that the cost of energy to operate a product over its lifetime is just as important as its purchase price.



Try cloths instead of cleaners. Skip the cleaning products altogether and use damp cloths that you can reuse again and again.





Reducing packaging — and landfill — when you shop at places where you can bring your own containers and buy in bulk.

When repainting, use environmentally safe paints with no VOCs. VOC stands for Volatile Organic Compounds, which are odours emitted from chemicals. Many can be found in everyday products like paints.



Together, if we make small changes to divert and reduce our food waste daily, we can have a big impact on our planet. Because food thrown out often goes to landfills, it contributes significantly to climate change. As it rots in the landfill, it produces methane — a more powerful greenhouse gas than CO₂. According to the World Wildlife Fund, about 6%-8% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food.



Recycle paper, plastic, metals and organic materials. When you recycle, you are reducing the air pollution caused by burning fossil fuels such as coal, oil and natural gas, which contribute to the largest amount of energy generated. Aluminum can be recycled using less than 5 percent of the energy used to make the original product. Recycling one aluminum beverage can save enough energy to run a computer for three hours or a TV for two hours.







3
*New Classic
Recipes*

RECIPES, TEXT, STYLING
AND PHOTOGRAPHY BY ILONA DANIEL

The Canadian childhood classic, meatloaf is an approachable, affordable staple that can grow up with us to meet our changing tastes and global pantry. Although your grandma’s meatloaf might be your favourite, these 3 reimagined loaves will rekindle the nostalgic bliss of this classic dish.

Call it comfort food, ugly delicious, or grandmother’s classic cooking, meatloaves exist in a permanent treasured space in the Canadian culinary communal consciousness. My first experience with meatloaf came when my mom was experimenting with recipes from her *Betty Crocker’s Cookbook. New and Revised edition* (1979). The ketchup glaze was a revelation to my kid-self; more intense flavour and sweetness was a joyful reverie. With each of the loaf recipes, I was sure to include a deeply intense glaze to serve as a crowning jewel to complete these modern iterations of a classic family staple.

NOT
your grandma’s
Meatloaf

Bacon Wrapped Meatloaf with Whiskey and Cola Glaze

SERVES 6

BBQ Sauce:

- ½ cup old-fashioned chili sauce or ketchup
- ¼ cup maple syrup
- ¼ cup Jack Daniel's Whiskey (or whiskey of choice)
- 1 can (355ml) cola
- 2 tsp organic apple cider vinegar or white vinegar
- 2 tbsp brown sugar

Bring ingredients to a boil, and simmer for 10-15 minutes or until thickened.

MEATLOAF:

- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbsp vegetable oil
- 1 tsp fresh savory or rosemary
- 1 tsp salt
- 2 tsp freshly cracked black pepper
- 1 tbsp Worcestershire sauce
- 1/3 cup yogurt
- ¾ cup quick cook oats
- ½ cup fresh parsley, chopped
- 1 lb lean ground beef
- 1 lb ground sausage meat (mild Italian is a good choice)
- 6-8 slices bacon





LET IT REST!

As tempting as it is to cut into your loaf when it is finished its time in the oven, resist the urge. It is imperative that the loaves have about 10-15 minutes to rest so they don't crumble into a mess when you cut them. Think of it as a time to practice patience and mindfulness.



1. Preheat oven to 350 °F.
2. Heat oil in a medium skillet. Add onion and garlic, sauté until softened, about 5 minutes; set aside to cool.
3. Mix eggs with savory, salt, pepper, Worcestershire, and yogurt.
4. In a large bowl, add both the egg mixture and meat, along with oatmeal, parsley, cooked onions, and garlic.
5. Mix with a fork (I use my hands) until evenly blended and meat mixture does not stick to bowl. Be careful to not overmix the meat or you will end up with a tough textured meatloaf.
6. Turn meat mixture onto a work surface. With wet hands, pat mixture into a loaf approximately a inches by 5 inches.
7. Cover a wire rack with parchment paper and prick holes in parchment using a fork across the entire sheet.
8. Place a rack on a baking sheet lined with parchment paper or foil for easy cleanup.
9. Place the meatloaf on the rack and brush loaf with glaze, then drape the bacon widthwise over the loaf; be sure to tuck the ends of the bacon under the loaf to prevent curling.
10. Bake loaf until bacon is crisp and loaf registers 160 degrees, about 1 hour. Cool for at least 10 minutes before slicing. Serve with remaining BBQ Sauce.

Lentil Loaf with a Smoky Maple Glaze

If you're looking to find new ways to make plant-based recipes a regular feature at your kitchen table, this lentil loaf with a smoky maple glaze is a surefire way to make that happen. Texture plays such an important role in making plant-based "meatloaves" enjoyable, and I bring in texture using mirepoix, chopped nuts, oats, and the combination of both mashed and whole lentils. If you prefer, you can make this loaf with chickpeas, but I prefer the lentils for the overall colour of the final product

SERVES 6

- 1 can (540 ml) lentils, drained
- 3 tbsp olive oil
- 2 medium onions, small dice
- 1 cup carrot, grated
- 1 cup celery, diced as small as you can manage
- 2 cloves garlic, minced
- 1 tbsp dried oregano
- ½ cup chopped pecans
- 1 cup old-fashioned rolled oats
- ½ cup parsley, chopped
- 3 tbsp tamari
- 2 tbsp ground flax seed
- 3 tbsp nutritional yeast
- 2 tsp maple syrup
- 1 tsp vinegar
- ½ tsp salt

FOR THE GLAZE:

- ½ cup ketchup
- ¼ cup maple syrup
- 2 tsp smoked paprika
- 1 tsp granulated garlic
- 1 tsp onion powder
- 1 tbsp Marmite

For the sauce: Stir all ingredients together.





WHAT'S MIREPOIX?

Mirepoix is the combination of aromatic vegetables used in classical French cuisine. The ratio is 50% onions, 25% each carrots and celery.



FOR THE LOAF:

1. Heat the oil in a medium-sized skillet. Add the onions, celery, dried oregano, and garlic and sauté for 3 to 5 minutes, or until soft.
2. Add lentils (reserve $\frac{1}{2}$ cup for later), cooked veggies, pecans, oats, tamari, ground flax seed, nutritional yeast, maple syrup, vinegar, ground pepper and sea salt to a food processor.
3. Pulse until mixture is just combined and the texture is to your liking.
4. Stir in remaining lentils, and parsley.
5. Press into a parchment-lined loaf pan.
6. Spread glaze over the top of the loaf.
7. Cover and bake in a 375°F oven for 30 minutes, and then uncover and bake for another 10 minutes.
8. Remove the loaf from the oven and allow the loaf to rest for 15 minutes before slicing.

Vietnamese Turkey Meatloaf

Vietnamese cuisine is a balancing act of the following mighty flavors: sweet, spicy, sour, bitter and salty. This meatloaf contains some of the greatest hits of ingredients often associated with the flavors of Vietnam like lemongrass, basil, and sriracha sauce. This meatloaf can be enjoyed simply with steamed jasmine rice and steamed greens. If you are however, looking to be a little more adventurous, might I suggest using the meatloaf to assemble one of my favorite categories of sandwiches of all time—bahn mi. I use mini brioche baguettes to make sliders, but this works well with any crusty and airy bread of your choosing.

SERVES 6

- 1 ½ lbs ground turkey
- 2 tbsp sriracha sauce
- 3 green onions, chopped finely
- 3 tbsp lemongrass paste
- 2 eggs
- 1 cup panko breadcrumbs
- ¼ cup basil, chopped
- 1 tsp freshly cracked black pepper
- 1 tsp garlic powder
- 1 tsp salt
- Zest of a lime
- 1 tbsp brown sugar

GLAZE:

- ½ cup brown sugar
- 2 tbsp ketchup
- 2 tbsp sriracha
- 1 tsp dark soy sauce





1. Combine all the ingredients and allow to rest in the fridge for 30 minutes.
2. While the meat is resting, make the glaze by stirring glaze ingredients together.
3. Preheat the oven to 375 °F.
4. Once the mixture has set, press into a greased or parchment lined meatloaf tin.
5. Bake the meatloaf for 30 minutes.
6. Remove the loaf from the oven and brush with half of the glaze; bake for another 30 minutes.
7. Remove the loaf from the oven and brush with remaining glaze and bake for another 15 minutes.
8. Allow the meatloaf to rest for 10 minutes before slicing.
9. Serve with carrot-daikon pickle and lemongrass crema.





LEMONGRASS CREMA

Makes 1 ½ cups

¼ cup mayonnaise

1 cup sour cream

4 tbsp lemongrass paste

½ cup cilantro, chopped

Juice of 2 limes

1 tsp salt

2 cloves of garlic,
smashed into a paste

Combine all ingredients
into a bowl and store in
the fridge until use.

CARROT-DAIKON PICKLE

SERVES 6

1 cup daikon radish, julienne

1 cup carrot, julienne

1 cup water

1 cup vinegar

¼ cup sugar

1 tsp salt

Pack the veggies into a large, sanitized mason jar or other such heat-resistant container. Bring the water, sugar, salt, vinegar, and water to a boil. Pour over the vegetables and allow the pickle to cool to room temperature. Store in the fridge for up to two weeks.



46

Making a Snowman

WORDS AND PHOTOS BY CLAIRE DAM

Last winter, my daughter Abbey made a snowman for the first time. My husband and I taught her what kind of snow to look for, how to roll the balls, then how to pack it all together so the head wouldn't topple from the body. She was a quick learner — definitely because we had been reading *Frosty the Snowman* every night for weeks, just waiting for that first snowfall to bring him to life.

We found twigs from our walnut tree to make arms (walnut trees are always dropping branches...), and we scavenged for stones on our driveway to create the eyes and mouth. We grabbed a carrot from the fridge for the nose. And the brown hydrangea flowers Abbey picked became the hat.

Together, our first winter as a family of four, we made a face that smiled back at us. I'd forgotten what simple joy lies in creating a snowman. Sometimes that's all it takes to lift yourself out of the winter blues, to chase away the worries of life, to ease the stress.

To view the world through the eyes of Abbey, who found nothing more delightful than building a snowman — who she named Boody — on a cold afternoon was a gift.

Boody was around for weeks before he melted. 



What's happening in your backyard? Send your story (300 words or less) and photos to editor@harrowsmithmag.com and you could be featured on the back page of an upcoming issue.

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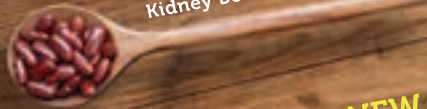
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Winter, Welcome

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On the Cover: Royal Carrot Soup by Claire Dam for *Harrowsmith* magazine.



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Winter, bring it on!



I am often described as unwaveringly optimistic, so you shouldn't be surprised that I love winter. Having a very warm jacket and a good pair of boots are the keys to lasting outside for several hours at a time, whether it be walking on the trails in my nearby nature, crunching snow under my wheels on a fat tire bike or climbing through my garden to clip branches for arrangements like the one on page 12 and the wreath on 16.

I also like that winter brings a cozy time, a reason to sleep a little more and to slow down from the pace that summer and fall take us through. There's a stillness in the cold air, and when it's all snowy and gross outside, I love hunkering down inside and nesting. Usually, I'm in the kitchen puttering around and often making batches of food for the week or to keep in the freezer. I love inventing new recipes ...even if they don't all work out ... so when Claire Dam messaged me that she was in her kitchen doing the same thing with a ton of veggies she was making sure wouldn't go to waste and a jar of pungent cardamom on the counter, I knew she was up to something yummy. Sure enough, she was, and Harrowsmith's Royal Carrot Soup (on the cover and page 22) came to be. It is warming from the inside out, and with a generous handful of toasted peppery pepitas, it's a perfect meal on a cold day.

That's what we wanted to give to you in this issue, lots of ideas and inspiration to be grateful for what surrounds you so you can share the joy of the season with the ones you love the most.

On that note, I can't wait for you to try all three "meat" loaves (one is vegetarian) that our Food Editor, Chef Ilona Daniel cooked up for this issue. Find the recipes starting on page 70.

I'm so grateful for our team of amazing editors, builders, creators, chefs and scientists who shared their love of winter throughout this issue — they have definitely inspired me!

There are two kinds of people in this world: people who love winter and people who think those people are lying. For that second group, I encourage you to summon your inner child, bundle up, and head outside to burn off the meatloaf and build a snowman, snowperson or a snow sculpture of your choice. (Check out the one that Abbey and her little brother Jesse made on page 80, the back page.)

Winter won't last forever — let's enjoy it!

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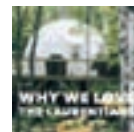
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2022



Year of the Garden
Année du jardin

2022



1

● **THE LIGHT ON A FREEZING COLD MORNING.** We love those mornings when it is frosty cold, and you step outside into the crisp promise of a winter’s day. These days hold the still and fresh air that the long days of summer will never possess.

.....
Visit www.harrowsmithmag.com/winter-weather to learn the seasonal weather forecast for your region of Canada by our weather expert Mark Sirois.

2

● **THE WINTER NIGHT SKY** Slightly warmer temperatures in early winter this year make the time spent under the stars more comfortable. While global warming is bad, it has also presented some opportunities to stargaze at night in the middle of winter.

— Astronomy expert, Robert Dick



3

● **FULL MOONS IN THE DARKEST SKIES** Look for the full moons of winter on these dates and times they are at their peak:

- The Little Spirit Moon**
on December 7 at 11:08 p.m. EST.
- The Spirit Moon**
on January 6 at 6:08 p.m. EST.
- The Bear Mon**
on February 5 at 1:29 p.m. EST.
- The Sugar Moon**
on March 7 at 7:40 a.m. EST.

Winter, beginning on December 21st, brings the darkest days and the merry promise of the holiday season. It's when the crispness of frosty encounters in nature means coming home to comfort, good food, great friends and warmth by the fire. There's a joy of feeling cozy that can only come after being in the cold.

46 magical ways to love WINTER

BY THE HARROWSMITH EDITORS WITH FILES FROM BOB BLUMER, MARK & BEN CULLEN, CLAIRE DAM, ROBERT DICK, MICHAEL SCHULTZ AND MARK SIROIS

4

- **THE GEMINID METEOR SHOWER ON DECEMBER 14-15** It will be shortly after the full moon, so the moon will be pretty bright, but the Geminid meteors tend to be bright too. So, if you can stay out past midnight, observers may see a nice display of roughly a meteor per minute. —*Robert Dick*

5

- **THE ZODIACAL LIGHT IN EARLY JANUARY** If you also live in a rural area and get up about an hour before sunrise, during the first week of January or at the end of December (when the moonlight will not interfere), you may also see a faint hazy glow extending up from the eastern horizon forming an extension to this line through the planets. This is the Zodiacal light. This is sunlight scattering off interplanetary dust in the plane of our solar system. These bright planets and faint phenomena reveal the structure of our solar system and help us ponder our place in the cosmos. —*Robert Dick*

6

- **SEEING SATURN, JUPITER AND MARS** In December, low in the southwest is the bright planet Saturn, further to the east and higher in the sky is the brilliant Jupiter, and over in the east is Mars. It's the bright "star" up and to the left (NE) of the bright star Aldebaran in the Hyades star cluster. A line drawn through these planets will show the ecliptic plane. All the planets orbit the Sun in a relatively flat plane called the ecliptic, that is the plane of our solar system. This is usually hard to envisage, but this winter, it becomes easier because we have three points of light to help us imagine this line across the sky. —*Robert Dick*

7

● **PLANTS THAT HAVE AN ARCHITECTURE IN THE WINTER**

We leave ornamental grasses and tall perennial seed heads standing through the winter. Ornamental grasses provide movement in the wind and texture all winter. Songbirds are attracted to seed heads that remain on perennial plants. While the birds are enjoying this natural source of food, you will enjoy the beauty of both the plants and the action that they create during an otherwise quiet time of year in the garden. ^



8

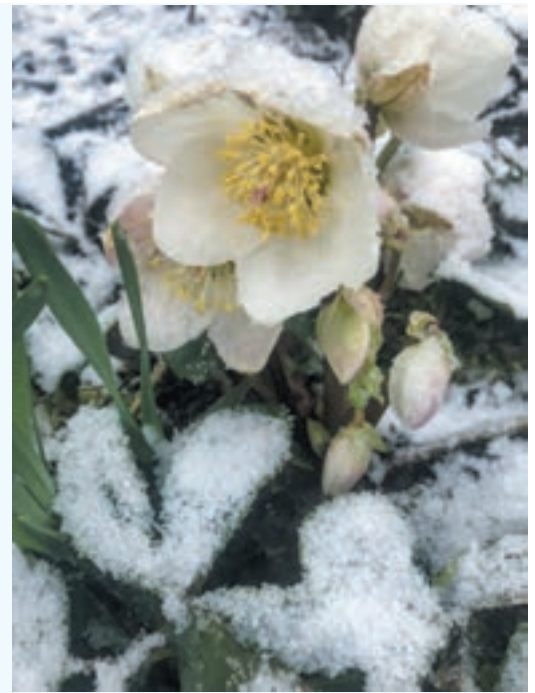
● **PLANTS THAT FEED THE BIRDS**

Many plants produce berries or berry-like fruit in late fall. For the most part, they remain on the plant until late winter, when foraging birds clean them off some February and March. Crabapples, mountain ash, bittersweet vine (*Celastrus scandens*), euonymus and even roses can produce great-looking fruit.



9

● **FLOWERS THAT BLOOM THROUGH THE SNOW** Depending on what part of the country you live in, you will enjoy the early blooms and glossy green foliage of what's commonly called the Christmas rose (Helleborus). On the west coast, the happy-looking flowers pop out as early as November, while the other provinces usually have to wait until February or March when the packed snow is gone. Bonus: the foliage is deer resistant.



10



● **BRANCHES THAT PUT ON A SHOW** Red osier dogwood (Cornus sericea 'Cardinal') with its deep red branches is a great winter accent. Popular in outdoor urns and window boxes for seasonal decoration in winter. Best grown in rich, moist soils in full sun to part shade. Hardy to Zone 2.



11

● **SHOWY EVERGREENS** Evergreen shrubs come into their own in winter, when deciduous trees and bushes have shed their leaves, and only the silhouettes of bare branches remain. From glossy dark greens to gold, icy blue and scarlet, evergreens colour the winter planting picture.

—°By gardening experts Mark and Ben Cullen. Mark Cullen is an expert gardener, author, broadcaster and tree advocate and holds the Order of Canada. His son, Ben, is a fourth-generation urban gardener and a graduate of the University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com

12

Bringing the outdoors in

- Another benefit of a winter garden is natural, readily available decorations. If you are assessing your winter garden before the holidays, you will likely want to decorate outdoors and indoors for the season. Many natural items in your garden lend themselves to a seasonal look that can be very attractive — not to mention save you money.





Tip: To keep fresh, mist the evergreen branches with water every 3 days

13

● **USING EVERGREEN BRANCHES** This is big business. You can go to your local retailer and buy pine, fir, cedar and spruce branches at considerable expense, or you can cut your own. Again, no harm is done to your precious trees. There is no magic in this — just cut with a sharp pair of pruners and get creative using the stems, inside and out. — Mark and Ben Cullen

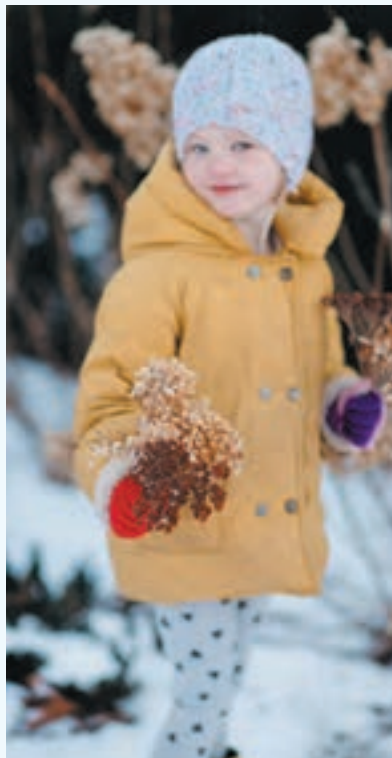
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● **WINTER WALKS** Whether you are in a natural area or an urban environment, walking in the cold will boost your energy, burn calories, activate the immune system and help you see the world differently. There's something about a fresh snowfall or a chill in the air that helps us take in a new perspective. It's a great time to awaken your senses to your surroundings.
—°Claire Dam



15

● **HAVING A WINTER PICNIC** Dress warm, summon your adventurous spirit and bring delicious food. Our favourite menu items to pack in the insulated bag include soup, stew, chili and pot pies. Frittatas and sandwiches work well too. Add some brownies, hot chocolate and apple cider, and you have the perfect meal. Whether setting up in the forest or your backyard, a snow picnic is fun for all ages.



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● **GATHERING ANNABELLE HYDRANGEAS** 'Annabelle' hydrangeas are the big "snowball-like" white flowers that bloom late summer through fall. These popular shrubs bloom on new wood, meaning their flowers are produced on the new seasonal growth (which grows up from the base of the plant). Now, winter, is the time to cut them down to the ground. This will provide the largest flowers and sturdiest stems. If you want smaller flowers, cut them back to 30- 60 cm (1-2 ft).

PHOTO CREDIT CLAIRE DAM

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● **DRYING CITRUS FRUIT** 'Don't let your fruit go to waste; make dehydrated citrus wheels at home in your oven. Drying lemons, limes, oranges, and grapefruit is easy though it will take an afternoon to prepare them in the oven. Slice your fruit thinly with a sharp knife (the average-sized lemon could be cut into 6 slices) and lay flat on a baking sheet in a 170°F oven for 4 to 5 hours, turning the pan every couple of hours. Remove from the heat when the wheels are completely dry and slightly brittle to the touch, and allow them to cool completely. Store in a sealed container in a cool, dry place (they keep for at least a year) to use later with cocktails, as garnishes, in teas, and with your winter decor. —*Claire Dam*



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● **USING DRIED CITRUS TO ADORN BOUGHS** Making a bough, sometimes called a swag, is an easy way to add to your décor without building a whole wreath from scratch. To craft one, lay out the longest branch on your work table and, using florist wire, add in small branches at different lengths and with different textures of green. Here, I used mostly pine that I clipped from my back trees and wove in a citrus garland and some homemade pom-poms. The elegant black ribbon brings it all together. —*Claire Dam*



19 Making handmade *wreath*

FOLLOW THESE STEPS TO MAKE YOUR OWN WREATH

Step 1: Start creating your wreath by collecting an assortment of boughs of greenery and clipping them into 15 to 20 cm (6 to 8 inch) long pieces. Here, we used a combination of spruce and cedar.

Step 2: Next, layer the branches together and pinch the bottom so that the greenery fans out and the stems can be wrapped together with wire or twine. Be sure to leave a “tail” of extra wire or twine (about 30 cm/12 inches) on the bough for attaching later. Continue until the bunch is full.

Step 3: Once you have created 10 to 12 bunches, snip off a y long stems on the end. Using a wire clothes hanger formed into a circle (or a grapevine wreath form) as your base, place the fir t evergreen bouquet bundle on top and secure it with wire or twine. Gather the second bundle of foliage and overlap the stems on the fir t bunch. Wire it around the wreath base and continue this process, adding to the wreath until it is full and you don't see any of the bottom twiggy bits. until the bunch is full.

Step 4: Add cones and berries.

Step 5: Make sure everything is wired in securely and hang.



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● **FRESH GREENS THAT SMELL AMAZING** To bring in invigorating natural scents, choose freshly cut cedar, white pine, balsam fir or blue spruce.

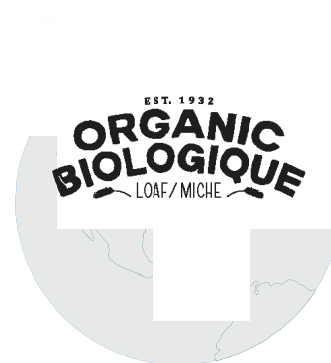
21

MAKING SUET TREATS FOR THE BIRDS

We use our excess cooking fat to feed the wild birds in our area throughout the winter. It's actually a win-win because nothing goes to waste. We pour the meat fats right into our silicone trays (in the summer, we use them for ice cubes) and add in small scraps of fruit, nut butter, unsalted seeds and nuts, bird seed and even extra dried cranberries when we have them. We loop a string through each one and then freeze it overnight. The next day, the kids can't wait to pop them out of the tray, tie them in the trees and watch the birds enjoy their treats. — *Andrea F., Guelph, Ontario*



To make sustainable living more accessible, Harrowsmith and Oroweat Organic have teamed up to create dozens of planet-friendly activities and tips to help us all live greener and healthier. Now we want to hear from you. What changes have you made in your life to live more sustainably? What planet-friendly projects are you planning this summer? Share your projects with us at letters@harrowsmith.com to be featured in an upcoming issue and find more inspiration at harrowsmith.com/planet-friendly.



- **WELCOMING THE PILEATED WOODPECKER**

The pileated is the largest woodpecker in North America. Magnificent in flight, it has a large crow-like body of about 1/2 of a metre tall and a wingspan of almost a metre. Females and males both have a bold red crest with a mostly black body with white streaks of feathers on their face, neck and wings. "Pileated" is the Latin term for 'capped' or 'crested,' so that's where they get their name.

The pileated woodpecker does not migrate, so if you happen upon a pile of wood chips at the base of a dead deciduous tree this winter, you might be close to the timid bird. We have an old stump behind the chicken coop on our property, and I finally saw a pileated hard at work last winter using its barbed tongue to peck for carpenter ants and other insects.

They can be helpful since they'll eat wood-boring beetles that are attacking ash and other species of trees. For this reason, it is sometimes referred to as 'the carpenter bird' or 'wood hen.'

Pileated woodpeckers are insectivores. So don't be too quick to remove that dead tree on your property because that's where they will find their food. Pileated woodpeckers also like berries, including poison ivy, and you might be lucky and see one on suet you put out.

You'll likely hear the 'ca-ca ca' cry of this majestic, indigenous woodpecker before you see it so keep your ears and your eyes open this winter when you are walking in the forest. (You might see one but seldom two at a time.) — Michael Schultz





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- **FEEDING BACKYARD BIRDS** When it comes to feeding birds, be sure to use the appropriate seed. Consider what kinds of birds you wish to attract to your yard, and put out the appropriate seed in your feeders. Mark & Ben Cullen share their tips:
 - **Black oil sunflower seed** is the closest to a universally accepted birdseed. Cardinals and goldfinches love it.
 - **Buckwheat and cracked corn** attract mourning doves. Avoiding cracked corn in your birdseed mix will help to minimize the population of grackles and mourning doves at your feeders.
 - **Quality canary seed** attracts house sparrows. Song sparrows have an even stronger preference for it than house sparrows.
 - **Safflower seed**, in our experience, may be the last birdseed you will ever buy. Very few birds will eat it, but squirrels don't like it either, which is why it is often sold as "squirrel-free." Worth thinking this one over before you buy.
 - **Black-striped sunflower seeds** are preferred by most songbirds. The smaller the seed, the better.
 - **Thistle** is the number one choice for attracting finches. Goldfinches are brownish in colour this time of year but change to brilliant yellow in the spring.
 - **Unsalted, shelled peanuts** are a favorite for most woodpeckers and blue jays.
 - **Quality suet**—unsalted and full of nuts or meal worms—is an excellent way to attract woodpeckers to your yard.

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- **BUYING A NEW BIRD FEEDER** According to Statistics Canada, a quarter of all households have a bird feeder. If you are one of these millions of people, remember that bird feeders should be within a metre (3 feet) of a window or more than 10 metres (33 feet) from a window. Within a metre, birds cannot build up enough speed to hurt themselves too seriously if they hit the window, while more than 10 metres away provides them with an opportunity to veer away from the window when they realize it is not a thoroughfare to another part of your garden.





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● **SEEING ANIMALS IN THEIR NATURAL ENVIRONMENT** Wherever you find yourself in your nearby nature, you should expect to encounter wild animals, after all, it's their home that you are venturing into. Whether you cross paths with a rabbit, a fox, or a deer, these encounters will be the highlight of your day. Remember to remain discreet so that you can observe their behaviour — and if you are taking a photo, ensure that the flash is turned off on our camera so you don't frighten the animal.



Squirrel



Fox



Deer

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● **IDENTIFYING ANIMAL TRACKS** It's always special to see a wild animal in its natural environment. Still, seeing the clues they leave behind presents a fun puzzle to solve. On your next winter hike, use our handy chart to decipher which species could have walked along the path before you did.



Wolf



Beaver



Raccoon



Dog



Bear



Coyote

Tip: Remember never to feed the animals. Once wildlife learn that people will feed them, they can lose their fear of humans and become aggressive.

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Homemade quilted stockings

- Clearing out your fabric scraps box and making colourful quilted stockings is a win-win. For a full tutorial on how Claire Dam made these stockings, plus our favourite free patterns, visit www.harrowsmithmag.com/quilt-stockings.



PHOTO OF STOCKINGS BY CLAIRE DAM

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- **DOGS IN SWEATERS**
Really.



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- **COZY SOCKS** Wearing socks to bed helps you fall asleep faster and snooze better during the night. Research shows that thawing out icy feet can adjust our body's core temperature and tell the brain that it's bedtime. Three cheers for cozy socks!



Royal Spice Carrot Soup

BY CLAIRE DAM

- There's nothing like a hot soup on a cold day — and what's better than feeling extra warm inside knowing that you can make a delicious soup from almost nothing? The basic formula for soup is a little bit of fat + some homemade broth (something you can make from food scraps and or bones) + some meat if desired + whatever veggies you have on hand in your fridge.

For this soup, we've used a simple list of ingredients and elevated the flavors with the royal duo of spices. Cardamom is the 'queen' of this soup, and black pepper is the 'king.'

This yummy soup is adult and kid (and baby!) approved. Serves 6-8.



SOUP

Ingredients

- 2 tbsp** unsalted butter
- 1 cup** of leeks, tender, white/light green parts only, chopped
- 2 ½ tbsp** chopped garlic
- 5 cups** chicken broth
- 3 cups** peeled and diced carrots
- 2 cups** peeled and cubed potatoes
- 1/4 c** heavy cream, or clotted cream
- 1 tbsp** honey
- 1 tsp** salt, to taste
- 1 tsp** freshly ground cardamom

1. Preheat oven to 300°F.
2. In a large pot (like a Dutch oven), brown the butter on medium. Continuously stir as butter melts, then starts to foam and sizzle. The butter is 'browned' after 3-5 minutes when the butter has turned golden brown, the foam will have subsided a bit, and you'll see milk solids on the bottom of the pan. But most importantly, the butter will have an intoxicating nutty, buttery fragrance.
3. Add leeks and garlic, your aromatics, to the browned butter and sauté until just soft. Never overcook garlic.
4. Add your freshly ground cardamom and let it 'bloom' for 30 seconds in the browned butter. This will draw out the fat-soluble flavors of the cardamom.
5. Add your broth and scrape off any tasty browned bits from the bottom of the pan.
6. Add veggies and bring to a boil. Cover and reduce heat to a gentle simmer, roughly 20 minutes, or until veggies are tender.
7. While veggies simmer, prepare your peppered pepitas, and blend your honey and cream together and set aside.
8. Once cooked, transfer the soup to a blender and add the salt, ½ teaspoon at a time to taste, and purée until smooth. When you are adding the salt, remember that the pepitas will be salty too.
9. Serve soup immediately, drizzle with honey cream and sprinkle with a handful of peppered pepitas.



- **PEPPERED PEPITAS**

Ingredients

- 2 cups** pepitas
- 1 tbsp** olive oil
- 1 tsp** freshly ground black pepper
- ¾ tsp** salt

1. Preheat oven to 300°F.
2. Line cookie sheet with parchment paper.
3. Toss all ingredients together and spread in a single layer on your parchment paper.
4. Bake for 10 minutes, stir. Then bake for another 10-20 minutes until seeds are golden, puff, sizzling and crunchy.
5. Store in an air-tight jar.

Soup can be frozen and reheated to be served later. And, you'll want to make extra pepitas because you'll be snacking on them as soon as they're cool enough to pop into your mouth.

Display copy/ fun facts

Cardamom is grown primarily in the moist forests of southern India, cardamom is known as the 'queen' of spices, while black pepper, grown mostly in South Asia, is referred to as the 'king' of spices. They are the most widely sought-after spice crop in the world, having both culinary and medicinal uses.

Harrowsmith's number one tip for reducing waste: Learn to cook. When you learn to cook, you will buy real food, and because you cook, you will practice and discover amazing recipes with that real food. When you make your meals, you eliminate food waste and packaging waste. From-scratch cooking will improve your health, reduce your dependency on processed foods, save money, lower your carbon footprint, taste better than what you can buy and make you self-sufficient.

Claire Dam is a farmer, a homesteader, a creator, a writer, and a photographer. She specializes in portraiture – such as weddings, families, newborns and lifestyle headshots. She shoots with film and digital on a variety of cameras old and new.

Blue Cheese Bruschetta with Honey and Cracked Black Pepper

BY BOB BLUMER PHOTOGRAPHY BY SUZI Q VARIN

- Blue cheese is divisive. Those who do like it tend to love its pungent aromas, creamy texture, and veins of blue mould. That cauldron of characteristics, in combination with the sweetness of honey, the odorific pleasures of raw garlic, the bite of freshly cracked black pepper, and the texture of a well-toasted slice of rustic bread make this easy-to-assemble appy a very heady experience.

Cooking Time: Less than 15 minutes

Yield: Serves 4 as an appetizer

4 slices rustic country-style or sourdough bread

2 garlic cloves

4 Tbsp walnut oil, hazelnut oil, or best available olive oil

8 ounces Saint Agur, or another creamy blue cheese

½ cup best available honey

(Coarsely) ground black pepper (either adjust your grinder to a coarser grind, or grind a few peppercorns in a mortar and pestle)

Toast your bread in a panini maker, over a grill, in a toaster, or toaster oven until it is very brown and crispy.

Immediately after toasting the bread, rub a garlic clove over the entire surface of one side. Each slice should use up about a quarter to a third of a clove. (Be careful: when the garlic meets the toast's hot surface, it will create fumes that will sting your eyes.)

Generously drizzle oil overtop each slice. Then schmear each slice generously with cheese. Generously drizzle honey over top and finish with the peppe . Slice bruschetta and serve immediately



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Bob Blumer is the creator and host of the television series Surreal Gourmet and Glutton for Punishment and is a producer and host of World's Weirdest Restaurants. His shows air on various networks in over 20 countries worldwide. His latest cookbook, Flavorbomb: A Rogue Guide to Making Everything Taste Better published by Appetite by Random House is out now.



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● **BAKING PARTIES**

Take a handful of good friends and a cozy kitchen, then add your favourite recipes. You will end up with quality time spent together and lots of yummy treats.

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● **COOKIE EXCHANGES**

We love cookie exchanges because you bake one type of cookie, bring them all to a party and then go home with many different varieties — and you only need to buy one set of ingredients. Most cookie swaps ask that guests bring one dozen cookies for each person at the party, and most parties usually host 8-12 people. Bringing cookies that have personal meaning to you makes for great conversation and a more meaningful swap.

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Virtual cookie exchanges

● While you could try the same-but-online version of an in-person cookie exchange, it will likely be quite expensive and time-consuming to ship boxes of homemade cookies to fellow party-goers. Instead, share your coveted cookie recipe with others ahead of time, and they will share theirs with you. Bake a batch of each type of cookie and then set a date and meet together via video call to taste them all and catch up.

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Making *3-Ingredient* Shortbread Cookie

- Preheat the oven to 325°.

Cream butter 1 cup unsalted butter, softened, and 1/2 cup sugar until light and fluffy.

Gradually beat in 2 cups of all-purpose flour.

Press dough into an ungreased 9-in. square baking pan.

Prick with a fork. Bake until light brown, 30-35 minutes.

Cut into squares while warm. Cool completely on a wire rack. If desired, dust with confectioners' sugar.



PHOTO CREDIT CLAIRE DAM

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Giving Back

- **GIVING BACK** The holiday spirit is all about giving. What better way to spread some cheer than by lending a hand to others? Here are some timely volunteer opportunities and ideas.
- Host a baking party to make treats for a drop-in program in your community.
- Volunteer at a local program that cooks and serves warm meals for people who are unhoused or experiencing food insecurity. Plan this early and call ahead, as it's a popular volunteer activity around the holidays for families. Consider going on an "off date," like early in December or later in January and February.
- Participate in a food drive by collecting non-perishable items like rice, pasta, beans, canned tuna, canned tomatoes and more.
 - Donate gently used winter coats and boots to a local program that supports those who need them the most. Other items always needed are underwear, socks, small sticks of deodorant, small soaps, oral hygiene items and adult diapers.
 - Adopt a family. Many organizations like the YMCA and the Salvation Army will match you with a family so that you can help them with gifts and food during the holidays.
- Offer a gift card to someone sleeping on the street. When you give a coffee shop gift card, you also give that person access to enter a business as a customer and have a chance to warm up and use the restroom.
 - Visit the local animal shelter and offer to help bathe and walk the animals. Before you go, check and see if they need donated items like extra blankets.
 - As the holiday season approaches, remember that Canada's eastern provinces, which were hit hard by hurricane Fiona are still recovering from the destruction. You can help by donating to an organization listed on www.canadahelps.org.



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• SPREADING JOY

- Grab some of your neighbours and go door-to-door singing your favourite carols.
- Visit a local senior's home and get to know some of the people who live there. Likely, they have wonderful stories to share. Can't commit to a visit? Call the community coordinator to arrange to send cards or letters to the residents for the holidays.
- Offer to babysit so that parents get an unexpected date night or a much-needed break from the kids.
- Next time you are buying a coffee, pay for the person after you.

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● VISITING HOLIDAY MARKETS

Some favourites are: Got Craft Holiday Market

Dates: Saturday, November 19 + Sunday, November 20, 2022

Where: Croatian Cultural Centre

Montreal's Christmas Village

Dates: November 24 to December 18, 2022

Where: The Atwater Market

Niagara Falls Christmas Market

Dates: November 12 - December 18

Where: Downtown

Glow Gardens Halifax

Dates: November 23, 2022 - January 2, 2023

Where: Halifax Exhibition Centre



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● SNOWDAYS, BANFF AND LAKE LOUISE, JANUARY 18 - 29, 2023

Every January Banff and Lake Louise comes alive with the annual SnowDays celebration. The streets of downtown Banff transform into larger-than-life winter galleries with giant snow sculptures. The thrill of Skijoring can be felt by excited onlookers lining the streets of Banff Avenue.

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● THE QUEBEC WINTER CARNAVAL, QUEBEC CITY, FEBRUARY 3 - 12, 2023

From outdoor dance parties and sporting events to ice sculptures and parades, the Quebec Winter Carnival is a true must-do during Canada's winter.

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● WINTERLUDE, OTTAWA, FEBRUARY 3 - 20, 2023

Celebrate free Canadian winter fun at this epic festival which takes place in the Ottawa region during the first three weekends of February each year!

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● THE 2023 CANADA WINTER GAMES, PRINCE EDWARD ISLAND, FEBRUARY 18 - MARCH 5, 2023

The festivities take place this winter in Prince Edward Island, on the traditional and unceded territory of the Mi'kmaq People. From February 18 to March 5, the Games will bring together 3,600 athletes, managers and coaches, across 20 different sports, for the largest multi-sport event in the country.

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● THE SNOWKING CASTLE FESTIVAL, YELLOWKNIFE, MARCH 1-26, 2023

A winter wonderland is created on Yellowknife Bay where the Snowking and his talented, hardy northern helpers brave -30 over the course of 2 months to build a huge castle made entirely of snow and ice. The Snowcastle becomes a month-long celebration of community spirit, collaboration, innovation in the arts, entertainment for young and old and, where the spirit of winter wonderment from all our collective childhood reigns supreme.



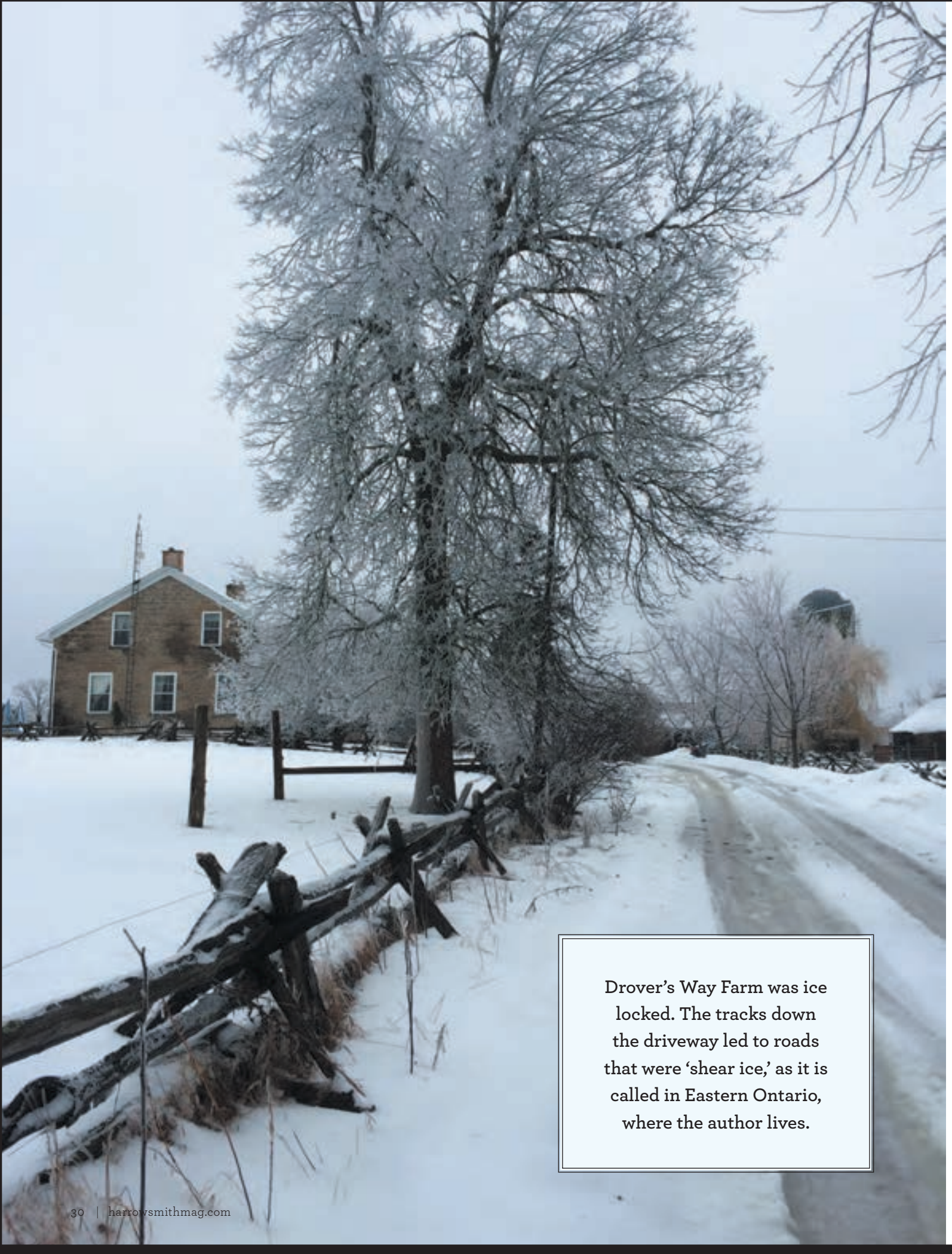


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The Royal Winter Fair



- **TORONTO, NOVEMBER 4-13, 2022** Celebrating its centennial year, The Royal Agricultural Winter Fair will return to Toronto's Exhibition place from November 4 - 13. "It's been a sombre few weeks as we mourn the loss of Her Majesty The Queen, but we look forward to commemorating her love and passion for agriculture and horses at the 100th anniversary," says Charlie Johnstone, Chief Executive Officer, The Royal Agricultural Winter Fair. **Events kick off November 2nd with 'The 100th Anniversary Opening Ceremony Showcase Presented by SiriusXM (Tickets on Sale Now!)** The Showcase will pay tribute to the vibrant history of The Fair with a special event inside the Coca-Cola Coliseum featuring Treasured Canadian television personality Rick Mercer as the evening's emcee! Feature performers include the RCMP Musical Ride, Ontario's first Poet Laureate Randell Adjei, rising Canadian country singer-songwriter SACHA and First Nations singer-songwriter Mary Bryton. Capping off the evening, there will be a special performance from the legendary Canadian band Blue Rodeo. Tickets are available for purchase at royalfair.org. For a century, The Royal Agricultural Winter Fair has been Canada's showcase for the very best in agriculture and food. World-renowned chef Michael Bonacini is once again reprising his role as Chair of the Culinary & Hospitality Committee on The Royal's board of directors, helping to curate exceptional culinary experiences. With Michael onboard, The Royal provides an incredible opportunity for people to connect over a delicious meal - while simultaneously learning about where our food comes from and celebrating the people who grow it.



Drover's Way Farm was ice locked. The tracks down the driveway led to roads that were 'shear ice,' as it is called in Eastern Ontario, where the author lives.

Lessons From the Storms

Nothing offers more perspective on life than a storm. Sarah Loten shares how she and her family — and their animals — have made it through decades of storms at Drover's Way Farm in Eastern Ontario and what they have learned along the way

Storms come in many forms on a farm. Often, we think of weather storms of snow, rain, wind, and hail. There can also be storms of disease and storms of circumstance. One doesn't need to live on a farm to realize that the proverbial 'perfect storm' can happen when, seemingly, all difficult issues that could happen occur at the same time. The difference, perhaps, on a farm is that there is a responsibility for many lives, including humans, animals and vegetation. To make matters more complicated, climate change is creating environmental conditions with unprecedented, severe storms. As farmers, we can't control or manage what the weather or conditions throw at us, but, like all aspects of farming, it is important to create a sustainable and survivable approach to adverse weather conditions.

Living on a farm in our northern climate, I have become acutely aware of the blast and fury of the seasons. With hundreds of animals under my care, as well as the resident wildlife that we encourage on our land, it is a huge responsibility to keep everyone safe and healthy in these storm conditions.

I used to think that mustering all the animals into barns and corrals would give them some level of protection in severe conditions. Sometimes that is true; however, after experiencing many storms, I have realized that it is better to look at how nature manages, how the animals respond and how the land can recover.

Animals have a strong instinct for self-preservation if given options for shelter and food, which may or may not include human-made structures. In horrible weather, given a choice between a barn and a hedgerow or a cedar grove, sheep will usually scorn the barn.

The effects of storms tend to be very localized. Even within several fields on one farm, the conditions can vary widely. The ability to respond and quickly adapt to whatever condition is probably the best security we can give our animals and ourselves in adverse conditions.



“

Nature can teach us many lessons if we stay present and calm in the face of whatever is happening.

”

The ice storm of 1998 taught us how to prepare for years of storms ahead

Quite early on in our farming journey, as a family, we were faced with one of the biggest storms that Eastern Ontario has ever seen. The ice storm of '98 came in stealth mode. It was described as a slow-moving hurricane. Slowly but surely, our world became entombed in a thick and heavy layer of ice. We hadn't been on our farm for many years. Our children were still very young, as were we. Maybe that was a good thing because we didn't have any point of reference to be afraid of. We watched in awe as our world irrevocably changed over several days. I remember standing on the porch of our stone house, with a toddler in one hand, holding on to a post to brace against the ice that had formed under the cover of the eaves.

There was disquiet in the land. All motors had stopped. No electricity marred the night sky. Animals and people couldn't move from their place. All we could hear was the sound of crashing trees. They cascaded to the ground under the weight of ice, shedding ice like pieces of glass. Branch after branch fell. Tree after tree succumbed. Electric poles and much of the electrical infrastructure twisted and crumpled to the ground. Yet, around us, the ice glistened like diamonds in the moonlight, and the remaining plants and trees were heroic and magnificent in their icy clothes. The power and the magnitude of this storm left us struck with awe. It was a time of stark and violent beauty.

We were a puny force against the storm, but, as farmers, we had to get on with things. We had livestock to feed, children to tend to and work to organize. My strongest memory of that time was the challenge, excitement even, of having to live without power for 2 weeks in the dark and cold Canadian winter. It was a puzzle that we had to solve because all the usual infrastructure that we relied on to take care of ourselves and our animals was gone. We couldn't go to the stores to pick up supplies because we couldn't get there. No roads were passable. When we finally

did travel, supplies were low or non-existent because trucks couldn't get through and re-supply the community. We had to be resourceful.

The circumstances could have been overwhelming, but we chose to meet the challenge with excitement and adventure rather than dismay. It was hard not to grieve the losses of trees and animals, but at our place, we were safe and healthy. We had resources. Our farm included a stone house built in the mid-1800s. It was built and lived in without electricity for close to a hundred years, originally. Two more weeks were only a small addition to its long history. For the first time in a century, the house was heated with an open (Rumford) stone fireplace. We had an iron cookstove that supplied all our cooking and hot water needs. A creek ran near the house, so we drew buckets of fresh water for our use and the animals. Our children and animals showed us what was really needed: water, food, light, heat, shelter and some recreation.

Our basic needs were taken care of, so we searched for some fun. We had acres and acres of skating rinks, and once we were able to break open a trail on our laneway and road, we walked for miles with the kids on the back of a Shetland pony with no worries about traffic.

During that time, we had a special birthday party for my son, who was turning 3. Our veterinarian friend had travelled to an emergency near our farm and then chose to come and spend time with us as he couldn't venture any further. We stoked up the open stone fireplace and toasted marshmallows and chestnuts on an open fire. We cooked a cake on the iron cookstove and fried some steaks and veggies that had thawed and needed to be eaten. Boiled water from the creek was our drink, and we had plenty of time to talk and play by candlelight. I can honestly say we had a wonderful rustic celebration during that icy and dark time.

The instincts of the dogs and the sheep during the spring storm of 2021 taught us much can be learned from our animals

This wagon won't be traveling anytime soon! It takes weeks for fields to lose their ice cap, after a significant ice storm. Anything left in the field, is ice locked until warmer weather.

I think storms have worsened in the last few years. There are always exceptional storms, as we experienced in 1998 — we all tend to remember those extreme weather events. However, the frequency and severity of stormy weather resulting from an unusual combination of events seem to be happening more often. In the Ottawa Valley (of which we are the southwestern end), there have been several dramatic wind events (i.e. tornados, the Derecho) that I have never experienced in my lifetime as frequently as I have experienced in the last few years. March of 2020 gave us another storm to remember.

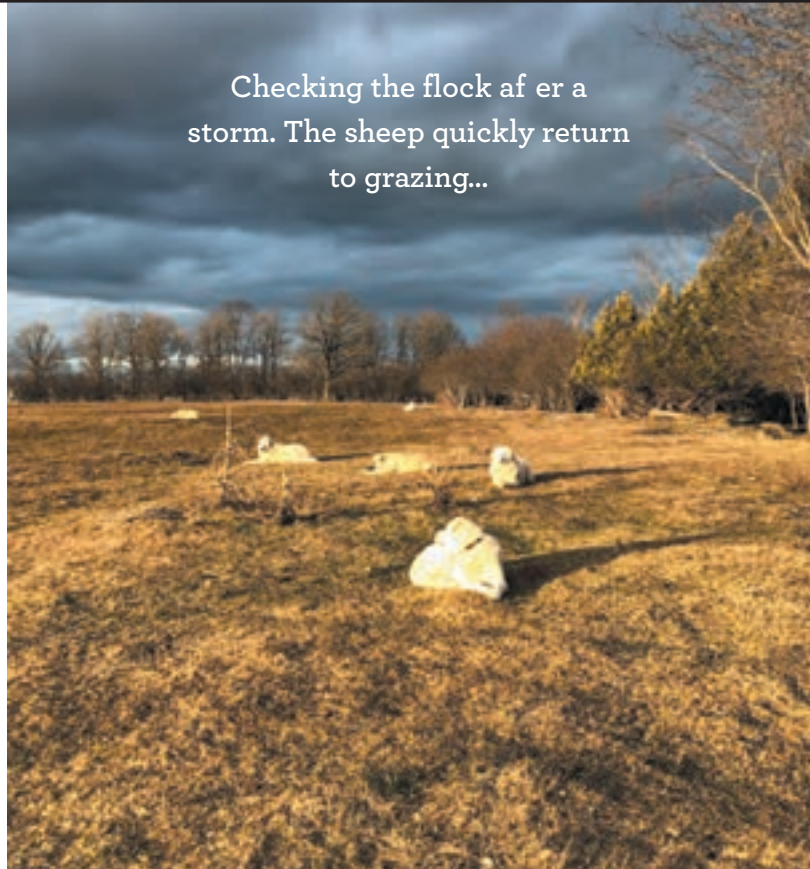
The whole world felt tumultuous and stormy in the first early spring of the pandemic. It had been a blustery and sodden day. The winds were whipping across the field, throwing down trees, twisting fences and ripping off sheets of metal from our outbuildings. These human vestiges of the landscape are but flimsy barriers to the power of wind and storm. Our sheep had scuttled into the hedgerows to avoid being blown off their feet. Like woolly tumbleweed, they were blown unwillingly across the field, scattered away from the flock. (Nothing is more distressing to a sheep than being separated from their flock.) They tried to bunker into tight groups, blanketing the soil and each other under bushy vegetation to stay warm and dry.

The storm had spent most of its fury when I went to battle against the gusts of wind, looking for the livestock guardian dogs who will remain protectively with the flock through the most difficult of conditions. It was my turn to take care of them, ensuring they were safe, warm, and fed.





After a winter storm, sheep come running to be fed. They live outside year-round and are happier there than in a barn as long as they can seek shelter (natural or human-made) in severe weather and have access to regular feed and fresh water.



Checking the flock after a storm. The sheep quickly return to grazing...



Livestock guardian dogs (Pyrenees, Armenian Gampr) guarding on the highest ridge of the farm as a storm comes in.

I revelled in the energy of the raw, cleansed air. Never had I appreciated the quality of the air, the bracing aliveness and the privilege. We are facing hard times as a people, as a land, like many across the world. A viral storm, that steals air, has become part of the landscape and lives of many. While experiencing a serious storm and its aftermath, there can be a deep sense of unsafety and isolation. We search for stories in our past to help us understand. We are afraid of what the future will bring, and it is hard not to catastrophize.

As I walked towards our higher land, I scanned fields that have seen the birth of thousands of lambs over the years. My head bent low, tucked inside my hood, gave me scant protection against the hard spatters of rain. It was hard to believe that these fields could be green soon and gambolling new lambs would populate these fields once again. I know life always has a way of continuing, despite whatever storm or plague has thrown its weight around.

I lifted my head quickly to take stock of my exact location. As I scanned the tumultuous horizon, there was a scene that took my breath away: Up on the highest ridge of our farm, the guardian sheepdogs lined themselves up in a strategic position to scan the fields around them. Their backs towards the stark black limbs of the leafless bush, and their fur whipped against the wind. Alternating sun and cloud shadows illuminated the landscape. These huge dogs had placed themselves across the ridge to face the worst winds of the storm. Lying down, heads up, vigilant, expectant, calm, they waited.

Trees and fence lines
were torn up by a
sudden wind storm at
Drover's Way Farm in
Perth, Ontario.



Usually, severe summer storms are fast and furious; the unexpected summer storm of 2021 lasted over an hour



Summer storms are a frequent occurrence in Eastern Ontario. In fact, they are generally welcomed by farmers because they bring much-needed rain for good pasture and crops. That said, the rain can come at a cost. The fury and violence of summer weather can be shocking and damaging. Like most things in life, we must take the good with the bad, appreciate the gifts but also be wary of the risks.

A lot of summer weather descends on us with little warning. Although, thanks to modern technology, some warning is given through weather reporting. All farmers regularly follow these sites and respect the accompanying information and warnings. We are vigilant and try to prepare for eventualities which could include high winds, hail, lightning, and other risks. That does not mean that we live in fear of what will come because, inevitably, summer storms will come. It is our job to respond with responsibility and safety. We plant crops with seed varieties developed to withstand wind. We have backup power sources to pump water if power is lost since animals need considerable amounts of water in the summer. We move animals to places where they won't get hurt by flying or falling debris. We get ourselves to shelter as storms approach, seeking protection from lightning and wind. Then, after the fury is spent, we calmly assess the damage and get to work, cleaning up whatever damage has been done. If the storm was particularly bad, we seek neighbours and friends and help each other out, as needed. That is the way things have always been done.

It was the summer of 2021 and I was walking with our border collies to check sheep at the very back of our farm. The land was very dry in the late summer heat. The sheep had moved back to the lowest treelined pastures, where some green grass remained. My oldest border collie was antsy, not focusing on the job at hand. I knew this was a

sure sign that a storm was coming even though the sky was blue and the sun was shining through the heavy humid air. The sheep were serene, woolly shapes spread out over the expanse of pasture. They raised their heads as we came closer, always vigilant of what was changing in their environment, but they went back to grazing. They were alert but calm. Much can be learned from our animals.

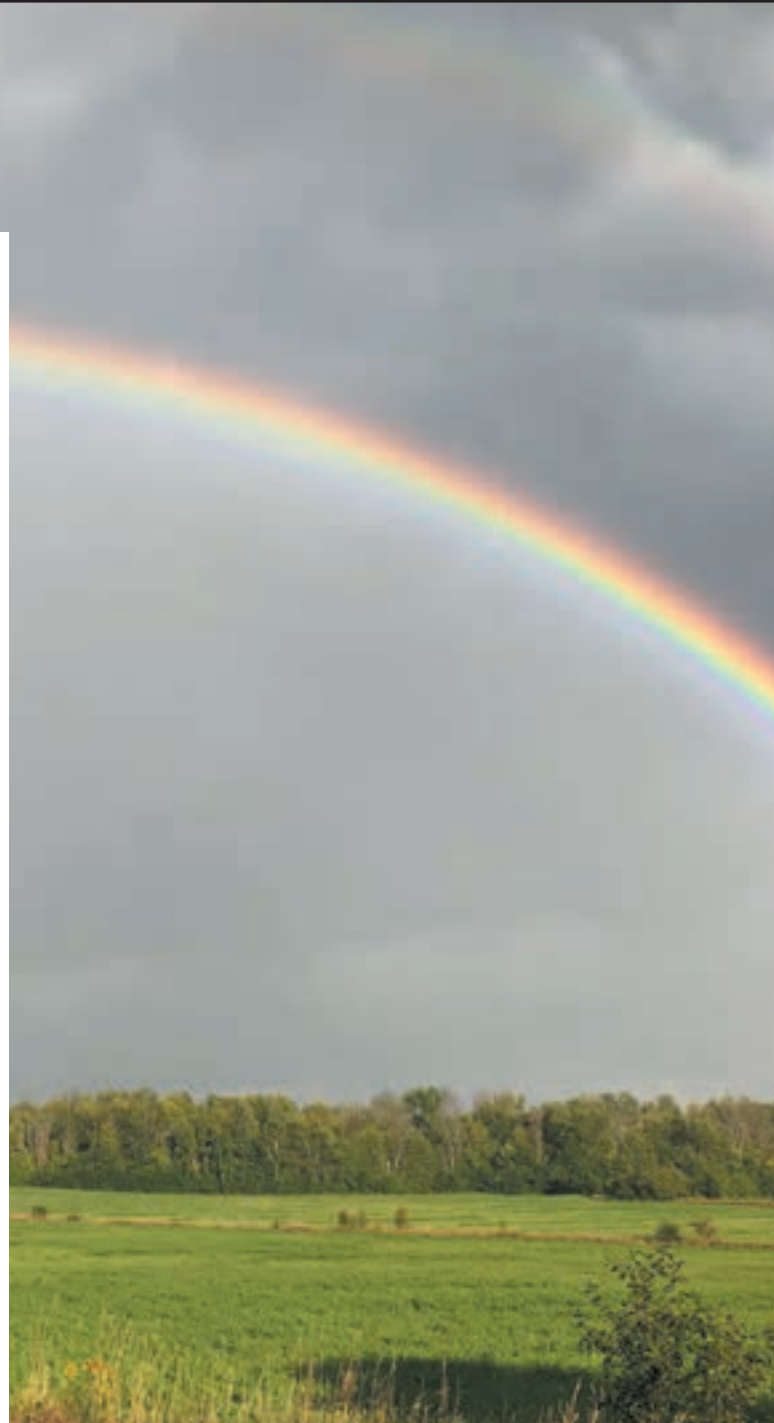
As I turned to go back to the farmstead, I heard the first rumbles of thunder. The dog glued herself to my leg. She knew what was coming. Suddenly, the sky turned a dark colour at the western horizon, and the wind was restless and serious. I picked up my pace, thinking I had lots of time to get back. Quickly, the sky grew very dark, bruised opaque purple. Lightning forked, and the thunder sounded deep and guttural. I didn't have time to get back, and I was vulnerable out in an open field. I decided to run for a trailer we had parked in one of our back pastures, near a pond, using it for camping on more delightful summer days.

As I slammed the door, the wind hit us (the dogs come in with me) with full force. The trailer rocked and vibrated. Trees clashed and crashed around us. It sounded like rocks were being hurled at the siding. Later, I learned that apples were being flung from the nearby orchard field. I tried calling for someone on my phone, but I couldn't hear above the noise. Besides, what could anyone do for me at that point? I was on my own, and I had to stay safe and calm so that I could respond properly. Panic is not helpful as it can make us behave impulsively rather than carefully.

My dogs dove under the table in the trailer, and I decided to join them. I figured my biggest threat was a tree crashing through the roof. At least we would have an extra layer of protection from the hard tabletop, held up by a central metal post. The sheer chaos and noise outside felt threatening, but I had to figure out a way to stay calm. I sang some songs. I stroked the dogs. I joked with them about having a party under the table! I consciously tried to relax my muscles while sitting in such a cramped spot. Then, I waited until the storm passed. They always do.

When I emerged an hour later, I looked around at many fallen trees in paths of destruction. Jagged marks of lightning were burnt into mature pasture grasses. The surrounding fruit trees had lost most of their apples. The term windfall had taken on a new level of meaning. However, despite the destruction, many grasses and bushes seemed more vigorous, sparkling with the nutritious rain. The vegetation had been extremely thirsty under the late summer sun. Renewed growth was something to be grateful for.

I walked back to the farmstead as the sheep and dogs



There is supposed to be a pot of gold at the end of every rainbow. Most farmers would agree! That pot of gold comes in the form of healthy green growth in crops and pastures.

emerged from the hedgerows. They were fine, although the dogs looked more sheepish than the sheep! They had been afraid, although as livestock guardian dogs, they knew that their job was to protect and stay with the sheep. As I got closer to the house, I noticed an old dug well with ferns surrounding it as a lacy collar. The fronds, growing out of the damp rock-lined wall, glistened in the sunlight. This little oasis had been laid bare by a huge fallen tree during the storm. I knew about this dug well, carefully covered by oak planks, roots and vines, but I had forgotten about it until exposed by the storm. The old well was beautiful. I knew this was something else to take care of because an open well is dangerous. But at that moment, as I made my way through the destruction, I took some time to enjoy the small scene of beauty that had been revealed in the aftermath of the storm. **H**

The cloud formations before a severe storm can be rich and beautiful. But these severe storms can bring much violence and destruction in their wake. It is hard not to peek out of a farm building to watch the drama unfold, despite the concern.

.....

Sarah Loten is a full-time sheep farmer in eastern Ontario. Along with her husband and five children, who regularly get conscripted for free labour, she manages several hundred acres, hundreds of sheep, too many dogs and not enough horses. On that last point, her husband would beg to differ. When not farming, she can be found training in a dressage ring or teaching therapeutic riding and music.





Farm tips for surviving and thriving through storms

Be prepared but don't overdo preparation. This creates more stress than necessary. Only prepare for absolute essentials.

Trust that your resourcefulness and resources will be available for whatever is needed.

Well in advance of any storm, obtain useful items such as water, non-perishable foods, candles or lanterns, wood and/or fuel for heating and cooking.

In most rural areas, well water must be pumped, which is usually supplied by electricity. Supplying water is the biggest challenge when power is lost. Bottled water is useful in limited quantities. A natural source such as a pond, lake or creek is also useful (filtered, boiled and treated for human consumption).

A generator allows well water access, especially if livestock needs are high.

Some battery storage for recharging devices can be most helpful, especially for communication.

In an emergency, realize that very little is needed physically. Focus on needs for safety, shelter, warmth, food and water, and communication.

Emotional needs are important. Staying calm and engaged is vital to safety, health and welfare.

If people and animals start to react with panic, anxiety or anger, or, if they freeze and don't respond, then a storm situation can be riskier, even life-threatening. Strive to take care of emotional needs for yourself and for those under your care.

Find ways to comfort, soothe and calm. Find ways to enjoy the adventure, especially over a longer period.

Look for small gifts and beauties that can be found in all difficult situations. In the hard moments, remember that storms always blow through.

Connect with other people who have experienced the same storm. Farm animals know this concept well: always stay with the herd, the flock, the pack! We survive and thrive better with each other.

You may need help, or you may be able to offer help. Either way, much help is needed in the aftermath of a severe storm.



Give Sustainably

Holiday Gift Guide

Sustainable gift-giving is what you give, what you don't give, how you give and how long the gift you give will last. That's a lot to think about during this busy time, so Harrowmsith has broken it all down so that your gestures this season will come from your heart without taking from the planet

First, consider buying nothing.

Let's face it, there's a lot of "stuff" in our world already. According to Zero Waste Canada, "within 6 months of the holidays, only 1% of everything the average person buys is still in use, and the other 99% has been discarded." This is alarming! (Especially since we're spending an estimated \$1,276 per person.) So, before you head to the mall, the market or online, begin your gift-searching quest with some creative thinking.

Give services instead of goods.

The gift of helping others with cleaning, organizing, yard work, car washing, running errands or cooking will likely be appreciated for a long time past the holidays. It's the thought that counts, and the personal touch makes every gift more meaningful.

Invest in experiences.

Here's some ideas that might work: Gift a meal together at a favourite restaurant, tickets to a concert or sports game, a membership to a museum or gallery, a spa or massage service, admission to an amusement park, classes for something they want to learn (like dance, pottery making or cooking), a getaway or camping trip.

Give a gift that makes an impact.

A charity donation in the recipient's name is a thoughtful gesture. Select a cause close to the recipient's heart and donate to a charity that makes a real impact locally or globally.

Give gifts that have a story

When Valentina and Sébastien Nobile founded their non-profit La Soufflerie in 2017, they had a noble cause – to keep the art of glassblowing alive in Paris. And they've come a long way from selling their vases from the back of their bicycles in the 15th district of old Paris. They now operate around the world. Their exquisite pieces are handblown from 100% recycled glass, making them sustainable and ethical and multipurpose. **Amour Vase in Strawberry, obakki.com. \$45.**



The HBC Point Blanket has been called many things throughout its history: an essential trade item, an enduring emblem of Canada, a carrier of disease, and a symbol of colonialism. HBC begins to acknowledge the layers of symbolism. Now, 100% of net proceeds of its sales will go to Indigenous Peoples. Hudson's Bay Foundation and the Gord Downie & Chanie Wenjack Fund have partnered to launch Oshki Wupoowane | The Blanket Fund. **Multistripe Point Blanket, thebay.com. Prices from \$325.**



Gift a beautiful — and odourless — kitchen composter. The designers of this biomorphic worm house collected data for almost two years, then created it in the best shape for both worm health and human convenience. Because food and yard waste makes up 20-30 % of what is going to landfills, this is the gift that keeps giving. For every ton of food scraps diverted from landfill, the atmosphere gets saved from six tons of carbon dioxide that would have been released. **Living Composter, Uncommongoods.com, \$306**



Gift something that never has to be replaced. Handwoven on century-old looms by local artisans who remain faithful to their ancestral artisanal skills, these towels are made to last a lifetime. The artisans engage in ethical production using sustainable materials to support local economies. This is a product that not only looks good, but it feels good – in more ways than one. **Turkish Linen Towel in Sun, 100 x 200 cm, obakki.com. \$85.**

Daldanea is a small jewellery business that Molly Patterson, a Saskatchewan-born Métis artist, recently started after returning home to a simpler life of creating, gardening, and homemaking. Her beaded designs are stitched to gold and inspired by pictorial arts, photography, and folklore and work with geometric shapes and linear patterns in slim, tapestry earring styles. **Beaded earrings, F/W22 Collection, daldanea.com. Prices from \$55 and up.**



Seek out companies with principled production like Rothys'. The company has turned more than 125,000,000 plastic water bottles into their signature thread that they use to make fashion-forward shoes and bags. This ultra-durable and washable bag is made with approximately 618 grams of ocean-bound marine plastic. Rothys' has many styles of bags and shoes for adults and kids. **The Lightweight Tote in Leaf Green, rothys.com. \$244.**

Quality-made reusable items like coffee mugs, food containers and cool lunch bags are gifts we all enjoy and will help to keep plastics out of our landfills and waterways. This lunch tote has an insulated interior and is made of thoughtfully made lifestyle goods on a mission to make personal wellness sustainable, stylish and self-empowering. **Lunch Pouche, soyoung.ca. From \$36.**



Gift beauty products that make you feel good inside and out. Province Apothecary creates products that benefit sensitive complexions using only high-quality, certified organic ingredients sourced from each of the Canadian provinces and all over the world. The plant-powered skincare is dermatologist tested, recommended by naturopaths, cruelty-free, vegan, and ethically sourced. The company is Toronto-based and woman-owned. **Radiant Bath + Body Oil, provinceapothecary.com. 120 ml, \$62.**

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Gifts from the kitchen are always appreciated

While homemade sweets are heartfelt, so are your creativity and curating skills. Assemble a basket (don't buy one new, there's always lots at the thrift store) of local and organic goodies like dips, sauces and snacks that you find at the market or independent grocery sellers. Jams, chutneys, pickles, teas, and herb blends all make lovely treats to add in. Here are some unique Canadian-made goodies to get you started.

Sapsucker is organic, sparkling tree water with a little bubble and a hint of natural sweetness. It's plant-based and nutrient-rich with vitamins and antioxidants. Sapsucker is tapped in Canada and we love the brightly coloured cans and names of the flavours. Sipsapsucker.com.



A family business run by three Saskatchewan-based farmers and two sisters, bonded by a passion for sustainability, they make snacks like Roasted Chickpeas, Roasted Peas, and Roasted Lentils. Threefarmers.ca.



Fody's easy-to-digest and delicious pasta sauces and salsas are made from all-natural, premium ingredients and are certified Gluten-Free, Vegan, Non-GMO, and Low FODMAP. The company is based in Montreal. Fodyfoods.com.



Balzac's Coffee Roasters is a woman-founded, fair trade brand based in Ontario where they roast and package all of their coffee and offer special and seasonal blends. Balzacs.com.

Founded by executive chefs with a love for real ingredients, the Alberta-based Bow Valley BBQ creates unique flavours with its award-winning sauces and spice rubs. Bowvalleybbq.com.



Built on their love of travel, adventure and sourcing great quality tea. The Toronto-based Genuine Tea proudly supports mental health and wellness by donating partial proceeds to the Canadian Mental Health Association. Genuinetea.ca.



Gifts from nature

PHOTOGRAPHY BY MICHAEL ALBERSTAT

Impress with houseplants. Tropical plants are having a moment right now and make a gift guaranteed to be treasured. Bonus, they help clean the air too. Furnishings, upholstery, synthetic building materials, and cleaning products in homes and offices can emit a variety of toxic compounds. Air quality indoors can be improved by purifying the air with houseplants that absorb carbon dioxide, such as Dracaena, Ficus, peace lily, bamboo palm and more.

Gift an edible, zero-waste arrangement. Whether it's featured on your dining table or delivered to a friend, a fresh kale and herb bouquet provides a refreshing twist to the usual centrepieces. It will certainly be a topic of conversation at your spring table. Because it's made from mostly edible greens, this stunning arrangement serves a second purpose as an assortment of ingredients in your future meals. This means zero waste! The herbs can be kept in water and displayed on your table or countertop for three or four days. If you pop it in the refrigerator at night, it will last longer. It's a practical and unique idea that's easy to make on your own, or head to [harrowsmithmag.com/edible-bouquet](https://www.harrowsmithmag.com/edible-bouquet) for our how-to video.

Give farm freshness to your favourite friends and family. Gifting community-supported agriculture (CSA) food boxes have multiple benefits, not the least of which is that the recipient will receive the freshest produce, meat, or even flowers. Community Supported Agriculture also helps keep smaller farms in business, allowing them to give back to their community. This is the gift that keeps on giving!





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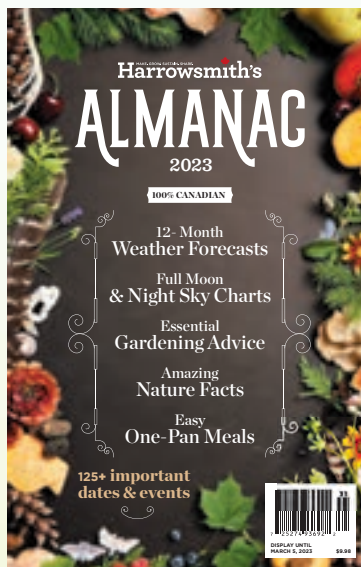


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9 Things to Know About Your *Circadian Rhythm* *This Winter*

BY ROBERT DICK

Working with the natural rhythms of your body can help you avoid feeling like you're fighting against yourself all the time and help you get better sleep. Here's the science you need to know

Circadian rhythms are 24-hour cycles that are part of the body's internal clock, letting us know when it's time to sleep and signalling us to wake up. The master clock in the brain is tied to environmental cues, especially the cycle of day and night.

I first heard about the circadian rhythm about 20 years ago when attending an Ecology of the Night conference. As an astronomer, I approached the conference as one who enjoys the pristine night sky.

I did not know about the biological impact of artificial light at night. What I learned by listening to the presentations from biologists, psychologists, psychiatrists, ecologists, First Nations representatives, and others blew my mind so much that I took a second look at the research literature. As a result, a few of us at the conference co-founded the science of Scotobiology, the study of the biological need for periods of darkness.

I approach the circadian rhythm as the time-dependent rhythms of biological and behavioural processes that maintain a robust and balanced ecosystem. Here are the most important things to know.

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How To Maintain a Healthy Circadian Rhythm

1. Find the sun early in the day.

Taking a morning walk, enjoying your coffee outdoors, or moving your desk closer to a window are all great ways to get sun exposure.

2. Get daily exercise.

Make time for a minimum of 20 minutes of exercise every day. Climb stairs, take work calls on a treadmill or join a fitness class.

3. Limit caffeine and avoid it after noon.

Gradually wean yourself into a new

routine, and you will be rewarded with better sleep.

4. Reduce light before bed.

An hour before bedtime, turn off the screens. The blue light from these devices can confuse your circadian rhythm into thinking it's time to wake up.

5. Follow a regular sleep schedule.

Maintaining a consistent sleep schedule — even on the weekends — is one of the biggest ways to keep your circadian clock on track.

Your body has a 24-hour rhythm

The circadian rhythm has approximately 24 hours. This is because it is based on a half-billion-year development that extends over many species. Over that period, the rotation of the Earth has slowed from an 18-hour day to the current 24-hour day.

Our bodies are exquisite chemical machines. And like our engineered machines, they need a controller to schedule critical functions and communicate these to various parts of our bodies that do the work. The circadian rhythm does the controlling, but it too needs to know when to start the day.

Changes in your body happen in response to lightness and darkness

Light starts the clock well, sort of. It is the end of the day that starts our internal clocks because the messenger that enables our bodies to begin is the hormone melatonin, which is accumulated during daylight and released after twilight, when the illumination levels of white light fall below (very roughly) 1-lux, or about 10X the illumination of the full moon, and coincidentally is about the threshold for our ability to read.

The release of melatonin begins by reducing our metabolism in the late evening, making us drowsy to encourage sleep. Sleep is critical because the night is the time for our bodies to repair damage, fight infection and otherwise rejuvenate to prepare us for another strenuous and stressful day. If we are active, then our energy is diverted away from these processes. Even as our circadian rhythm tries to make us healthy, if we try to fight it, we undermine the benefit. Melatonin also enables the release of other hormones that manufacture enzymes that do the actual work.

Your body's natural clock may start to change as you get older

As we age, we are less tied to this innate routine. Not only do our physical abilities change, but so does our biology. In the past, our life span was not much longer than 40 years, now, we live upwards of 80 years. But our biology has become less robust. Our peak melatonin levels fall below 50% as we age from 20 years to 60 years. Any additional light at night reduces the melatonin levels even further, affecting the benefits of sleep for people 60 years and older.

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How your circadian rhythm and body clock works

Start to pay attention to how you feel over the next 24 hours. Does it match up with this hunter-gatherer cycle that we descend from?

7:00 a.m. to 8:00 a.m.

Melatonin secretion stops

8:00 a.m. to 9:00 a.m.

Alert! Hunger

2:00 p.m. to 3:00 p.m.

Best coordination

3:00 p.m. to 4:00 p.m.

Fastest reaction time

5:00 p.m. to 6:00 p.m.

High cardiovascular efficiency and muscle strength

8:00 p.m. to 9:00 p.m.

Melatonin releases

9:00 p.m. to 10:00 p.m.

Lower blood pressure and core temperature

9:00 p.m. to 3:00 a.m.

Your body's restoration period

2:00 a.m. to 3:00 a.m.

Deepest sleep

Your body temperature changes throughout the day

Most people are subject to a schedule of activities, and abilities, that ebb and flow over a 24-hour period. Even our oral body temperature varies over 24 hours and averages roughly 36°C in the morning to 37°C in the late afternoon and evening, with a wide range among different people, and this affects the rate of our biochemical processes throughout the day. There is no 'normal' body temperature.

Not everyone is most active in daylight

I have anecdotal reports that about 10-15% of the population is nocturnal. In fact, one of my friends is predisposed to be a night person. Needless to say, he was greatly relieved when he finally retired from his job that he worked during daytime hours.

When the natural day-night cycle is disrupted, your health suffers

Some of this may sound strange given our modern society, but we need to remember that biologically and genetically, we are still hunter-gatherers. Just because we now work an 8-hour day and stay up late to binge Netflix does not mean we can ignore our biological roots. If we try, our physical health and mental well-being will suffer.

Throughout the night, the concentration of melatonin decreases, and we begin to wake up. Other hormones are then released that make us alert in the mid-morning to avoid danger and for successful hunting. In the mid-afternoon, we need increased reaction time and body strength for successful hunting and gathering of food. Then our metabolism is reduced again in the late evening so we can rest and rejuvenate.

The circadian rhythm takes its cue from nightfall. It extrapolates over the next 24 hours to control the production and release of a host of hormones that micromanage the many processes that must work well and at the right times for us to survive.

The normal scheduling of your body's biochemistry has been interrupted

Modern human society has changed over the past tens of thousands of years. Our daylight activities have been extended beyond sunset with, first, the use of fire, then gas lamps and now electric light that stays on all night long. This interrupts the normal scheduling of our body's biochemistry, and we are beginning to experience unforeseen consequences: anxiety, depression, emotional and physical stress, lingering illness and infections,

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and even the rise in diabetes and obesity and dementia throughout the population.

Birds and other animals have a circadian rhythm too

We can recognize the urban sky glow on the horizon and artificial lights. However, birds and other animals recognize the over-bright nights as the beginning of dawn, and they start their period of activity too early. The growth of urban sky glow has advanced the morning “bird song” (an indicator of avian activity) by an hour in urban parks, which leads to unproductive feeding activity that stresses the population. Trees may retain their leaves long past the time they should have released them in the autumn – stressing the plants through winter.

Your conscience awareness of artificial light at night does not change your biology Biological change requires hundreds or thousands of years and widespread artificial light at night (ALAN), which has been around for about a century, has only dominated the night over the past 30 years. This is probably why we are seeing the decline in our health and our increasing reliance on the medical industry.

Not all people are affected the same way though. Perhaps my nocturnal friend, and others like him, may not be affected by ALAN as much as the daytime population. We don’t know. But I would rather not be the subject of this experiment. So, I turn off my indoor lights and those outside my house in the late evening when I go to bed. I let my circadian rhythm regulate my lifestyle. **H**

ROBERT DICK is one of Canada’s foremost writers and educators on astronomical topics. Harrowsmith has benefited from Robert’s expertise since its inception. Robert is passionate about reducing light pollution and promoting science literacy. He has been an astronomy instructor for our astronauts, and ensures that our sunrise and sunset charts, stargazing and celestial events information will leave you starstruck.



Harrowsmith's D.I.Y.

FARMHOUSE

KITCHEN GUIDE

Time to update your kitchen? From planning ahead and choosing sustainable materials, to do-it-yourself cabinetry solutions, our expert recommendations will help you save money and transform your home into a greener space

The 7 things

BY SHOANA JENSEN PHOTOGRAPHY BY ARTHUR MOLA

I love the most about my farmhouse kitchen

Life and style expert Shoana Jensen is the fun girlfriend you trust to give you the best advice on simplifying your every day. Over the past two years, she and her husband Greg have completely renovated a 1970s farmhouse in Niagara-on-the-Lake in Ontario. Her style is Modern Farmhouse. Her approach is about mixing beauty with practicality and making choices to live sustainably along the way. And, of course, the Cityline TV personality is always up for a new DIY project. Here's a peek into what she loves most about her new farmhouse kitchen and why.



1. THE OVERSIZED FARMHOUSE SINK AND A BRIDGE FAUCET.

Farmhouse sinks are so functional, spacious, and timeless, and bridge faucets are pure elegance — together, they are a perfect match! I get asked all the time where I found them; both are from House of Rohl.



Every chance we could, we chose sustainably made products, eco options, Canadian materials, and things built to last a very long time.

2. WHITE CABINETRY CREATES A TIMELESS KITCHEN AND QUARTZ COUNTERTOPS THAT LOOK GREAT AND ARE EASY TO CARE FOR.



Choosing white makes any sized kitchen space feel large and airy, and with all of the natural light here in my favourite room, I just love how it all feels fresh and warm. The cabinets are from IKEA Axstad in matte white, and the counter is Caesarstone in 5110 Alpine Mist.

3. TOUCHES OF WOOD AND CANE.

Mixing natural materials like wood in my countertop stools into my white kitchen was an easy way to bring in more texture. The flooring is from PurParket (the colour is Character Bisque), a Canadian company. P.S. Murphy loves our kitchen too!



It was important for us to design a home that is futureproofed, and by that, I mean choosing finishes that are great quality, have a classic design and will last for a long time. For example, I went with a high-quality matte finish on the cabinet doors that can be painted if we sell and another family moves in and prefers a different colour or style. The same with the countertop that we selected — it's a warm grey with a white vein, and it goes with every colour. I also went with a floor that has timeless appeal, one that reminds me of stunning heritage homes. Good design is important for how you use and enjoy your space, and a well-planned renovation means that the next homeowner doesn't have to redo the house all over again.

4. CLASSIC COUNTY CUP PULLS IN AN ELONGATED SHAPE.

These pulls look good on cabinets and on drawers, and while they work in many styles of kitchens, they are most often associated with farmhouse décor. These are from Schaub.



SHOANA JENSEN

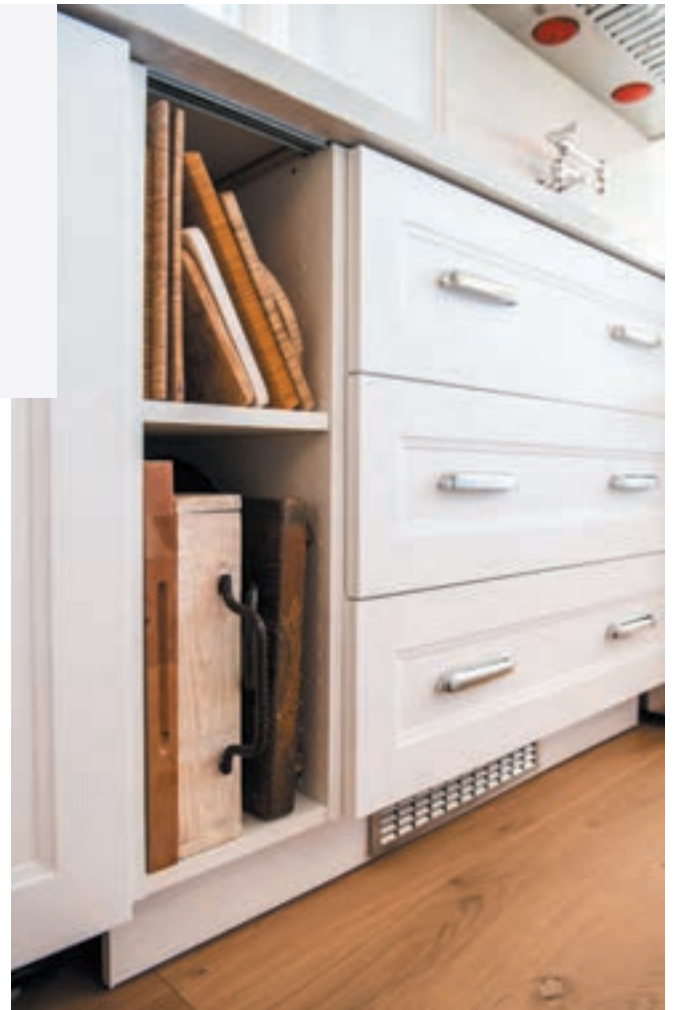


5. A SPICE LIBRARY.

Organizing my spices like this in Mason jars was totally worth the effort since I cook a lot. To make it all fit, I picked a size and measured them out (some math required!). You can find Mason jars at just about any hardware or dollar store, and they're super budget friendly. The pretty labels are from Etsy and are just as beautiful as they are practical.°

6. A NOOK FOR CUTTING BOARDS.

I designed my farmhouse kitchen with a space where all of my cutting boards (many are thrifted and hand-me-downs) fit well and look cute too.



7. A FIREPLACE IN THE KITCHEN!

One of the smartest additions I think I made with my reno was adding a fireplace in the kitchen! I chose these aged brick veneers so it doesn't look too new. The brick is called Sacramento Rustic from StoneRox Canada.

Tip: Another thing we planned for is the addition of solar panels when the budget permits. Our electrical work in the kitchen and the whole house was designed to accommodate solar panels, and we chose a metal roof for the same reason. These steps help us move towards the most sustainable choices in a realistic way.

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*Find Shoana's advice and inspiration @
shoanajensen and ShoanaJensen.com.*



BY STEVE MAXWELL

Save Money & **BUILD** *Your Own Cabinets*



Making your own cabinets for the kitchen, bathroom or anywhere else in your house is not something that even many handy homeowners consider, and that's too bad. Success is a lot easier to achieve than it looks. I know because I've done it many times and have taught hundreds of ordinary people to do the same with my online cabinetmaking course. Though there's not enough space to go into all of the construction details, this article will show you the basics of DIY cabinetmaking.

It's easy to spend \$10,000, \$30,000, \$50,000 or more on a large set of new cabinets when it might only cost \$5,000 or less for the materials to build them yourself. Besides saving money and bringing great cabinets into your life, building your own gives you one more thing to enjoy about your house. Every time I use my home-built cabinets, or even glance at them across the room, I get a little thrill. It can be like this for you, beginning with an understanding of home cabinetmaking basics.

SIMPLE TOOLS

One reason non-professionals tend to shy away from cabinetmaking is the large size of the project. Just don't confuse size with complication. A full set of kitchen cabinets might be big, but they're also fairly simple to build. How simple? The cabinets in my kitchen were made with a benchtop table saw, a benchtop jointer, a belt sander, a chop saw, a drill and an assortment of hand tools. No fancy workshop space is needed, either. These cabinets were built right in the kitchen space itself during house construction. You can do the same thing during renovations.

Even if you have to buy tools to build your cabinets, the cost is minor compared with the cost of buying ready-made cabinets. And when you're done, you still have the tools to use for other projects.





CUSTOM CABINET SIZES

Let's say you've got a wall space measuring 78 inches wide, and you want upper cabinets to fill all the space. Buying off-the-shelf cabinets will always result in some wasted space because you need to use the smallest available standard size that's less than 78 inches. This could leave quite a bit of wall space going to waste with no cabinet on it. By contrast, when you build your own, you decide how wide, tall and deep your cabinets will be. The less space you have in your home, the more custom cabinet sizes pay off with better space utilization.



BEGIN WITH FANCY BOXES

Cabinets are nothing more than wooden boxes made to look pretty with doors, side panels, trim and hardware. My approach begins with boxes made of $\frac{3}{4}$ -inch thick cabinet-grade plywood. Join the top, bottom and sides of each box with glue and 2-inch finishing nails, and you've got an excellent foundation for embellishing with trim and such. It's pretty simple. Cabinet-grade plywood comes from the factory with high-quality veneer applied to the face, and this forms the visible inside surfaces of the cabinet. I like to pre-finish these parts before assembly. It's much easier to finish the inside face of cabinet box parts while they rest horizontally on your workbench than it is working inside an assembled box.

Next comes solid wood parts to jazz up the box. The entire outer appearance of the cabinets I build is completely solid wood for the best looks, and these solid parts include:

- **Vertical and horizontal frame members:** These outline the door openings and side panels. Vertical members are called stiles, and horizontal members are rails.
- **Raised panel doors:** These also have stiles and rails, but in this case, they surround a central wooden panel.
- **Raised end panels:** Similar to doors, these assemblies cap the visible ends of a run of upper or lower cabinets.
- **Trim and extras:** This is where things start to get nice. Crown moulding on top, a kick base at floor level around base cabinets, and maybe even some carvings to make things personal.

FIVE DESIGN DECISIONS

One of the nice things about building cabinets in your basement, garage or even the kitchen space itself is that you're never far from the place where the finished cabinets will go. This makes it easy to check and double-check measurements and ensure the cabinets you make will actually fit in the space you're working towards. But when it comes to cabinet design, there are five specific steps to keep in mind:

1. Determine the overall depth and height of upper cabinets The generic plans here show an overall 13-inch depth of upper cabinets, which you probably won't want to change much. In rooms with an 8-foot ceiling, you can extend the overall height of uppers so they take up all the space to the ceiling while mounted 17-to-20 inches above the countertop. If your ceiling is above 8 or 9 feet, consider leaving enough space above the uppers to allow for cleaning, decoration and storage.

2. Determine the overall height of lower cabinets The plans show an overall height of 36 ½ inches, including countertop and kick base, and this is a good standard height. Temporarily set up a simulated countertop surface and determine your ideal counter height by trial and error. Might as well get the height just perfect for whomever will be working in the kitchen most often.

3. Finalize location of sink, stove, fridge, dishwasher As you're gearing up to build cabinets, look for existing kitchen layouts that you like, then analyze and measure them. Measuring and recording are key. The relationship between the sink, stove and fridge is the most critical. A triangular workflow pathway between these places is usually best, with a maximum total distance between the triangle points being no more than 21 feet.

4. Determine the width of cabinet sections It's one thing to know that the overall width of a cabinet is a specific number of inches, but will you cover this section with one door? Two doors? Four? Now's the time to make these decisions. Keep the overall door width between 11 inches and 16 inches wide, and you'll be fine.

5. Determine the width of face frame elements and trim details. Now's the time to decide how wide your face frame elements will be and what kind of crown moulding, trim or beading you'll use, then work these into your initial sketches and notes. A width of 2 ¼-to-2 ½ inches is ideal for most face frame stiles and rails.

Making your cabinets for a kitchen, bathroom, laundry room or anywhere in your house is a great way to optimize the space, maximize your renovation budget, and give you something deeper to appreciate about your home. The more you do for your house, the more you'll like it, especially when it comes to cabinets.

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Steve Maxwell and his wife, Mary, live on a 90-acre modern homestead on Manitoulin Island, Ontario, in a stone house they built with local materials beginning in 1985. Steve is Canada's longest-running home improvement and how-to columnist. He divides his time working on the land, building things large and small, and creating articles and how-to videos that teach sustainable, self-reliant, hands-on living skills. Steve's BaileyLineRoad.com website is named after the rural road where he and Mary live with their five kids.

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12 favourite birds · 12 bird songs



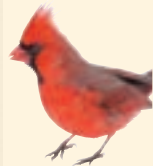
A 26-page board book with a “singing” button for each bird. Kids, grandparents and dogs love it! Battery included, \$19.95.



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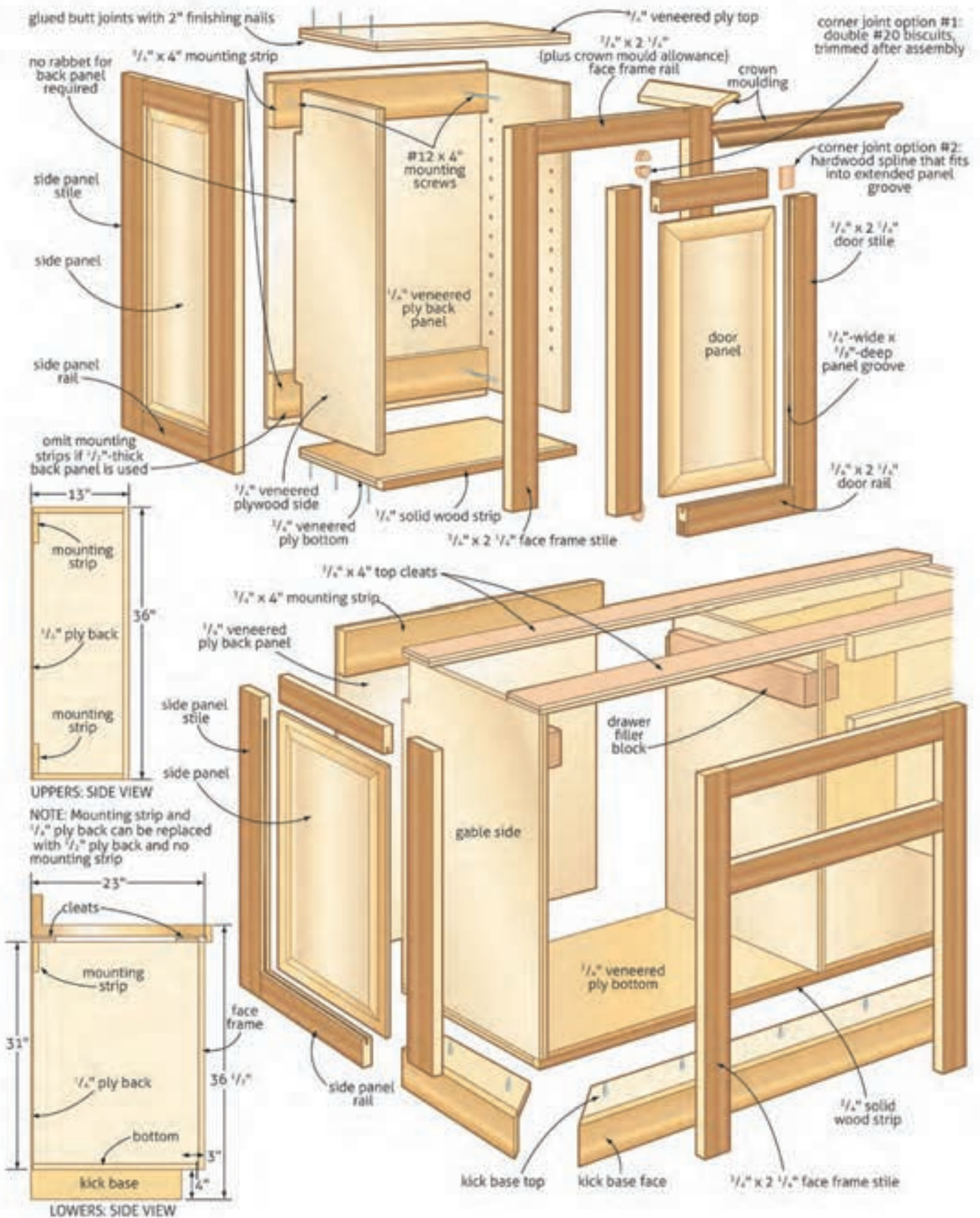


Biologist Chris Earley shows feeders, seeds, and a directory of common Canadian birds. All is packed into 48 colour pages. Paperback, \$9.95



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ECO

kitchen checklist

The sustainable kitchen begins with shopping for local and organic foods, but it doesn't end there. Energy-efficient food preparation and cleaning habits, using equipment made from sustainable materials, and dodging toxic chemicals are also important if you want to have a truly healthy kitchen. Fortunately, making the right choices for your well-being is also good for the pocket and the planet.



Use non-toxic cleaning products. Better yet, make your own kitchen cleaning spray using one part of vinegar to two parts of water.



Unplug the electrical gadgets you are not using, like your toaster and coffee maker. Use a surge protector for multiple appliances and turn it off when products are not in use. It all adds up.



Buy your food locally to cut down on the fossil fuels burned in trucking or flying food in from across the country.



Choose efficient appliances that are ENERGY STAR certified. The government of Canada cites that fridges, freezers, dishwashers and water coolers, account for up to 14% of the energy used in the average home. When buying appliances, it's important to remember that the cost of energy to operate a product over its lifetime is just as important as its purchase price.



Try cloths instead of cleaners. Skip the cleaning products altogether and use damp cloths that you can reuse again and again.





Reducing packaging — and landfill — when you shop at places where you can bring your own containers and buy in bulk.

When repainting, use environmentally safe paints with no VOCs. VOC stands for Volatile Organic Compounds, which are odours emitted from chemicals. Many can be found in everyday products like paints.



Together, if we make small changes to divert and reduce our food waste daily, we can have a big impact on our planet. Because food thrown out often goes to landfills, it contributes significantly to climate change. As it rots in the landfill, it produces methane — a more powerful greenhouse gas than CO₂. According to the World Wildlife Fund, about 6%-8% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food.



Recycle paper, plastic, metals and organic materials. When you recycle, you are reducing the air pollution caused by burning fossil fuels such as coal, oil and natural gas, which contribute to the largest amount of energy generated. Aluminum can be recycled using less than 5 percent of the energy used to make the original product. Recycling one aluminum beverage can save enough energy to run a computer for three hours or a TV for two hours.







3
*New Classic
Recipes*

**RECIPES, TEXT, STYLING
AND PHOTOGRAPHY BY ILONA DANIEL**

The Canadian childhood classic, meatloaf is an approachable, affordable staple that can grow up with us to meet our changing tastes and global pantry. Although your grandma’s meatloaf might be your favourite, these 3 reimagined loaves will rekindle the nostalgic bliss of this classic dish.

Call it comfort food, ugly delicious, or grandmother’s classic cooking, meatloaves exist in a permanent treasured space in the Canadian culinary communal consciousness. My first experience with meatloaf came when my mom was experimenting with recipes from her *Betty Crocker’s Cookbook. New and Revised edition* (1979). The ketchup glaze was a revelation to my kid-self; more intense flavour and sweetness was a joyful reverie. With each of the loaf recipes, I was sure to include a deeply intense glaze to serve as a crowning jewel to complete these modern iterations of a classic family staple.

NOT
your grandma’s
Meatloaf

Bacon Wrapped Meatloaf with Whiskey and Cola Glaze

SERVES 6

BBQ Sauce:

- ½ cup old-fashioned chili sauce or ketchup
- ¼ cup maple syrup
- ¼ cup Jack Daniel's Whiskey (or whiskey of choice)
- 1 can (355ml) cola
- 2 tsp organic apple cider vinegar or white vinegar
- 2 tbsp brown sugar

Bring ingredients to a boil, and simmer for 10-15 minutes or until thickened.

MEATLOAF:

- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbsp vegetable oil
- 1 tsp fresh savory or rosemary
- 1 tsp salt
- 2 tsp freshly cracked black pepper
- 1 tbsp Worcestershire sauce
- 1/3 cup yogurt
- ¾ cup quick cook oats
- ½ cup fresh parsley, chopped
- 1 lb lean ground beef
- 1 lb ground sausage meat (mild Italian is a good choice)
- 6-8 slices bacon





LET IT REST!

As tempting as it is to cut into your loaf when it is finished its time in the oven, resist the urge. It is imperative that the loaves have about 10-15 minutes to rest so they don't crumble into a mess when you cut them. Think of it as a time to practice patience and mindfulness.



1. Preheat oven to 350 °F.
2. Heat oil in a medium skillet. Add onion and garlic, sauté until softened, about 5 minutes; set aside to cool.
3. Mix eggs with savory, salt, pepper, Worcestershire, and yogurt.
4. In a large bowl, add both the egg mixture and meat, along with oatmeal, parsley, cooked onions, and garlic.
5. Mix with a fork (I use my hands) until evenly blended and meat mixture does not stick to bowl. Be careful to not overmix the meat or you will end up with a tough textured meatloaf.
6. Turn meat mixture onto a work surface. With wet hands, pat mixture into a loaf approximately a inches by 5 inches.
7. Cover a wire rack with parchment paper and prick holes in parchment using a fork across the entire sheet.
8. Place a rack on a baking sheet lined with parchment paper or foil for easy cleanup.
9. Place the meatloaf on the rack and brush loaf with glaze, then drape the bacon widthwise over the loaf; be sure to tuck the ends of the bacon under the loaf to prevent curling.
10. Bake loaf until bacon is crisp and loaf registers 160 degrees, about 1 hour. Cool for at least 10 minutes before slicing. Serve with remaining BBQ Sauce.

Lentil Loaf with a Smoky Maple Glaze

If you're looking to find new ways to make plant-based recipes a regular feature at your kitchen table, this lentil loaf with a smoky maple glaze is a surefire way to make that happen. Texture plays such an important role in making plant-based "meatloaves" enjoyable, and I bring in texture using mirepoix, chopped nuts, oats, and the combination of both mashed and whole lentils. If you prefer, you can make this loaf with chickpeas, but I prefer the lentils for the overall colour of the final product

SERVES 6

- 1 can (540 ml) lentils, drained
- 3 tbsp olive oil
- 2 medium onions, small dice
- 1 cup carrot, grated
- 1 cup celery, diced as small as you can manage
- 2 cloves garlic, minced
- 1 tbsp dried oregano
- ½ cup chopped pecans
- 1 cup old-fashioned rolled oats
- ½ cup parsley, chopped
- 3 tbsp tamari
- 2 tbsp ground flax seed
- 3 tbsp nutritional yeast
- 2 tsp maple syrup
- 1 tsp vinegar
- ½ tsp salt

FOR THE GLAZE:

- ½ cup ketchup
- ¼ cup maple syrup
- 2 tsp smoked paprika
- 1 tsp granulated garlic
- 1 tsp onion powder
- 1 tbsp Marmite

For the sauce: Stir all ingredients together.





WHAT'S MIREPOIX?

Mirepoix is the combination of aromatic vegetables used in classical French cuisine. The ratio is 50% onions, 25% each carrots and celery.



FOR THE LOAF:

1. Heat the oil in a medium-sized skillet. Add the onions, celery, dried oregano, and garlic and sauté for 3 to 5 minutes, or until soft.
2. Add lentils (reserve $\frac{1}{2}$ cup for later), cooked veggies, pecans, oats, tamari, ground flax seed, nutritional yeast, maple syrup, vinegar, ground pepper and sea salt to a food processor.
3. Pulse until mixture is just combined and the texture is to your liking.
4. Stir in remaining lentils, and parsley.
5. Press into a parchment-lined loaf pan.
6. Spread glaze over the top of the loaf.
7. Cover and bake in a 375°F oven for 30 minutes, and then uncover and bake for another 10 minutes.
8. Remove the loaf from the oven and allow the loaf to rest for 15 minutes before slicing.

Vietnamese Turkey Meatloaf

Vietnamese cuisine is a balancing act of the following mighty flavors: sweet, spicy, sour, bitter and salty. This meatloaf contains some of the greatest hits of ingredients often associated with the flavors of Vietnam like lemongrass, basil, and sriracha sauce. This meatloaf can be enjoyed simply with steamed jasmine rice and steamed greens. If you are however, looking to be a little more adventurous, might I suggest using the meatloaf to assemble one of my favorite categories of sandwiches of all time—bahn mi. I use mini brioche baguettes to make sliders, but this works well with any crusty and airy bread of your choosing.

SERVES 6

- 1 ½ lbs ground turkey
- 2 tbsp sriracha sauce°
- 3 green onions, chopped finely
- 3 tbsp lemongrass paste
- 2 eggs
- 1 cup panko breadcrumbs
- ¼ cup basil, chopped°
- 1 tsp freshly cracked black pepper°
 - 1 tsp garlic powder
 - 1 tsp salt°
 - Zest of a lime°
- 1 tbsp brown sugar°

GLAZE:

- ½ cup brown sugar
- 2 tbsp ketchup
- 2 tbsp sriracha
- 1 tsp dark soy sauce





1. Combine all the ingredients and allow to rest in the fridge for 30 minutes.
2. While the meat is resting, make the glaze by stirring glaze ingredients together.
3. Preheat the oven to 375 °F.
4. Once the mixture has set, press into a greased or parchment lined meatloaf tin.
5. Bake the meatloaf for 30 minutes.
6. Remove the loaf from the oven and brush with half of the glaze; bake for another 30 minutes.
7. Remove the loaf from the oven and brush with remaining glaze and bake for another 15 minutes.
8. Allow the meatloaf to rest for 10 minutes before slicing.
9. Serve with carrot-daikon pickle and lemongrass crema.





LEMONGRASS CREMA

Makes 1 ½ cups

¼ cup mayonnaise°

1 cup sour cream°

4 tbsp lemongrass paste°

½ cup cilantro, chopped

Juice of 2 limes

1 tsp salt°

2 cloves of garlic,
smashed into a paste°

Combine all ingredients
into a bowl and store in
the fridge until use.

CARROT-DAIKON PICKLE

SERVES 6

1 cup daikon radish, julienne

1 cup carrot, julienne

1 cup water

1 cup vinegar

¼ cup sugar

1 tsp salt

Pack the veggies into a large, sanitized mason jar or other such heat-resistant container. Bring the water, sugar, salt, vinegar, and water to a boil. Pour over the vegetables and allow the pickle to cool to room temperature. Store in the fridge for up to two weeks.



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Making a Snowman

WORDS AND PHOTOS BY CLAIRE DAM

Last winter, my daughter Abbey made a snowman for the first time. My husband and I taught her what kind of snow to look for, how to roll the balls, then how to pack it all together so the head wouldn't topple from the body. She was a quick learner — definitely because we had been reading *Frosty the Snowman* every night for weeks, just waiting for that first snowfall to bring him to life.

We found twigs from our walnut tree to make arms (walnut trees are always dropping branches...), and we scavenged for stones on our driveway to create the eyes and mouth. We grabbed a carrot from the fridge for the nose. And the brown hydrangea flowers Abbey picked became the hat.

Together, our first winter as a family of four, we made a face that smiled back at us. I'd forgotten what simple joy lies in creating a snowman. Sometimes that's all it takes to lift yourself out of the winter blues, to chase away the worries of life, to ease the stress.

To view the world through the eyes of Abbey, who found nothing more delightful than building a snowman — who she named Boody — on a cold afternoon was a gift.

Boody was around for weeks before he melted. 



What's happening in your backyard? Send your story (300 words or less) and photos to editor@harrowsmithmag.com and you could be featured on the back page of an upcoming issue.

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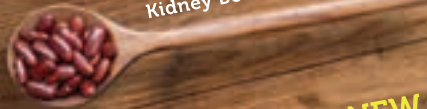
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