



November 2009 Newsletter

THIS MONTH HOLIDAY PLANNING

As the month of November hits we usually start planning the holidays. What events are taking place; what gifts are needed to purchase; what do we need to prepare ... it's a busy time and we need to plan.

When you make a list for gifts, food, etc ... take your time and think about the stores you will shop at and the brands you will purchase.... Am I supporting a local independent business or making a difference to someone overseas? Am I connecting with my community? Am I making a meal with local and/or organic foods?

Shopping in a conscious manner, you are making a powerful purchasing decision ... helping to eliminate poverty and protecting a local economy. The Christmas spirit is really about spending time with people, about giving something that has meaning instead of feeling tired and stressed. Enjoy these next months.

Happy Holiday Planning,

Amy & Sean Zister

Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.
www.sevenshorestrading.com
519-342-0916

Seven Shores has been recently nominated by the Chamber of Commerce “**Business of the Year (employees under 20) 2010**”. Thank you for all your support.

**YOU MUST BE THE CHANGE YOU
WISH TO SEE IN THE WORLD.
~MAHATMA GHANDI**

ONE STOP SHOPPING WITH SEVEN SHORES

Plan Your Holidays With Ease While Making a Difference.

1 **Organic Food Box**

While preparing some of the holiday meals incorporate some of our produce from the Organic Food Box. You know you are making a healthy choice while supporting our local farmers. To order a food box, please send us an email for more information.

2 **Provide Catering**

We can cater an event up to 100 people along with great appetizers that will impress your guests / colleagues. Visit our website or email for catering menu.

3 **Gift Baskets**

Looking for unique gifts that are fair trade items and/or supporting local businesses for a family member, friend, co-worker or teacher. We have great gift baskets available to pre-order online or in store starting Monday November 16th. Check out the website www.sevenshorestrading.com.

4 **Gift Certificates**

Great for anyone - to be used on the cafe menu, market or food boxes. Any domination is available with no expirations.

5 **Take a Shopping Break**

When shopping in uptown Waterloo bring in a receipt from any store you made a purchase to Seven Shores and receive a half price coffee or tea. Relax and Rejuvenate with us.



Halloween Party

Thank you for a wonderful Seven Shores Halloween party, on October 23rd. We had princesses, dragons, and bugs arrive. We drew on our pumpkins and finger painted a jack-o-lantern. We made up witches brew and crafted pumpkin sandwiches. A great time by all ☺

HOW TO BUILD UP YOUR IMMUNITY

- **When:** Thursday November 12th
7 to 8pm
- **Where:** Seven Shores Cafe
- **Cost:** Free Event
- **Topic:** Listen to Two Waterloo Naturapathic Doctors Robin Walsh and Kristijana Rakic from Vibrant Living on Ways To Build Your Energy and Immunity during this Cold and Flu Season! There will be handouts
- **Please RVSP, by Tuesday November 10th**
www.sevenshorestrading.com or call 519-342-0916.

To know more about Robin and Kristijana visit www.vibrant-living.ca

Random Act of Kindness Day

Friday November 13th, 2009

Last November, the Kitchener-Waterloo Community Foundation (KWCF) began the Random Act of Kindness Day. Join us in making a difference. For more information visit the website at www.kwcf.ca.

Fair Trade in the Waterloo Region and Internationally

Tuesday, November 24, 7-9pm, Kitchener Public Library Main Branch, 85 Queen St N.

Sean Zister, owner of Seven Shores Urban Market & Café, will speak on the Impact Fair Trade has with Local and International Producers.



Food Drive For Waterloo Region

Seven Shores and RQ magazine are collecting items for the Food Bank of Waterloo Region until December 10th.

Bring in a donation and receive 50% off your next coffee purchase!

Most needed items include peanut butter, rice, canned meat and fish, beans in sauce and canned fruit.

Stop by RQmagazine.com to find out more details, or call Hilary at 519.404.6313.

SEVEN SHORES EMAIL UPDATE

Unfortunately Seven Shores email system crashed last month. If you know of anyone who would be interested in this newsletter please forward on or have them send us their email to receive promotions, event updates, newsletters and more.

If you would like to be removed from receiving our Newsletter please email info@sevenshorestrading.com –subject remove from Seven Shores Mailing List
Thank you.

LOCAL PRODUCE AT SEVEN SHORES THIS MONTH

Apples, Carrots, Pears, Beets, Leeks, Cabbage,
Squash and Potatoes.

Sign up for our weekly Organic food box
program www.sevenshorestrading.com



ABOUT POTATOES

Potatoes are Eco Friendly They're easy to grow, and don't require massive amounts of fertilizer and chemical additives to thrive (although some growers still use them anyway). They are good for you, providing you're not eating them in fried form all the time. This makes them a perfect crop for farmers in the developing world, who can easily grow a nutritious food in adverse conditions.

Potatoes have a lot of health benefits

Carbohydrate-provides fuel for brain and is the main source of energy for sports and growth

Fibre-Along with water and exercise, will help prevent constipation

Folate-Produces red blood cell which are good for healthy blood

B Vitamins-Helps carbohydrates work to provide energy and maintain a healthy skin and nervous system

Vitamin C-Needed for healthy hair, skin, bones and gums

Niacin-helps maintain skin and the digestive system

It's an Important Crop

The potato is the most important non-cereal crop in the world, and fourth most important crop overall. Only corn, wheat, and rice are more important. Potatoes are Ontario's largest fresh vegetable crop and second only to tomatoes as a processing crop.

DID YOU KNOW...

In 1995, potato plants were taken into space with the space shuttle Columbia. This marked the first time any food was ever grown in space.

Potatoes Can be Gigantic

In England, 1795, the world's largest potato weighed in at 18 pounds, 4 ounces according to the Guinness Book of World Records. Enough for 73 portions of medium fries.

The Irish Weren't the First to Eat Them

The Inca people of Peru were growing them as far back as 200 BC. They were introduced to Britain and Ireland in the late 1500s. They weren't an immediate hit, many people blamed them for diseases and railed against them because they weren't mentioned in the Bible.

"French Fries" are Old

The "French fry" was allegedly served in the U.S. for the first time by Thomas Jefferson at a presidential dinner.

POTATO STORAGE

- Store in a cool, humid, dry, dark place, well ventilated.
- The ideal temperature is between 7-10°C (45-50°F). This temperature, potatoes can be stored for weeks.
- Prolonged exposure to light causes potatoes to turn green, which causes a bitter flavour. Remove before cooking.
- They should not be stored in the refrigerator. If cold they develop a sweet taste.

Recipe

Rosemary Mashed Potato Gratin

Dairy Farmers of Canada- www.canadianliving.com

Potatoes and rosemary is a classic flavour combination. Combined in a lovely gratin with zippy cheese, potatoes are even more delicious. Servings: 6 to 8

Ingredients:

6 medium oblong or yellow-fleshed potatoes (about 3 lbs/1.5 kg)

Salt

1-1/2 cups (375 mL) [milk](#)

1 tsp (5 mL) minced fresh [rosemary](#) (or 1/2 tsp/2 mL dried)

1/4 tsp (1 mL) [pepper](#)

1-1/4 cups (300 mL) shredded Canadian aged [provолone](#), [asiago](#) or [gouda cheese](#), divide

Preparation:

Prep time: 10 min • Cook time: 25 min

Peel potatoes and cut into chunks. In a pot, cover potatoes with cold water; bring to a boil over high heat. Season water with 1 tsp (5 mL) salt. Reduce heat and boil gently for about 15 min or until fork tender. Drain; return pot to low heat for 1 min to dry, shaking often.

Meanwhile, in a saucepan or in a microwave-safe measuring cup, combine Milk, rosemary and pepper. Heat, uncovered, over medium heat on stove-top or on Medium (50%) power in microwave until steaming, for about 3 min.

Preheat broiler. Butter 8 large ramekins or a shallow 8-cup (2 L) baking dish. Mash potatoes while gradually adding warmed Milk mixture. Mash in 1 cup (250 mL) of the cheese and 1/4 tsp (1 mL) salt, or to taste. Spread into ramekins or baking dish and sprinkle with remaining cheese. Broil for about 3 min or until cheese is browned.

Tips: The potatoes can be prepared ahead. Spread into ramekins or baking dish and let cool (don't sprinkle with cheese for topping). Cover and refrigerate for up to 1 day. Reheat, covered with foil, in 350°F (180°C) oven for about 35 min for ramekins or 45 min for large baking dish. Uncover; sprinkle with cheese and broil to brown top.

For the Adventurous: Add 4 cloves roasted garlic when mashing potatoes and replace the 1/4 cup (50 mL) cheese for topping with crumbled blue cheese.



FACT:

Seven Shores sells a local organic milk from a co-operative called Harmony. All dairy farmers are from Southern Ontario within the 100 mile radius of Waterloo. We have 2%, Skim and Chocolate. Give it a try!

**ACT AS IF WHAT YOU DO
MAKES A DIFFERENCE. IT
DOES. ~WILLIAM JAMES**