

the WHEAT SHEAF

Summer 2009

the newsletter of with the grain – bakery · café · catering · pantry · workshops
Corner of London & Woolwich · Guelph, Ontario · 519.827.0008 · www.withthegrain.ca

10 Years and Counting...



We signed the lease for 294 Woolwich St. on the afternoon of June 15, 1999 and I then immediately left town to meet up with some friends for a boating trip on the Trent Severn Waterway. By the end of the trip I think they were sorry I'd come along because I spent the entire time obsessing about whether we had made the

Over the years I have had incredible help from my family and friends. Your financial, physical, artistic, creative, technical, and emotional support throughout the years has meant more to me than words could ever convey. Thank you.

Sheri

right decision or not.

After ten years I feel fairly confident that we did! We couldn't have picked a better neighbourhood or found a building with as much charm. Granted charming old buildings come with their own set of problems but I would never trade it for a more modern building no matter how updated the electrical and plumbing!

Growing this business has been like going back to school over and over and over. Learning how to bake (80,000 squares a year!) and cook (8000 litres of chili a year!) in quantity while still keeping the highest quality, how to find the best suppliers, how to negotiate pricing, how to find and hire the best tradespeople, how to hire and retain the very best employees, how to provide the best service, how to choose a bank, how to incorporate, how to read a balance sheet, how to buy commercial property, how to decide the best way to grow and expand, how to deal with government at all levels and their sometimes

intricate and ridiculous web of paperwork (admittedly, still working on that one), and I could go on and on but then you will wish I hadn't gone on the boat trip either.

But, like so many things in life, the hard things have also brought the most satisfaction. It feels good to face challenges every day and I sure can't think of very many dull moments in the last ten years.

I think it's a great time to be in the food world.

As a community we have become interested in where our food comes from, what is in it, and how it is made. Suppliers of locally grown and produced food are blossoming because of this new found interest and we can get the most amazing ingredients on our own doorstep. In the past few

On a personal note I would like to thank each and every one of our past and present staff all 200 of you, for your contributions to the success of WtG. For all the support, fun, uniqueness and spirit you brought with you every day. I can honestly say that without that WtG would not be what it is today! My very best wishes to all of you.

Sheri

years we have been lucky to see some great new restaurants and food purveyors opening their doors in Guelph and I think it bodes well for what we're going to be able to experience going forward! We at With the Grain hope to be a part of it for many years to come!



Bakery & Café: Monday to Friday 7am to 6pm, Saturday 8am to 5pm, Sunday 9am to 5pm

*** Shaw's Creek Café: Wednesday & Thursday 10am to 5pm, Friday 10am to 8pm, Saturday & Sunday 10am to 5pm**



Come Celebrate With Us!



We see every loaf of bread and every sandwich, every glass of iced tea and every Dream Bar, as a celebration of goodness. Our joy in and commitment to beautiful, delicious food

shines as brightly as it did ten years ago. You only turn ten once, and we've decided to throw a party! On Sunday, August 16th, we are hosting an outdoor party from 1:00 to 4:00 pm. This is an exciting occasion for us, but it's all about you, our fabulous community – without whom we could not have enjoyed 10 years of success. As you enjoy some great barbeque on us, take a stroll through our (I can't believe it's been a decade) Decade Photo Gallery, where we'll be displaying some of the historic and momentous, fun and silly snaps from

the last ten years. Live music, face painting, bubble blowing, cookie decorating, and a children's art corner are only some of the fun events planned. If you're a crossword buff, try the giant WtG crossword. In return for a donation of one non-perishable food item to be donated to the Chalmers Community Services Centre, take part in games like Grain Cards and Pie Your Grainer. The Café and Bakery will be open for regular Sunday hours, but wherever you are at 3:00 p.m., make sure you come out for the cutting of the birthday cake! We're really

excited about this event, and look forward to having you come party With the Grain!

Beth Shepard
Front of House Manager
10th Anniversary
Committee Member

The Chalmers Community Services Centre is a local charity which provides emergency food, clothing and household items at no cost to people in need at their *Chalmers Downtown* location (40 Baker St) and their *Chalmers West* location (577 Willow Rd). For more information visit www.chalmerscentre.ca.

With the Grain Moments



The Bar that started it all: Chocolate Dream Bars

Believe it or not, we make over 1500 squares each week at With the Grain!! That's roughly 63 trays that are enjoyed both locally and internationally (our squares have been sent to some interesting places around the world). In many ways this crazy square business all got its start in a dented little pan filled with the humble and delicious Chocolate Dream Bars. The key to these simple squares is not to over bake the topping.

For the Base:

1 cup butter, softened
2 cups all purpose flour
1 cup brown sugar

In a bowl combine butter, flour and sugar and work with hands or pastry

cutter until butter is well combined. Press into a greased 9x13 pan and bake at 350°F for 20 minutes or until edges are golden. Remove from oven and cool. Meanwhile, make the topping.

For the Topping:

6 eggs
2 cups brown sugar
¼ cup all purpose flour
½ tsp salt
2 tsp pure vanilla
¼ cup cocoa
1 cup shredded unsweetened coconut
1 cup chopped walnuts
2 ½ cups dark semi-sweet chocolate chips

In a large bowl combine all ingredients and mix together until wet and dry



Goosey, chocolate extravagance

are evenly distributed and everything becomes a chocolaty mixture. Pour over cooled base and put back in the oven at 350°F for another 30 minutes exactly. Every oven is different but this should give you a solid top with just the right amount of goo. Cool, cut into squares and enjoy!

Everyone's Favourite.....Vegetarian Chili



Our Veggie Chili with bread and side salad makes a tasty balanced meal.

Many have scoffed at this meatless chili only to discover after they try it that not only do they like it, they are in fact addicted! Full of fresh flavours, low in fat and low in sodium this chili is dairy free, wheat free, vegan and most importantly delicious! We top it off with sourcream

and old white cheddar, but it is excellent plain too! Adding a pound of meat is acceptable should you find your table full of meat lovers but convince them to try it as is and they'll be pleasantly surprised!

The Recipe!

2 medium onions, chopped
2 cloves garlic, minced
2 carrots, diced
2 Tbsp Olive or Canola Oil

Heat olive or canola oil in a large pot for 1 minute. Add onion, garlic and carrot and sauté over medium heat until onions are translucent

and carrots begin to cook. The onions and carrots take the longest so it's important to pre-cook them before adding everything else.

1 each red and yellow pepper, diced
2 small zucchini, diced
2 stalks celery, diced

Add peppers, zucchini and celery and continue to sauté 5 more minutes.

1-12 oz can whole Tomatoes
¼ cup fresh lemon juice
¼ cup red wine
1 tsp salt
1 ½ tsp black pepper
2 tsp ground cumin
2 tsp ground chili powder

2 tsp tabasco or to taste

Add tomatoes, lemon, wine, and all other seasonings and simmer until carrots are soft (another 10-15 minutes).

1 cup fresh or frozen corn
¼ cup fresh parsley, chopped

1 12 oz can kidney beans, drained

Stir in corn, parsley and kidney beans, heat through and serve. This chili freezes well and will keep in the fridge for up to 5 days. In fact, the flavour is even better the next day!

Good Food... Great People!

We have been preparing our house made creations lovingly, using only the best ingredients (see Katie's article!) but our ability to keep things going strong isn't just because of our undeniably good food...it's about the GREAT people working here who prepare, serve and enjoy our food and more importantly our philosophies.

When WtG opened, Sheri's vision was to create a workplace where staff could enjoy coming to work, take pride in what they do and have opportunities to develop and find their passion (whether it was baking or bungee jumping).



A trio of bakers

The culture that has evolved has allowed us to attract and work with some pretty amazing folks who have all contributed a bit (or a lot!) of



Julia

themselves to this ever-evolving business. Since 1999, WtG has employed over 200 staff, and at present, we are providing meaningful employment to 38 people across all of our locations- a record high for WtG!

We are proud of the unique and talented individuals that have been a part of WtG both past and present and wholeheartedly thank them for their passion, commitment and love of good food!

Melanie Hill
Staff Resources Coordinator

Things are Cookin' at the Creek!

If you haven't been already, we invite you to take a summer's drive up to visit Peter at WtG's Shaw's Creek Café located in the historic Alton Mill near Caledon, ON. As part of the Alton Mill's growing arts community, Shaw's Creek Café has provided delicious treats and wholesome lunches for several events showcasing the work of

their tenants and other local artisans. In July, the Alton Mill hosted their **Cuisine-Art** event where Shaw's Creek Café had the opportunity to present the creative talents of WtG's own foodie Emily Hansen. Upcoming events at the Mill include **Doors Open in the Hills** August 15th and **Buckets of Color** September 26th and 27th. Check the Alton Mill's Website

at www.altonmill.ca for more details!



Emily Hansen giving a BBQ demo

Staff Stats

Top 3 WtG Signature Staff Picks

1. Turkey Meatloaf
 2. Veggie Hashbrown
 3. Crunchy Caramel Pecan Square
- (it was hard to pick just three)

Total number of countries visited by our staff = 22 (on 6 continents!)

Musical Madness...Did you know that WtG currently employs:

A composer, classical pianists, a drummer, a violinist, vocalists in local choirs and bands, a tuba player, a guitarist and mandolin player, and don't forget the tin whistle and the triangle!

Not JUST the Art of Food and Service.... Our staff are also:

Chalk artists, Photographers, Painters, Jewellery makers, Writers and Thespians

Our staff believe in community as much as we do! They are involved with many organizations including:

Rainbow Chorus, Burnt Oak Records/ Kazoo, Hillside Festival, Our place, OPIRG, Masai Centre, Guelph Queer Equality and Guelph Resource Centre for Gender Empowerment and Diversity

WtG has many staff working towards their education and experience goals and it creates a great mix of ideas and backgrounds including:

Stratford Chef School, Political Science, Red Seal Apprentice, Anthropology, Horticulture, Social Science, Music, Biology, Theatre/dance and more!

Creating fresh foodsOne supplier at a time

Through the years, With the Grain's food culture has evolved and coalesced into a simple desire to serve fresh, local, sustainable and delicious food. We use this language when we are talking about our food and when we are talking about our business. The relationships we have developed and maintained with our local and family owned suppliers have become integral to the quality of the food we demand of ourselves. We are inspired by the people who own and run these businesses and we wish to say a big thank you to all of our suppliers for their hard work and continued excellence! Here are just a few of the local businesses that contribute to making our handmade products as delicious and fresh as they are:



We use seasonal produce in our preserves

Kenny's Produce - Sheri met Tim and Marianne Kenny and their family well over 10 years ago when she was starting her business selling baked goods at the Guelph Farmers Market. Since our opening day the Kennys have provided us with great produce and amazing support.

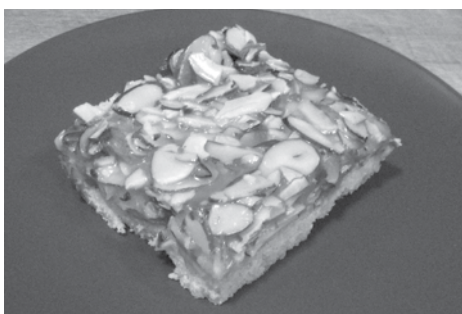
Ignatius Farm - We have been working with Ignatius farm for 6 years now and they provide us with much of our in season produce and their delicious apple cider in the fall and winter. www.ignatiusguelph.ca



Bagels and scones

Wellington Country Marketplace - a third generation butcher shop owned and operated by Bill and Brenda Ross. We've come to believe there is nothing they can't do for us while supplying us with our wonderful meats, poultry and farm fresh eggs. Thanks for everything! 5259 Jones Baseline, Guelph

Coneybeare Honey - a third generation operation, Jim and Tracy provide us weekly with as much as 100lbs of their gorgeous (really it is) unpasteurized honey from Fergus. This is the amazing flavour that makes the beestings so irresistible! 215 Forfar St, Fergus 519-843-7328



Our delicious beesting square

Planet Bean Coffee - I'm guessing everyone knows this coffee - organic, fair traded, and fresh roasted right here in Guelph. And really good! Thank you **Black River Juices** - Sheri has known these guys since her years at the Big Carrot back in the 80's. Unfiltered, no sugar added, no chemical preservatives, custom pressed, still sold in glass instead of plastic - just 100% pure juice - oh and also, really good!

www.blackriverjuice.com

Organic Meadow - This year we made the switch to organic dairy products for our coffee and barista drinks. Organic Meadow is a co-op that represents over 100 family farms across Ontario. It is celebrating its 20th anniversary this year!

Deerfield Nursery in Hillsburgh

- John provides us with beautiful lettuces, herbs and sprouts all through the season!



Salads made with organic greens

Vinh Phong - this local and family run grocery keeps us well supplied with miso for our house dressing and other Asian ingredients. 32 Macdonell St Guelph 519-821-8111

Guelph Paper - started in Guelph in 1907 and owned by the Barker family since 1955, this is truly a Guelph business! John is always willing to source new paper and packaging products for us as we work towards our goals of using the best biodegradable and recycled packaging materials. www.guelphpaper.com

The Bag Ladies - another local, family based business that saw a need and with true entrepreneurial spirit worked to fill it. When Guelph switched to a three bag garbage system it was often a mad scramble to find garbage bags because our big corporate grocery suppliers didn't carry them. Thank you ladies! www.bagladies.com

Katie Franks
Kitchen Manager

Community Counts

With the Grain is proud to support our community, and the people that make us a part of it! The intention to create a local neighbourhood Bakery/Café has resulted in a wonderful common ground where business meetings, family time, down time and just plain fun can all take place in a warm and welcoming environment.



Breast Cancer Fundraiser

We have also had the privilege over the years to spread that warmth outward to

the greater community. We are proud to be a part of many local events and to support a number of non-profit organizations focused on improving the health, educational, cultural or civic vitality of this community.

For more information on our community involvement and recognition please see the Community page on our website www.withthegrain.ca. Below is a sampling of the organizations and events we have been a part of over the years.

- Taste of Guelph
- St. Joseph's Hospital
- Wyndham House Dream Auction
- Guelph Contemporary Dance Festival
- Breast Cancer Pink Campaign
- Slow Food Guelph
- Macdonald Stewart Art Centre
- United Way
- Eat Smart
- Habitat for Humanity
- Guelph Youth Singers
- Edward Johnson Music Foundation
- Aids Committee of Guelph
- Masai Centre
- Guelph Youth Music Centre



Taste of Guelph

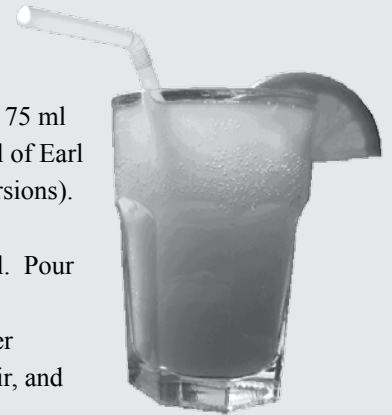
Iced Tea Recipe Giveaway!

Our housemade iced tea is a sweet classic: it's the satisfying complement to a hearty sandwich, or perfect as a stand-alone thirst quencher on a sunny day. As a celebration of our ten years in business, we'd like to share that recipe with you.

Thoroughly wash 3 fresh lemons (including rind), and cut into paper-thin slices. Combine in a large pot with 4 ½ cups cold water and 3 cups sugar. Heat on medium-high and stir frequently, or sugar will

scorch. When mixture is nearly boiling, add 75 ml of loose leaf Darjeeling black tea and 100 ml of Earl Grey (we use Choice's organic, fair trade versions). Stir well. Do not let boil, but simmer for 10 minutes. Remove from heat, strain, and cool. Pour into a glass jar or pitcher and refrigerate.

To serve: pour 2.5 T syrup (or to taste) over ice. Top up with 8 – 10 oz of cold water. Stir, and garnish with a lemon slice. Enjoy!



With the Grain's Parking Challenge

Where To Park

We have a parking lot behind our cafe, and a small parking lot behind our bakery. We know it can be difficult to find a space in our lot, so here are a few other suggestions all within a 2 minute walk:

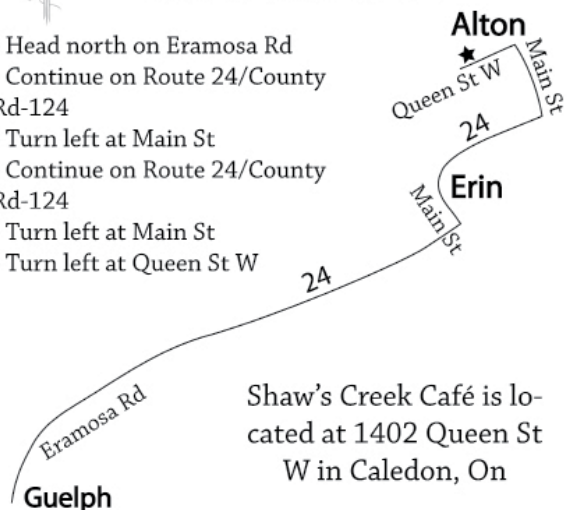
- McTague St
- Dublin St
- Dufferin St
- Charles St
- Edwin St

Where NOT to Park
at the Convenience/Laundromat next door



How to get to Shaw's Creek Café

- Head north on Eramosa Rd
- Continue on Route 24/County Rd-124
- Turn left at Main St
- Continue on Route 24/County Rd-124
- Turn left at Main St
- Turn left at Queen St W



Shaw's Creek Café is located at 1402 Queen St W in Caledon, On