

# the WHEAT SHEAF



Fall 2010

the Bakery • the Café • the Pantry • Catering • Shaw's Creek Café • the Meeting Place

## when I fell in love with baking bread...



Here we go again, the last day of summer has passed and Fall has officially begun. Summer seems to have flown by once again - one minute I'm complaining about the heat and the next I'm trying to find a sweater because I'm freezing. Still, life would be pretty boring without the four seasons to keep us on our toes.

We've had a great summer here at With the Grain; I

finally gave everyone a break and went on vacation for two weeks! I spent the trip in Nova Scotia visiting family and friends and all my old haunts. We had an amazing time, the weather was beautiful, the food was fabulous and the hospitality was first rate.

I've been baking since I was a little kid. I skipped the EasyBake oven and went right to the big oven. Three of my friends and I had a baking club where each week we would look-up and try a new cake recipe and luckily my Mom would let us create chaos in the kitchen while we experimented. But my first real baking job was in Cape Breton while I was in high school and that's when I fell in love with baking bread. I've never tired of the magic that mixing flour, yeast, salt and water creates. I loved that job,

in fact it probably ruined me for other jobs.

Indian Bay Milling Co. was situated on the shores of the Bras D'or Lakes and my road to work ran all along the lake's edge. The owners were young and idealistic and didn't know a whole lot about running a business but they had boundless energy and creativity. Working for them, I learned not to be afraid of taking on new challenges, just to "jump in and have at it".

Some would say that that's still my approach but learning to bake in that fledgling bakery in Cape Breton gave me an insight into baking and business that was invaluable. Each job I've had since then has added to the store of knowledge that I draw from

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# Thanksgiving Features

Our delicious mix of traditional Thanksgiving specialties are back again this along with a few new temptations! Due to very high customer demand over the holiday it is recommended that you place your order ahead of time. We require 24 hours notice for orders and pre-payment for any order over \$10. Give us a call or visit the Bakery or Café to place your order today! All Thanksgiving items will be available for pick up from Thursday October 7th to Sunday October 10th at the Bakery. For more information visit [www.withthegrain.ca](http://www.withthegrain.ca)



**Breads**

***Pumpkin Swirl Bread** – light pumpkin yeast bread swirled with a brown sugar & cinnamon filling topped with a sweet & spicy streusel*

***Butter Rolls** - rich, buttery wheaten rolls; perfect for your Thanksgiving feast*



**Pies**

***Pumpkin Pie** with spelt crust – rich pumpkin custard in a golden spelt flour crust*

***Bourbon Pecan Pie** – Whole pecans top the classic butter & brown sugar filling with a splash of bourbon in our crisp, flakey crust*

***Apple Harvest Pie** – Fall harvest pie filled with apples, pears, cranberries, topped with golden oatmeal crumble*

*Note: All pies are available with spelt crust if ordered in advance; however, the Apple Harvest pie will be a double crust pie rather than a crumble topping.*



**Specialty Items**

***Pumpkin Cheesecake Squares** – WtG's featured cheesecake square - creamy pumpkin cheesecake on a buttery graham cracker base with a sour cream topping*

## Thanksgiving Holiday Hours

### Our Guelph Locations:

Friday Oct 8: 7am-6pm, Saturday Oct 9: 8am-5pm  
Sunday Oct 10: 9am-3pm, Monday Oct 11: CLOSED

### Shaw's Creek Café in Alton:

Friday Oct 8th to Monday Oct 11th:  
10am to 5pm

**Pumpkin Cheesecake (7")** – smooth & creamy spiced cheesecake crowned with maple glazed walnuts

**Iced Pumpkin Cookies** – soft, gently spiced cookies with a cream cheese glaze



**Pear Gingerbread Cake (7")** – spicy, sweet & tender cake baked with poached pears

**Pumpkin Cranberry Walnut Loaf** – moist & gently spiced tea loaf with a hint of orange, studded with crunchy walnuts & tart cranberries

**Assorted decorated shortbread** – buttery & flakey rich cookie topped with colourful royal icing



**Preserves**

**Apple Thyme Jelly**

**Autumn Harvest Jam**

**Classic Cranberry Sauce**

**Roast Shallot & Port Cranberry Sauce**

**Sweet Pear Chutney**

## Thanksgiving Feature Menu

**Deli: Roast Pork with Sweet Pear Chutney** - Wellington Country Marketplace roast pork and our house made Sweet Pear Chutney is served with old cheddar cheese and fresh crisp lettuce.

**Wrap: Baked Sweet Potatoes & Feta** - Oven roasted sweet potatoes are served with tangy feta cheese, grated carrot, lemon mayonnaise and crisp red leaf lettuce. Wrapped in a whole wheat tortilla.

**Hot Panini: Turkey Meatloaf & Havarti** - Our delicious, house made turkey meatloaf is served with Havarti cheese and tomato chutney. Grilled until golden.

**Vegetarian Soup: Roasted Squash with Maple & Cream** - A delicious seasonal favourite! Sweet squash are roasted until tender then pureed with onions, garlic, maple syrup and cream.

**Meat Soup: Spicy Turkey Chowder** - A flavourful, creamy chowder with a kick! Tender turkey breast from Wellington Country Marketplace and fresh veggies are simmered until tender then finished with fresh cream and parsley.

**Feature Salad: Apple Pear Waldorf** - A wonderful combination of healthful fruits and veggies, fresh herbs, toasted walnuts, and dried fruits served with a fresh house made yogurt dressing.

# Made In House

Happy Autumn! As a sparkling, leafy wind sweeps us along through the first cooler months, it's back to work for everybody. At With the Grain, we are doing plenty of what we love the most – making scrumptious food in-house!

What does 'in-house' mean? It's a little like 'from scratch'; a bit like 'homemade' - - it's a kind of family cooking, and we do it because we believe it's the best way. We don't buy a lot of frozen or dry mixes in boxes and bags and then reheat them or just add water. Why buy something ready-made when you can make the same thing yourself, and better? We choose fresh ingredients judiciously and prepare them with love, coaxing out of them a more satisfying kind of food, the kind that pleases the body, mind, and soul.

To make our chai, for example, we measure out a blend of six organic herbs and spices, and simmer them with whole leaf teas on the stove until we reach the right flavour. Then we strain it and stir in sugar and vanilla. The whole process takes about an hour, and we wouldn't replace it with a store-bought mix for

all the Choice tea in Seattle! :P The subtly seasoned Turkey Meatloaf is mixed and pressed by hand then brushed with our own tomato glaze, before being baked for a full hour and sliced carefully for our Thanksgiving panini. And over at the bakery, fresh pears for the moist and tender Pear Gingerbread Cake are selected, peeled, hand-sliced, and poached, then layered into the pan with our sweetly spiced batter and baked to a turn. The secret in all these things is the energy we put into everything we create - the simple devotion we have to making it here because that tastes best.

In a world where the almighty dollar increasingly dictates most food choices, we find it more important than ever to do things our own way. We like to start with simple ingredients and make amazing things from them. We need to know our dishes from start to finish, and that takes passion, planning and preparation. Just ask a WtG baker! They're about to start preparing the Christmas fruitcake... in-house.

Beth Shepard  
*Front of House Manager*



# Fresh Fall Faces and Fond Farewells....



Fall is a special time of year at WtG. No matter what department or position, we look forward to the delicious treats that the harvest season brings and the crispness of the air that makes a mulled apple cider and an iced cherry scone so satisfying. (yup, these are some of my personal favourites!)

This time of year also brings lots of changes to our team of hardworking staff. We are proud to send some of our students off to graduate studies and semesters abroad and we get to welcome a whole new crop of passionate and talented individuals who are eager to bring you beautiful, delicious food and warm, sincere service.

We've had to part ways with a few folks this fall, but you may have noticed that in particular, some of our veteran staff are also missing. In the Front of House, we said goodbye to Julia, whose personalized service has brightened many a guest's day for over 3 ½ years. She will be pursuing her graduate degree in library science at Western. In the Bakery, we said farewell to Dana, whose passion for beautiful breads for over 3 years has made many a mealtime better! Dana is exploring some new baking adventures not too far away.



Although farewells are sad, we do have some great new folks to get acquainted with!

In the Front of House, you'll meet Kiah, Ricky, Nava and Hayley. Keeping our dishes clean and sparkly we have Quin and Bianca. In the Bakery we welcome Tyson and Victoria. In the Kitchen, we welcome back Heather who has returned after a summer of cross country travels.



We hope you'll stop by soon on one of these blustery fall days to enjoy some wholesome comfort food and more importantly to meet our new crew!

Melanie Hill  
*Staff Resources Coordinator*



# the Meeting Place

*Make your meetings deliciously productive!*



The Meeting Place, With the Grain's version of an office boardroom, provides a comfortable and private space perfect for hosting groups of six to eight people. We provide wireless internet, flip charts, a data projector and pens, markers and stationery. Rates also include coffee, tea and a special With the Grain treat!

Breakfast and lunch catering is also available with options from both our catering and our in-house menu.

The Meeting Place is also suitable for other special events and private dining for groups of six or more.

Give us a call or visit our web site at [www.withthegrain.ca](http://www.withthegrain.ca) for more details.



# Lemon Square Mania

WtG makes about 240 lemon squares a week!

Each recipe requires 5 ½ cups of fresh squeezed lemon juice and the zest of 8 lemons. For that we need about 35 lemons per batch. This equates to a crazy # of lemons a year! Here's how it breaks down:

1 batch of lemon squares = 5 ½ cups of lemon juice = 35 lemons

5 batches/week = 27.5 cups of lemon juice = 175 lemons

260 batches/year = 1430 cups lemon juice = 9100 lemons = 12,480 lemon squares!!!

That's a lot of lemon squares!



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every day here at With the Grain. Lucky me, I've always known "what I wanted to do when I grew up" but sometimes I wonder if things would have been different if my

first food job had been in a chain restaurant or an industrial bakery instead of in an old converted garage with the sparkling lakes of Bras D'or on the doorstep, or if my first boss(es) hadn't been the type who thought the best breakfast in the world was a piece of raisin bread fresh and warm from the oven slathered with cambozola cheese and sided with a mug of good coffee; or if my first recipe at work hadn't read ...3 scoops of w/w, 1 and a bit scoops of wbf, and 3 red mugfuls of sultanas...

Looking forward to a beautiful and bountiful Fall!

*Sheri*



## Parking With the Grain Style

### 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:

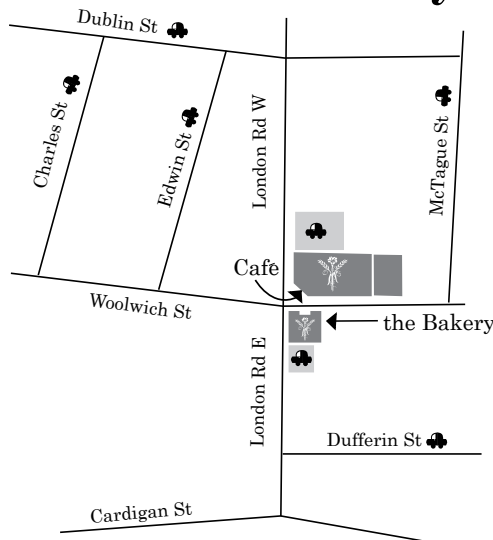
- McTague St
- Dublin St
- Dufferin St
- Charles St

### Where NOT to Park

at the Convenience/Laundromat next door

### Biking to WtG?

We also have lots of bike rack space available for customers.





With the Grain's  
**Shaw's Creek  
Café**

Shaw's Creek Café and the Historic Alton Mill are always a pleasure to visit. With delicious food from our café, the picturesque setting of the mill, and the various shops and artist studios to explore you're guaranteed an excellent time. Here are a few events you'll want to be sure to mark on your calendar!

### **Buckets of Colour**

September 25th to October 11th

*A part of the Headwaters Arts Festival - opening activities will be running at the mill on September 25th and 26th from 10 am to 5pm*

### **Songs for a September Evening**

September 25th

*An eclectic mix of Broadway tunes, \$5 from each ticket sold will be donated to the UNICEF Canada Pakistan Flood Relief Fund*

### **Being - Selected Sculptures by Ted Fullerton**

September 25th to January 3rd

*On display throughout the Alton Mill grounds*

### **'Twas the Art Before Christmas**

November 13th to January 2nd

*A seasonal celebration of artistic talent for the festive season!*

