

# the WHEAT SHEAF



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

## How I Spent my Summer

I don't know if it's still true today but when I was in elementary school in the sixties I remember having to write an essay on the first day of school that always started with "How I spent my summer vacation..." and then read it out loud to the class. I can't say I'm any better at public speaking because of it but I still have the impulse to look back

over the summer and recap what I did as the first breath of Fall blows in.

Between work and play the summer of 2011 was actually pretty great! The line between work and play for me is usually quite blurred but that's okay. Just because I'm hiking beside a glacial river in the Rockies doesn't mean I can't be thinking of stopping at a little bakery/cafe on the way back to Calgary. And a walk along the seawall in Stanley Park, Vancouver, should be spent planning a visit to the Granville Island Public Market for breakfast the next morning :) Shouldn't it?

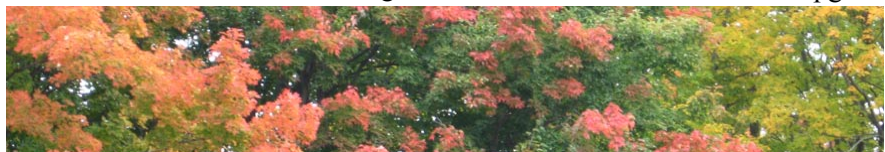


Yes, it's been a great summer... lots of changes as usual here at WtG. Our incredible Katie and her husband had their dream come true this summer in the shape of a beautiful 2 year old adopted daughter, and although we miss her like crazy, her and Tricia's visits are always a treat. A realignment in our cafe management has seen

the hiring of our new Cafe Manager, Ann-Marie. Ann-Marie has had the added pleasure of coming into a new position which we are creating on the fly to meet the ongoing demands of our ever changing business but she is jumping in with both feet and I'm confident she can meet the challenge. The ebb ...continued on pg 9

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# Thanksgiving Ordering

## Celebrate the Holiday - With the Grain Style

Thanksgiving is obviously a large occasion for the community and we take pride in being part of your celebrations. At the Bakery, we will be producing flavourful breads, pies, squares, traditional pumpkin-filled items, and a full range of specialty Pantry products. If you're unsure of what to choose, buy one of each!

## Thanksgiving Features for Order

### Pies, Small Pies, & Tarts

#### Pumpkin

a rich, pumpkin custard in a golden spelt flour crust.



#### Caramel Apple Pecan

What would Thanksgiving be without apple pie? Packed full of fall apples, brown sugar, and cinnamon. Topped with a pecan crumble. (nut-free crumble available)

#### Nutty Maple

Hello nut lovers! We have adapted our buttery Pecan Pie to include walnuts and hazelnuts, and enhanced the maple flavour by glazing the nuts prior to baking. Perfect with vanilla ice cream.

*Note: Pies are available with a spelt crust if ordered in advance; however, the Caramel Apple Pecan pie will be double crusted instead of a crumble.*

### Breads

#### Pumpkin Swirl Bread

sweet yeasted bread, flavoured with pumpkin & spices, is rolled like a cinnamon bun with a sugar filling, and finished with a streusel topping



#### Butter Rolls

rich, buttery, whole-wheat dinner rolls baked to a golden finish and packaged in a tray for easy re-heating

### Specialty Items

#### Pumpkin Cranberry Walnut Loaves

a spiced tea loaf with a hint of orange, studded with crunchy walnuts & tart cranberries

#### Iced pumpkin Cookies

soft & chewy, topped with a cream cheese frosting

### Brown Butter Spice Cake

Be the first to try our new holiday cake! A ginger-glazed nut topping and brown-butter cream cheese frosting are the finishing touches for this delicious spiced pumpkin cake.



### Pumpkin Cheesecake

Subtly spiced creamy cheesecake on a buttery graham cracker base, with a sour cream topping. Available as a 7" round, or as our feature cheesecake square for the month of October.



# How to Order:

Due to very high customer demand, it is recommended that you place your order ahead of time. We require 24 hours notice (48 hours for Cupcakes & Cakes) and pre-payment for any orders over \$10. Order as early as September 23rd.

Holiday products will be available **Thursday October 7th through Sunday October 9th**. All pickups will be exclusively at the Bakery.

For more information visit [www.withthegrain.ca](http://www.withthegrain.ca)



## Holiday Hours

**Our Guelph Locations:**

Sunday October 9th: 9am to 3pm

Monday October 10th: CLOSED

**Shaw's Creek Café in Alton:**

Sunday October 9th: 10am to 5pm

Monday October 10th: 10am to 5pm

## Fall Shortbread



Our shortbread is buttery, flaky, and rich. Every cookie is hand-decorated with sweet and colourful royal icing. This fall and Thanksgiving we will have pumpkins, fall leaves, and acorns available in a variety of sizes.

We only make a limited amount so drop by early to pick out your favourites or give us a call to have some set aside for you!

# Thanksgiving Pantry Products

- **Autumn Harvest Jam**
- **Classic Cranberry Sauce** - a traditional favourite, made with a hint of orange



- **Roast Shallot & Port Cranberry Sauce**
- **Sweet Pear Chutney** - this fruity, spicy chutney is delicious served with a sharp cheese and crackers
- **Pumpkin Seed & Cranberry Chocolate Bark** - available in dark and white chocolate, a sophisticated way to satisfy your sweet tooth



- **Buttercrunch Toffee** - sweet and buttery, this delicious treat makes a great gift
- **Marshmallows** - our house-made marshmallows are perfect in a cup of home made hot chocolate on a cool fall day
- **Savoury Sampler** - a mix of our house-made curried nuts, tamari almonds, 3-cheese crackers, and rye crackers

## Thanksgiving Feature Menu September 26th to October 9th

**Deli: Turkey Meatloaf** – Our delicious and savoury house-made turkey meatloaf is paired with fresh tomatoes and lettuce, and served on freshly baked bread.

**Wrap: Roasted Sweet Potato & Feta** – Oven roasted sweet potatoes are paired with feta, avocado, sprouts, and lemon mayo, then wrapped up in whole wheat tortilla. One of our most popular wraps!

**Hot Panini: Apple & Cheddar** – Fresh, crisp apple slices are paired with sharp, old cheddar and grilled until golden. Served with a side of our house-made cranberry sauce.

**Vegetarian Soup: Roasted Squash & Root Vegetable** – Winter squash, carrots, and parsnips are blended with maple syrup, cream, and fresh thyme until smooth. Served with a maple cream swirl on top.

**Meat Soup: Honey Mustard Ham** – Honey mustard ham and navy beans are served in an herbed broth with lots of fresh veggies.

**Feature Salad: Pear and Blue Cheese** – Fresh slices of pear, tangy blue cheese, and maple walnuts are served on a bed of fresh greens tossed in a house-made maple vinaigrette.

# Tuscan White Bean Soup



3 cans (398ml) navy beans  
2 tbsp. olive oil  
2 1/2 cups onions, diced  
2-3 cloves garlic, minced  
8 cloves whole roasted garlic\*  
4 stalks celery, sliced  
2 carrots, diced  
1 sweet red pepper diced  
water or vegetable broth  
1 1/2 tsps dry mustard  
1 1/2 tsps black pepper  
1 tsp dried sage

1/2 cup white wine  
1/2 cup lemon juice

\*to roast garlic, cut the top off a head of garlic, rub with olive oil, and wrap in aluminium foil. Bake in oven at 400°F for 20 minutes. Let cool slightly, then squeeze garlic out of peel.

Saute in a large pot: onions, minced garlic, celery, carrots, and sweet pepper in olive

oil until tender. Stir in navy beans, roasted garlic, salt, dried mustard, black pepper, sage, white wine, and lemon juice. Add enough water or broth to make a hearty texture, and heat through. Remove two cups of soup to a blender and blend until smooth, pour back into soup. Taste, and adjust seasonings to your preference. Enjoy!



## 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:

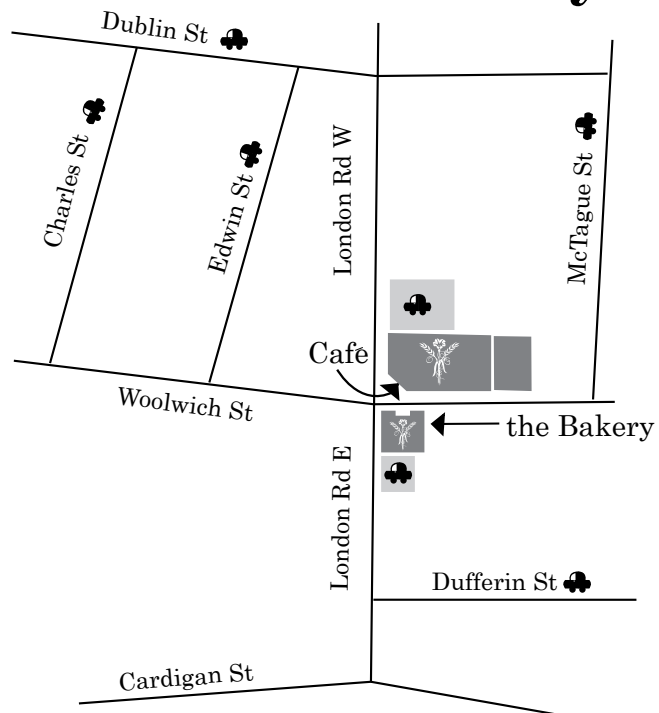
- McTague St
- Dublin St
- Dufferin St
- Charles St

### Where NOT to Park

at the Convenience/Laundromat next door

### Biking to WtG?

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



# Introducing the Front of House Team



*Rebecca, Keely, and Hayley*

I am a newbie here at With the Grain and find myself pleasantly surprised on a continual basis by my amazing coworkers. Each person here works with passion, intelligence, and a work ethic that I am constantly inspired by. Their creativity and love for beautiful, fresh, local, and sustainable food makes With the Grain what is, was, and continues to be; a local community in a globalizing world.

Hi! My name is Ann-Marie Perri; I'm the new café manager, and I am honored to be a part of what Sheri has done here at With the Grain. Each new day is an opportunity to build upon the solid foundation that has been

here for the last 12 years. Continuous improvement and analysis happens to ensure that we operate within our value system. As a result change is always happening here at With the Grain, and the need for a stellar team is essential. That is why I need to tell you about why the front of house team is so special here at With the Grain. They truly are incredible!

## **Jess**

Jess is creative, smart and has great ideas! She brings forth ideas for new hot and cold beverages and is in charge of making many of our in house specialty drinks. She is fun and friendly with a love of the 'brain', as she studies psychology. She likes to take a

vegetarian break for a BATH ...minus the B of course!

## **Kiah**

Kiah, otherwise known as 'Cheddar Kiah', is passionate about delicious, high quality food. As an artist Kiah contributes to creating our lovely menu boards that inspire guests each day to find the item of their choice. Kiah's favorite thing to eat at WtG is a bowl of chili with a cheddar scone warmed and buttered. She'll tell you "it'll change your life!"

## **Jenn**

Jenn's as sweet as the pies we bake, and exceptionally organized. Jenn is an amazing addition to our team. With upbeat customer service and attention to detail, she wants everyone's visit to be a beautiful experience. When working the early morning shift she likes nothing better than to enjoy a delicious parfait while on break.

## **Patrick**

Patrick left us for a bit, but thankfully is back! Patrick is enthusiastic, fun, and hard working. He is trilingual too, so if you speak French or Italian, and he is here, your

native tongue will also be catered to. On his days off he will come in for his favourite, a breakfast burrito with sausage and avocado.



*Jeremy & Tara*

### **Tara**

Sad to see her go, Tara will be heading to the big city as she returns to school. Tara is an exceptional barista who enjoys adding a touch of flare to your latte or cappuccino. She's a drink whiz with a quirky side. Tara's funny faces and light-hearted banter will be missed. When asked Tara stated with enthusiasm that her favorite menu item is the ATC wrap!

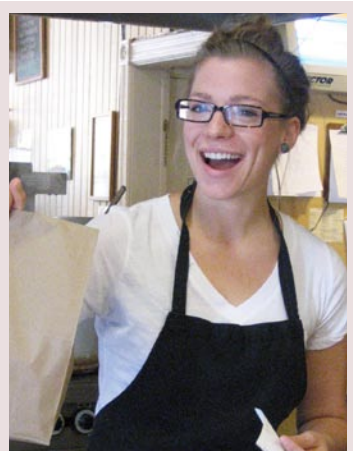
### **Jeremy**

Jeremy's zest for life is contagious! While buzzing around the café it's hard to not notice the pep in his step. Jeremy offers knowledgeable

and friendly service in the front of house, and doubles as a foodie making our beautiful and delicious food in the kitchen! With a flair for the dramatic this Grainer/Actor is one of a kind! Jeremy's favorite dish is the maple granola parfait!

### **Annica**

Annica loves our customers and getting to know them, her warm demeanor and joyful smile is always inviting. Annica's artistic ability is beautifully displayed on our chalkboards through out the café.



*Drea delivering an order*

### **Drea**

Drea started coming to With the Grain with her mom as a little girl, WtG was a place where the two of them would come during their travels and have some precious time together. Now Drea helps

other mothers and daughters to enjoy that same kind of experience. Her favourite is the lemon square but our roasted tomato, basil and Brie panini is a close second.

### **Keely**

Keely hails from the West Coast! She has recently moved to Guelph to begin creating a beautiful new life here with her lovely family. Keely joined us a month ago and her exuberant smile is contagious wherever she goes. Keely's favourite lunch is a BATH sandwich finished up with a lemon square.

A great big welcome also to Shay and Rebecca who just recently joined the WtG team. And a welcome back to Hayley! We're really enjoying getting to know them better and we know you will too.



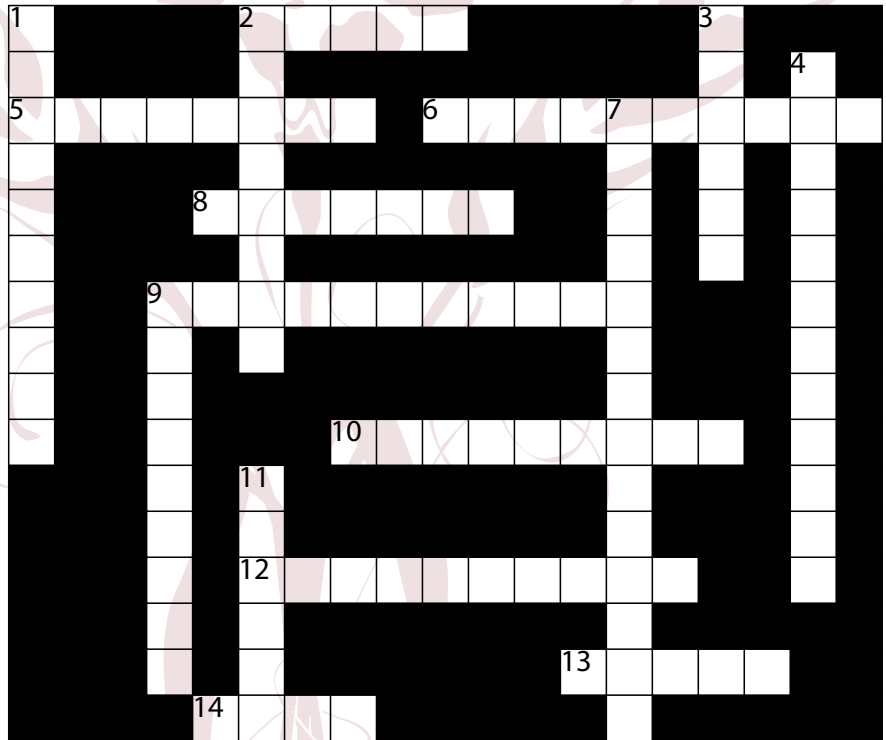
*Ann-Marie  
Café Manager*

# WtG Fall Crossword Puzzle

All of the answers to this crossword can be found in this edition of the Wheatsheaf! Return this page with the crossword completed by Thursday, October 13th to be entered into a draw for a \$25 gift certificate. Crosswords can be handed in to staff at the Bakery or the Café in Guelph, or to one of our staff at Shaw's Creek Café in Alton.

## Across

2. the type of flour used in our pumpkin pie crust
5. the name of our new café manager
6. we hand-decorate this type of cookie
8. flavour of our October cheesecake square
9. type of frosting on the iced pumpkin cookies
10. the place you can pick up Thanksgiving orders
12. name of the fundraising event held at the Alton Mill in October



## Down

- |   |                                       |   |  |
|---|---------------------------------------|---|--|
| 13. the author of "in the deepening fall" | 1. the name of our café in Alton      | dish is the maple granola parfait             | deli sandwich  |
| 14. She's as sweet as Pie!                | 2. topping on the pumpkin swirl bread | 4. the supplier of our stained glass hangings | 9. we serve a side of this sauce with the Apple & Cheddar Panini |
|   | 3. his favourite WtG                  | 7. name of our Thanksgiving feature           | 11. how old is WtG?  |

To be entered into the draw please provide your first name, and either your phone number or your e-mail address.

Name:

Phone Number:

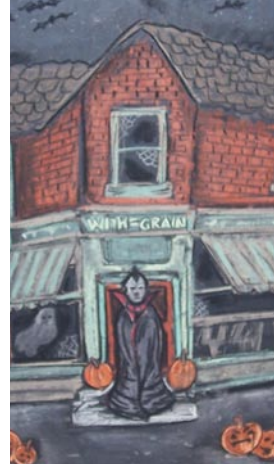
E-mail address:

Would you like to be added to our e-mail newsletter? Y / N



# Halloween Features

- delicious hand-decorated shortbread black cats, ghosts, owls, pumpkins, bats, and witches
- spooky chocolate cupcakes with Halloween theme royal icing toppers, and pumpkin cupcakes with cream cheese icing
- soft and chewy iced pumpkin cookies with cream cheese frosting



...continued from pg 1

and flow of summer staff is always bittersweet as we say goodbye to people as they move on to the next adventure and hello to new staff who bring the promise of new friendships and star players.

Back on the play side of the ledger, my parents came for a visit and helped me build a wood fired oven/ barbecue/outdoor stove in my backyard. It's been really fun experimenting with that this summer, particularly baking in it. It is hands down the best barbecue I've ever cooked on as I have always preferred

wood over propane or charcoal. I even made a video of the process and posted it to youtube - <http://bit.ly/qj0se7> - now that was the learning portion of my summer! Next spring I will tile it and pretty it up but for now I'm just getting a great kick out of using it!

We started the summer with new windows for the Bakery and we rounded off the summer by shutting down for a few days and doing some much needed housekeeping in the cafe. Being open 7 days a week makes it difficult to do big jobs except by closing. We painted the dining rooms and updated the wall sconces, we



redecorated the bathrooms, scrubbed and repainted the kitchen walls, stripped and waxed the floors, and steam cleaned the exhaust fans and hoods on both sides of the street, and we did a million (felt like it anyway) little repair jobs. Now all I have to do is find a night to paint the front of the shop and we're all set for the Fall!

Speaking of the Fall, Thanksgiving is just around the corner and if you read on you'll discover all the treats we have planned for that holiday, you'll hear the latest news from Shaw's Creek Café and you'll find out a little bit more about our front-of-house staff who help you here every day. Enjoy!

*Sheri Bishop*

# With the Grain's Shaw's Creek Café



Creativity flows out here at Shaw's Creek Café. Not only are we nestled amongst artists, we ourselves have a resident creative soul - our wonderful Harry Posner. Harry has written the beautiful poem featured here in the *Wheatsheaf*.

Harry joined Shaw's Creek almost a year ago, and lives nearby, literally a few concession lines over from the Café. He loves the relative calmness of the Café, and being in a building surrounded by artists is a bonus for him. According to Harry "our customers are fine, cool people". A favourite food that tempts Harry is our recent grilled cheese special - cheddar, peaches, peach salsa, and Asian coriander.

For the past 30 years Harry has been immersed in writing short stories, poetry, and songs. He is now working on his first

novel. Performing in spoken word poetry events is also a passion. A recent event that he was involved in was the Wordstock Literary Festival in Collingwood, ON. Harry says "go where your heart says go".

When he is not immersed in the world of words he is busy helping his wife tend their gardens and property. He has also been involved in martial arts for the past 15 years teaching self defense! There is always time for reading though, and Harry is presently reading *The Thousand Autumns of Jacob DeZoet* by David Mitchell. "It delves into the East Indies Trading Company and how it broke the trading curtain during the 18th Century. It is an excellent book" recommends Harry.

There is a varied richness out here at Shaw's Creek Café, from great coffee and food to a beautiful building and the warmth of great people! Come out and visit, and say hello to Harry!

*Peter van Ryn  
Shaw's Creek Café manager*



# in the deepening fall



i love the sweat-long days as they drag  
themselves across the autumnal line  
into mosquito-less cool  
and how our garden thrills the expectant air  
with silent calls of “It’s time”  
and how earth-rich fingers reach  
beyond the itch-sting of black and deerfly,  
ache of back, leg and hip,  
past the weeds that complain “Why me?”  
as we drag them from their rightful homes,  
the box-step dance with rabbit and raccoon  
in the slant-gold of late afternoon sun

and I love how baskets become singing bowls  
into which the music of the spheres—  
tomato, lettuce, garlic, kohlrabi—pours,  
each fruit and vegetable the child  
of root, stem, leaf and blossom  
the fearless teeming grace of soil  
wildly generous to a parental fault

and this I love the most of all,  
bearing these gifts to table,  
becoming them as we eat,  
and they us, in the deepening fall

*harry posner*  
*Shaw’s Creek Café*

Upcoming events to note on your  
calendar include:

## *Buckets of Colour*

September 24th to October 10th  
*The Alton Mill’s third annual Fall arts event  
runs for three weekends and features special arts  
workshops, demonstrations, art shows, an equine  
fashion show, poetry, live music, and more! Visit  
www.altonmill.ca for the full schedule.*

## *Empty Bowls*

Saturday October 22nd  
*Help fight hunger by purchasing a delicious soup  
in a hand-made bowl. Held at the Alton Mill,  
100% of proceeds are donated to local food banks.*

Shaw’s Creek Café is open Wednesday to Sunday  
and Holiday Mondays 10 am to 5 pm.

Ph: 519 942-0080

www.withthegrain.ca

*Catering, Take Out, Free Internet, Gift Certificates*

## How to get to Shaw's Creek

The map illustrates the location of Shaw's Creek Café & the Alton Mill. It shows a network of roads connecting several towns: Orangeville to the north, Alton in the center, Caledon Village to the south, and Brampton further south. To the west, the map shows Guelph & Erin, and to the east, it shows Airport. Key roads include Winston Churchill, Porterfield, Mississauga Rd, and Queen St W. Shaw's Creek Café & the Alton Mill is marked with a red triangle in Alton, at the intersection of Porterfield and Mississauga Rd. Highway markers for 9, 10, 136, 124, and 24 are also shown.

Shaw’s Creek Café is located inside  
the Historic Alton Mill at 1402  
Queen St W in Alton, On

# Fall Giftware

Check out With the Grain's selection of locally and Canadian made giftware this fall, including:

- Hand thrown pottery tumblers and mugs by Chris Hierlihy Pottery, Guelph, ON. Simple, classic pieces in natural, earthy colours.
- Art photo cards by local photographer Subi Wilks, Guelph, ON. Original photography focussing on nature and local architecture.
- Stained glass by Random Pieces, PEI. Beautiful window or wall hangings, featuring Ontario wildflowers and cottage themes.
- Rustic birdhouses, decorative garden stakes, and wall hangings by Timbers, Silverhill, ON

Also, check out WtG's Pantry! We have a great selection of jams, flavoured nuts, granolas, crackers, and other fall comfort foods. Order a custom gift basket with some of these delicious treats for someone special!



## WtG Catering At your place or ours!

Whether you are booking the Meeting Place or ordering for your office, we have you covered for breakfast, snacks, and lunch catering! For breakfast, we have freshly baked muffins and scones and fairly traded coffees and teas; for lunch we have hearty soups and vegetarian chili along with a delectable selection of sandwiches; and for dessert, choose from an assorted tray of our most popular squares, cookies, or a seasonal dessert tray. We also offer a variety of side trays that are great as a compliment to a meal or as a snack on their own.

Meeting friends for lunch at With the Grain? If you have a group of six to eight people you may be able to reserve the Meeting Place for no extra cost. Give us a call for more details!

For more information on catering or the Meeting Place visit our web site, [www.withthegrain.ca](http://www.withthegrain.ca), or give us a call at 519 827-0008 x 4

