

Your monthly guide to the best of Nova Scotia's culinary scene

THE RETURN OF THE STRAWBERRY



The patiently and eagerly awaited Nova Scotia strawberry season lasts only a few weeks, depending on the weather. Just when you thought your favourite summertime treat was gone for another long year - our local strawberries burst into your lucky hands again as your plate screams encore! The fall season of strawberries in Nova Scotia typically runs August until October. So, don't put away your shortcake recipe just yet, strawberries are sticking around for a little while longer!

General description: Strawberries (*Fragaria* genus) are small red fruits dotted with tiny yellowish achenes, often called seeds. Native Americans collected the North American wild strawberry (*Fragaria virginiana*), which is larger than its wild European counterpart. They would crush the berries and mix them with cornmeal to make strawberry bread. Wild strawberries were so plentiful in America that there was no garden culture of the fruit until about 1770. The cultivated, large-fruited strawberry originated in Europe in the 18th century when they were bred with species introduced from the New World. In 1780, the first strawberry hybrid, Hudson, was developed in the U.S., and the commercial strawberry growing began.



The strawberry fruit in the botanical sense is not a berry, but is the greatly enlarged stem end, in which are partially embedded the many true fruits, or achenes. Their flavour is sweet and luscious.

Season: Strawberry season in Nova Scotia is late June, early July. Strawberries now have a second, late summer season as well which gives us the chance to pair them with other late summer berries!

Purchase: Choose plump, bright red berries with green, fresh looking caps. The size of the strawberry

is not important; all strawberries, large or small, can be sweet and juicy. Look for locally-grown strawberries in their peak season because they will be the sweetest and juiciest.

Avoid: Pass up strawberries with limp or spoiled green caps. Avoid strawberries with white or green areas, mold, excess moisture, or damage.

Storage: Cover and refrigerate without washing for 1 or 2 days, lightly wrapped with plastic. Do not crowd or press; handle gently. Sort and remove any bruised or damaged berries as soon as possible and use in sauces, purees, or jams. To savour fresh-picked strawberries at their best, eat them right away without chilling.

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BROUGHT TO YOU BY:



FEATURED eDINING.CA RECIPES

▪ [AUTUMN STRAWBERRY CRUMBLE](#) ▪

**CELEBRATION
DINNER LAUNCHES**
NOVA SCOTIA
FALL WINE
FESTIVAL

The Winery Association of Nova Scotia and Taste of Nova Scotia present the Celebration Dinner, the "kick-off" event for the 6th edition of the Nova Scotia Fall Wine Festival. On September 17, join the wineries and their friends from 6:30 - 10:00 pm at the new Wolfville Farmers' Market building to launch this year's Festival with a wonderful evening of paired wine selected by noted sommelier Amy Savoury and food prepared by a team of Taste of Nova Scotia chefs led by Jason Lynch, Executive Chef of Le Caveau Restaurant. Meet the winemakers and the chefs and learn about our award winning wineries and local cuisine. The Celebration dinner will also feature a presentation to recognize the winners of the 2011 Atlantic Wine Awards.

Tickets \$95 + HST Call 902-492-9291 and follow the prompts. Check www.nsfallwinefestival.ca as the fabulous wine selections and the fresh, local menu are finalized.

**LE CAVEAU WINS
WORLD CLASS AWARD**

The renowned Canadian Wine Magazine, Wine Access, most recently chose Restaurant Le Caveau as one of the 20 World's Best Winery Restaurants. This is a true honor and a huge congratulations goes out to Grand Pre and Chef Jason Lynch on this truly remarkable recognition.

To read the full article [click here](#).

**INN
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3009 Highway 2, Fall River, NS. Reserve online at www.InnOnTheLake.com

**L'ACADIE VINEYARDS PRESENTS
PREMIER SPARKLING WINE EVENT**

Come join L'Acadie Vineyards on September 17th and 18th for Champagne Wishes & Seafood Dreams. Enjoy a tasting of nationally acclaimed PRESTIGE BRUT while Delta Halifax Executive Chef Les Stevens prepares seafood appetizers including lobster, scallops, oysters and smoked salmon in an informative tour led by owner/winemaker Bruce Ewert and sommelier Travis McFarlane.

Tours occur every half hour – no reservations are necessary.
September 17 and 18 12-5 pm \$15 +HST.

L'Acadie Vineyards, 310 Slayter Road, Gaspereau
Nova Scotia's Premiere Producer of Sparkling Wine

For information call 902-542-8463 (VINE) www.lacadievineyards.ca

SEPTEMBER WINE

TASTINGS @



Exploring South African Wine
Friday September 9th, 2011, 5:00pm – 7:00pm

The modern South African wine industry is just a little over a decade old and has caught up to the international market very fast. Originally focusing on the native French varietal Chenin Blanc and the South African Pinotage (a cross of Pinot Noir & Cinsault), producers now grow a wide range of international varietals of increasing quality and competitive pricing. Join us for a tasting highlighting our 8 NEW South African wines.

Tickets are \$20 at the door. Please RSVP via telephone (490-2675) or [email](#).

Alanna's Birthday Favorites

Friday September 23rd, 2011, 5:00pm – 7:00pm

After a year off on maternity leave, Alanna is back in the store and will be celebrating her birthday on September 23rd. The introduction of well over a 100 new products while away has left Alanna quickly finding many new favorites. This birthday tasting will highlight some of her new finds, as well as a few of her old favs. With Alanna's great taste, this is bound to be a fantastic tasting featuring some of the stores' best wines.

Tickets are \$20 at the door. Please RSVP via telephone (490-2675) or [email](#).

FID RESTO RAMPING UP FOR SUPPER CLUBS

There's lots of cooking going on in the kitchen at Fid Resto and Dennis and Monica are changing the name of their popular supper clubs from MONDAY NIGHT SUPPER CLUBS to just plain SUPPER CLUBS. That's because Monday nights are now not the only nights available to book a supper club starting in September. "There is such a demand for our supper clubs that we have decided to make other nights of the week available. If a group wants to book the restaurant on a Monday, Tuesday or a Wednesday night, we will close the restaurant to the public for that night in order to offer up a culinary experience that has folks donning their aprons, rolling up their sleeves and preparing a three course meal in the Fid Resto kitchen". Supper clubs are popular as a social occasion amongst new or old friends, and as a corporate team building event. In addition to the food experience there's also the opportunity to add on a wine tasting, cocktail making (and tasting) or scotch tasting element to the evening.

For information about booking a group (minimum of eight individuals) or signing up for a singles supper club, phone Chef Dennis or Monica at 422 9162 or by email: fidresto2@gmail.com

Wines of the month

2009 Banfi Col Di Sasso - Cabernet Sauvignon & Sangiovese

Region: Montalcino, Tuscany, Italy-
Website: <http://www.castellobanfi.com/>

Retail Price: \$19.00

Castello Banfi is a family-owned vineyard estate and winery in the Brunello region of Tuscany. The wines of Banfi Tuscany beautifully express the endearing native character of the region.



One of the best known and appreciated Banfi labels in the world, Col di Sasso, which translates to "Stony Hill", is a blend of Cabernet Sauvignon and Sangiovese cultivated on the most rocky and impervious slopes of the Banfi estate in Montalcino.

Tasting NOTE:

A complex vintage which has produced wine of great softness. Ruby red color. Fresh and rich fruity aromas, with hints of blackberry, plum jam and a gentle note of cherry. The structure is medium-bodied with delicate and enjoyable tannins refreshing acidity and offering a broad texture.

A youthful red to be enjoyed with grilled or roasted meats, poultry, or as an ideal accompaniment to pasta with meat sauce and mild cheeses.



Lunch is Back!
and your booth is waiting...



Starts **SEPTEMBER 26**
Monday to Friday at 11:30am

The **LOWER DECK BEER MARKET**
1869 Upper Water Street, Halifax
902-422-5200 / www.lowerdeck.ca

FOOD DAY CANADA A HUGE SUCCESS

The 2011 edition of Food Day Canada was a huge success thanks to all who participated across Canada.

From the foggy sunrise on Signal Hill in St. John's and traditional Newfoundland breakfast to a steamy Ontario night in Niagara on the Lake where a Food Flash Mob collected downtown and served fabulous gazpacho, Food Day Canada spanned the nation with great culinary experiences and a ton of pride.

A big thank you goes out from Food Day Canada organizers to everyone across Canada that participated in Food Day Canada events at home, at restaurants, in parks, everywhere!

For more information about Food Day Canada visit www.fooddaycanada.ca

ANNUAL HARVEST FEST

Join Domaine de Grand Pre once again for their annual Fall Harvest Festival Thanksgiving weekend October 8 and 9, 2011.

They will be offering free tours and tastings, an open cellar where the wine maker will be available to answer any questions, live music on Sunday and much more. Le Caveau will also be open that weekend for lunch and dinner.

For more information contact Domaine de Grand Pre at www.grandprewines.ns.ca

From scratch
hamburgers, fries, onion rings, milkshakes.

Like Like our "From Scratch" menu on Facebook

3644 Kempt Road, Halifax | Kempsterscookhouse.ca

INTRODUCTION TO THE WORLD OF WINE CLASSES BEGIN

Starting Tuesday, September 20th the Canadian Association of Professional Sommeliers, Atlantic Chapter will be holding classes on an "Introduction to the World of Wine".

This course is about improving your wine experience and not so much about the technical side. Restaurant Industry Professionals who are interested in a refresher or are just starting out, or even the ordinary wine drinkers and lovers who like wine but feel they lack confidence because of their lack of knowledge. From this course you will be able to travel through the world of wine, one glass at a time.

The course will run for a period of five weeks, fifteen hours in total, with each week broken into two parts, the first being theory and the second practical. Each of the 'Big Six +1' grape varieties - Chardonnay, Sauvignon Blanc, Reisling, Merlot, Cabernet Sauvignon, Pinot Noir, + Syrah/Shiraz - will be defined with a short history along with their taste profiles.

The tasting portion of the course will be carried out using the five point method allowing for comparison between different styles of each grape but also comparisons with other great varieties.

The course will be taught by Wallace Fraser, Consulting Sommelier at the Delta Halifax, 1900 Barrington Street in Halifax. Tuition is \$395 per student.

For more information about what each week will entail [click here](#) for the course outline.

2 FOR 1 SOUVLAKI AT ELA! GREEK TAVERNA

Come celebrate the new name of ela! Greek Taverna with this great special.

Every Monday, starting September 1st until October 31st visit any of the ela! Greek Taverna locations for "2 for 1 Souvlakis". Beverage purchase is required, special is dine-in only.

For more information call 492-7999 or visit www.elagreektaverna.com

Come to ela! still yell Onal



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THE LOWER DECK TAP ROOM

1869 Upper Water Street, Halifax, 902-422-1289 / www.lowerdeck.ca

NEW PRODUCTS AT



Please click on the links to view the [ADDED VALUE](#) list for Aug 15 - Sept 25.

To see all new listings and de-listings effective September 1st, 2011 please click [HERE](#).

FOUR DAY SALE

The NSLC will be featuring a four-day SALE from September 1 - 4, 2011, where customers will find savings on some of NSLC's products. For a list of products that will be on sale, please click [HERE](#).

LIMITED FINDS

Review the list of Limited Find wines that will be hitting NSLC store shelves on August 15, 2011 by clicking [HERE](#). These wines are offered in limited quantities and are a great opportunity to experience new products that are not regularly listed at the NSLC.

WINE ACCESS AWARDS

This past month, for the first time ever in it's history, the Wine Access Canadian Wine Awards were judged in Nova Scotia, showing great confidence in the province's wine industry.

Judges from across Canada spent the week tasting more than 1,100 wines to find Canada's best at the Delta Halifax as well as touring and tasting their way around Nova Scotia's own wine region.

Results will be announced in a forthcoming issue of Wine Access. For more information on the Wine Access Canadian Wine Awards please go to www.wineaccess.ca/cwa.

91 POINTS
Wine Spectator
Dec 31, 2010

DR. HEIDEMANN'S - BERGWELLER Riesling 2009

Visit facebook.com/mersoleilagency to learn more.

Mer et Soleil is proud to share with you a new to Nova Scotia product - Dr. Heidemann's Riesling - 91 points, Wine Spectator.

This great wine is available at NSLC for only \$15.99.

WINERIES RECEIVE AWARDS

Nova Scotia wineries received 26 awards, including four Double Gold medals, at the annual All Canadian Wine Championships in Windsor, Ontario this year.

"I'm particularly delighted with our awards, especially our Double Golds, at this last competition," says Hans Christian Jost, owner of Jost Vineyards. "With the spectacular growing season we had last year, we were expecting great things from the 2010 harvest. These awards are confirmation of that."

This year's All Canadian Wine Competition received entries from 182 wineries.

For more information about the All Canadian Wine Championships visit www.canadianwinetrail.com.

LABOUR DAY PATIO PARTY

Signal Hill

SEPTEMBER 2-4
Entertainment
starts at 5:30pm

Paul

SHAYDID

Lamb & Cory Tettford



THE LOWER DECK PUB

1869 Upper Water Street, Halifax, 902-425-1501 / www.lowerdeck.ca

DA MAURIZIO OPENS NEW PRIVATE DINING ROOM

Da Maurizio will be opening their new Private Dining Room on September 16th. The private dining room is suitable for groups up to 16 people and offers a cozy fireplace, a screen for presentation purposes and offers the same charm and beautiful food guests enjoy in the current dining space.

To book the room call the restaurant at 423-0859 or email dining@damaurizio.ca

JUST VINEYARDS WINS AWARDS

A big congratulations goes out to Andrew Shelswell, Jost Distiller, who won three awards at the International Wine & Spirits Competition with 3 of his distillates:

Silver Best of Class – 2009 Muscat; Silver – 2010 Muscat; Bronze – Red Plum Eau de Vie

THE STAG IS ALIVE WITH LIVE MUSIC

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of MUSIC

FRIDAYS 7-10pm

Featuring

Cory
Tettford



RED STAG TAVERN

1496 Lower Water Street, Alexander Keith's Brewery Market, Halifax, NS
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