

FARM TO TOLEDO TIMES

What's fresh and happening this season...

JAN-FEB 2023 / ISSUE 3



A word from Katie:

Hello Amazing People! 2022 was full of hard lessons, some big wins and a ton of delicious food. We are always learning, exploring, and growing. We feel incredibly blessed and lucky to have such incredible clients, team members and supporters!

As we look to 2023, we are beyond excited to share some of the incredible things we have planned...

Downtown Toledo here we come! See you this Spring at 224 S. Erie St. We cannot wait to see you on Farmers Market days with our patio open for brunch bites and bevies.

Kids Cooking Camp -July 10-14, 2023

A week-long day camp for kids with all the cooking basics and so much more. Full details coming soon to our website.

Shared Legacy Farm to Table Experience in Early Fall

Creating magical summer nights with shrimp boils, clam bakes, smoke themed dinners, and having some beers before the Mudhens!

Hope to see you all soon. Check our socials for updates.

WHAT'S INSIDE

REGENIVORE

What is this new 2023 term?

FOOD TRENDS

See what Chef has to say about shifts happening in the restaurant and food industry.

ROASTED GARLIC

Check out our tips, tricks and favorite uses for this staple.

LOCAL BIZ SPOTLIGHT

Check out this awesome, small, woman-owned business.

UPCOMING EXPERIENCES



Après-ski Evening

Jan 21, 5:00 PM - 9:00 PM

Join Cork & Knife Provisions at The Stables for the ultimate Swiss Chalet experience. Taking you out of Ohio and into the cozy comfort of a ski lodge. Warm drinks and melting raclette welcome you before you sit and enjoy a multi-course dinner featuring locally sourced ingredients. Pull out your chunky comfy sweaters!

Location: The Stables, 11781 Obee Rd, Whitehouse, OH 43571



Gas Station Snacks Dinner

Jan 26, 6:00 PM

Join us for a fun midweek break. Taking all the classic gas station snacks and turning them into a multi-course dinner experience.

Location: Cork & Knife Provisions, 186 East South Boundary St. Perrysburg, OH 43551

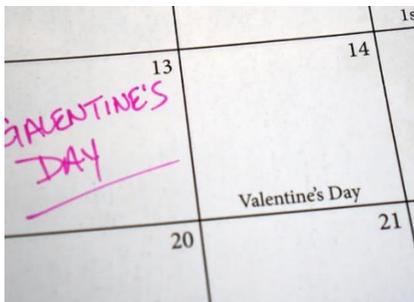


Valentine's Dinners

Feb 10 and Feb 11 at 6pm

Looking for a fun a different way to celebrate, whether it is with your partner or friend—Join us for this incredible 5-course meal with optional wine pairing. This unique experience is not just an incredible meal, it is an evening of slow eating, delicious drinks and warm lights.

Location: Cork & Knife Provisions, 186 East South Boundary St. Perrysburg, OH 43551



Galentine's Happy Hour

Feb 13 at 5:30pm

Come celebrate the awesome ladies in your life with this low-key fun Happy Hour. Build your own charcuterie board, enjoy some wine and just hang out.

Location: Cork & Knife Provisions, 186 East South Boundary St. Perrysburg, OH 43551

Food Trends

A word from Chef Joseph

With the closing of Copenhagen's [Noma](#), rated #1 in World's 50 Best Restaurants list multiple times, people are wondering if that style of ultra-fine dining is dying. Food critic Cathy Erway tweeted in reaction, "The death of tweezer cuisine?" It will be interesting to see how things shift in the next 5 years and reshape around concepts more accessible and sustainable.

Having started in October 2020, in the middle of COVID, Cork & Knife may have been ahead of the game. Looking at current post COVID times and changes happening throughout the food industry in big US cities, we are seeing a dramatic rise in communal eating and the demand for experiential dining. It doesn't have to be fancy fare as noted above. People have been cooped up for years and limited in their interactions, so dining that is more than just food is becoming important. It is about getting the most out of your time—you want great food, but you also want more! We started C&K for that very reason. Striving to provide slower, more purposeful dining experiences. Like our Apres-Ski night later this week, it is not just about the multi-course dinner, it is about building a whole night for people to enjoy and escape from the everyday norm.



LOCAL BIZ SPOTLIGHT

Woman Owned, Toledo Based



Owned and crafted by local Alissa Vieira. This delicious custard style ice cream is made in small batches and comes in a seriously fun variety of flavors.

Our favorite is the Sweet Cinnamon.

You can find Swanky Scoops at Walt Churchills Market!

Support local!



Any parties this summer? Swanky Scoops has a mobile ice cream cart for private events!

2023 FOOD VOCAB

REGENIVORE (noun):

A person who eats in a way that supports a shift from degrading, stripping, and crippling to regenerating and sustaining—our planet, our health, and our economies. Regenivores know that the food on our plates and the farmers, ranchers, and grocers we support are directly connected to the biodiversity of our food web, the integrity of the soil, the health of the planet, our own health, and the health of our families and friends.

Last year's word: Climatarian.

Reference: <https://www.naturalgrocers.com/health-hotline-article/earth-watch-introducing-regenivore>

GARLIC!

Ideas from Katie

I love garlic! Growing up in an ultra-Polish family my dziadek (grandpa) had convinced me and my siblings that garlic was white chocolate. Perhaps that is why to this day I am not a huge white chocolate fan. Although a garlic fan, I definitely am. It is prevalent in most Polish foods and a heavy garlic flavor is now my norm. But not only is it delicious, garlic has compounds that help boost the immune system, lower blood pressure, and improve cholesterol levels. In the winter I love having a mason jar full of roasted garlic to throw in pasta sauce, soup, spread on bread, etc. Great to have on hand especially if I start to feel a sniffle or tickly in my throat. Here is my easy way to bulk roast, eat and store garlic for these cold months and beyond.



Roasting Your Garlic

I roast my garlic more in bulk to save time and energy cost with the oven running. I would do about 6-8 at a time.

1. Preheat the oven to 400°
2. Slice your garlic heads slightly at the top to show the top of the cloves and place onto a large piece of foil (large enough to wrap around multiple cloves should you wish to save foil).
3. Drizzle the raw garlic with olive oil over the top and rub into the garlic cloves slightly.
4. Seal the tin foil around the pieces to create a little "package." *note it is best to loosely wrap the garlic to avoid touching to the cloves and allowing the air to move around.
5. Roast in the oven for about 30-40 minutes. I unwrap the foil for the last 5 or so minutes to allow the garlic to caramelize further.

At this point, the garlic should be a golden color and super-soft to touch. You can try and piece and then continue roasting if it isn't quite at your preferred level.

Using Your Garlic

Here are a couple different ways we like to eat/use our garlic:

- Simply spread it on a toasted loaf or baguette.
- Whip it into butter for spreading.
- Top a baked potato.
- Even mix into your savory bread dough.

Pulse in blender or food processor until paste consistency. Then you can...

- Mix into any soup.
- Add into any pasta sauce.
- Add into a meatloaf.

*These are just some of our favorites, the sky is the limit. Go for it!



Storing Your Garlic

Here are a couple different ways to store your garlic:

In Fridge -

Pop out cloves and put in mason jar, submerge in olive oil. Store in fridge.

*Will last up to 2 weeks.

(Why in olive oil? Olive oil is a natural preservative. It prevents the garlic from spoiling by isolating it from air. Think of it as a way to seal the roasted garlic. This way, it delays oxidation, deterioration, or molding.)

In Freezer -

Let cloves cool, and then peel or pop out. Place on a lined baking sheet and freeze, then transfer to a baggy or container so you can grab individual cloves for use.

You can also place small globs of the paste if you blended or pulsed, into a silicone ice cube tray and place in baggy. Then pop out as you need. You can do this by itself or with olive oil so you have a pan starter.

*Will last frozen for about 2-3 months.