

Ontario, Canada

In one of the largest provinces in Canada, I explored four regions in the Greater Golden Horseshoe: Toronto, Caledon, Durham, and Lake Ontario. This is the vantage from the center of the Golden Horseshoe- the city of Toronto. I'm at the top of the CN Tower, where only the daring should experience the Edge Walk! When my legs felt like they were about to give under me, all I could think about is-its 'compelling content!' I can now check that off my bucket list. The funny thing is I want to do it again!

In Toronto I met the 'Mustard Maker' at Kozlik's Mustard; a 'must-stop' at the St. Lawrence Market. The market has been around since 1803 and boasts all the local fare. We paired Toronto's Peameal Bacon with three of his 38 artisan mustards. A match made in mustard heaven! It all came full circle when I met celebrity chef Brad Long at his restaurant, Cafe Belong; he uses Jeremy's mustard on his chacuterie boards.

Brad's restaurant is located in the heart of Evergreen Brick Works: A true example of urban sustainability and green design that allows visitors and the community to live, work and play in a vibrant green space. I wish I had more time during our shoot-everyone looked like they are having a blast.



When I travelled to Caledon, a mere thirty minutes westward, Spirit Tree Cidery gave me a true Artisan fix with delicious apple ciders and fresh baked goods. You can smell the bread cooking when you walk in! I challenged them to make a pizza that was "off the beaten palate". Owner, Thomas came up with a unique apple pizza that cooked for a mere 90 seconds in the wood-fired oven. Here is the recipe for his new Apple Pizza.

East of the Golden Horseshoe, visiting Durham Region, reminded me of the old countryside of rolling hills. Its a community of farmers markets, Hydroponic greenhouses, pumpkin patches, home made lamb buns and pies!



Niagara on the Lake and its wine regions was eye-opening; There are over 100 wineries in the Niagara region!



The topography is a reflection of what the Niagara Escarpment gives Ontario.
We shot two segments of our show at two Vineyards; Fielding Estate Winery and Ravine Vineyard.
I met the 'Grape King of Niagara'; Curtis Fielding and his winemaker, here, Ritchie Roberts.
Let me just say, a barrel tasting is pretty special!

Off The Beaten Palate

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