WHATEVER HAPPENED INSIDE?

Now that everyone is back to work.......and school, we'll need to beautify the front step a bit.........and we've got what you need already on hand! We've been making these since we were up in our old location on Carlton. I think they have a mild, sweet and salty profile going on, and if it were me, I'd go a little left-field on the toppings - think grilled pineapple! Featured at: $5.99 pound

DO YOU REMEMBER?

Besides the changing of the year, there is perhaps no more drastic shift than that dreaded turning of the calendar from August to September. The kids are back into their routines, we trade our ice coffees for some pumpkin spice coffee, varietal and t-shirt and start donning layers of sweaters. However, I don't buy into all that, as I'm quite comfortable with my Quill's black coffee and a bit of cream. But tomatoes and corn are still in full swing and we start to see some of the lazier produce appear like crisp apples, should I get our assortment of cauliflower, creamy butternut squash and more. Put down that turnover and fire up your grill!

LIFE AFTER LABOUR DAY

I find it shocking that a lot of the stores around us choose to sell American broccoli year-round when the local stuff is so abundant and flavourful! We are in the midst of our harvest. This week we're featuring Canadian Fontina. It's got a nip of spice and a mild, nutty cheese as anything but a stand-alone cheese in your cheese plate. It's great in soups, added to scalloped potatoes, is going to put it right over the top. St. Mary's, Ontario. 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