

Escarpment Views



Summer 2011 (June, July, August)

Reflecting
Niagara Escarpment
lifestyles & values

Provincial
election 2011
Ask party leaders
a question!

Soaring Turkey Vultures

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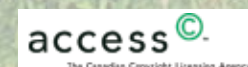
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Escarpment Views

☀️ Summer 2011 (June-August)

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PHOTO BY CHRIS HAMILTON

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Along the Niagara Escarpment

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View From the Editor's Desk:



A BREAK BETWEEN ELECTIONS

As I write this, we've just had a federal election, and in Ontario, we have a provincial election ahead of us this fall. You have our wonderful Canadian summer to enjoy first, and I hope this issue gives you some new ideas about places to go and things to do. But don't get fatigued by politics, because if you appreciate the Niagara Escarpment and care about the health and welfare of your

Escarpment-area community, now is the time to start thinking about letting your provincial candidates know of your concerns. On page 35, we invite you to send us questions for the leaders of the provincial parties. We'll ask them to answer for our autumn issue, in time for your consideration before the Oct. 25 election.

Meanwhile, summer along the Niagara Escarpment beckons. Plan to get outside and enjoy nature. Turkey vultures will be soaring majestically overhead in blue skies, and if you read Chris Hamilton's informative feature article about them, you'll know quite a bit about their interesting behaviour.

If you like exploring the Escarpment itself, the Standing Rock or Ekarenniondi at Scenic Caves is a mysterious feature that Ken Haigh tries to decipher for us.

Fresh, delicious summer produce comes into season now, and our special annual feature on farmers' markets celebrates some of the many local food products that people make close to home. Why not stock up on some fine local foods and snacks for a picnic or an outdoor adventure this summer?

Look for us at community events and festivals along the rock this season. We'll be giving away free back issues, prizes and possibly, rides on a tandem bike. There are a lot of things to do and places to see in this World Biosphere Reserve.

Gloria

Gloria
editor@EscarpmentViews.ca

This summer, look for us at:

Open Streets Hamilton, June 12

TreasureVenture, June 18 & 19

Pond Tour for Hospice, July 9 & 10

Stratford Festival watching
Seana McKenna perform Richard III!

Readers & Viewers

We caught one of the smaller headlines "Tulip Garden in Glen Williams" on the cover of your current issue by happenstance - to our surprise there was a photo of a portion of our front yard (pgs.18 -19) from last May. This past fall we added a 'few' more, we now have about 21,000 bulbs on the property for Spring 2011.

We look forward to the magazine, keep up the good work. I was most impressed with the ad to content ratio and full photo spreads, it's a magazine for the reader and not packed full of advertising. I happen to be designing a landscaping job for a client this spring and truthfully, it was inspiring when I opened *Escarpment Views* to see the content was focused on gardens. I have an interesting mix in my own backyard of gardens, patios, a natural river and very large workshop where I build cruising catamarans... It's my working backyard. Our back yard has small planted gardens but is mostly natural fauna where Yellow Lady and Showy Ladyslipper Orchids grow pretty much like dandelions.

Michael Jaworski, Pine Tree Harbour, Bruce Peninsula



I have just finished reading the Spring EV magazine and feel that it is your most interesting, informative & beautiful issue thus far. The photos were splendid and it is time you expanded the magazine...more pages please or how about more issues? Seana McKenna's article exposed wonderful insight into the mind of Canada's most talented thespian. Bravo & keep up your great work.

Pam Friendly, Brampton

Editor's note: Thanks, Pam! We are happy to point out that this issue contains more pages than ever. With our advertisers' and subscribers' support, we hope to continue growing.



Michael Jaworski's backyard patio, Bruce Peninsula, and wild Ladyslipper Orchids (above).

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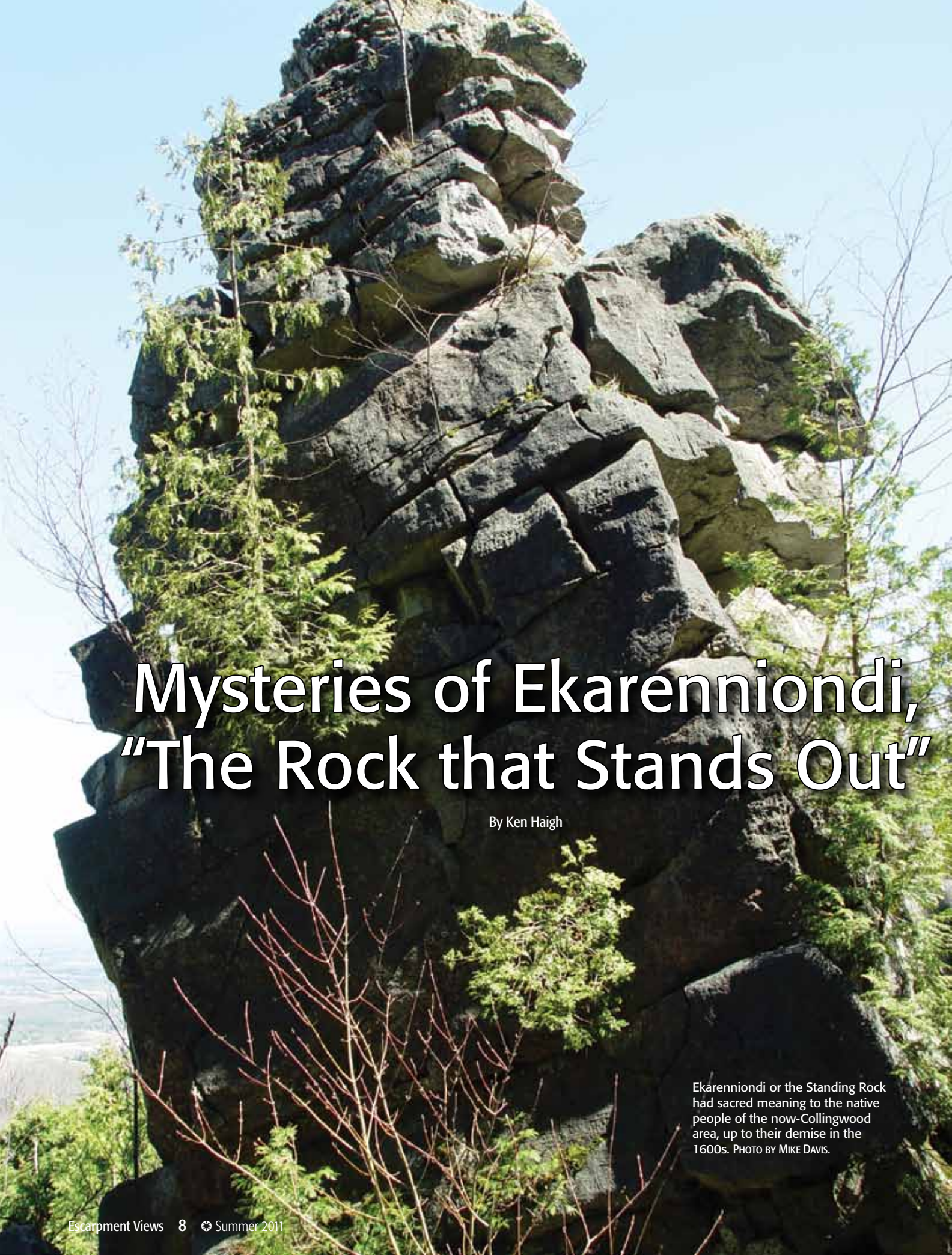
Southern Ontario has 11,000,000 people, and most of our rare, threatened and endangered species. Unfortunately, 97 per cent of its 68,385 sq. km. are privately owned and open for development. Of southern Ontario:

- Ontario's 85 provincial parks and nature reserves protect 0.81 per cent, including Niagara Escarpment, Great Lakes shoreline and some of our best wetlands and forests.
- Ontario's 31 southern conservation authorities (CAs) protect 1.32 per cent using provincial funding to buy important floodplains and ensure they are never built on again, but allow public recreational access. Unfortunately with little funding, some CAs regularly cut timber to survive while others fight off dissident councils who would rather sell off the land.
- The 40 land trusts in Ontario, including the Nature Conservancy and Ontario Nature have now conserved 0.56 per cent. Escarpment Biosphere Conservancy (EBC), with 100 reserves protecting 33 sq km, is the third most active trust.
- Ontario's four southern national parks protect 0.42 per cent.

Altogether, that's 3.12 per cent of our natural heritage protected. This is far below the 12 per cent commitment Canada made to the UN's Agreement on Biodiversity and much less than the Canadian average of nine per cent, or the global average of 12 per cent.

Since regulations come and go, they leave our land insufficiently protected. Landowners in Ontario are donating land and conservation agreements which trusts can protect for only \$100 an acre to pay for appraisers and lawyers. Land trusts are now conserving more land than all levels of government combined.

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Mysteries of Ekarenniondi, “The Rock that Stands Out”

By Ken Haigh

Ekarenniondi or the Standing Rock had sacred meaning to the native people of the now-Collingwood area, up to their demise in the 1600s. PHOTO BY MIKE DAVIS.



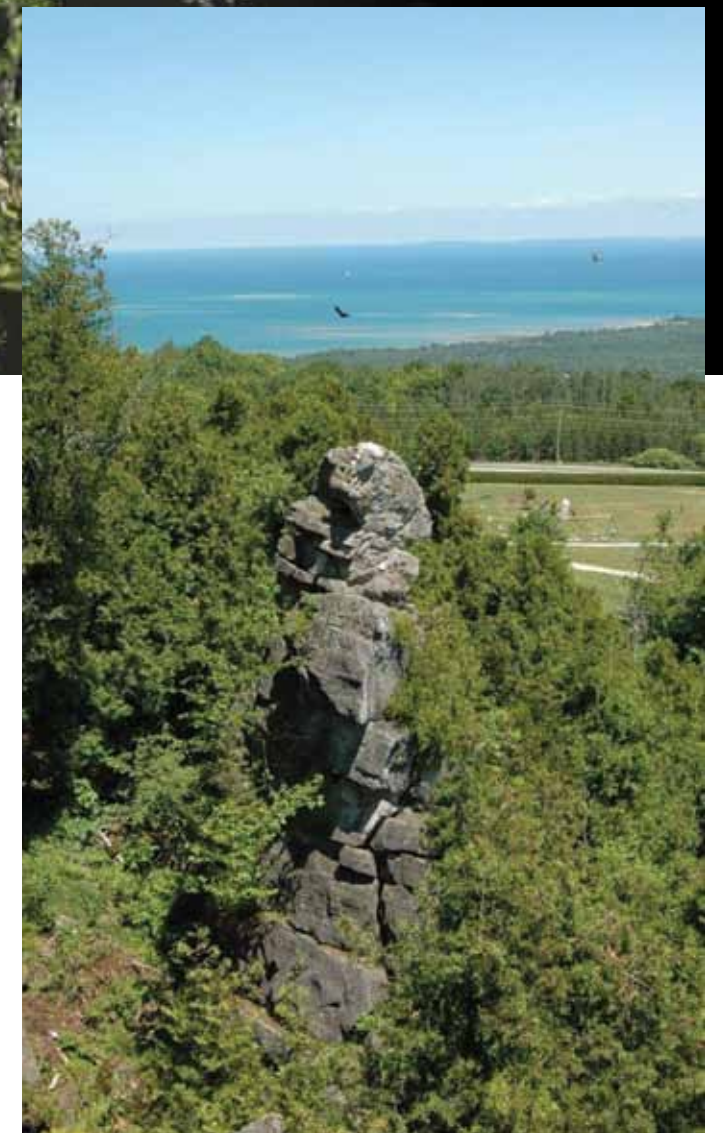
One of the most mysterious landmarks on the Niagara Escarpment is a place that is almost forgotten today. It is a tall pillar of grey limestone called Ekarenniondi in Iroquoian, a name that means “the rock that stands out,” and it was once sacred to the First Nations people who lived in the southern Georgian Bay region. Today, it is found within the boundaries of Scenic Caves Nature Adventures.

To reach the standing rock, drive west from Collingwood and ascend a winding road which is paved and modern, but which has been here, in one form or another, for many centuries. At Scenic Caves, follow the well-marked trail to the top of the Escarpment. Descend a series of steep metal stairs into a confusing maze of fissures in the limestone, emerging at the base of Ekarenniondi. The view opens up to the east across Colling-

wood and Georgian Bay, toward the ancient home of the Huron people. Partially blocking the view is the pillar itself, which stands about 16 metres tall.

It's easy to see why this place attracted the First Nations people of the area 400 years ago. It is hidden, gloomy and cool, the walls are damp and veiled with clumps of fern, and there are a number of dark passages leading back into the earth. It's spooky down here, especially if you have the place to yourself.

Standing Rock fascinated the native people of 400 years ago, as it does visitors today. PHOTO COURTESY SCENIC CAVES NATURE ADVENTURES.



Some people see faces and figures in the strange, 16-metre pillar of rock called Ekarenniondi. Here, vultures soar in the sky; Georgian Bay is in the distance. PHOTO COURTESY SCENIC CAVES NATURE ADVENTURES.



Descending steep stairs into fissures of the Escarpment leads to Standing Rock. PHOTO BY KEN HAIGH.



Bird wing bones found near Standing Rock, were found *in situ*, or in their original place. Experts suggest the bird wing was used as a fan, probably for sacred shamanistic or ceremonial use. From the Charles Garrad collection. PHOTO COURTESY OF THE CRAIGLEITH HERITAGE DEPOT.



Charles Garrad holding part of a native pot with a scalloped lip, dated around 1600, found at an aboriginal village site close to Osler Bluff. PHOTO COURTESY OF THE CRAIGLEITH HERITAGE DEPOT.

The first mention of the standing rock in the historical record is found in 1636 in the writings of Jean de Brébeuf, a Jesuit missionary to the Huron. Brébeuf asked one of his parishioners where the Huron believed their souls went after death. The reply was that the souls of the dead went to "The Village of Souls" and that this village "was toward the Tobacco Nation [the Petun], that is to say, toward the West, eight leagues from us, and that some persons had seen them [the dead] as they were going; that the road they took was broad and well-beaten; that they passed near a rock called Ecarenniondi, which has often been found marked with the paint they use to smear their faces."

There is no evidence of this paint, but, of course, Brébeuf's account is now 375 years old. Any paint would have washed away long ago. A modern interpreter of Ekarenniondi might help. For-

tunately, such a person exists. His name is Charles Garrad.

Charlie, as he's known to his friends, is an archaeologist who has conducted numerous digs in the Collingwood area, and who has probably done more than anyone else to reconstruct the history of the Petun people who once lived along the base of the Escarpment here. Charlie mentions another story collected by Brébeuf, the story of Oscotarach.

"On the same road," Brébeuf wrote, "before arriving at the Village, one comes to a Cabin where lives one named Oscotarach, or 'Pierce-head,' who draws the brains out of the heads of the dead, and keeps them." Despite his gruesome name, Oscotarach was a helpful deity, for, if he did not remove their memories, the dead would be tempted to linger in the land of the living and would become a nuisance. The Huron afterlife was no picnic, for life in the Village of Souls was much like life in the villages of the living, except that there, "day and night they do nothing but groan and complain."

Interpretations

Charlie believes that the rock called Ekarenniondi and the deity called Oscotarach are one and the same. He even proposes that if you look hard enough at the pillar, and in the right light, you might see a figure: an old man, perhaps, or a standing bear, or a watchful owl, each an acceptable image of the deity. But what purpose did this pillar play in the religious life of the Petun, the Huron, and their Algonquin-speaking allies, the Odawa and Nipissing? Was it a ritual site? Or was it too sacred for ordinary mortals to approach? Or are these questions impossible to answer after all of these years?

"I would speculate that ordinary people avoided the place as too sacred," Continued on page 22

Miraculous, Timid Turkey Vultures

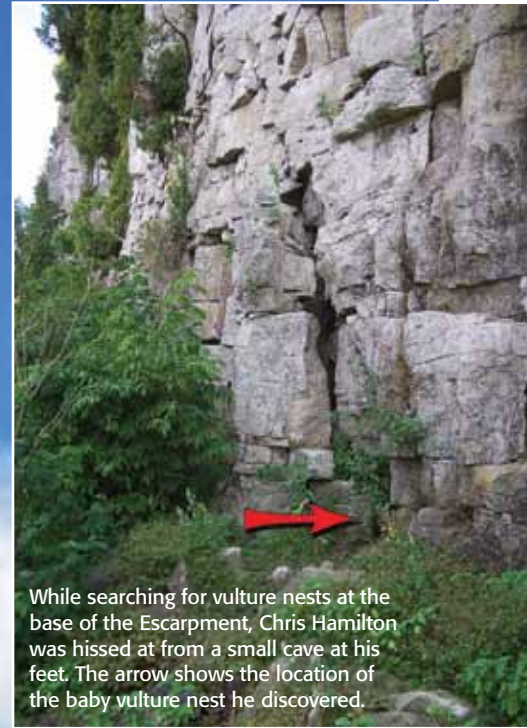
Words & photos by Chris Hamilton

As you drive the roads or hike the trails along the Niagara Escarpment, you are likely to see the dark silhouettes of large birds circling in the distance or gliding effortlessly along the cliff face. These are not hawks, eagles or crows as commonly thought. These are turkey vultures, one of the most misunderstood creatures to make the Escarpment their home. Turkey vultures are much kinder, gentler creatures than most people realize. They have many unique and interesting qualities, and are classified as the most graceful bird in flight. Spend just a little time watching them from a quiet Escarpment vantage point, and you'll see that for yourself.

The Niagara Escarpment provides perfect habitat for the majestic, useful turkey vulture.



Vultures in a social group will roost in trees and spread their wings in a horaltic pose to let the sun dry off bacteria they picked up from eating carrion.



While searching for vulture nests at the base of the Escarpment, Chris Hamilton was hissed at from a small cave at his feet. The arrow shows the location of the baby vulture nest he discovered.



This juvenile vulture in the cave nest is nine weeks old. Photographing babies is very difficult, sometimes impossible.



Turkey vultures soar in aerial ballets, singly or in social groups that circle high in the sky in a "kettle."

From early March to early November turkey vultures live throughout southern Ontario as far north as the Sudbury/Manitowlin area. You can see them almost anywhere, since they stay close to major roads and highways. Those areas provide their major source of food: road kill. That's right, the vulture's main diet is carrion, which is dead animals! Turkey vultures aren't picky about much of anything, so they will also find food in landfills; they will roost on fence posts and roofs, and will nest in barn lofts or even hollow logs.

You haven't seen the true nature, beauty or character of the turkey vulture, though, until you've seen them living along the Niagara Escarpment. The Escarpment provides the perfect habitat for these creatures and, in turn, they play a valuable role in the Escarpment ecosystem. As carrion feeders, vultures not only help keep clean the local ecosystem, they also help prevent the spread of disease. They are equipped with a miraculous digestive system that will purify

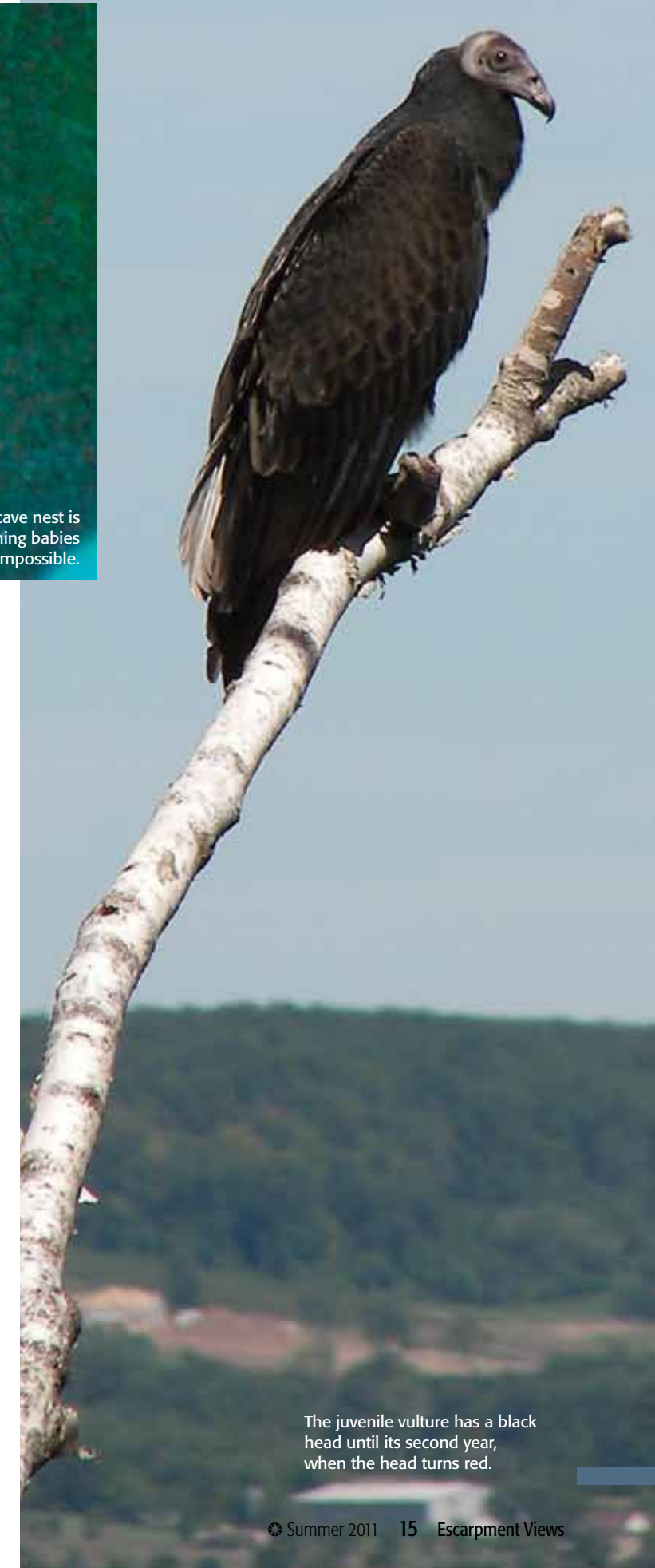
anything they eat even if it is infected with disease or deadly virus. After feeding, and several times through the day, they will roost in trees and assume the "horaltic pose" by spreading their wings fully with their back to the sun. This dries out the wings and bakes off any bacteria from their bald heads and chicken-like feet. Vultures can clean a carcass in no time. If it is large, a deer for example, they will even travel to other "roosts" to enlist the aid of more vultures.

Social Birds

Vultures are surprisingly social. They are also very timid. They do not kill or attack anything or anyone. If no other food is available, they will eat leaves, nuts and berries. When approached, a turkey vulture will try to fly away, play dead, hiss at you or, as a last resort, vomit on you! And that's more foul smelling than getting sprayed by a skunk!

Turkey vultures are actually members of the stork family. Their scientific name, *Cathartes aura*, translates roughly to "cleansing

Continued on page 25



The juvenile vulture has a black head until its second year, when the head turns red.



The restored, historic, 17-foot-high Birks' clock, or the Clock of the Charging Horsemen, is an eye-catching focal point of the renovated, two-storey Hamilton Farmers' Market.

More Than Fruits & Veg! Local Food Products Abound at Farmers' Markets

By Gloria Hildebrandt
Photos by Mike Davis

In addition to just-picked, in-season fruits and vegetables, there's another reason to shop the stands, tables and wagons of your neighbourhood farmers' markets: locally made or sourced food products.

According to a 2010 study commissioned by Greenbelt Farmers' Market Network, "vegetables holds the top spot, followed by fruit, baking/bread, cheese, meat, snacks and prepared food. Other items fill out the array and draw some shoppers: eggs, cut flowers, honey, herbs, coffee/tea, maple syrup, plants/seeds."

It's worth going to a farmers' market with an open mind, to see what's tempting. Here is a sample of what's available at some Escarpment-area markets.



"Local food has always been our focus since we established our farm in 1980," says Bert Andrews, owner of Andrews Scenic Acres. Here, a staff person sells at Downtown Georgetown Farmers' Market.



Heatherlea Farm Market serves up fresh, local burgers at the Inglewood Farmer's Market.

More Than Fruits & Veg! Local Food Products Abound at Farmers' Markets

Downtown Georgetown Farmers' Market

The long-established Saturday-morning market on Georgetown's Main St. has several specialty sellers. Here are a few.

Andrews Scenic Acres has prize-winning fruit wines, and does a fine business in fruit tarts, pies, chutneys, relish, jams, juice, honey and vinaigrette.

The Bee and Me offers up everything bee-related: honey, fresh honeycomb, bee pollen, honey sticks, beeswax candles, soap and lip balm in natural, peppermint, cherry and bubblegum flavours. The honey is also available in cinnamon, raspberry and cherry flavours.

Jentree Whole Foods is a Georgetown-based line of gourmet granolas with organic oats, dried fruit and nuts, made by hand. Foodstuffs stocks them in their downtown Georgetown store.

A wide variety of products from sweet potatoes are available from Round Plains Plantation. Plenty of samples have shoppers hovering around their tent.

"Our Biscuits and Berries event will be on June 11, and we use local berries from Andrews Scenic Acres and Scottish biscuits from Heather's Bakery," says Kim Falls, manager of Downtown Georgetown Farmers' Market. "People can purchase these tasty morsels at a pittance and the money will go to a local charity. Local strawberries are a hot commodity and don't last long."

Hamilton Farmers' Market

Two storeys enclosed by walls of glass windows. A ramp, an elevator, a smooth concrete floor. The renovated Hamilton Farmers'

"We want our work to have a positive impact globally, for coffee farmers, and right where we live," says Rachel Hofing of Red Hill Coffee Trade. "We roast quality coffee close to home, and are a means by which our customers can foster both our community and global farming communities." Their Hamilton Farmers' Market stall offers coffees to shop by.



"We grow sweet potatoes, and produce a full range of home-cooked sweet potato treats: muffins, pies, tarts, cookies, canape spreads, salad and breads," says Juli Proracki, selling here at the Downtown Georgetown Farmers' Market. "We have a specialty in gluten-, dairy- and sugar-free baking."



Stock up on a variety of homemade jams made with fresh fruit.

Market is bright, clean and accessible for everyone with bundle buggies, strollers, wheelchairs and delivery carts. It is open certain days of the week year round.

Interspersed among the vegetable, fruit, flower, meat and cheese stalls are the sellers of local food products: baked goods, chocolate, coffee, honey, jams, jellies, preserves and more.

"As a historic community gathering place, the Hamilton Farmers' Market offers local grown and produced food and food products," says Cathy Masterson, until recently the market's supervisor.

"Hamilton residents understand the value of strengthening the local economy by purchasing locally grown food."

De la terre bakery has a space near the front door. They make organic, artisan breads and pastries in their Vineland location, including sourdough, whole wheat and rye, spelt, whole wheat oat and raisin, olive, and baguettes, as well as oatmeal raisin cookies, chocolate chip cookies, streusel squares, brownies, biscotti, and croissants.

Red Hill Coffee Trade is at the top of the stairs, and calls itself

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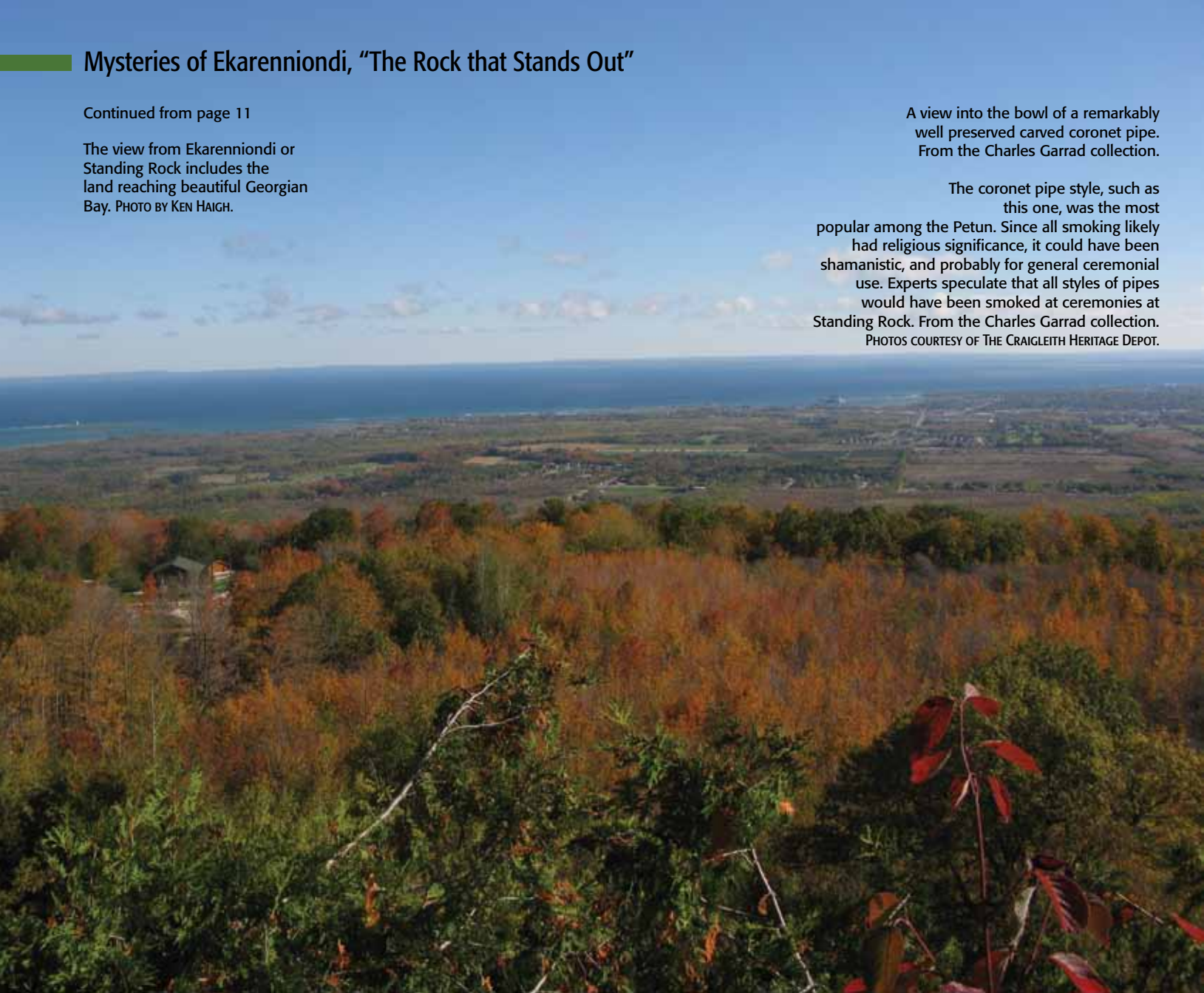


Showing the Flag, Erin – The Niagara Escarpment as seen from Erin’s “mountain”
Photograph by Mike Davis

Mysteries of Ekarenniondi, “The Rock that Stands Out”

Continued from page 11

The view from Ekarenniondi or Standing Rock includes the land reaching beautiful Georgian Bay. PHOTO BY KEN HAIGH.



A view into the bowl of a remarkably well preserved carved coronet pipe. From the Charles Garrad collection.

The coronet pipe style, such as this one, was the most popular among the Petun. Since all smoking likely had religious significance, it could have been shamanistic, and probably for general ceremonial use. Experts speculate that all styles of pipes would have been smoked at ceremonies at Standing Rock. From the Charles Garrad collection. PHOTOS COURTESY OF THE CRAIGLEITH HERITAGE DEPOT.



Charlie explains, “but that shamans who specialized in out-of-body trances would frequent it. I also would speculate that propitiatory offerings were left there and sacred rituals conducted, because there are many Jesuit references to this being done at other sacred rocks. But ... it is impossible to answer these questions with certainty.”

Iroquois Conquest

Can we even be certain that this pillar is the one that Brébeuf described? It’s a fair question. Thirteen years after Brébeuf wrote his essay, the world he described would be brutally erased, as the invading Iroquois, the traditional enemy of the Huron, swept north from New

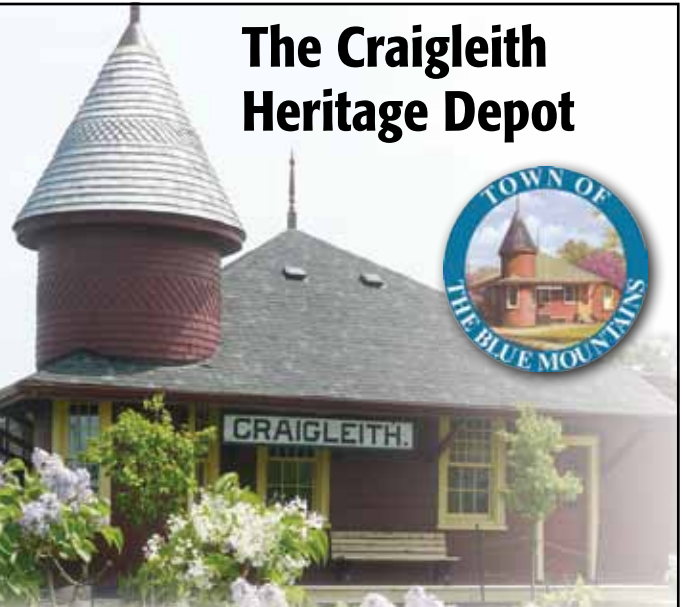
York State, massacring the Huron, the Petun and their Neutral allies and burning their villages. The survivors abandoned their land and scattered. Some went to Quebec. Others would head first west, then south, and their descendants would settle near Detroit, Kansas City and in Oklahoma where they would become the Wyandotte First Nation. In the next 350 years, the memories of their old lives would fade, including the exact location of Ekarenniondi.

So when, in the early part of the 20th century, there was a revival of interest in the Huron, and modern scholars tried to piece together their world through the surviving accounts of the Jesuits and the records of



This artifact, likely carved by a Huron artist in the 1600s, shows the face of a Jesuit missionary. Jean de Brébeuf is probably the best known Jesuit who worked to convert the Huron people to Christianity. From the Charles Garrad collection. PHOTO COURTESY OF THE CRAIGLEITH HERITAGE DEPOT.

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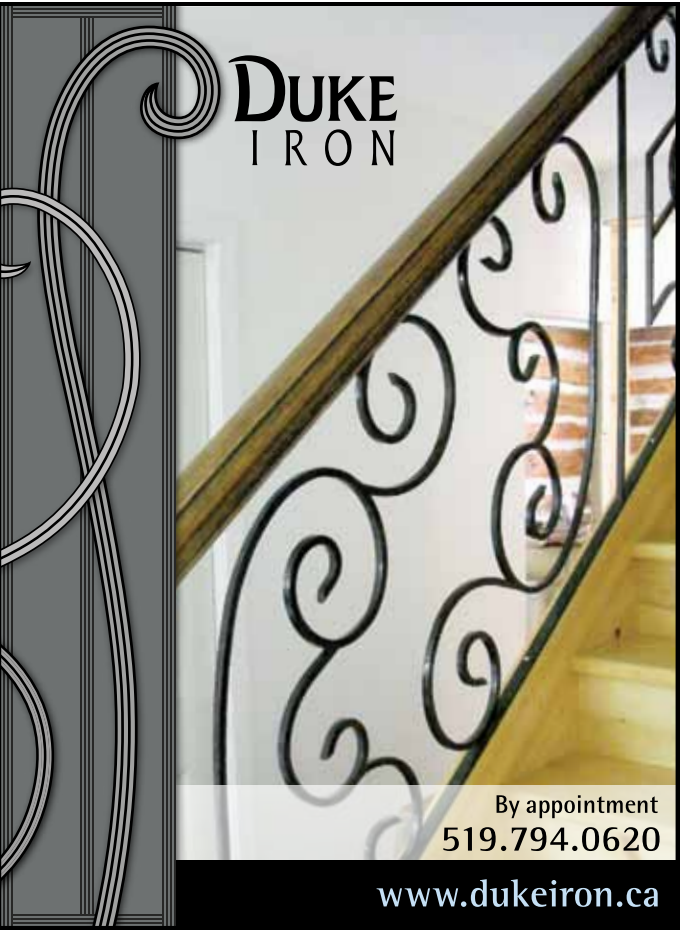
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Mysteries of Ekarenniondi, “The Rock that Stands Out”



This clay bird effigy pipe in excellent condition, is similar to those found near Standing Rock. Pipes depicting birds are thought to have been used by shamans to smoke hallucinogenic mixtures in order to “get high” and undertake astral travel. From the Charles Garrad collection. PHOTO COURTESY OF THE CRAIGLEITH HERITAGE DEPOT.

French explorers like Champ-lain, one puzzle was the location of Ekarenniondi. Many locations were scouted, but this pillar at the Scenic Caves was selected as the most likely. Charlie concurs with that decision.

When asked if Native People are still interested in Ekarenniondi, he replies, “No, I don’t think such concepts are held among today’s First Nations

people. We have drummed it out of them, to our loss.”

If you stand by the pillar today, looking east, it’s still possible to imagine the world of the Petun and the Huron, a world of forests and fortified villages, a world that has vanished, but is remembered in places like Ekarenniondi. ■

Ken Haigh, author of Under the Holy Lake, lives in the Beaver Valley.



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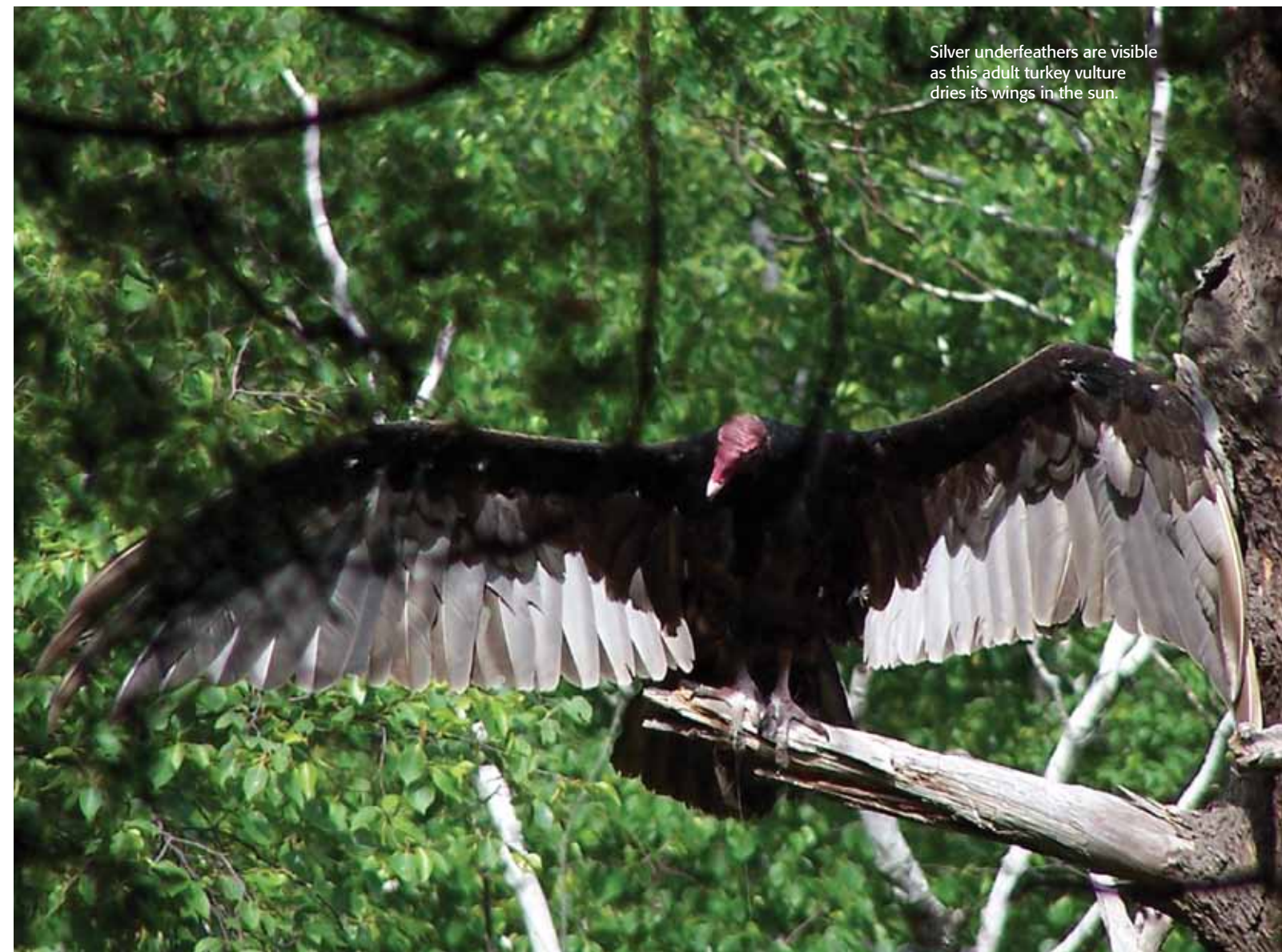
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breeze” which refers to both the “cleaning” of carrion they provide and to their superior ability in

flight. On the ground or in trees, these birds are clumsy and awkward. Yet with a few large hops and a few beats of their six-foot or one-metre wingspan, they glide

like a “breeze.” Watching them in flight is like watching an aerial ballet. In Ontario, it is along the Escarpment that the most fantastic sights can be seen.

The Escarpment provides turkey vultures with perfect places to nest, roost and, most importantly to the vultures, play. The sun heats the cool damp air below the Escarpment cre-



Silver underfeathers are visible as this adult turkey vulture dries its wings in the sun.



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By eating carrion, vultures clean the ecosystem and prevent disease. Although large, with six-foot wingspans, they are timid and will eat nuts, berries or leaves rather than kill anything.

ating thermal updrafts. These thermals and other air currents provide the vultures with perfect conditions for flight. With their wings spread out in a dihedral “v” shape, they can ride a thermal up to a height of 20,000 feet, travel up to 200 miles or 330 km per day and glide as long

as six hours without flapping a wing. They will catch a tail wind and skim the edge of the Escarpment at high speeds, then turn around against the wind so slowly it looks as if they are almost floating mid-air.

Most people think that when they see a group of vultures, called a

“venue,” circling high in the air that they are hunting or circling food like in a western movie. This high altitude tornado-shaped circling activity is called a “kettle” and is an opportunity for the vultures to simply get together and play. They will then break off into smaller pairs or groups

and begin a pattern of flight to hunt for food. They use their keen sense of smell to locate food up to two miles away. The birds repeat this pattern often through the day taking time out to return to their roosting area to sun and preen. Then they begin the whole process again.

Vulture Nests

The Escarpment also provides good nesting and roosting habitat. At the Escarpment’s base bare trees provide excellent places for the birds to roost and sun themselves. The cliff face also provides cool ledges to rest on during the hottest days of summer. The ledges provide excellent places for the vultures to lay eggs, away from predators. Vultures do not build nests, but rather use ledges, hollow logs or small caves to lay their eggs. After mating in early spring the female vulture will lay one to three large brown-splotted eggs. Both parents take turns tending the young until it fledges in late August. The juvenile is born as a little white furball with a black leathery head which will turn red in its second year.

In 2006 I witnessed vulture activity at the base of the escarpment at Mount Nemo, and started looking for a nest there.

While searching for evidence on a chest-high ledge at the base of the cliff, I was hissed at from a small cave at my feet! I had found a nest with vultures in it. That year I found another nest high on a ledge, completely inaccessible. Two young were born from that nest, one from the small cave nest. I managed to snap a few weak photos of this nest from a distance.

There is much more to be said about these amazing creatures, their attributes and their shy and playful character, but the best way to learn is to see them for yourself. The next time you are out along the Escarpment, watch for vultures and enjoy the show! ■

Chris Hamilton of Burlington is community information officer for Hamilton Conservation Authority and is also the author of The Cookbook for Men Whose Wives Don't Cook.

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Continued from page 19

Hamilton's roasterie of Fair Trade-certified and certified-organic coffee.

At the bottom of the stairs is a sweets shop featuring Beaner-

munky chocolate from Hamilton and anDea Chocolate from Ancaster.

Blackberry Hill Farm offers a range of preserves, and baked goods made by Fleetwood Acres Homestyle Bakery in Carlisle to

spread them on.

Tucked away along a back wall, Lina's European Pastries does a brisk business in authentic homemade brownies, Nanaimo bars, muffins, Belgian cookies and much more.

Black Walnut Lane sells a wide variety of cuts of farm-raised meat from Millgrove and Troy, including lamb, Angus beef, Berkshire pork, chicken, wild boar, bison and water buffalo.

Ottawa Street Farmers' Market

The year-round, Friday and Saturday outdoor market in a parking lot behind Ottawa St. in Hamilton tends to specialize in fresh, local produce, flow-

ers and plants. Even in winter, though, local honey and maple syrup is available, and during the warm months, you can pick up homemade pies and breads.

Continued on page 30



Jenny Allen sells her handmade granola at Downtown Georgetown Farmers' Market.



Open year-round, Ottawa Street Farmers' Market sells local honey, maple syrup, and homemade breads and pies along with local fruits and vegetables.

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Foodstuffs, Georgetown

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Heatherlea Farm Market, Caledon

Their own drug-free Black Angus beef, as well as local chicken, pork, lamb, bison, wild boar and turkey. Their own frozen homemade meals and dessert breads. Other local preserves, pasta, peanuts, honey, oils and more.

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Walker's Chocolates

Award-winning Walker's Chocolates of Burlington offers more than 50 varieties of chocolate, truffles and even sugarless centres, made in small batches and hand stirred the traditional way. Boxed chocolates, chocolate bars, moulded chocolates and candy are available at their retail shops in Burlington, Hamilton and Hamilton Mountain, and online through their website. Here's a secret: they sell seconds at their Burlington factory store. Not perfect looking, but still perfectly delicious!

White Meadows Farms, Pelham

The farm store features everything maple from syrup to candy, but also barbecue sauces, dressing, vinegar, mustards, dry and prepared dips, three kinds of pancake mixes and more. ■

Other Sources of Local Food Products

Of course, farmers' markets are not the only places to buy local food products. Here are some retail shops that sell their own or others' food specialties.

Chez Fromage, Fenwick

Impressive selection of cow, goat and sheep cheeses from Europe and across Canada. Products from Best Baa Dairy, northwest of Orangeville, as well as Comfort Cream and Niagara Gold Semi Soft Ripened Cheese made from the milk of a single local herd of Guernsey cows, by Upper Canada Cheese Co. in Jordan Station in Niagara Region.

Dutchman's Gold, Carlisle

"Dutchman's Gold is known for their honey, finding its way onto local grocery stores' shelves and into the hands and heart of many local residents," says Erika Van Alten. She manages The Honey Shop, which carries their own honey



For weeks now, my chef husband and teaching colleagues have been telling me to check out the recently renovated Hamilton Farmers' Market, a new institution that has been an old institution in the city for almost 175 years, so I went and was impressed.

As a youngster in the 1960s, I remember being taken there by my grandparents. It was a blur of large vegetables and milling big people. Back then, most families were frozen-TV-dinner consumers and frozen-veggie lovers. Remember the Dominion Store's jingle? It was certainly mainly because of the meat! So seeing large mountains of vegetables was very much like seeing a circus sideshow to me; food on display without a freezer barrier was certainly a novelty in my white-bread world back then.

Today, I can hardly believe the changes in our thinking about food. Our supermarkets have larger produce areas; most have bakeries and floral shops; and we can even get a coffee or a pizza in them. We have evolved as consumers and the big stores have stepped up to meet our changing needs.

Visiting the new Hamilton Market, however, made me understand an important distinction between a chain and a "one off," as the British say. It's the people connection.

Nothing Like Farmers' Markets

A farmer's market is spontaneous and structured daily by a gathering of product specialists, or vendors as they are called. And as much as dutiful employees in a superstore can try to bring a personal touch to one's shopping experience, there is nothing

Misty's View of Old and New Markets

quite like meeting the actual growers and purveyors of the products one buys.

Imagine meeting someone whose world is seriously about apples, and has been for generations – how they are grown, harvested at the peak of perfection and stored in optimal conditions. **This kind of integrity speaks volumes to me.** Apples matter! Or meeting meat specialists who raise their products locally to exemplary standards.

How about meeting a Portuguese couple who host a cultural experience every week in their corner of the market? Fresh breads, pastries and pottery are the backdrop to the *real show*: Ercilia's line of homemade savoury and sweet preserves, salsas, and condiments. Just learning about their products taught me new ways to do old things, a real gift to a chef like me with over 25 years of culinary adventures.

Take potato dishes for example; one can get really excited about discovering a secret cultural recipe and an authentic product that makes it happen! **Here is my twist on Portuguese potatoes:**

Toss large quartered or halved Yukon Gold potatoes in a bowl with Ercilia's Portuguese Style Sweet Pepper Paste, or Hot Pepper Paste, and some extra-virgin olive oil. Coat potatoes and distribute on the bottom of a large oven-capable skillet. Roast in a hot oven (425 F) for about 25 minutes to let the pepper coating caramelize and seal the potatoes. Then just barely cover the spuds with a good chicken stock, water, or vegetable stock, and turn these partially roasted potatoes into my version of French fondant potatoes with a Portuguese flair!

Continue to cook, lid off, at 375 F until tender. These potatoes will cut like cool butter, infused with the genius flavours provided by the Ercilia's pepper paste. The larger the potato wedge, the longer the cooking. Be responsive and watch how your potatoes develop! And just as cooking should be interactive, so should one's shopping.

Making a Difference

Here is some interesting testimony from a mother of four: "What a glorious afternoon I had with my daughter, enjoying the sights, sounds, smells and especially

the tastes of the Hamilton Farmer's Market. We could sense the pride in everyone as they invited us to sample their cheese or enjoy the fragrance of their herbs. One thing that we enjoyed the most was people watching in one of the small cafés; it was heart warming to see generations of people experience this wonderful market custom. Through visiting the market often with my mother, I learned the value of fresh food and good living. I have learned that we must take time to delight in the simple things, and this is what I wish to pass on to my children."

Clearly, **the market is a place to learn** about fresh products from merchants and experience the world of old where people met with their purveyors and enjoyed the wonderful connections between consumer and producer. The world needs us to re-establish this bond.

A market can make a difference. ■

With husband Bill Sharpe, Misty Ingraham of Ancaster owns the catering business The Portable Feast at Home.

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Rick Hesp and Bev Wright were proud to show their *Arts and Crafts* movement-inspired house built in 1911, as part of the St. Catharines Canadian Federation of University Women's 37th Annual House Tour held May 1.



Cliff Smith's work was the subject of an exhibition at Dufferin County Museum and Archives in February. On the right is his photograph that was published as the featured view in *Escarpment Views* in Autumn 2010.

Robert Barnett of Escarpment Biosphere Conservancy in an Escarpment-loving area of Halton EcoFest, April 9.

Maureen Smith, left, and friend at the Bruce Trail display for Georgetown Marketplace's Earth Day activities on April 30.

At Canada Blooms in March, this JUNO Rocks garden was inspired by award-winning Sarah Harmer, a long-time activist for the Mt. Nemo part of the Niagara Escarpment.



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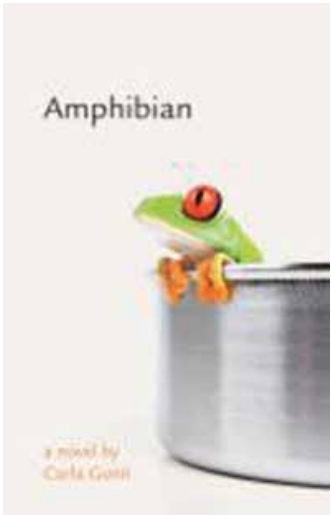
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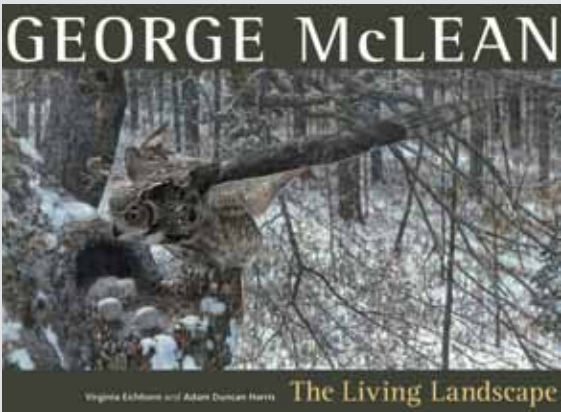


Amphibian
by Carla Gunn

When Carla Gunn’s nine-year-old son jumped off his bike to pick up a plastic bag and yelled, “Don’t people know sea tortoises choke on this?!” she began thinking of what it must be like growing up in a world where so many species are on the brink of extinction and ecosystems are being continually destroyed. When later she read that nearly one third of preteens think the earth will become uninhabitable during their lifetime, she knew she had to write *Amphibian*, the story of Phineas William

Walsh. Phineas is a nine year old with encyclopedic knowledge of the natural world thanks largely to his devotion to the “Green Channel.” He knows, for instance, that if you wet a dog’s food with your saliva and he refuses to eat it, then *he’s* top dog, and that dolphins can sleep half a brain at a time. Far from being just idle information, though, Phin draws parallels between the humans in his life and other animals and uses his vast knowledge to try and make sense of an often confusing world – where parents are divorced and kids are bullied at school. In a voice somewhere between Salinger’s Holden Caulfield and Christopher Boone in Mark Haddon’s *Curious Incident of the Dog in the Night*, Phin reflects on the complex and troubled relationship between humans, animals and the environment. Never a more timely book, it is at times laugh-out-loud funny while thought provoking and tender. Put it on your summer reading list and remember those sea turtles!

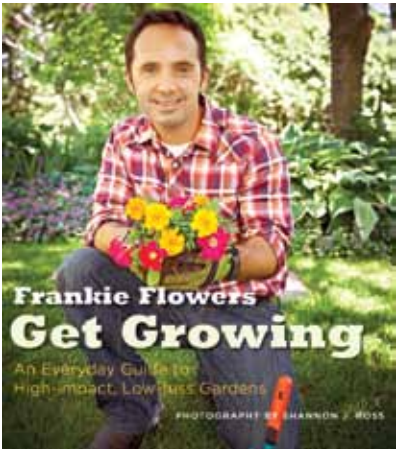
Coach House, 2009, \$19.95
Reviewed by Hazel Lyder of The Downtown Bookstore, Owen Sound



George McLean: The Living Landscape
by Virginia Eichhorn and Adam Duncan Harris

Artist George McLean has lived in a beautiful old stone house in Grey County for 40 years. His quiet walks in the forests and surrounding countryside inspired the breathtaking creative genius that would eventually turn up on canvas and which would in turn form the basis for this book. Illustrated with 92 full-colour reproductions, *George McLean: The Living Landscape* showcases McLean’s work from 1965 to 2010 through a selection of his work from public and private collections. He has a profound respect for the natural world; his paintings emanate from his passionate interest and intense observation of wildlife. McLean paints animals and birds in their natural habitat paying attention to precise details such as tension, gestures, motion, details which imbue his paintings with energy, vibrancy and realism. While art critics can debate the use of light, tonalism and other artistic elements, this reviewer suggests that you find a copy of this book immediately; you’ll discover such a sense of connection with the art that you will pick up the book again..and again!

Goose Lane Editions & Tom Thomson Art Gallery, 2010, \$60.00
Reviewed by Nancy Frater of BookLore, Orangeville



Get Growing: An Everyday Guide to High-impact, Low-fuss Gardens
by Frankie Flowers (aka Frank Ferragine)

If you only buy one gardening book this summer make it *Get Growing*. This is a beautiful book full of information on garden design, both formal, informal and vegetable, plant, shrub and tree suggestions and some of Frankie’s favourites. Flowers, a well-known gardening expert, gives the reader lots of “how to” information from planting to pest and disease control, pruning and maintenance. I don’t think there is anything you want

or need to know that he has not covered in the book. The book is organized by seasons which makes it very easy to use and the many colour photographs, by Shannon J. Ross, are absolutely stunning. This book is a must for every gardener!

HarperCollins, 2011, \$26.99
Reviewed by Catherine Randall of Curiosity House Books & Gallery, Creemore

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We’re planning to invite the provincial parties to answer a few questions for publication in our Autumn issue.

What would you like the party leaders to address?

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Are you concerned about issues like quarries, aggregate extraction, endangered species, wildlife corridors, transportation corridors, water taking or the mandated population targets for your area?

What would you ask as an individual or family? Do you have a question regarding your own property?

Let us know what you care about and we’ll forward some of the questions to the party leaders.

Email your questions to: editor@EscarpmentViews.ca or post them in the mail to: **Escarpment Views**
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Please note that the deadline to receive your questions is July 15.

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The birds and the bees, and the dance flies

By Mike Davis

As a member of my local naturalist club for many years, I have enjoyed the wide variety of interesting topics that the speakers present. At a recent meeting I learned a fascinating story about a species of small fly that lives along the Credit River. It has a charming mating ritual that occurs near its birth place along river banks.

Darryl Gwynne, a professor of biology at the University of Toronto who has studied sexual selection in insects for more than two decades, showed photos and a drawing of the Long-Tailed Dance Fly (*Rhaphomyia longicauda*) and talked about its unique role reversal.

"June brings out the twilight mating swarms," he said. "In tree gaps along the banks of the Credit River thousands of slow-moving females take to the air while risking entanglement in nearby spider webs. This ritual display attracts flying males that bear nuptial gifts of insect prey. Competition among the females to get a meal -- they are unable to hunt -- has led to a complete reversal in the conventional mating roles because females display and males choose. In early evening each fly enhances her attractiveness by inflating her abdomen which is held aloft between a set of fancy feathered legs."

Long-Tailed Dance Fly. Darryl Gwynne notes "This female is just about to fly up and join the evening swarm. She has sucked air in through her mouthparts to greatly inflate a set of abdominal sacs (truly nature's 'inflate-a-mate')!. When flying in the swarm she holds the feathery legs around her inflated abdomen to form a flying disc shape. Males have neither of these bizarre traits." PHOTO BY HEATHER PROCTOR.

What I found impressive was the bigger the better! But in this case the bigger the female, the more attractive she is to the male, a complete reversal to what I thought should be the norm.

There are countless stories happening along the Escarpment. This is but one told at my naturalists' club. When you are out for a walk, cycle, or drive, keep an eye out for what is happening all around us in our natural world. Take some time in early June, check out a clearing along a river bank in just the right light, and you may witness this great performance.

Want to know more about nature? Link up with your local naturalist club. Some also offer Young Naturalist evening/Saturday/summer camp programs for children. Find them in your local community listings or contact Ontario Nature for one of their member groups near you at ontarionature.org.

Mike Davis is an environmental engineer and the co-publisher and accounts manager of Escarpment Views. He is a long-time member of the Halton/North Peel Naturalist Club.



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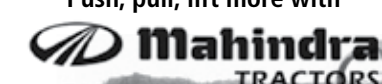
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The seeds of our future are taking root right now, for better or worse. This page shares better, forward-thinking ideas and celebrates significant environmental achievements that can help us lead the way in creating the Niagara Escarpment as a healthy, sustainable example of a thriving World Biosphere Reserve.

Blue Mountains Wins Sustainable Communities Award

The Blue Mountains won a Canada-wide Sustainable Communities Award for **the remediation of a brownfield property, now the site of The Blue Mountains LEED- certified new town hall.** The awards recognize municipal projects that serve as best- practice models of sustainability for other Canadian communities.

Belfountain Residents Protect Niagara Escarpment Land

Credit Valley Conservation (CVC) recently presented 36 conservation awards for 2010, acknowledging significant contributions to managing natural resources in the Credit Valley Watershed. Two couples were honoured for donating property in the Niagara Escarpment. **David Kendall and Grecia Mayers have donated five acres,** while **Lorraine Baddeley and Robert Weeks donated two acres,** that together secure 300 metres of Bruce Trail. Their donations “help protect natural heritage, habitat for wildlife and preserve water quality,” notes the CVC.

Orangeville’s Baby Tree Program

The Town of Orangeville’s Baby Tree Program is enhancing their urban forest. **To celebrate babies’ births, families can make donations for trees to be planted** in a public place. Since 2009, at least 30 babies have been honoured with signage and 60 trees and shrubs have been planted. For more information: planning@orangeville.ca.

Return of World Biosphere Reserve Road Signs

After a two-year hiatus, Coalition on the Niagara Escarpment is **resuming its Niagara Escarpment World Biosphere Reserve road sign campaign,** with the support of the Niagara Escarpment Commission. To get a road sign, contact president@niagaraescarpment.org.

Escarpment Biosphere Conservancy Reaches 100 Reserves

The donation of the Gallagher reserve with the rare Pitcher’s Thistle, on Manitoulin Island’s south shore, brings the **total reserves protected by Escarpment Biosphere Conservancy (EBC) to 100.** For more about the EBC, see page 7.

PHOTO OF OLD BALDY BY MIKE DAVIS

Coming Events

June 4	Wild Waterworks opening, Hamilton	conservationhamilton.ca
June 7-July 26	Tranquil Tuesdays Royal Botanical Gardens, Burlington	rbg.ca
June 11	Biscuits and Berries Downtown Georgetown Farmers’ Market	downtowngeorgetown.com
June 11	Shaw Garden Tour, Niagara-on-the-Lake	1-800-511-7429
June 15-Sept. 7	Red-Hot Jazz & Cool Blues Royal Botanical Gardens, Burlington	rbg.ca
June 18	Open Hive, The Honey Shop, Carlisle	dutchmansgold.com
June 18 & 19, July 2 & 3	Rose Festival Royal Botanical Gardens, Burlington	rbg.ca
June 18 & 19	Treasureventure Adventure Festival Rockton	treasureventure.ca
June 19	Classics Against Cancer Cedarvale Park, Georgetown	classicsagainstcancer.ca
July 9 & 10	2011 Pond Tour for Hospice Burlington to Grimsby	pondtourforthehospice.ca
July 11-16	Separate Beds	theatrecollingwood.com
July 15	Deadline for questions to our provincial political parties! Email editor@EscarpmentViews.ca	
July 16	Caledon Horticultural Society Garden Tour	905 838 3541
July 25-30	Leisa Way in Rhinestone Cowgirl	theatrecollingwood.com
Aug. 18-27	Fair Play	theatrecollingwood.com
Aug. 28	Monarch Watch Fall Migration Tagging Program Tobermory, Escarpment Biosphere Conservancy	escarpment.org



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Rose Festival

Weekends, June 18 and 19, July 2 and 3; 10 a.m. to 8 p.m.; Hendrie Park
Enjoy live entertainment, BBQ, activities with the kids, garden tours, and more.

Summer Concert Series

6 to 8:30 p.m.; Hendrie Park
Rain or shine. Visit www.rbg.ca for schedule and online ticket purchases.

Tranquil Tuesdays

Tuesdays, June 7 to July 26

Red-Hot Jazz & Cool Blues

Wednesdays, June 15 to September 7

FREE ADMISSION FOR RBG MEMBERS
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RBG Centre, 680 Plains Road West, Hamilton/Burlington • 905-527-1158



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Ancaster
**Woodend, Hamilton Conservation
Authority main office**
838 Mineral Springs Rd.

Angus
Spriggs Insurance Brokers Limited
189 Mill St., Unit B

Bolton
Sylvia Jones, MPP
12596 Hwy 50
**United Lumber Home
Hardware Building Centre**
12833 Hwy 50, S.

Burlington
Joyce Savoline, MPP
760 Brant St., Ste. 44
Royal Botanical Gardens
680 Plains Rd. W.
Tourism Burlington
414 Locust St.
Walker's Chocolates
350 Fairview St.

Caledon
Heatherlea Farm Market
17049 Winston Churchill Blvd.
Whole Village
20725 Shaws Creek Rd.

Caledon East
Tea Boutique
corner Airport Rd. & Emma St.

Carlisle
Dutchman's Gold
300 Carlisle Rd.

Collingwood
Scenic Caves Nature Adventures
269 Scenic Caves Rd.

Craileith (Blue Mountain)
Craileith Heritage Depot
113 Lakeshore Rd. E.

Creemore
Curiosity House Books & Gallery
134-A Mill St.

Dundas
**Dundas Valley Conservation
Area, Trail Centre**
650 Governors Rd.

Fergus
Ted Arnott, MPP
181 St. Andrew St. E., 2nd floor

Georgetown
Feet in Motion
72 Main St. S.
Foodstuffs
89 Main St. S.
McGibbon Hotel
79 Main St. S.
Niagara Escarpment Commission
232 Guelph St.
Spriggs Insurance Brokers Limited
8 Wesleyan St.
**United Lumber Home
Hardware Building Centre**
333 Guelph St.
Wildwood Manor Ranch
14097 9th Ln.
Young's Pharmacy
47 Main St. S.

Grimsby
Fifth Wheel
QEW & Casablanca Blvd. (Exit 74)
Gateway Niagara Information Centre
424 South Service Rd.

Hamilton
Andrea Horwath, MPP
200-20 Hughson St. S.
Coalition on the Niagara Escarpment
193 James St. S.
Dartnall Road Home Hardware
10 Dartnall Rd.
Hamilton Farmers Market
35 York Blvd.
Hamilton Waterfront Trust
47 Discovery Dr.
Ottawa Street Farmers Market
204 Ottawa St. N.
Paul Miller, MPP
289 Queenston Road
Sophia Aggelonitis, MPP
Unit 2 952 Concession St.
Walker's Chocolates
1024 Upper Wentworth St.,
Hamilton Mountain, and
1050 King St., Westdale
Westcliffe Home Hardware
Westcliffe Mall 632 Mohawk Rd. W.

Lion's Head
Lion's Head Inn
8 Helen St.

Manitowaning
**Manitowaning Mill Home
Building Centre**
15874 Hwy 6

Meaford
Knights' Home Building Centre
206532 Hwy 26 (E. of Meaford)
Earth Power Tractors & Equipment
Hwy 26 W.

Meldrum Bay
Meldrum Bay Inn
25959 Hwy 540

Milton
Country Heritage Park
8560 Tremaine Road
Fifth Wheel
401 & Hwy 25 (Exit 320)
Milton Heights Campground
8690 Tremaine Rd.
**Milton Home Hardware
Building Centre**
385 Steeles Ave. E.
Spriggs Insurance Brokers Limited
216 Main St.
Ted Chudleigh, MPP
174 Mill St.

Mississauga
Meadowdale Insurance Brokers Ltd
2000 Argentea Rd., Plaza Four, Ste. 110

Niagara Falls
Bird Kingdom
5651 River Rd.

Chi-Cheemaun ferry

Tobermory

Georgian Bay

Lion's Head

Wiarton

Owen Sound

Meaford

Thornbury

Craileith

Collingwood

Stayner

Creemore

Angus

Oakville
Kevin Flynn, MPP
2330 Lakeshore Rd. W.
Spriggs Insurance Brokers Limited
159 Church St.

Orangeville
BookLore
121 First St.
Islandview Farm Equipment
633520 Hwy 10
Sylvia Jones, MPP
244 Broadway

Owen Sound
The Downtown Bookstore
945 Second Ave. E.
Inglis Falls Information Centre
237785 Inglis Falls Rd.
**Springmount Tourism
Information Centre**
717875 Hwy 6

Port Dover
Port Dover Visitor Centre
19 Market St. W.

St. Catharines
St. Catharines Home Hardware
111 Hartzel Rd.

South Baymouth
South Baymouth Terminal
41 Water St. & onboard **Chi-Cheemaun**

Stayner
Spriggs Insurance Brokers Limited
1071 County Rd. 42
Earth Power Tractors & Equipment
Hwy 26 E.

Stoney Creek
Lakeshore Living Outdoor Elements
1100 South Service Rd., Unit 113

Thornbury
Niagara Escarpment Commission
99 King St. E.

Tobermory
Tobermory Terminal
8 Eliza St. & onboard **Chi-Cheemaun**

Virgil (Niagara-on-the-Lake)
**Penner Home Hardware
Building Centre**
700 Penner St.

Wainfleet
Ben Berg Farm & Industrial Equipment
42134 Hwy #3 (at Chambers Corners)

Waterdown
Ted McMeekin, MPP
299 Dundas St. E.