

# **CELEBRATING CANADIAN CHEESE: A WORLD CLASS INDUSTRY**

The 2<sup>nd</sup> Annual Canadian Cheese Rolling Festival is all about celebrating the amazing variety of top quality cheeses made right here in Canada

## **QUICK FACTS:**

- There are over 200 cheese makers in Canada.
- These cheese makers produce more than 350 different cheeses.
- 98 per cent of Canadians eat cheese regularly.
- Canadians consume 11.58 kg of cheese per person:
  - 36.1 per cent in Ontario
  - 27.1 per cent in Quebec
  - 18.9 per cent in the Prairies
  - 12.5 per cent in British Columbia
  - 5.4 per cent in the Maritimes

## **CHEESE: IT'S GOOD FOR YOU!**

Cheese is a healthy part of any diet. Apart from vitamin C and fiber, cheese has every other nutrient your body needs. Cheese is particularly high in protein and calcium, which are of key importance for healthy bones and teeth. In fact, few other foods carry as much quantity and quality of these important nutrients. A 2 oz/50 g serving of a standard cheese such as Cheddar contains:

- As much protein as 2 eggs
- More zinc than 25 almonds
- Less fat than ¼ lb lean ground beef
- More niacin than 125ml of brown rice
- Twice the riboflavin of green peas

Treating yourself to good cheese in moderation will provide you with health benefits for your body, your bones and your teeth. Enjoy Canada's wonderful cheeses!

## **CHEESE IN BRITISH COLUMBIA**

British Columbia is fast becoming a hotspot for Canadian Cheese. Local cheese makers, who practice the art of handcrafting cheeses, are achieving success all over the province and the country.

A few great BC cheese makers to look for:

*Natural Pastures Cheese Farm* in Courtenay offers a variety of fresh, soft, and firm cheeses, which are all handcrafted and have won many awards.

*Moonstruck Organic Cheese* in Salt Spring Island handcrafts nine delicious cheeses from the fragrant milk of a small herd of purebred Jersey cows. They sell their wares at their store and the Salt Spring's Saturday Farmer's Market in Ganges.

*Poplar Grove Cheese* in Penticton has already had success as a winery, and now they have developed four outstanding cheeses, including the famed Tiger Blue and Harvest Moon, which are featured in cheese shops and restaurants all over BC.

*Gort's Gouda* has been making award-winning Gouda on a 45-acre farm in Salmon Arm since 1983. Proud to be British Columbia Certified Organic, Gort's Gouda welcomes visitors and offers cheese plant tours during the summer months.

*The Village Cheese Co.*, in Armstrong offers a selection of flavours in a new line of certified organic cheeses. This company offers cheeses such as the Extra-Aged Cheddar, Pale Ale Beer Cheese, or the Suicidally Hot Horseradish cheese, a Colby-type cheese with a fine sinus-clearing effect!

*The Farm House Natural Cheeses* in Agassiz produces handmade artisan cheeses from the farm's own dairy cows. Everything is made right on the family dairy farm in the Fraser Valley. Visitors can sample cheese in the cheese shop and purchase all the different kinds of cheeses made plus seasonal specialties.

*Little Qualicum Cheeseworks* in Parksville offers artisan cheeses made right on their old-fashioned dairy farm. Little Qualicum Cheeseworks is an agritourism destination which also offers an online store. Their cheeses are available at a wide range of fine restaurants, grocers and delis on Vancouver Island and the BC Lower Mainland.

Vancouver's Granville Island plays host to the annual *Curds & Whey Festival* every November. This eagerly anticipated event celebrates local wine and cheese over two days at the public market, showcasing local cheese makers and cheese cooking demonstrations.

Delicious BC and Canadian cheeses can be found in specialty cheese shops and grocery stores all over British Columbia.

## **CHEESE MAKING IN CANADA – THE BASICS**

There are six major categories of cheese produced in Canada:

<i>Fresh</i>	Fresh cheeses, such as cottage cheese, ricotta, cream cheese and Neufchatel are very light and creamy.
<i>Soft</i>	Soft cheeses, such as Brie and Camembert, are wonderful with wine and fruit, in soups and sandwiches or in everyday recipes.
<i>Semi-Soft</i>	Semi-soft cheeses like Gruyère, Monterey Jack, Bocconcini and Mozzarella work well in soups, salads, pasta dishes, and fondues.
<i>Firm</i>	Firm cheeses such as Colby, Gouda and Cheddar are sensational on their own or in thousands of different ways in the kitchen.

<i>Hard</i>	Hard cheeses like Parmesan mix well with other ingredients and heighten the taste of vegetables, pasta dishes, soups and quiches.
<i>Light</i>	Light cheeses have at least 25% less milk fat than their counterparts. For the most part, they can be easily substituted into recipes, however nothing compares to the real thing.

For more information about Canadian cheese, where to find it and the many, many ways to use it, visit [www.allyouneedischeese.ca](http://www.allyouneedischeese.ca)