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Arthur Kwiatkowski/stock This festival is known as the Biggest Kitchen Party in Atlantic Canada, boasting good friends, good times, good music and many world famous Prince Edward Island clams. Niagara Wine Festival - September 19-28, 2008 - Niagara, Ontario, Canada This week-long wine festival includes over 100 events and attracts over 150,000 visitors! Choose from winery tours and tastings, concerts, Niagara-style kitchens, artisan shows, wine workshops, and family entertainment. Don't miss the festival parade, one of the largest in Canada! Vancouver Island Holiday Fields - September 21, 2008 - Vancouver Island, Ontario, Canada Community Holiday! From farmer to fisherman, from winery to forage, from restaurant to microbrewery, the festival of fields celebrates Vancouver Island's gastronomic supremacy. Niagara Food Festival - October 3-5, 2008 - Welland, Ontario, Canada Annual showcase of all food and beverages in Niagara brings together producers, growers, restaurateurs, chefs, winemakers, brewers and artists to celebrate the best the Niagara region has to offer. Take part in the Apple Pie Baking Competition, The Reserve Or The Waiters' Race, Rocky Mountain Wine and Food Festival - October 16-18, 2008 - Calgary, Alberta, Canada Visit the largest and most exciting food and wine event in Alberta as it happens in Calgary. The festival offers the opportunity to taste a huge variety of wine, scotch, imported beer and premium spirits, as well as exquisite samples of food from local restaurants and hotels. Rocky Mountain Wine and Food Festival - October 22-25, 2008 - Edmonton, Alberta, Canada Attend the largest and most exciting food and wine event in Alberta as it comes to Edmonton. The festival offers the opportunity to taste a huge variety of wine, scotch, imported beer and premium spirits, as well as exquisite samples of food from local restaurants and hotels. Icewine Winter Festival - January 13-18, 2009 - Okanagan, British Columbia, Canada Annual Okanagan Icewine Festival in January at Sun Peaks Resort is the most unique of all wine festivals. Exciting wines and the award-winning Alpine resort create an incredible weekend of education and relaxation. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano. The authors have refused to use any industry research, and the resulting guide is starkly different from the past. Canada's new food guide, released Tuesday, is causing a spike. The 62-page document is a stark departure from the food manual of the past. He urges Canadians to adopt a mostly plant-based diet, water instead of milk, and less worry about daily nutrient portions and specific portion sizes and more about cooking at home and eating with family and friends. The food guide is divided into four sections. The first focuses on nutritious foods and on what includes healthy eating. It is here that the emphasis on proportions, not parts, is most obvious. The guide contains an image (above) of a dinner plate half-covered with vegetables, with a quarter-size serving of protein products (nuts, chickpeas, beef, salmon) and mixed whole grains (toast, wild rice, quinoa). The second part of the guide looks at products that should be minimized or avoided. These include sugary drinks and confectionery, alcohol, excess sodium and sources of saturated fat. Health Canada - Make water your drink of choice. /The promo image of the Third section is perhaps the most interesting, as it encourages Canadians to think about how they eat. The guide says: Healthy eating is more than the foods you eat, and this section is dedicated to sharpening your nutritional skills and improving your food literacy. Canadians are advised to cook more often from scratch, to go to restaurants and eat together. Parents are strongly encouraged to pass on their nutritional skills to their children by example and by making changes to school curricula. The guide advises an attentive approach to food, careful reading of labels, skepticism about food marketing, and efforts to reduce waste. Health Canada/Promo Image Fourth and Final section talks about implementation and how to make healthy eating affordable and affordable for all Canadians. It's a constant problem for many low-income and indigenous families, and, as Andre Pickard writes for The Globe and Mail, affects one in six Canadian children. Overall, the new guide feels like a breath of fresh air compared to the tangled rainbow and pyramid past. According to Health Minister Ginette Petitpas-Taylor, as reported by CBC, it doesn't have to be complicated, folks. It just has to be nutritious and, dare I say it, fun. What makes this guide stand aside is its authors' commitment to following top nutrition science and their refusal to accept evidence from any industry research given the potential for conflicts of interest. According to Picard, Health Canada has grown its spine and distanced itself from the industry by following some questionable tips that were clearly designed to soften the industry, such as recommending drinking two glasses of milk a day and consuming at least two tablespoons of rapeseed oil every day. Health Canada - Enjoy the food. / Promo image This guide has the potential to make a real difference. Its emphasis on less energy-intensive foods and minimizing waste can improve the environmental impact of Canadians' diets. If jobs, cafeterias, hospitals and other government agencies adopted recommendations to get rid of fatty, sugary foods, we could see improvements in public health. If schools were to include cooking classes in their we would see how children learn to feed themselves well. There are so many ways in which this leadership can kick-start a healthier, stronger, more sustainable country. This is a guide to be proud of. Excellent Excellent For the sweet summer taste of the Canadian prairie, grab a handful of Saskatoon berries. Small berries resemble blueberries, but are brighter purple and have a sweet, unusual taste all their own. Saskatoon berries, also called Serviceberries, June berries, or just Saskatoons, have a relatively short harvest season in midsummer, but they're loved in pies and canned foods, so you can try them even if you can't taste them right from the bush. Where to try: PickYourOwn.org has an extensive list of U-Pick farms with Saskatoon berries throughout the province. Find Saskatoon berries, including pies, jams and syrups, in bakeries, grocery stores and farmers markets. The food is heavily dependent on the cuisine of France and Ireland, as many immigrants from these countries have settled in Quebec since the 1800s. These influences have led to the traditional food of Quebec to be cordial but complex. The more modern food of Quebec has a global impact, but relies on the aromas of local organic tariffs. Here are some of the most popular foodies you can come across. 01 of the 10 Isetiana/Getty Images One of the culinary thrills of visiting Quebec is the opportunity to try out many of the Quebec artisan cheeses that are not available outside the province, as many of the producers are small and not exported. Once known mainly for its cheddars and Trappist cheeses (Oka is popular across Canada), today there are hundreds of varieties, including cheese cheese aged less than 60 days, which fans claim is more fragrant and healthy. The Quebec Cheese route is 50 cheesy in 14 regions where visitors can try cheeses and even mingle with goats, sheep and cows. 02 of 10 James Marshall/Getty Images Maple Syrup produced the Rite of Spring in Canada and draws thousands of people to sugar shacks in Quebec to see how it's made and sampled the sweet sticky seasoning. The Canadian and Montreal stores are dedicated to especially maple syrup and maple products and restaurants have a maple syrup inspired menu, especially in early spring when the syrup starts to flow. 03 out of 10 As pate, but a little chunkier, creton (craiy-taww) is a fatty pork spread seasoned with onions, cloves and possibly cinnamon, nutmeg or garlic. Creton is a popular part of the traditional cuisine of Quebec. It's a popular breakfast item, but can be served at any time, often with homemade pickles and crispy bread or toast. In Quebec, you often come across a creton in small disposable plastic containers on restaurants as you would oil. 04 out of 10 Jo del Corro / Flickr / CC BY 2.0 Pouding ch'meur (show-mer pudding) is simply delicious. This maple-y pancake-y pudding-y dessert was once a poor man's pudding, created to use everyday, inexpensive ingredients like flour and sugar. Today it is served in a wide range of restaurants. In Montreal, try ch'meur at the Cooqage Bistro. Continue to 5 out of 10 below. 05 of 10 Photography Firm // Image caption Tourtierre (tor-tee-air) is a traditional Quebec meat pie that is particularly popular during the winter months. You'll see this item on the menu in sugar shacks during the maple syrup cooking season, as well as traditional French-Canadian restaurants. Or, you can always try to do it yourself. 06 of 10 Ian O'Leary/Getty Images Baked Beans, or Fèves au lard, pronounced fev-o-lar are part of the traditional cuisine of Quebec. Like creton, fèves au fat is a popular breakfast dish, as historically these products have given trappers high amounts of fat and protein for energy to start working day. In Quebec, f---ing au lard is often infused with maple syrup. Try them at The Binerie in the Montreal Plateau, one of the best traditional breakfast spots in Quebec. 07 of 10 Sugar Pie (French: Tarte au Sucre, pronounced as tart-o-sous-cra) is a bit like pecan pie without pecans or butter pie. This sweet, simple dessert is also popular in New England, Belgium and France, but is hard to find in the Canadian provinces except Quebec. Sugar pie is essentially what it sounds like: sugar or maple sugar, butter or cream, flour and vanilla in a pie shell. How can you be wrong? 08 out of 10 Igor Golovnev / EyeEm / Getty Images Pea soup, thick and hearty, cooked with ham broth, is a winter favorite. This soup is traditionally made from yellow peas, salted pork, herbs and broth. Continue to 9 out of 10 below. 09 of 10 Diana Miller/Getty Images Pesh Chinua (pe-tai shih-nya) is very similar to shepherd's pie: beef mince and onion layered with corn and topped with mashed potatoes. Despite its translation, Chinese pie, Chinua pate is not a Chinese dish, but probably a dish made for Chinese railway workers using inexpensive ingredients during the construction of North American railways in the late 19th century. 10 out of 10 Fudio/Getty Images This delicious but unrefined culinary offering originated in Quebec. Poutine (poo-teen) is an illogical combination of French fries, sauce and cheese curd. Restaurants in Quebec - even gourmet restaurants - will serve poutine topped with any way of ingredients, from tomatoes to foie gras. Fast-food venues and eateries serve poutine right across Canada, especially late-night revellers, but poutine is the most common and most reliably delicious in Quebec. Quebec.

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