

# 20

## THINGS

# WE I LOVE

PHOTOGRAPHY BY JAMES TSE & ROB FIOCCA

**OVER THE YEARS,** our editorial group at *Food & Drink* has acquired a certain expertise when it comes to planning a party. We've thought up ideas for celebrating almost every conceivable occasion—with one obvious exception: we have never thrown a party for ourselves. Any 20th anniversary is an important milestone—a time for congratulations and also an opportunity to look back over two decades and remember good things and happy times. And there we found the theme for our celebration. Each of us made

a list of all that we loved most about *Food & Drink* in the last 20 years. It might be individuals who have appeared in our pages—great chefs or winemakers, perhaps—but it could also be concepts or trends that we have covered, such as the rise of heritage foods or craft brewing or the new cocktail culture. We ended up with a very long list indeed, which then had to be ruthlessly whittled down to just 20 top picks. Here they are. From the first 20 years of *Food & Drink*, the 20 things we loved most.



STACEY BRANDFORD

# 14

## JONATHAN FORBES

➔ **WHEN** Jonathan Forbes founded Forbes Wild Foods in 1998 and began approaching Toronto chefs with his selection of weedy looking greens and oddly shaped mushrooms, many turned their noses up at his unusual and exotic stash. Fifteen years later, foraged foods are the new “it” ingredient and as Ontario’s undisputed authority on gathering, Forbes has inspired local chefs to not only celebrate Canadian wild foods but also, in many cases, to venture out themselves in search of indigenous foraged delicacies.

Foraging for goods from fiddleheads and wild leeks to milkweed pods and prized lobster mushrooms, Forbes and his team of expert pickers harvest top-quality ingredients from the Canadian wilderness—as far west as the Queen Charlotte Islands in B.C. and as far east as Labrador. Over the years we’ve shared some of our personal favourites with you, including his Pure Birch Syrup (Spring 2005) and his marinated ox-eye daisy capers (Holiday 2005), which are available online and at gourmet food shops, not to mention several Toronto-area farmers’ markets. — Nancy Won



### ROASTED BLACK COD WITH WARM TOMATO VINAIGRETTE ON SEARED RAPINI

recipe on page 210

# 15

## SUSTAINABLE FISH

➤ **IT'S NOT JUST** a trendy rumour: the facts are in. If we don't start choosing the fish we buy wisely, our favourites may not be available for long.

We first spread the news in our Summer 1999 issue—and frequently ever since; all of us really can make a difference by opting for sustainable, not endangered, species at our restaurants and fishmongers. Information is readily available through initiatives such as Ocean Wise, a Vancouver Aquarium conservation program that creates awareness about the issues surrounding sustainable fish and seafood. If you're ever standing at the fish counter, wondering what the ethical choice might be, and if you have a smart phone, you can Google [oceanwise.ca](http://oceanwise.ca) and download a handy chart for best picks. Their recommendations (fished and farmed) are based on the way the seafood is harvested, guaranteeing the health of the species and the surrounding environment, for future generations.

The options are many. In Spring 2009, we discussed the virtues of the small schooling fish in our oceans—sardines, anchovies, mackerel and others—all of them prolific, healthy and delicious. Two years later, we showcased Hooked, Toronto's first entirely sustainable fish market. Owners Kristin and Dan Donovan convincingly explain why responsible choice is the only way to go.

Whether shopping for dinner or ordering from a menu, try to choose thoughtfully. Speak up and ask for clearly labelled sustainable fish and seafood. Not only will it taste great, it's the right thing to do.

— Heather Trim

