

ON THE SHELVES

A selection of some of the best food stuffs from around the city

SPIRITED SAUCE



Plenty of stores offer expansive barbecue sauce selections; we love this shop for its community-mindedness. Market Quality Preserves offers a dozen or so products made by local kids under the watch of Youth Opportunities Unlimited. Participants split their time between the kitchen, located in the First Baptist Church, and the retail kiosk at Covent Garden Market. Developed under the supervision of chef Dee Biggar, Black Jack BBQ Sauce is all-natural and packs a tidy little jab thanks to pinches of coffee, onion and hot chili peppers.

300 ml \$3.75, **Market Quality Preserves**, 130 King Street (Covent Garden Market).

BUNDLE OF JOY

Ontario's crisp, bright green asparagus stalks are delicious steamed or oven-roasted, but at this time of year the grill beckons. Look for firm, vibrant stalks with tips that aren't damaged. Brush with a quality olive oil and grill directly over medium heat for eight to 10 minutes,



turning once halfway through cooking. \$1.99/lb.

Unger Farm Market, 1010 Gainsborough Road, 519-472-8126.

LONDON COOLING



The new flavour from our home-grown fave, Black Fly Black Current/Blueberry delivers the same maturity as its Cranberry/Blueberry sibling. Ranking a number five on the LCBO sugar scale (compared to most other coolers, which range from nine to 18), it's more adult cocktail than kid cooler—a perfect summer quencher. Packs of four 400 ml bottles \$9.95, **LCBO stores**.