

QUARTERLY JOY

GROWING GREEN

Trees, trees, trees. To offset our carbon footprint we decided to plant a tree for every day we are open. at this point we are a little ahead of schedule with 780 trees planted! A special thank you to Tritree and their staff. Take a look at our mural on the outside wall, it depicts our "coffee to trees" decision!



UPCOMING EVENTS

MARCH

21st ◇ Soup Art Bowls
@ The Norfolk Arts Centre

APRIL

5th - 7th ◇ Eat, Drink, Norfolk @ the AUD
13th ◇ Rainforest Terrarium Workshop
19th - 22nd ◇ Closed for Easter
Open on Tuesday the 23rd.

MAY

11th ◇ Cold Brew Workshop
20th ◇ Closed for Victoria Day

Is there an upcoming event in your life?
Ask us how we can help make it special!

Cakes ♥ Dessert Platters ♥ Cookie Trays & more!

OUR COFFEE

Our coffee is very special. The beans are sourced, and paid For, directly from the farmer. Each harvest is roasted locally in small batches to bring out the best of their individual characteristics. We receive our newly roasted beans every Friday and grind them fresh as we serve them. Whether you choose our House Blend, Single Farm Sourced or one of our beautifully dark roasted espressos you will enjoy the effort put into their creation. Here at joy we continue the "bean respect" with the highest quality of specialized equipment including two water filtration systems and the daily calibrating of our machines. It is a priority to serve the best possible beverage every single time.

EDIBLE FLOWERS, BEAUTIFUL & DELICIOUS

By Joanne
Weathervane Farms, Norfolk

When we think of flowers, Valentine's day roses and Easter lilies are usually what comes to mind. Did you know that certain flowers are perfectly suited to take part in your salad, drink or dessert? Like herbs, flowers have a multitude of uses other then decoration, one of these less known uses is in food.

Flowers have been used in food, and in some cases medicine, for as long as humans have been on Earth. In the last generation or two, mass produced food has become the norm in our homes and delicate beauties like edible flowers have become a rarity. Although, occasionally organic salad mixes with edible flowers can be found. Edible Flowers are easy to grow and care for and taste much better when fresh.

Some of the more common edible flowers, which are easy to grow in your garden and suited to our climate in Norfolk, are nasturtiums, cosmos and pansies.

continue reading on page 2 >



The Wandering Hippie. Hear about the adventures of our local muralist.

THE WANDERING HIPPIE

BY EMMA ALLGOOD

The trip to Utila always starts with the gut churning journey on the ferry. There are always a few

people who puke, this time was no exception. At first people are excited about powering up one side of a wave and then dropping down like a rollercoaster on the other side. Fifteen minutes in the sea sickness sets in. I managed to make the journey with my lunch still in my stomach thanks to motion sickness blankets and two rounds of gravel.

Leaving main land Honduras, with its lush mountains, is a beautiful scene. Yet the sight of Utila Island brings sheer joy to my heart. Utila is the place of dreamers, weirdos and pirates. The locals consist of a mixture of expats, Spanish Hondurans and the original settlers who are descendants of Captain Morgan and his crew.

A friend of mine, from the Island, once said that Canadians are the invasive species here. I have been coming to Utila, with my partner Patrick, for a few months every year for the last six years. My muraling started with a 6 day, 70 foot project in the central park.

It came about when I overheard a conversation, with a local whale shark research centre, saying they needed an artist willing to volunteer. I said I would be happy to do it! It turned out great. I outlined native fish for the neighbourhood children to paint in, and completed a huge whale shark myself. Pat and I have become quite well known in the community as painters. We have procured thirty paintings across the Island thus far. We are currently in Honduras and we have been commissioned, after just three days, for three more murals. I will be painting a twenty foot by thirty foot wall for a pre school, a fifty foot wall for a dive shop, and a few inside peices for an animal shelter. My daily routine consists of painting, sipping on fresh coconuts, and swimming in the beautiful Caribbean ocean that lays just steps away from my front door. Life is beautiful!

LIFE IS
BEAUTIFUL



EDIBLE FLOWERS

Continued

Nasturtiums are lightly spiced and peppery, almost arugula like. The fresh sharp taste provides a wonderful accent on top of salads, cakes or drinks. In the summer months you can often find nasturtiums adorning some of joy's gorgeous offerings. The cosmos flower is from the same family of plants as lettuce. Easy to grow, it's multicoloured blooms can be added to salads and cakes as edible decoration. Pansies have a slight minty taste and thus are best in fancy drinks. Pansies are also quite cold tolerant and usually one of the first flowers in the garden.

It is extremely important that flowers that are to be eaten have been grown without pesticides. Organic is the way to go! I would even caution against buying a plant from a grocery store or garden centre to be eaten unless it is specifically labelled as organic.

It is also important to know that not all flowers belong in your mouth! For example, an innocent looking sweet pea is poisonous to both humans and animals.

So next time you see a cupcake or a drink adorned with a nasturtium, cosmos or pansie you can impress your friends and tell them about these beautiful edibles!

joyofNorfolk



The Art

We love our artists! Adorning our walls we have local artist Liz Barrett Milner, Delhi photographer Kevin Babbey and porcelain artist Joseph Pinacci. Our outside wall was painted by Simcoe native Emma Allgood. We are very proud to feature Melissa Schooley's pottery with every in house order. Melissa is a Simcoe porcelain artist that has created all of our dishes including the lovely teapots we display and use. You can visit her studio on her family farm, Apple Hill Lavender, just north of Highway 24, west on concession 14. It's the first farm on the right!