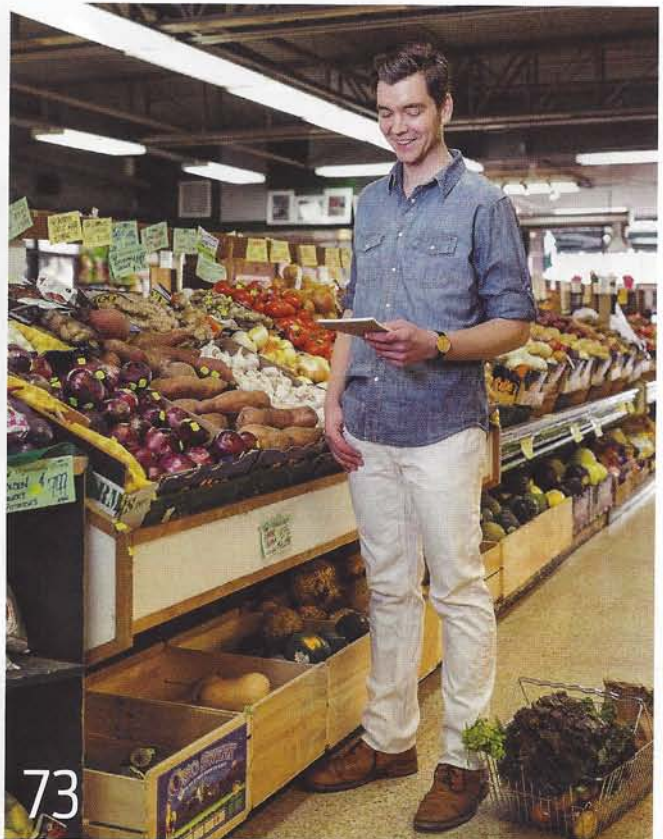
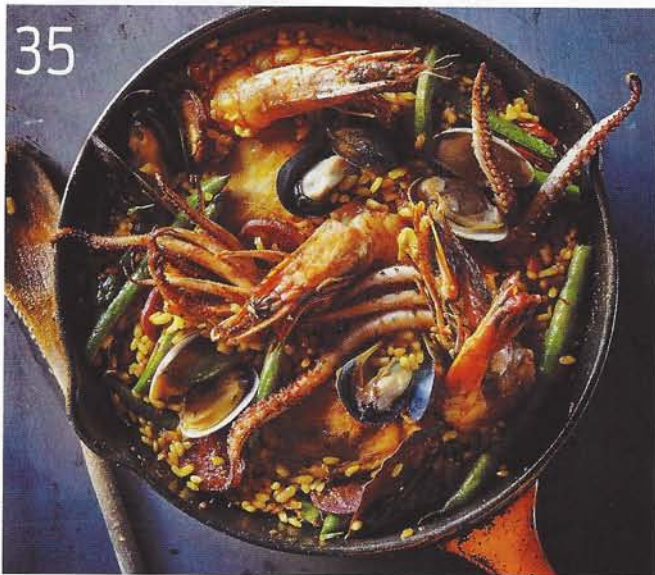


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PHOTOGRAPHY BY GIULIA DOYLE

A chore becomes pleasurable when three food lovers allow us to tag along as they visit their favourite shopping spots — and show us the edibles that make their lists **BY SARAH BROWN**



What's in Your BASKET?

Wine agent Andrew Rastapkevicius combs the fresh-produce aisles at Herb & Spice on Wellington

He fell into his profession by accident. When Andrew Rastapkevicius began working part-time for Lifford Wine & Spirits, he was a university student and a varsity athlete, out on the water every morning before dawn with the rowing team. “Booze was not on my radar at that point,” he says with a laugh. “I got into it only because my friend’s family owned Lifford.” Fast-forward a few years, though, and Andrew had fallen in love with the grape, working full-time as a wine agent even as he completed a master’s thesis exploring the sociology of wine. Today, his job has him meeting with sommeliers and chefs at hundreds of restaurants across eastern Ontario, including about 40 in Ottawa, to educate them on trends, show off unique vintages, and help them shape their wine lists to match their cuisines and clientele. Now a Hintonburg resident, he grew up on a tobacco and vegetable farm in southwestern Ontario, which is why he shops at Herb & Spice weekly. “I understand farming, so I look for local and, often, organic produce,” explains Andrew. As summer progresses, he shops less: his backyard boasts a 700-square-foot vegetable garden.



IN HIS BASKET:

Kale (“Because I really, really like it — one of my favourite recipes is ‘Kale for a Hangover’ from *The Art of Living According to Joe Beef* cookbook”), organic apples (“I base my picks on the Dirty Dozen and Clean 15 lists — you want to spend the extra money for organic apples”), eggs (“I look for organic and free-range — there’s a huge difference in the flavour of these eggs versus the mass-produced ones”), onions, sweet potatoes, celery, mushrooms, beets (“They’re going in a salad with goat cheese tonight”).

“There’s a huge difference in the flavour of these eggs versus the mass-produced ones”