

Root Cellars Rock

Food Skills Workshops

A Resource for Community Organizations in
Newfoundland & Labrador

Preparing: Local Vegetables





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Preface

The 4Ps of local food are planting, picking, preparing, and preserving. Together they encompass how to grow food, harvest it, make healthy meals from it, and preserve it for future use. Based upon the 4Ps, these workshops were created by the Food Security Network of Newfoundland and Labrador (FSN) as part of the Root Cellars Rock project. They are intended to assist community groups across the province in fostering knowledge, capacity, and engagement with healthy, traditional food skills in their communities. The workshop kit outlines what community groups will need to know in order to successfully host their own workshops on the 4Ps.

These workshops have been created in consultation with the Root Cellars Rock Advisory Committee and other local food champions from across the province. The inspiration behind the workshops was the ongoing success and growth of community-based food security initiatives province-wide and a need identified by those groups for Newfoundland and Labrador focused resources. FSN surveyed community-based food security groups to find out what topics were of most interest to them and how they thought the workshops should be designed. The Root Cellars Rock Food Skills Workshops are the result of their input and ideas. Groups surveyed across the province include community gardens, farmers' markets, community kitchens, family resource centres, regional wellness coalitions, environmental organizations, and food security working groups, to name a few.

These workshops are meant to be a living resource. Through ongoing input and evaluation, FSN hopes to update and improve the materials to ensure their continued appropriateness for local groups. For further information on how to provide input and evaluation on the workshops, see page 13.

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Acknowledgements of photos used in the workshops can be found at the end of each workshop section.

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Introduction

Food Security Network NL (FSN)

The Food Security Network of Newfoundland and Labrador (FSN) is a provincial, membership-based, non-profit organization initially started in 1998 in response to growing levels of hunger and poverty in the province. Since then, FSN has been at the forefront of food security work in the province - fostering awareness, dialogue and action around food security issues.

FSN's mission is to actively promote comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all.

Root Cellars Rock is one of several projects that FSN administers in order to advance that mission. For more information, visit www.foodsecuritynews.com

Root Cellars Rock

The Root Cellars Rock project aims to stimulate healthy local food production and consumption across the province by celebrating Newfoundland and Labrador's agricultural heritage and fostering growth in agriculture and local food self-sufficiency.

Why Root Cellars? Root cellars were once an integral part of our provincial food system. Cold storage in root cellars allowed people to preserve harvests and to eat locally grown foods for more of the year. Subsistence living in Newfoundland and Labrador was not easy and many communities added to their imported food supplies by growing gardens, fishing, hunting, and foraging wild foods, all of which would have been preserved to last the winter without refrigeration.

Root cellars are used as a symbol of Newfoundland & Labrador's unique food heritage and potential for increased self-sufficiency. For more information on root cellars, refer to the **Root Cellars** workshop.

These workshops are one aspect of Root Cellars Rock. Other activities include:

- Resource sharing through the Root Cellars Rock blog and social media;
- Building partnerships with and assisting community groups that are fostering Newfoundland and Labrador's local food system; and
- Participating in the development of resources that promote access to healthy local foods in the province.

To learn more about Root Cellars Rock activities, visit www.rootcellarsrock.ca.

The 4Ps of Local Food

The concept of the 4Ps of Local Food was coined by Neil Tilley, who was a Newfoundland and Labrador community organizer, organic farmer, and advocate for environmental stewardship. FSN respectfully uses the 4Ps of local food in his memory. The 4Ps of local food are: Planting, Picking, Preparing, and Preserving.

Planting: How to Grow Food

Planting includes all aspects of growing healthy food up until the time when plants are ready to be harvested. Planting can refer to household or community gardening, sprouting, and agricultural cultivation of products like vegetables, fruits, and herbs. The two workshops under Planting are:

1. Container Gardening
2. Composting



**A raised bed
container garden**

Picking: How to Harvest Cultivated & Wild Foods

Picking includes all aspects of harvesting food, both foods that have grown in the wild and those that are cultivated in a garden or on a farm. Picking includes harvesting foods derived from animals as well as plants. Raising backyard chickens and other livestock, beekeeping, hunting, fishing, as well as harvesting vegetables, or gathering wild plants all fall under Picking. The two workshops under Picking are:

3. Seed Saving
4. Edible Wild Plants

Preparing: How to Prepare Healthy Meals

Preparing describes the process of making healthy meals that will be eaten soon after they are prepared. Cooking skills, meal traditions, and information about ingredients are all included under Preparing. The two Preparing workshops are:

5. Preparing Local Vegetables
6. Using Culinary Herbs

Preserving: How to Store and Preserve Food

Preserving incorporates the various methods for storing and preserving food to keep it for future consumption. Root cellars and cold storage, canning (bottling), pickling, drying, salting, freezing, fermenting, and smoking are all techniques under Preserving. The two workshops for Preserving are:

7. Canning/Bottling
8. Root Cellars



The Food Skills Workshops

Why Host a Food Skills Workshop?

Hosting a Food Skills Workshop can have several cultural, health, environmental, educational, and financial benefits. Participants will:

- Help to preserve traditional food skills and knowledge;
- Learn practical, hands-on food skills that promote healthy eating and are part of an active lifestyle;
- Meet and connect with other like-minded individuals that care about creating supportive local food communities;
- Gain awareness of ways to live sustainably with minimal impact on the environment;
- Build confidence through recognizing the value of the skills and knowledge that they and other local people already have;
- Connect with organizations and groups in the area that offer valuable services and opportunities;
- Discover affordable ways to enjoy locally produced, healthy foods year-round; and
- Become better connected with their food system and gain a greater understanding of community food security.

Who Should Host a Food Skills Workshop?

Any individual or community group that is interested in promoting food skills can host a workshop. Throughout the workshops, the term *facilitator* is used to refer to the people organizing and presenting these workshops in communities.

Facilitators do not need to be experts in these topics. The workshops are meant to be introductory learning experiences, both for participants attending the workshops and facilitators preparing them.

Included in each workshop is background information on the topic, supplementary resources, and detailed activity plans. After carefully reading through these materials, facilitators will hopefully feel confident hosting their own workshop. For additional information contact info@rootcellarsrock.ca

How to Use the Workshops

The eight workshops can be hosted individually or also work well when offered as part of a series. For example, a farmers' market might host a few workshops from each of the 4Ps over the course of the market season, to showcase the products that farmers are selling.

A community garden may choose to host two workshops from Planting and Picking, to inspire gardeners at the start of the growing season and to bring their group together during harvest.

A community kitchen may find the Preparing and Preserving workshops useful for introducing participants to new ingredients and techniques and building confidence with those.

There is no set rule on how to use these workshops; they are intended to be flexible and applicable for a variety of different purposes. Connect with local people to find out what workshops will be most valuable to community members and host a workshop in a location appropriate for the local community.

All eight workshops follow the same user-friendly format and include the following sections:

- Preparation
- Introduction
- Roots of our Local Food
- Digging In
- Activities
- Conclusion
- Supplementary Materials



The workshops begin with a section titled '**Preparation**' which introduces facilitators to important details to consider before hosting the workshop, such as gathering materials, finding a location, recruiting participants, setting a timeline, and workshop safety.

The **'Introduction'** section provides instructions for facilitators to introduce themselves, any hosting organizations, and share important information that will make the workshop experience comfortable for all participants.

The next section, **'Roots of our Local Food'**, provides an icebreaker activity. An aspect of Newfoundland and Labrador's food heritage is highlighted to give participants an idea of how food skills and knowledge have been established in the province. There are suggested questions for facilitators to ask participants in order to start a discussion, put participants at ease, and connect the workshop topic back to people's personal lives and the province's food roots.

The section titled **'Digging In'** provides the information that facilitators will use to introduce participants to the topics. This information was collected by FSN through literature reviews and interviews with local food champions. It is up to facilitators to decide how much and what parts of the information are relevant to their group. Facilitators may find some aspects especially useful and decide to leave others out, or may decide to use the extra resources provided to delve a bit deeper into particular concepts of interest to their group. It is recommended that facilitators try to find interesting ways to present the Digging In information besides giving a presentation. Displays, games, discussions, small group interactions, brainstorming lists, slideshows, and videos are all good ideas for relaying information.

The fun really begins with the **'Activities'** section of each workshop. A variety of options are presented for facilitators to choose from for hands on, interactive, and enjoyable activities that they can lead their group through. Depending on the amount of time that is available for the workshop, participants may enjoy doing more than one of the suggested activities. Facilitators decide where to fit the activities in the agenda they create.

Each workshop is then wrapped up in a **'Conclusion'** section where facilitators check back with participants to ensure that their questions have been answered and provide participants with further resources to take home for continued learning.

Included with each workshop are also **'Supplementary Materials'** which facilitators will share with participants. At each workshop all participants should fill in an evaluation form and be encouraged to add their name to the FSN E-News sign-up sheet. As well, a resources page is included with each workshop that provides sources for further learning. The resources page also lists possible videos that could be used by facilitators during the workshop.

Quick Tip

When possible, it is a good idea to present the activity options to participants before the workshop, and have them choose which they would find most interesting.

Evaluation and Follow-up

FSN plans to adapt, improve, and expand these workshops over time to ensure that they are kept as up-to-date and user-friendly as possible. Community groups, facilitators, and participants are asked to please provide input about their experience using these resources by filling in and returning to FSN the evaluation form which is included in the supplementary materials of each workshop. Groups that plan to host more than one of the workshops may find it useful to keep photocopies of the evaluation forms so that feedback can also be used to improve future workshops.

Evaluation forms should be sent back to FSN by email, fax or mail:

Email: info@rootcellarsrock.ca

Fax: (709) 237-4231

Mail:

Food Security Network of Newfoundland and Labrador
44 Torbay Rd., Suite 110
St. John's, NL
A1A 2G4

Consider documenting your workshop experiences with photos or videos. Those photos and videos can be very useful to community groups for supporting future funding requests, promoting upcoming events, and showcasing the successes of a workshop or project. FSN greatly appreciates receiving copies of photos and videos to use for promotion of the workshop kit and to publicly highlight the food security initiatives happening across the province. **Appendix E: Sample Registration Form** (page 31) includes a question requesting consent from participants to photograph or film workshops.



Container gardening workshop

Things to Keep in Mind

Get to Know Participants

Getting to know workshop participants and understanding their expectations before the start of a workshop can go a long way towards ensuring that everyone has a positive experience. The questions in the '**Roots of Our Local Food**' section are meant to help facilitators gauge where participants' interests lie and how familiar participants are with the topic. Organizers may also choose to ask a few questions during registration to get more familiar with participants. Refer to **Appendix E: Sample Registration Form** (page 31).

Depending on your location and resources, consider whether you may need to put a limit on the number of participants that can attend a workshop. These workshops are recommended for a maximum of fifteen participants. However, with adjustments to the agenda and content, they could accommodate larger numbers. Using your budget, planned activities, and venue as guides, decide what participant numbers will work best at your workshop.



Introducing a workshop

These workshops are designed for adult participants. While many of the activities could be enjoyed by younger participants, the content of the workshops, safety recommendations, and other planning measures have not been written for children or youth. For alternate resources to connect children and youth with healthy local food skills, refer to the Children & Youth section on the Root Cellars Rock blog (www.rootcellarsrock.ca/children-youth).

Build a Welcoming Space for Adult Learners

The following are principles for adult learning to keep in mind when facilitating workshops in order to create a comfortable environment for adults to learn in (adapted from the Community Kitchen Best Practice Toolkit - www.foodsecuritynews.com/resources):

Draw upon learners' experiences as a resource. Adults have a wide experience base. Facilitators can help participants share their own experiences and create an environment where participants are encouraged to learn from one another. By focusing on the strengths learners bring to the workshop, learners are able to connect new learning with prior knowledge.

Foster a spirit of collaboration. Collaborative learning focuses on the interdependence of each member. Learners collaborate with facilitators and with each other by working together to answer questions and perform activities.

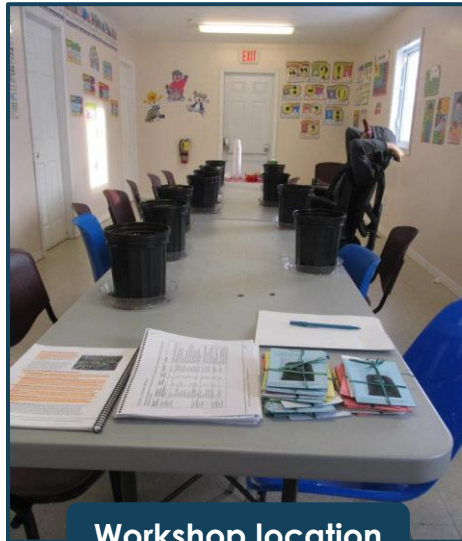
Involve learners in the planning and implementation of learning activities. Adults are interested in things that are relevant to their lives. Adults' past experiences, their current learning goals, and their sense of self will influence what they want to learn and how they learn it. The facilitator can create a situation in which participants can share in the planning, implementation, and evaluation of workshops.

Create a climate that encourages and supports learning. Adults have a sense of personal dignity. They must be treated with respect at all times and never feel humiliated or laughed at before others. A safe atmosphere where learners can admit confusion and express different opinions is one that enhances learner self-esteem and reduces fear.

Cultivate self-direction in learners. In a supportive and safe learning environment, the facilitator can become a mentor to adult learners. They can help learners to develop skills that lead to self-direction, independent learning, and empowerment. Facilitators can encourage learners to continue to seek out knowledge and experiences related to the topic beyond the workshop.



Location



Workshop location

There are several things to keep in mind when choosing a workshop location:

Availability: Be sure to book the space well in advance to ensure that it will be available at the time of the workshop. Check back with the venue in the days leading up to the workshop to confirm the booking.

Traveling distance: Choose a location that is within easy travel distance for participants. Keep in mind whether they are likely to be walking, driving (and require parking), or taking public transit. If many participants will be walking or taking public transit, consider concluding workshops before dark or offering carpools.

Affordability: Choose a venue that is within budget for the workshop, keeping in mind other expenses like materials. Consider approaching venue operators to see if they are willing to donate the space for free or search out spaces that are always free such as community rooms at local recreation centres or libraries.

Accessibility: Consider the mobility of participants. Where possible choose venues that have few stairs or provide wheelchair access. Arrange work spaces and choose equipment that will be comfortable for all participants.

Equipment & resources: Be sure that any necessary equipment or resources are available on-site such as a kitchen, audio or video equipment, internet access, appliances, kitchen tools, and running water. Some of the workshop activities are messy so cleaning equipment should also be available.

Seating: Think about how the participants will be organized in the space. Will everyone be around a table or in a circle? Or will the facilitator be in the front facing seated participants? However you envision the lay-out, ensure that there are adequate chairs, tables, and workspaces.

Agenda & Timing

Each workshop in its entirety is set up to last about two hours depending on the activities that are chosen. It is recommended that the workshops be done in their entirety with all the associated sections. However, if you do not have that much time with participants, consider adapting the workshops to fit your timeline. For example, you could use the **'Roots of Our Local Food'** and **'Digging In'** sections together and provide a shorter presentation and discussion. Or use the **'Activities'** section alone for a quick hands-on session and then send resource materials home with participants for further learning.



Community garden

Each workshop comes with a recommended agenda. Facilitators can adapt the agenda to make it appropriate for their workshop and should display it at the workshop or hand out copies for participants to follow along with. The agendas do not include break periods; however facilitators can ask participants if they would appreciate a break. If the workshops are scheduled to go beyond two hours then it is recommended that breaks be added to the agenda.

Activities will often take longer than expected, especially when participants are enjoying themselves. Keep this in mind when planning your schedule. One of the best outcomes of hosting community workshops is the networking and socializing that result, so allow time for this to happen.

Schedule workshops for times when participants are most likely to attend. Find out if the intended participants prefer days, evenings, or weekends. Many people are unavailable in the summer, so higher turnout might be likely during other times of the year. If you plan to host an internal workshop for your community group perhaps host it after or in lieu of a regular meeting at a time that participants are already comfortable with.

For workshops directed at parents or caregivers, keep in mind possible child care commitments or restricted evening schedules. Consider offering child care at workshops in exchange for a donation or running supervised children's events at the same time as the adult workshop.

Schedule workshops with adequate time to complete planned agenda items. The '**Activities**' generally take place at the end of the workshop and they are extremely important for providing hands-on and interactive learning experiences. Be sure that your timeline leaves enough room that activities are not cut short.

If a workshop is going to take place during a meal time, consider providing food or hosting a potluck. Providing food is an effective way to increase attendance for a workshop or event. If you will be providing food, include that in your budget and adjust your agenda to allow time for participants to eat.

Appendix E: Sample Registration Form (page 31) and the evaluation forms included in the supplementary materials of each workshop can be used as resources to find out the best times for hosting workshops.

Materials & Budget

These Food Skills Workshops have been designed to keep expenses low by recommending affordable and reused materials for workshop activities where possible. That being said, it is easy to spend more than anticipated to host a successful workshop. Consider making a budget at the start of the planning process to help monitor expenses. Refer to **Appendix B: Budget Template** (page 27) as a resource.

Once you have an idea of expenses, cost out the price per participant for the workshop and decide whether that amount is manageable within the resources of the group. If not, refer to **Funds to Host a Workshop** (page 19) for ideas to cover the costs of hosting a workshop.



Funds to Host a Workshop

These workshops are meant to be inexpensive for facilitators to host but will still require some funds for materials, venue, and printing. Consider the following options for ways to finance workshops in your community:

Fees

Charging participants a small and accessible fee can help to cover the cost of hosting a workshop. There are different fee types to choose from, including flat rate, sliding scale, suggested donation, and pay-what-you-can.

Flat rate: A set fee is required from all participants. It could reflect the cost per participant to cover the workshop expenses or could be set a bit higher to fundraise for the group hosting the workshop.

Sliding scale: Participants are categorized in some way and are required to pay a fee that reflects their income level, involvement in the hosting group, or role at the workshop. This type of fee structure can create incentive for participants to join a group's membership or volunteer so that they are able to pay a discounted fee. Some examples of sliding scale categories are:

- employed individuals, unwaged individuals
- adults, students, seniors
- non-members, members
- regular participants, participants who volunteer

Suggested donation: A donation amount is suggested and participants decide what they can reasonably afford to donate based on that amount. For example, suggested donation may be \$5 but some individuals will choose to donate \$10 and others may donate \$2.

Pay-what-you-can: Participants are asked to pay some money towards the workshop but there is no limit or suggestion on what that amount should be so participants decide what is reasonable for them.

Fundraising

A fundraiser could be held to raise money for hosting workshops. The fundraising process is also a good opportunity for promoting the upcoming workshop in the community. Keep in mind that sometimes fundraisers can take up more volunteer time than is reasonable considering the amount of money they raise. Try to come up with fundraising ideas that are easy to organize and will not require too many resources to succeed. Consider the following fundraising options and be creative when brainstorming other ideas:

- host a bake sale or sell beverages at a community event like a farmers' market or fall fair
- sell raffle tickets for donated prizes
- host a garage sale or plant sale



Donations

The costs associated with hosting a workshop can be greatly lessened if your group seeks out donations of materials or in-kind donations like free access to a venue or equipment. Consider approaching the following local businesses and groups for assistance:

- gardening and landscaping businesses
- grocery stores
- town councils
- service and church groups
- community centres
- farmers
- hardware and home stores
- restaurants
- local businesses
- libraries

Grants

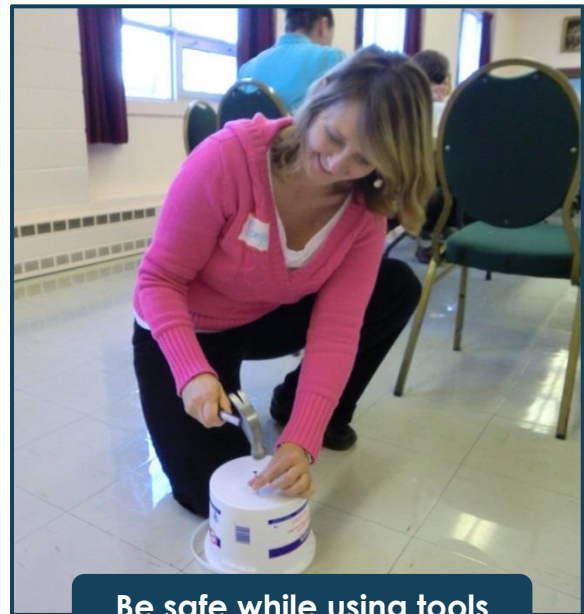
Grants are funds distributed by an organization (like a government department, business, or foundation) to assist in the creation of community projects that fit within the funding organization's mandate. Grants usually involve an application process and follow-up reporting and may take several months to process. Most grants require that applicant groups be either registered not-for-profits or charities in order to apply. Usually individuals cannot apply to grants.

For information on becoming incorporated as a not-for-profit or gaining charitable status visit the Community Sector Council Newfoundland and Labrador website: <http://communitysector.nl.ca/voluntary-sector-resources/starting-nonprofit-or-charity>. Refer to **Appendix J: Grant Opportunities** (page 38) for a list of grants and grant databases.

Safety

Safety is very important when hosting a workshop. Keep in mind the wellbeing of everyone in attendance when planning out venues, materials, food, activities and other considerations. Hosting activities outdoors and at gardens creates safety considerations that are unique from indoor workshops. Refer to **Appendix G: Garden Safety** (page 33) for things to keep in mind for garden workshops.

Serving and/or preparing food at a workshop can really improve the experience for participants, but it means that food safety precautions need to be taken. Refer to **Appendix H: Food Safety** (page 35) for provincial food safety guidelines to follow when hosting a workshop.



Be safe while using tools

Promotion

Try to promote workshops as much as possible in your community well in advance. Use **Appendix E: Sample Registration Form** (page 31) and **Appendix F: Registration Tracking Template** (page 32) as resources to keep track of how many people will be attending and to decide how much more promotion should be done to fill up available spaces as the workshop date gets closer.

The following are a few tips for successfully promoting an upcoming workshop:

- **Use the FSN E-News:** Send your event listing to FSN for inclusion in the monthly E-News. The E-News is an email newsletter packed full of events, opportunities and resources and it goes out to individuals and groups across the province. Email your event to e-news@foodsecuritynews.com before the first Monday of the month to be included in that month's e-news. Sign-up to receive the E-news at www.foodsecuritynews.com
- **Promote the event through Root Cellars Rock:** Email info@rootcellarsrock.ca to find out about putting notices up on the Root Cellars Rock blog, Facebook, and twitter.
- **Spread the word:** Everywhere you go, tell people about the great workshop you are hosting and ask them to pass the word on. It's helpful to have a handout with the workshop information or a website address that you can direct people to so they will not forget the details later.
- **Share with your network:** Send emails out over listservs, put a blurb in newsletters, post notices on community boards, make a Facebook event, promote the workshop on twitter, and post the details on group websites.
- **Use free local media:** Make a radio public service announcement (PSA) or create a press release and distribute that to local media to generate interest for articles and news stories.
- **Connect with local groups:** Brainstorm about other local groups that have members that may be interested in attending and then ask if you can promote the workshop through them. For example, if you are doing a workshop on container gardening then perhaps local community gardens, horticulture clubs, community centres, seniors groups, or schools would be interested in promoting the event.



Leading a workshop

- **Use local events calendars:** Often your municipality, local newspaper, or tourism centre will have online or on-location community calendars that you can post events on for free.
- **Promote the activities:** Activities are the hands-on part of the workshops and they are a great draw for attracting interest. For example, advertise that you are hosting a composting workshop, but be sure to mention that you will be making a vermicompost bin as a group.
- **Promote the event through the venue:** If you are hosting at a community centre, library, farmers' market, or other public space then put up posters, use on-site calendars and newsletters, and ask venue operators to spread the word.
- **Make a poster:** Making posters and handouts can be time consuming, but are great when used effectively. Rather than putting up posters everywhere, think about who you are trying to reach and poster where those people go. Use **Appendix D: Sample Poster** (page 30) as a template.
- **Promote the workshop at other events:** Ask to attend the events and meetings of related groups to tell people about the workshop.
- **Start early and finish late:** Give people lots of notice when workshops are being hosted and then send out reminders right before the workshop. Often those last minute reminders convince people to attend.



Having fun at a workshop

Preparedness

Before planning a workshop, carefully review the materials in this kit. Thoughtful review of the materials and adequate preparation will ensure that you organize the right venue, materials, content, promotions, and activities and host a highly successful workshop. Use **Appendix A: Are You Ready? Checklist** (page 26) as a planning resource.

FSN Resources

When organizing workshops, feel free to contact FSN with any questions or feedback. FSN can also put you in contact with other groups across the province that have done the same workshops already and can share resources and lessons, which may be helpful in organizing your workshop.

FSN has many resources in addition to these workshops. Explore the links below and print or forward any resources that could benefit workshop participants. For more information visit www.foodsecuritynews.com or contact FSN at info@foodsecuritynews.com and (709) 237-4026.

Root Cellars Rock online:

- The Root Cellars Rock blog (rootcellarsrock.ca) is an interactive online space for learning about the 4 P's of local food. It includes posts from across the province, recipes, links, resources, event listings and a forum to share tips and ask questions.
- The Root Cellars Rock YouTube channel features a collection of linked videos to help build food skills. (www.youtube.com/user/RootCellarsRock)
- For daily local food tips, resources, and opportunities visit the Root Cellars Rock Facebook page (www.facebook.com/rootcellarsrock) and Twitter (twitter.com/#!/rootcellarsrock)

E-News: FSN distributes a monthly e-newsletter featuring funding and volunteer opportunities, news, events, and resources. Sign up at www.foodsecuritynews.com or use the sign-up sheet found in the supplementary materials of each workshop. To advertise your project or events, email e-news@foodsecuritynews.com before the first Monday of the month.

Food Security Pamphlets and Fact Sheets:

FSN created a series of fact sheets filled with easy to understand information about food security. You can find these online at www.foodsecuritynews.com/resources

10 Ways to Eat Local Food

- 1. Learn What's in Season**
Knowing which local foods are in season will help you know what to look for at the farmers' market or grocery store. Experiment with local foods that you don't normally eat. Visit Root Cellars Rock for lots of local food resources. www.rootcellarsrock.ca
- 2. Find a Farmer**
Find local farms by using Root Cellars Rock's Local Food Links www.rootcellarsrock.ca Food Security Initiative Inventory www.foodsecuritynews.com Buy Local! Buy Fresh! Avallon Region Map www.northeastavallonredb.ca Keep it in Kiltiwake www.kiltiwake.nl.ca Atlantic Canadian Organic Regional Network (ACORN) acornnl.wordpress.com
- 3. Visit a Farmers' Market**
Farmers' markets are growing across the province. More than just a place to find local meat and vegetables, they are community centres where people gather to socialize, eat, hold workshops, and celebrate local food. See the Food Security Initiative Inventory to find a farmers' market near you. www.foodsecuritynews.com/resources
- 4. Join a Community Supported Agriculture Program**
Customers commit up front for an entire season and in return the farmer provides a weekly box of fresh produce and preserves. The produce varies according to what's available. It's a great way to give farmers more financial security.
- 5. Start Gardening**
If you don't have space for a garden in your own yard, try growing some fresh herbs in a window, or join a community garden. Use the Food Security Initiative Inventory www.foodsecuritynews.com/resources to find a community garden in your area. Visit Root Cellars Rock (www.rootcellarsrock.ca) for gardening tips.
- 6. Go Berry Picking**
There are many edible wild berries in the province. A U-Pick, where you pick your produce yourself, is a great way to get some berries that aren't as common in the wild. Use 2. Find a Farmer to find a berry U-Pick near you.
- 7. Wild Harvesting**
Hunting, fishing, and trapping are traditional ways we have acquired local food. Visit the Department of Environment and Conservation, Wildlife Division for information about licences. www.env.gov.nl.ca/env/wildlife
- 8. Preserve the Harvest**
There are many ways to preserve fresh local food. Canning, cold storage, bottling, freezing, pickling, salting, drying, and fermenting are all ways you can preserve local vegetables and fruit for months. For resources see the U.S. National Center for Home Food Preservation (www.uga.edu/nchfp), and Berman's home-canning recipes (www.homecanning.ca).
- 9. Support Restaurants & Retailers that Source Local Food**
A growing number of restaurants are choosing to support local farmers and fish harvesters, or even grow their own vegetables and herbs in a restaurant garden. Ask your favourite restaurant to source locally and use the Food Security Initiative Inventory to find restaurants and retailers that sell local food. www.foodsecuritynews.com/resources
- 10. Sprout!**
Seeds such as lentils, peas, alfalfa, sunflower, and broccoli can all be sprouted to make delicious fresh greens all year long. All you need is seeds, water, and a few days to grow these nutritious foods any time, right in your own kitchen. Visit www.foodsecuritynews.com/resources for more information on how you can take action.

Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Contact FSN for more information on how you can take action.
www.foodsecuritynews.com

Food Security Network
Agricultural Librarian
Food for All!

FSN Fact Sheet

Best Practices Toolkits: FSN developed four Best Practices Toolkits for community organizations which feature step-by-step guides and resources for starting and maintaining community gardens, farmers' markets, community kitchens, and bulk buying clubs. Contact FSN to get copies or find them online at www.foodsecuritynews.com/resources.



Food Security Initiative Inventory: FSN maintains an online directory of Food Security Initiatives in Newfoundland and Labrador, including: food banks, shelters, meal programs, community gardens, community kitchens, bulk buying clubs, farmers' markets, local farms, local food retailers, and more. It is available on FSN's website at www.foodsecuritynews.com/resources.

Teleconference Series: FSN holds regular teleconferences on topics related to food security, such as community gardening, nutrition, farm direct marketing, farmers' markets, land use, and food policy. Previous teleconferences are archived as power point presentations, audio recordings, and written summaries on FSN's website at www.foodsecuritynews.com/teleconferences.html. Sign up to the E-News to hear about future teleconferences.

Appendices

Appendix A: Are You Ready? Checklist

Use this checklist to make sure that you are ready to host a Root Cellars Rock Food Skills Workshop. As you complete each task, check it off.

- Carefully read through the introductory materials to get familiar with how to host any of the Root Cellars Rock Food Skills Workshops.
- Decide which workshop you would like to host.
- Keep accessibility in mind throughout all planning.
- Read through the workshop of your choice carefully.
- Identify who will facilitate the workshop.
- Decide what information you want to present from Digging In.
- Decide what Activities you want to do.
- Develop your agenda for the workshop.
- Create a budget for your workshop.
- Organize funds to cover workshop costs.
- Choose a date and time.
- Book an appropriate venue.
- Promote the workshop to the community.
- Create a materials list.
- Gather donated, reused, and purchased materials.
- Register participants.
- Print the following:
 - 1 copy of the FSN E-News Sign-Up Sheet
 - Evaluation Forms for each participant, volunteer and facilitator
 - Resource sheets for each participant
- Check to make sure all the equipment you will use works.
- Remind participants of the workshop by email or phone.
- Have fun at your food skills workshop!** Take photos and videos to share.
- Return the completed FSN E-News Sign-Up Sheet and Evaluation Forms to FSN immediately following the workshop.

Quick Tip

Involve potential participants in planning and decision-making so that you host a workshop that is well-attended, fun for everyone, and best reflects the interests in your community.

Appendix B: Budget Template

Workshop Title:

Date of Workshop:

Organizers:

Estimated Expenses

Description	Amount	Notes
Venue		
Activity materials (Refer to Appendix C, page 29, for more details)		
Refreshments & food		
Photocopying		
Other*:		
Total Estimated Expenses	\$	

*'Other' might include things like transportation, child care, honourariums, thank you gifts, etc.

Estimated expenses ÷ estimated # of participants = cost per participant
 _____ ÷ _____ = _____

Estimated Funds Available

Description	Amount	Notes
Fees from participants		
Donations		
Grants		
Group's workshop funds		
Other:		
Total Estimated Funds	\$	

Estimated funds - Estimated expenses = Estimated surplus or deficit

_____ - _____ = _____

Appendix C: Supplies & Costing Template

Workshop Title:

Date of Workshop:

Organizers:

Fill in the details for each of the materials that will be needed to run the workshop.

Item Description	Quantity	Cost	Pick-up Location	Person Responsible	<input type="checkbox"/> when item is acquired	<input type="checkbox"/> when setting up workshop

Appendix D: Sample Poster



**JOIN US FOR A
FOOD SKILLS
WORKSHOP
ABOUT:**

DATE:

TIME:

LOCATION:

CONTACT:

DETAILS:



WWW.ROOTCELLARSROCK.CA

Share ideas,
experiences, interests,
and learn new skills!

Appendix E: Sample Registration Form



Return completed forms to:

Food Skills Workshop Registration Form

Please fill in this registration form to the best of your ability. It will be kept private and used only to ensure your spot in the upcoming workshop.

Name:

Phone

Number:

Email:

1. Do you have any food restrictions that organizers should be aware of, including allergies?

2. Photos and videos may be taken at the workshop. Do you consent to being photographed and/or filmed?

Yes No

3. Please rank and circle your prior understanding of the workshop topic, where 1= little understanding and 5= very knowledgeable:

1 2 3 4 5

3. What do you hope to learn or gain by attending this workshop?

4. Please share any additional comments or suggestions that would assist in making this a positive workshop experience for you:

Appendix F: Registration Tracking Template

Workshop Title:

Date of Workshop:

Participant Name	Phone #	Email	<input checked="" type="checkbox"/> Fee Paid	Notes (Including Food Restrictions)

Appendix G: Garden Safety

The following is a list of safety tips to keep in mind when gardening or using garden tools at a workshop. Share this information with participants as needed.

1. Protect yourself from sun overexposure, exhaustion and injury:

- wear a hat and adequate clothing for the weather
- apply sunscreen
- take breaks in the shade
- drink enough water to stay hydrated
- eat enough healthy food to maintain energy
- pace yourself and be aware of your physical limits
- stretch after vigorous activity or keeping to one position for a long time
- avoid straining your back, neck, and knees
- have a first aid kit on site and when possible, someone trained in first aid

2. Stay safe when using garden machinery and tools:

- wear sturdy gardening gloves, footwear and clothing that covers skin
- choose equipment that is the right size and weight for you to handle
- When you are unsure of how to use something, ask for guidance
- keep equipment clean and rust-free
- store equipment in safe, dry places
- maintain a tidy work space
- be aware of possible tripping hazards
- place sharp equipment like rakes sharp-side-down
- do not leave equipment unattended
- keep equipment in good working order with tune-ups and repairs
- read and follow manufacturer's instructions for all equipment
- do not work with electrical equipment in wet or damp conditions
- use extension cords that are rated for outdoor use

3. Be cautious when using fertilizers (even organic), pesticides, and chemicals:

- keep skin covered by wearing long clothing and sturdy gloves
- remove garden shoes and brush off clothing before going indoors and consider keeping separate clothing to be worn only during application
- read and follow manufacturer's instructions closely
- store fertilizers, pesticides and chemicals in safe places away from food, children, and pets



4. Ensure food safety in the garden:

(Adapted from the University of Maine Cooperative Extension
<http://youtu.be/o3z1q9BdoGY>)

- choose a garden site that is away from septic systems, manure piles, and areas where animals frequent
- if using surface water (streams, ponds, etc.) or rain barrels to water your garden, apply water to the base of plants at the soil level
- if using well water, ensure that the water is regularly tested for safety
- use potable water to clean soil and residue from foods
- harvest foods with clean hands/gloves and tools
- harvest foods into clean, food-grade containers
- if putting foods into storage, be sure to handle them gently to avoid creating damage that could eventually rot
- ensure that harvested foods are adequately dry before storing
- be aware of potential soil contamination and consider having your soil tested, refer to St. John's Safer Soil (<http://safersoil.ning.com/>) as a resource
- if growing food in containers, do not use pressure treated wood, painted materials or heat/water sensitive containers that could degrade and leach contaminants into the soil

Appendix H: Food Safety

For more information on food safety visit:

www.health.gov.nl.ca/health/publichealth/envhealth/foodsafetyinfo.html

**FOOD SAFETY
SERVED HERE**

FOOD SAFETY DON'T BE THE CAUSE OF FOODBORNE ILLNESS!

The following information provides an overview of food safety practices which can reduce the risk of food poisoning in your home or business.

Handle perishable foods safely

Perishable foods must be stored at controlled temperatures. In addition, foods must be protected from contamination. Please follow these recommendations:

Avoid the temperature danger zone!

- Cold foods need to be stored below **4°C (40°F)**.
- Hot foods need to be stored above **60°C (140°F)**.
- The only way to know is to use a thermometer!
- Do not store any perishable foods in the **danger zone** between **4°C and 60°C**, where bacteria can grow. (ex. On the kitchen counter)

Cross contamination control:

1. Keep raw meats and poultry away from other foods during storage and preparation.
2. Keep separate cutting boards for raw meats and vegetables to avoid cross-contamination.
3. Keep foods covered.
4. Make sure the refrigerator is set at **4°C (40°F)**, and keep the freezer at **-18°C (0°F)**.
5. Serve foods **right away** so they do not **linger** at room temperatures where bacteria can grow.
6. Remove food from the stove, serve it and put the rest in the fridge immediately.
7. Keep cooked and ready-to-eat foods separate from raw foods, and surfaces that raw meats have contacted. This will prevent the bacteria that live on raw meats from contaminating food which will not be cooked again.

Thaw frozen food safely

- In a refrigerator.
- In a microwave oven.
- Under cold running water.
- In cold water that is changed often enough to keep it cold.
- Never thaw at room temperature.

Cooking food thoroughly

It is necessary to kill harmful bacteria that may be present in or on the food. This is very important for poultry and ground beef.

More food safety tips

- Wash **all produce** thoroughly before cooking or eating.
- Cook **poultry dressing separately**. Never inside the bird.
- Cook **poultry or roasts all at once**. Never cook partially on one day to finish cooking on the next day.
- Use a **thermometer** to find out the internal temperature of cooked items. (See Table for internal temperatures.)
- Place **all hot food items** in **several shallow or smaller pans** in a **refrigerator** for "quick chilling".
- Avoid the **use of home canned or preserved food** items when serving large numbers of people.

Food Safety Awareness

Most foodborne illness can be avoided by following these simple food safety tips:

CLEAN:

Wash your hands frequently with soap and water.

- Before handling food or eating.
- After handling raw meats, using the toilet, touching pets/animals and changing diapers.

Wash counters, utensils, cutting boards, and other surfaces after they come into contact with raw meat.

COOK

- Cook all meats, poultry, and eggs to a proper internal temperature, as listed in the table.
- Keep all hot foods at 60°C (140°F) or more, to prevent the growth of bacteria.
- Use a kitchen thermometer to check cooking and storage temperatures.

CHILL

- Chill all leftovers promptly to keep them out of room temperature.
- Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria.
- Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.

SEPARATE

- Use separate cutting boards for raw meats, and raw fruits and vegetables.
- Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent contamination caused by dripping.

Action	Temperature required
Refrigeration	4 °C (40 °F) or less
Freezing	Minus 18 °C (0 °F) or less
Cooking	
Food Mixtures containing Poultry, Eggs, Meat, Fish or other potentially hazardous foods	Internal Temperature of 74 °C (165 °F) for at least 10 minutes
Pork, Lamb, Veal, Beef (whole cuts)	Internal temperature of 70 °C (158 °F)
Rare Roast Beef	Internal temperature of 63 °C (145 °F) for 3 minutes
Poultry	Internal temperature of 85 °C (185 °F) for 15 seconds
Stuffing in Poultry	74 °C (165 °F)
Ground Meat	71 °C (160 °F)
Eggs	63 °C (145 °F) for 15 seconds
Fish	71 °C (160 °F)
Reheating	74 °C (165 °F)
Holding Hot Foods	60 °C (140 °F)
Cooling	60 °C (140 °F) to 20 °C (68 °F) within 2 hours 20 °C (68 °F) to 4 °C (40 °F) within 4 hours



Department of Health and Community Services
 Department of Government Services
 Regional Health Authorities
 Revised January 2011

Food Safety Awareness

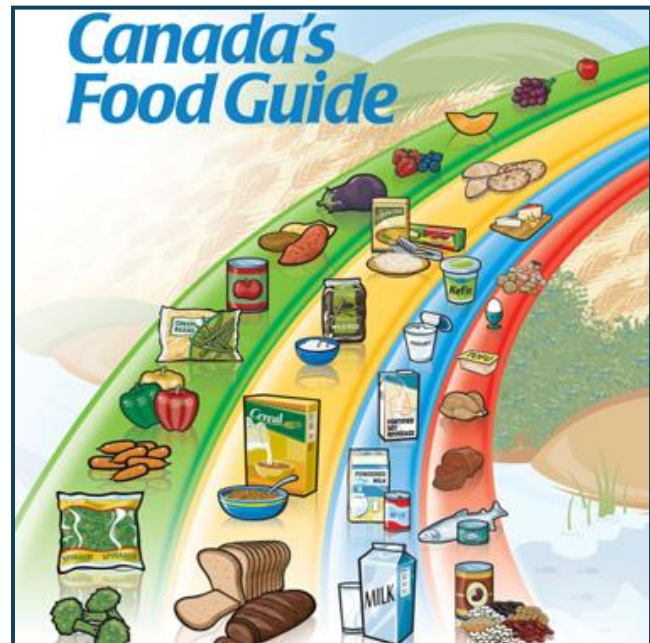
Appendix I: Nutrition

Canada's Food Guide provides recommendations on daily consumption from each of the four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. It can be used as a resource when preparing for workshops or given out to participants to take home for further reference.

Health Canada also produces a complementary food guide tailored to reflect the food traditions and choices of First Nations, Inuit and Métis. To access copies of Canada's Food Guide or Canada's Food Guide for First Nations, Inuit and Métis, visit the Health Canada website (www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) or your local public health office.

Key messages from Canada's Food Guide:

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.



Appendix J: Grant Opportunities

Grant Databases

Search these databases to find many different grants and funding opportunities:

- **Canadian Heritage Funding Programs:** www.pch.gc.ca/eng/1268917737337/1268917925906
- **Charity Village:** <https://charityvillage.com/topics/fundraising/funders.aspx>
- **Farm Grants:** <http://farmgrants.wikispaces.com/>
- **Newfoundland and Labrador Environment Network funding database:** www.nlen.ca/resources/funds-grants-and-foundations/

Grants for Charitable Organizations and Not-for-Profits

These grants support projects addressing a number of different topics. Review the application requirements for each grant to see if your group qualifies.

- **Aviva Community Fund:** www.avivacommunityfund.org
- **Carrot Cache:** <http://carrotcache.com/>
- **Community Foundation of Newfoundland and Labrador:** www.cfnl.ca
- **Community Youth Network, St. John's- Special Project Grant:** www.thrivecyn.ca/main.php?sid=31
- **Nature's Path Gardens for Good:** www.facebook.com/naturespath/app_401418026549919
- **New Horizons for Seniors Program:** www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml
- **NLEN Member Support Program:** www.nlen.ca/resources/member-support-program/
- **Provincial Wellness Grant:** www.health.gov.nl.ca/health/wellnesshealthyliving/provincialwellness.html
- **Regional Wellness Coalitions:** For more information on funding opportunities contact the Regional Wellness Coalition in your area. www.health.gov.nl.ca/health/wellnesshealthyliving/wellnesscoalitions.html
- **Shell Fuelling Change:** www.shell.ca/home/content/can-en/environment_society/fuellingchange/
- **Small Change Fund:** <http://smallchangefund.org/>

- **TD Friends of the Environment:** www.fef.td.com
- **VOCM Cares Foundation:** www.vocmcares.com
- **Walmart-Evergreen:** www.evergreen.ca/en/funding/grants/walmart.sn

Employment Support Programs

If your group is trying to hire staff or create an internship then these employment programs may be of help:

- **Career Focus:** For more information contact the Service Canada Centre in your area and visit <http://www.servicecanada.gc.ca/> for a list of Service Canada Centres.
- **Community Enhancement Employment Program:** www.ma.gov.nl.ca/ma/emp_support/ceep.html
- **Graduate Employment Program:** www.aes.gov.nl.ca/students/graduate.html
- **Job Creation Partnership (JCP):** www.aes.gov.nl.ca/lmda/jcp.html
- **NL Works:** <http://www.aes.gov.nl.ca/findajob/nlworks.html>
- **Student Employment Program (Level I, II, III):** <http://www.aes.gov.nl.ca/students/studentemployment.html>
- **Student Work and Service Program (SWASP):** www.hrle.gov.nl.ca/hrle/students/swasp.html
- **Targeted Initiative for Older Workers:** www.hrsdc.gc.ca/eng/employment/employment_measures/older_workers/index.shtml

Appendix K: Garden Crops in NL

* This is only a general guide. Please keep in mind variations across the province and talk to local gardeners for growing and harvesting tips unique to your area. This list also includes some commonly harvested wild plants such as berries and mushrooms that could also be cultivated.

	Harvest Season
	Cold Storage (E.g. Root cellars)
	Preserved (Canned, Dried, Frozen, Fermented, etc.)
	Unavailable, try indoor gardening instead.

Type of Produce	Month											
	J	F	M	A	M	J	J	A	S	O	N	D
Anise												
Apples												
Artichokes												
Asparagus												
Bakeapple (Cloudberry)												
Basil												
Bay												
Beans- green												
Beans- shell												
Beets (incl. greens)												
Blackberry												
Blueberries												
Borage												
Broccoli												
Brussel Sprouts												
Cabbage												
Cauliflower												
Carrots												
Celery												
Chamomile												

Type of Produce	Month											
	J	F	M	A	M	J	J	A	S	O	N	D
Cherries- Sour												
Chevril												
Chard												
Chives												
Collard Greens												
Coriander (Cilantro)												
Corn												
Cranberries												
Crowberry												
Cucumber												
Currants												
Dandelion Greens												
Dill												
Endive												
Garlic (incl. scapes)												
Gooseberries												
Green Onion												
Honey												
Jerusalem Artichoke												
Kale												
Kohlrabi												
Lavender												
Leeks												
Lettuce												
Mints												
Nasturtiums												
Nettles												
Onions												
Oregano												
Parsley												

Type of Produce	Month											
	J	F	M	A	M	J	J	A	S	O	N	D
Parsnips	█	█	█	█	█	█	█	█	█	█	█	█
Partridgeberries	█	█	█	█	█	█	█	█	█	█	█	█
Peas	█	█	█	█	█	█	█	█	█	█	█	█
Peppers	█	█	█	█	█	█	█	█	█	█	█	█
Plums	█	█	█	█	█	█	█	█	█	█	█	█
Potatoes	█	█	█	█	█	█	█	█	█	█	█	█
Radish/ Daikon	█	█	█	█	█	█	█	█	█	█	█	█
Raspberries	█	█	█	█	█	█	█	█	█	█	█	█
Rhubarb	█	█	█	█	█	█	█	█	█	█	█	█
Rose hips	█	█	█	█	█	█	█	█	█	█	█	█
Rosemary	█	█	█	█	█	█	█	█	█	█	█	█
Rutabagas	█	█	█	█	█	█	█	█	█	█	█	█
Sage	█	█	█	█	█	█	█	█	█	█	█	█
Salad Greens	█	█	█	█	█	█	█	█	█	█	█	█
Saskatoon Berries	█	█	█	█	█	█	█	█	█	█	█	█
Savoury	█	█	█	█	█	█	█	█	█	█	█	█
Sorrel	█	█	█	█	█	█	█	█	█	█	█	█
Spinach	█	█	█	█	█	█	█	█	█	█	█	█
Strawberries	█	█	█	█	█	█	█	█	█	█	█	█
Tarragon	█	█	█	█	█	█	█	█	█	█	█	█
Thyme	█	█	█	█	█	█	█	█	█	█	█	█
Tomatoes	█	█	█	█	█	█	█	█	█	█	█	█
Turnips	█	█	█	█	█	█	█	█	█	█	█	█
Wild Mushrooms	█	█	█	█	█	█	█	█	█	█	█	█
Winter Squash	█	█	█	█	█	█	█	█	█	█	█	█
Yarrow (tea)	█	█	█	█	█	█	█	█	█	█	█	█
Zucchini- Flowers	█	█	█	█	█	█	█	█	█	█	█	█
Zucchini	█	█	█	█	█	█	█	█	█	█	█	█

Preparing

5. Preparing Local Vegetables

5.1. Preparation

Facilitation

It is recommended that there be one facilitator (or assisting volunteer) to every five participants attending this workshop. Multiple facilitators are able to divide the presentation content, which makes the workshop more manageable to host and more interesting for participants. Volunteers and facilitators can organize participants into smaller groups of five or less during the hands-on activity to make facilitation easier and give participants more attention.



Variety of local vegetables

Materials

- 1 copy of the **FSN E-News Sign-up Sheet** (page 109)
- Evaluation forms photocopied for every participant, volunteer, and facilitator (see **Evaluation Form**, page 103)
- Agenda – either one copy to post or several to hand out to participants (see **Sample Agenda**, page 102)
- Photocopies of the **Supplementary Materials** (page 102) per participant
- Food Safety Guidelines printed for each participant and a posted copy in the workshop space (see **Appendix H: Food Safety**, page 35)
- Pens or pencils
- White board or chart paper (optional)
- Markers (optional)
- Materials for chosen activities (see **Activities**, page 92)
- Name tags for participants and facilitators

Location

If you plan to do the full workshop, host it indoors and if possible in a kitchen. Be prepared to clean up some mess. Ensure that there are adequate work stations for the facilitators and all participants during activities. It is possible to do this workshop as a presentation only, without the **Activities** component, in which case use an indoor venue with audio-visual equipment if possible so that videos can be shown in place of hosting demonstrations on-site.

When looking for a kitchen to use, consider these possible venues:

- community centres
- community halls
- recreation centres
- churches
- grocery stores with cooking facilities
- seniors' residences
- schools
- university and college residences
- neighbourhood houses
- family resource centres

Participants

This workshop is recommended for a maximum of 15 participants. Review the **Activities** section (page 92) and choose participant numbers based on availability of materials for everyone to participate in the chosen activities. Keep in mind that a large group of participants leads to a longer workshop so that everyone has enough time to participate.

Timeline

This workshop has been created to fill a 2 hour time period, without breaks. A sample agenda is provided in the **Supplementary Materials** section (page 102). Once you begin organizing the content and activities of your choice, you may find that more or less time is needed and the agenda can be altered to suit those needs.

Safety

Carefully review **Appendix H: Food Safety** (page 35) for information on safely preparing and serving food during the workshop. It is recommended that copies of that pamphlet be distributed to facilitators, volunteers, and participants at the

Note: Food Allergies

Keep in mind that participants may have food allergies. Participants should let facilitators know about any allergies prior to the workshop and precautions should be taken accordingly when preparing or serving foods.

workshop and/or posted in the workshop space and referred to as needed throughout the workshop.

Keep in mind that participants may have food allergies. Participants should let facilitators know about any allergies prior to the workshop and precautions can be taken accordingly when preparing or serving foods.

Content

Carefully review all materials in advance of the workshop. Decide on the appropriate number of participants and facilitators/volunteers to invite to your workshop after considering all materials.

This workshop has six main sections. Refer to **How to Use the Workshops** (page 11) for a description of each section.

From the **Digging In** section (page 50), choose what information you want to present based on participants' experience and interests, timeline, and available materials. If you are following the agenda included here, Digging In has been allotted 45 minutes to complete. Keep that in mind when choosing your content to ensure that the information you want to cover will fit into your schedule.

Digging In provides introductory-style information on preparing local vegetables. To go into more depth on the topic, refer to the **Bibliography** (page 99) and **Resources** (page 105) for more sources to check out.

The **Activities** section (page 92) offers six options for hands-on, interactive activities that you can organize for your group. Participants really enjoy activities so try to leave lots of time for going through them. This is the part of the workshop where participants are able to learn in a hands-on way, and the activities will really help them engage with the topic. Read activities over carefully prior to the workshop, choose which you want to do, and then assemble any necessary materials. To save on costs you could also ask participants to bring in some materials themselves such as items that are readily available in people's homes.

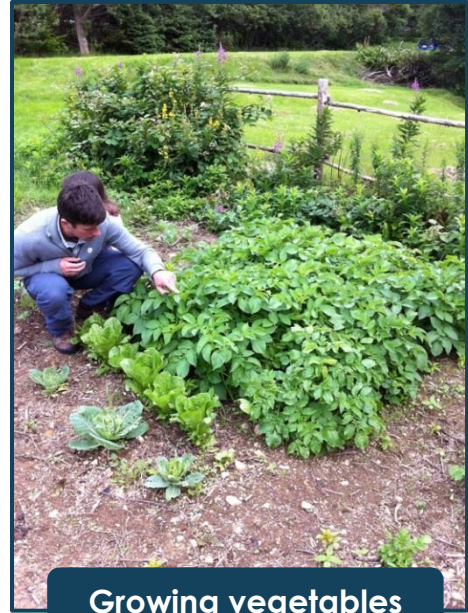
Note: Digging In

The information in this section can be shared through a traditional presentation, but participants may enjoy themselves more if creative techniques are used. Consider organizing games, discussions, small group interaction, demonstrations, or displays to convey the information. There are lots of lists in the workshop and rather than reading them, try to brainstorm ideas first with the group. If the required equipment is on-site, showing videos or photo slideshows can also be great. Links to several videos are in the **Resources** section (page 105).

It's up to you when in the agenda to put the activities. In our **Sample Agenda** (page 102) they are at the end but activities can be used:

- At the beginning to get people excited about the workshop and motivated to learn more
- Throughout the workshop for demonstration
- At the end of the workshop as a tool for pulling everything together
- In more than one place during the workshop; do several activities

During the **Conclusion** (page 98) participants can ask questions and the facilitator should refer back to any unaddressed information from the list created at the beginning of the workshop of what participants want to learn. During this time the evaluations should be filled in and participants will each be given a resources sheet to take home.



Growing vegetables

5.2. Workshop

Introduction

(10 minutes)

Step 1: Introduce yourself to participants. You may want to provide a bit of background on your experience with preparing local vegetables. Remember, you do not need to be an expert to host these workshops. If you are new to the topic, that is alright. Everyone will learn more together throughout the workshop.

Step 2: Introduce any local groups that are hosting the workshop:

- Give their names and briefly describe what they do
- Explain why they think it is important to promote food skills and why they chose the topic of preparing local vegetables

You can also take this opportunity to promote the group's upcoming events, contact information, volunteer opportunities, or other information that may be of interest to participants. Representatives of the group in attendance at the workshop may wish to do this introduction themselves.

Step 3: Read or put into your own words the following, to introduce participants to FSN and Root Cellars Rock:

Read to the Group

The materials for this workshop were created by The Food Security Network of Newfoundland and Labrador (FSN) through its Root Cellars Rock project. FSN is a provincial organization that promotes comprehensive, community-based solutions to increase access to healthy food for all. To learn more about FSN visit www.foodsecuritynews.com.

Today's workshop is one of eight that have been created based on the 4Ps of local food: planting, picking, preparing and preserving. These workshops aim to build food skills and create a space to share traditional food knowledge. To learn more about all eight workshops visit www.rootcellarsrock.ca.

Step 4: Pass the **FSN E-News Sign-up Sheet** (page 109) around for participants to sign-up. The FSN E-News is a monthly email packed with resources related to food security across Newfoundland and Labrador.

Step 5: Review the agenda for the workshop with participants. Either post it on the wall or hand out photocopies to the group. You can find a **Sample Agenda** (page 102) in the supplementary materials.

Step 6: Go over any logistics that will make the workshop experience comfortable for everyone, such as:

- washroom locations
- food and drink availability
- safety rules
- weather precautions, if outdoors
- breaks

Quick Tip

Let participants know if they can jump in at any time with questions and discussion items or if they should save those for a specific time during the agenda. Decide which option works for you based on your comfort with improvising while speaking publicly and redirecting focus back to the agenda items as needed.

Roots of Our Local Food

(10 minutes)

Step 1: Let participants know that you are going to share a short passage with them and then read the **Roots of our Local Food Quote** in the box on the following page (page 49).

Step 2: Going around the group, ask participants to share the following:

1. Their names
2. Did anything stand out to them from the passage?
3. What do they want to learn today about preparing local vegetables?

Step 3: As participants say what they want to learn, write those down on a piece of chart paper or on a white board for the group to see. At the end of the workshop the list can be revisited and any remaining questions unanswered can be addressed and further resources provided so that participants can continue to search out information.

Roots of Our Local Food Quote

This excerpt is from the book *For Maids Who Brew & Bake: Rare & Excellent Recipes from 17th Century Newfoundland* by Sheilah Roberts. It gives us an idea of what vegetables were commonly grown and prepared in the 1600's by newly arrived inhabitants to Newfoundland. The quote by Captain Wynne sounds like boasting, but perhaps his vegetables were that good.

"Kitchen gardens have always been a common sight in Newfoundland outports, their broad-leaved greens and climbing beans and peas neatly kept and fenced in to keep out wandering animals. Many of the men and women who came as settlers were skilled gardeners and grew a variety of produce in their small plots. No doubt they made good use of the plentiful supply of local fertilizer: fish offal and lime-rich sea-shells.

'We have also a plentifull Kitchin-Garden and so ranke (high-quality), that I have not seene the like in England...Our Beanes are exceeding good: our Pease shall goe without compare; for they are in some places as high as a man of an extraordinary stature; Raddish as big as mine arme; Lettice, Cale or Cabbedge, Turneps, Carrets and all the rest is of like goodnesse.'

- Captain Wynne, Governor of Ferryland, in a letter dated August 17, 1622)

Other vegetables likely grown here were broad beans, cauliflower, leeks, onions and parsnips- perfect for the making of 'sallets' or salad as we now know it." (p. 14)

Digging In

(45 minutes)

Present the information you have chosen to use from this section. This is the main content on preparing local vegetables. Share the information in your own words and in the style that you think is best suited for your group. You do not need to cover everything here; pick and choose based on what you think is most useful for the

participants of your particular workshop. Refer to the **Resources** section (page 105) for links to videos or photos that you could show along with your presentation and to gather more in-depth information on any aspect of the topic.

Be creative in how you present this information! Split the content up amongst several facilitators to avoid one person needing to speak for an extended length of time. Consider hosting learning activities like small group discussions, games, displays, or demonstrations as alternative ways to share knowledge. Use the lists in the workshops as starting off points for group discussion.



Fennel

Quick Tip

As a quick brainstorming activity, ask participants to name as many vegetables as they can that grow in Newfoundland and Labrador. Compare the participants' list with **Appendix K: Garden Crops in NL** (page 40). Did you miss any surprising ones or did the group come up with anything additional? What are people's reactions to the list? Print off a copy of **Appendix K** for all participants as a resource.

What are Local Vegetables?

In this workshop, local vegetables refer to ones grown in Newfoundland and Labrador or nearby parts of Atlantic Canada.

When we think of vegetables that grow well in this province, the stew bag favourites come to mind: carrots, turnip, cabbage, and potatoes. Many of us grew up eating these every weekend as part of family meals. Stew bags at grocery stores are often produced by NL farms.

Farmers in this province also grow a large list of other vegetables. Some of these are familiar, like lettuce and celery, while others might be new, like kohlrabi and Swiss chard. Knowing the variety of what's grown locally can offer all kinds of new cooking and eating experiences.

This workshop provides an introduction to food preparation techniques and information about local vegetables. The goal is to inspire people to enjoy more of this province's healthy, local produce. Ideally both beginner and experienced cooks will learn new things. Try to facilitate this workshop to be hands-on and interactive, so that all participants leave with new skills and knowledge that they are comfortable using after the workshop.

Why Local?

The following are 10 reasons eat local food:

1. **Local Food is Fresh Food**

The average meal travels thousands of kilometres to get to our plate. This means a lot of food spends much of its life in boxes on trucks. Food that is produced locally doesn't have to travel far and arrives at our table fresh.

2. **Fresh Food is Healthy Food**

Produce is at its peak nutritional value when it is ripe. When food travels a long way to arrive at the grocery store, it is often picked before it is ripe so that it won't go bad along the way. Eating local foods often means eating fresh foods that are more nutritious and are good for your health.

3. **Fresh, Healthy, Local Food is Tasty Food**

When you buy local, you're getting the freshest food possible. Vegetables at a farm stand or farmers' market are usually picked within 24 hours of your purchase. This means that the food is not only at its freshest and healthiest, but also at its tastiest. Local carrots are crunchier, strawberries are sweeter, lamb more succulent, and fish more flavourful.

4. **Local Food Improves Food Security**

In NL 90% of the vegetables we eat are shipped from outside the province. This means we are dependent on ships and trucks to bring us food, which puts our food supply at risk. If roads are washed out or seas are rough, we could run low on food. The more food we buy locally, the more money local farmers will have to grow more food, lowering the risk of our food supply being upset by something we cannot control.

Discussion

Ask participants one or more of these questions and have a group discussion:

- Is eating local food important to you? Why or why not?
- What are some reasons to eat local food? (See **Why Local?** – page 51)
- Where and how do you buy local food?

5. **Local Food Reduces Global Warming**

Shipping food by truck uses a lot of fuel, which produces greenhouse gas emissions. This contributes to global warming and climate change. Local food doesn't travel as far and thus doesn't require as much fuel to arrive at our table.



6. **Local Food is Good for the Environment**

Food that travels a long way to get to our tables usually comes from large industrial farms that often use pesticides and chemical fertilizers. This can end up in our rivers, lakes, and air, polluting the environment. Local food is often produced on a smaller scale, with more sustainable practices. When you buy local food you know where it came from, you can learn how it was grown, and you can support the farm practices you believe in.

7. **Local Food Preserves Local Farm Land**

Supporting local farms means supporting farm land in your region. Farm land everywhere is under pressure from growing communities nearby. Increased demand and support for local foods will help to ensure that local farm land is preserved and continues to be used.

8. **Local Food Supports Family Farms & Fishers**

Farming and fishing are tough businesses to make a living in. When food has to travel a long way it passes between a lot of hands between the producer and our tables, each of them getting a part of the profit. By buying local, we shorten that chain and ensure that farmers and fishers earn a decent living to support their families and keep producing food.

9. **Local Food Builds Community**

When we buy local food directly at farmers' markets and roadside stands, or from small grocery or speciality stores that sell local products, we get to know the people who provide our food, and we become part of a community of people helping one another.

10. **Local Food Supports the Local Economy**

By buying local food directly from farmers, stores, and restaurants, our money stays in our community and helps create jobs locally.

Where to Get Local Vegetables

Local vegetables are available from a variety of places, although it sometimes involves a bit of practice and curiosity to find them. Before going out shopping find out what local vegetables are likely to be in season and make menu plans and shopping lists based around them. Use **Appendix K: Garden Crops in NL** (page 40) as a resource to know what is in season.

You can get local vegetables from:

- **Your local farmer:** Look for local vegetables at farm stores, farmers' markets, roadside stands and through community supported agriculture programs (CSAs). If your local farmer is not growing the vegetables you like to use, talk to them about it. Make a list of places that you can buy directly from farmers and visit those places as part of your shopping routine. For information on how to find local farmers visit the Root Cellars Rock local links page: <http://rootcellarsrock.ca/local-links/>. To find farmers' markets across the province, use the Food Security Initiative Inventory: www.foodsecuritynews.com/resources
- **Your own garden:** Try growing a few vegetables in your backyard garden or grow sprouts and salad greens indoors. Even a tiny bit of space on your porch could house several containers of thriving vegetables. Using food that you have grown and harvested yourself to prepare healthy meals is a wonderful experience. For more information on growing food in containers, refer to the **Container Gardening Workshop**. Search the Root Cellars Rock blog for lots of gardening tips (<http://rootcellarsrock.ca/>).
- **A community garden:** Community gardens are green spaces where people gather together to garden and learn new skills. Join a community garden to grow vegetables and at the same time meet new people and gain knowledge. To find an existing community garden near you, check the Food Security Initiative Inventory: www.foodsecuritynews.com/resources. To start a new community garden in your area, use the Best Practices Toolkit: www.foodsecuritynews.com/best-practices-toolkits.html
- **Grocery stores:** Many grocery stores stock local vegetables in season. You may be able to find local cabbage, carrots, potatoes, turnips, turnip greens, beets, onions, lettuce or herbs that are locally grown. If there are no locally grown vegetables available at your grocery store, ask the

Quick Tip

For tips to help you find and use local vegetables when they are in season refer to the FSN Fact Sheet **10 Ways to Eat Local Food** (page 106). Print copies off for participants if possible

produce department to stock them. Grocery stores try to cater to customer demand, so show them that local food is important in your community.

- **Farmers' market vendors:** Many vendors use local vegetables to make secondary products to sell at farmers' markets. Those vendors have already done the work of turning local vegetables into something delicious for you. Look for pickles, preserves, dips, baked goods, soups and prepared meals made with local vegetables.



Find local vegetables at a farmers' market

Plan Ahead for Eating Local

At the last minute when you are hungry and local food doesn't seem readily available, it is very easy to fall back on imported or convenience foods. If you have committed to eating more locally and in season, then create strategies to take out that element of uncertainty. Get friends involved to support you: host cooking days at each other's houses or go to farms together to make bulk purchases and share transportation. Create meal plans, shopping lists, budgets and recipes in advance so that preparing local meals becomes easier. Stock up on local vegetables in bulk when they are in season and prepare them into quick foods that are frozen or canned for easy meals later. Search out recipes that are simple and that you really enjoy eating and keep them in the kitchen. Stock your pantry with the staple dry goods and seasonings that you are likely to need when preparing meals with local vegetables.

Note: Root Cellars Rock Recipes

The Root Cellars Rock blog (<http://rootcellarsrock.ca/>) has hundreds of recipes that showcase vegetables that grow in Newfoundland and Labrador. There are eleven recipe pages on the blog, divided up by headings like Breakfast and Salads. From beginner to gourmet, there are recipes to suit all skill levels. Use the recipes on Root Cellars Rock as a resource for eating in season. Post your recipe suggestions on the Facebook page (www.facebook.com/rootcellarsrock) or send an email to info@rootcellarsrock.ca to add them to the blog's library.

At your workshop, consider showing participants the recipe pages on the blog if you have a computer and access to internet. Go through some of the recipe titles and talk about them- are there any that sound especially good and participants would like to try making?

Vegetable Anatomy 101

The wide variety of foods that we refer to as vegetables includes several different parts of plants. Sometimes we group them together according to what part of the plant they come from, like saying 'root vegetables' or 'leafy greens'.

The following list puts some common vegetables into categories according to what part of a plant they are. It is adapted from the *Handbook of Food*



Spring onions

Preparation (p.130). Understanding what part of the plant a vegetable is from can help you better understand how to grow, cook, and store it. Keep in mind that many vegetables have several parts that are edible and could fit in more than one category. For example, we commonly eat the broccoli 'flowers' but their stems are just as edible.

Bulbs: onion (all varieties), garlic, leek, shallot

Flowers and fruits: artichoke, broccoli, cauliflower, cucumber, eggplant, fennel, pepper (bell, hot), pumpkin, summer squash, sweet corn, tomato, winter squash, zucchini

Leaves and stems: asparagus, Brussels sprout, cabbage, celery, Chinese cabbage, chive, greens, kale, lettuce, parsley and other herbs, spinach, seaweed, Swiss chard, watercress

Legumes (mature seeds, often dried): black bean, broad bean, chickpea, dahl, lentil, lima bean, navy or white bean, pea, peanut, pigeon pea, soybean, kidney bean

Roots and tubers: beet, carrot, celeriac, daikon, Jerusalem artichoke, kohlrabi, parsnip, potato, radish, rutabaga, sweet potato, turnip

Sprouts: alfalfa, broccoli, radish, sunflower, lentil, pea, clover, mung bean, fenugreek, cress

Quick Tip

To prepare a meal faster and to add fibre to your diet, try cooking root vegetables with their skins on. Scrub the skins clean with running water and a brush before carrying on with your recipe.

Note: Vegetables that are Fruits

You may have heard that tomatoes are a fruit, not a vegetable. This depends on the definitions you are using for fruits and vegetables. In botany (the study of plants), a fruit is the part of the plant that develops from a flower and contains the plant's seeds. By that definition tomatoes, peppers, and squash, among other foods we think of as vegetables, are actually fruits.

However, in culinary (food preparation) terms, the definition of a vegetable can be vague and debatable. Some say vegetables are the edible parts of plants, excluding any seeds and sweet fruit. But other sources include legumes (seeds) as vegetables and even mushrooms, which aren't plants at all, but fungi.

This quote says it all: *"Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in your fruit salad."* If it makes sense to use something in a recipe, then go for it! Vegetables can go in sweet dishes and fruits can go in savoury ones.

Preparation Tips

The following are some helpful tips to help make your vegetable preparation experiences more successful.

Getting Ready

'Mise en place' is a term used in restaurants and it means getting everything you will need for a recipe set up before you start preparing food. On a clean table or counter space, gather everything that the recipe calls for including all ingredients and tools; that way you will know if anything is missing in advance and can follow the recommended timing in recipes more easily with everything on hand.



Sharing a meal

Tools

It isn't necessary to stock your kitchen with a million different kitchen gadgets, but it does make a big difference having a few essentials on hand. Choose recipes that call for the tools that you have. Certainly you can improvise, like using a whisk instead of an electric mixer, but expect that the timing and results may vary from the original recipe. When using a new cookbook, check the first chapters to see if there is a recommended supplies list and don't use the recipes if they would require a lot of new equipment.

Look for kitchen tools made with high quality materials. Products with lifetime guarantees are worthwhile. However, there is no need to buy everything new. Save money by searching out good tools second hand at thrift shops and garage sales. Ask people if they have extras; many cooks have double and triplicate of common tools that they would be happy to clear out.

Over time, consider stocking your kitchen with these tools as a good foundation for most recipes:

- set of knives and sharpening tool or stone
- 1 cup measuring cup
- teaspoon measure
- tablespoon measure
- cutting boards- ideally two, to keep meat separate from non-meat ingredients
- grater with several sizes of holes

Activity

As a group, brainstorm a list of the most useful kitchen tools to have when preparing vegetables.

- set of stainless steel bowls in a few sizes
- baking sheet
- saucepan with tight fitting lid
- large pot with tight fitting lid
- frying pan
- deep wok or skillet
- high-edged baking dishes or bread pans in a few sizes
- cutlery
- serving dishes
- mixing spoon
- ladle
- slotted spatula
- whisk
- colander (strainer)
- salad spinner
- steaming basket
- food thermometer, if cooking fish or meat
- vegetable peeler
- sharp scissors
- a few glass jars with lids
- plastic food storage containers
- tinfoil
- plastic wrap
- parchment paper
- blender

Read manufacturer's instructions for the best ways to take care of tools. Keep them out of the dishwasher or microwave if that is advised. Look for handy ways to maintain tools, like learning to sharpen knives and scissors or clean tarnish off metal. Think of kitchen tools as being a lifetime investment, because if you care for them properly, good tools can last that long.

Seasoning

Creative seasoning is a great way to add variety to meals without changing the primary ingredients too much. When seasoning vegetables, remember the Canada Food Guide recommendation to prepare foods with little or no added fat, sugar or salt. Instead look for healthy seasoning options like herbs and salt-free spices. Try making your own healthy seasoning mixes and sauces at home so you know exactly what is going on your food.

Look for recipes that use ingredients and techniques that you are familiar with but have seasoning combinations that you haven't tried before. For example, many Caribbean dishes call for similar ingredients to Newfoundland cuisine, because of the long history of trade between the regions, but offer different seasoning experiences.

Tip: Conversions

This website is a useful tool to convert ingredient measurements for recipes:

www.dianasdesserts.com/index.cfm/fuseaction/tools.measures/Measurements.cfm

Many cookbooks also have conversion charts in their front or back sections.

Experiment with fresh herbs and try growing your own and drying them to use year-round. The **Using Culinary Herbs Workshop** is a resource to get you started. Try making pesto and using that to marinate vegetables and meat or as a sauce for whole grains.

To keep things interesting, pick out a new spice to try every few months. Go online and search for recipes using that spice and the vegetables you have on hand. Bookmark recipes that you enjoyed and add them to a list of meal options. The same vegetables can be served in many different ways!

Substitutions

Eating locally and in season can mean getting creative with what's available and being flexible. Whenever possible try to use locally produced vegetables rather than imported ones. Try some of these common substitutions to use what is available locally in your favourite recipes.

Instead of...	Try
Canned pumpkin	Pureed local winter squash like pumpkin, butternut, buttercup, acorn and other varieties
Spaghetti noodles	Spaghetti squash, zucchini shaved into ribbons
Imported berries	Local blueberries, strawberries, partridgeberries, cranberries, squashberries, bakeapples, crowberries
Soft cheese	Pureed root vegetables or winter squash
Imported bagged spinach	Local spinach, kale, Swiss chard, turnip greens, beet greens, kohlrabi greens
Imported Cabbage	Locally grown green cabbage, red cabbage, bok choy, Other Asian cabbages, Brussels sprouts
Packaged baby carrots	Local carrots, parsnips, beets, turnip, and kohlrabi chopped into sticks
Imported lettuce	Locally grown mixed greens, romaine, spinach, spicy greens, wild greens, green and red leaf lettuce, iceberg lettuce
Water chestnuts	Radish
Sugar	Local honey

Instead of...	Try
Eggplant	Zucchini and other summer squash
Imported dried herbs	Fresh herbs from local farmers or grow your own
Imported bean sprouts	A variety of sprouts from local producers or grow your own
Imported condiments	Locally made pickled vegetables, chutneys, dips, pesto, preserves, jams, jellies, sauces

Do you have any other tips for making substitutions using local ingredients? Share them on the Root Cellars Rock Facebook page: www.facebook.com/rootcellarsrock

Tip: Demonstrations

All of the techniques in the section **Preparation Methods** (page 60) can be turned into fun and informative hands-on activities for participants. Demonstrate a technique using local vegetables, or show one of the videos included below. Allow participants to try out the technique themselves and taste the results. Prepare all the tools and ingredients you will need in advance. If not enough tools are available in the kitchen, ask participants to bring in their own. Refer to **Appendix H: Food Safety** (page 35) as a resource. Find additional recipes on the Root Cellars Rock blog (<http://rootcellarsrock.ca/>) or in your favourite healthy cookbook and use local ingredients where possible.

Preparation Methods

This section describes 7 basic vegetable preparation methods that will help you add more local vegetables into your diet. Techniques outlined are:

1. Preparing Salads
2. Making Green Smoothies
3. Roasting
4. BBQ & Grilling
5. Stir-frying
6. Steaming
7. Blanching

1: Preparing Salads

Video: How to make spiced salad
www.guardian.co.uk/lifeandstyle/video/2011/sep/12/how-to-make-spiced-salad-video (Note: omit the chillies if you prefer a less spiced salad or they are unavailable locally.)

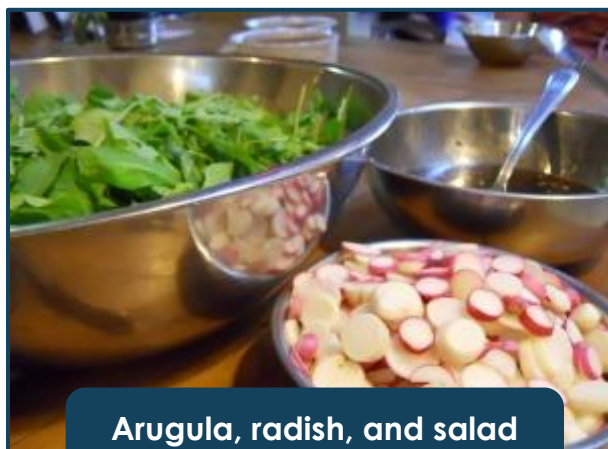
Video: How to make salad dressing
<http://youtu.be/8P9cyNv8F1g>

Gone are the days when salad meant a plate of lettuce drowning in dressing.

Salads are one of the most exciting new culinary frontiers to experiment with. They are certainly good as side dishes, but also consider trying a salad as a main dish. Root Cellars Rock has a whole recipe page full of delicious salad recipes, which is a good place to look for inspiration: <http://rootcellarsrock.ca/>

Mix things up when you make a salad. Try these tips:

- Use what's in season. In spring make fresh, light appetizer salads from early greens and in fall heartier meal salads with root vegetables.
- Include additional ingredients, such as fruit, beans, nuts, seeds, herbs, eggs, whole grains, cheese, or meat, to make salads more interesting.
- Vary how you prepare the vegetables. A slaw is made with shredded or grated pieces, a chopped salad with diced pieces and a leafy salad with torn up or whole leaves. You can even make salads with all whole vegetables if they are small like snow peas or cherry tomatoes.
- Experiment with dressings and try making your own. Use the **Using Culinary Herbs Workshop** and recipes on Root Cellars Rock (<http://rootcellarsrock.ca/>) as resources.
- Make salads look beautiful! Play around with different colours and textures to create salads that are edible art.



Arugula, radish, and salad dressing

Tip: Rip, Don't Cut, Greens

“Rip washed and dried greens by hand into manageable pieces, discarding any thick ribs. Using your hands (*instead of a knife*) prevents the leaves from bruising and keeps them fresh and beautiful” (Fine Cooking, 2010, p. 82).

To Prepare Salads

Step 1 – Prep ingredients: Thoroughly wash fruits and vegetables and cut them into desired sizes. Be sure to dry salad greens thoroughly using a colander, salad spinner, or towels. Cook any whole grains, beans, or meat as required. Assemble all other ingredients. Make a dressing.

Step 2 – Assemble the main ingredients: Using a large bowl, pour a small amount of dressing into the bottom. This allows you to see exactly how much is being used so you don't overdress the salad. Add the main ingredients into the bowl and toss them with salad tongs or your hands until all ingredients have a light coat of dressing.

Step 3 – Plate and garnish: Transfer the salad to serving dishes or leave in the same bowl. Garnish

the salad with ingredients that are very flavourful (e.g. herbs, cheese, meat) and look particularly attractive (e.g. sprouts, dried fruit, seeds, nuts).

2: Making Green Smoothies

Video: How to make a green smoothie
<http://youtu.be/yuojXXDJqZ0>

Green smoothies are a quick, easy, and tasty way to get more leafy green vegetables in your diet. Homemade green smoothies usually contain 1-2 Canada Food Guide servings of vegetables and 1-2 servings of fruit per glass. They're a great way to take advantage of local vegetables and fruits when they are fresh and in season. Go berry picking and use the berries fresh or freeze them for later. Buy locally grown vegetables from farmers or grow your own greens and sprouts to add to smoothies.

The basic green smoothie recipe is a combination of leafy green vegetables, fruit (sometimes frozen) and water (sometimes ice cubes), but there are many other things that you can add – the options are endless! Some of the other things that can be added include:

- Other mild tasting vegetables like celery and cucumber,
- Seeds and nuts (ground up), herbs, spices,



Green smoothie

- Yogurt or frozen yogurt,
- Juice, dairy or non-dairy milks (soy, almond, rice, etc.), or
- Liquid sweeteners (honey, maple syrup, agave nectar, etc.).

When you first try making green smoothies use tender, mild tasting greens like lettuce, spinach, sprouts, microgreens, or salad mixes. After you get used to the taste of green smoothies, then try experimenting with more flavourful, hardy greens like kale, Swiss chard, beet and dandelion greens.



Choose soft fruits such as fresh or frozen berries, bananas, pears, plums, peaches, apricots, mangoes and nectarines. Soft fruits are what will give the smoothie its creamy, smooth consistency and sweetness. Chop up over-ripe fresh fruit and freeze it for smoothies. Freeze local greens and berries when they are in season and use them year-round in smoothies. Use this blog post from Root Cellars Rock as a resource for freezing fruits and vegetables:

<http://rootcellarsrock.ca/2011/10/ice-ice-veggies/>

Green smoothies can be made in advance and stored in the fridge for 2-3 days before drinking. The ingredients will likely separate so give the smoothie a quick blend or shake it up in a jar before serving. Try pouring green smoothies into popsicle containers and freezing them to make a healthy frozen treat.

To Make Green Smoothies

Step 1 – Add leafy greens: Put 1-2 handfuls of leafy greens into a blender. Start with a small amount when you first make green smoothies and slowly add more.

Step 2 – Add fruit: Add 1-2 handfuls of fruit into the blender, either whole or cut up depending on its size. Use frozen fruit to make a colder, thicker smoothie.

Step 3 – Add water: Pour cold water into the blender until it just covers the greens and fruit. For a thicker, colder smoothie use half water and half ice.

Step 4 – Add other ingredients (optional): Put in other ingredients in small quantities. Adjust water as needed to maintain consistency.

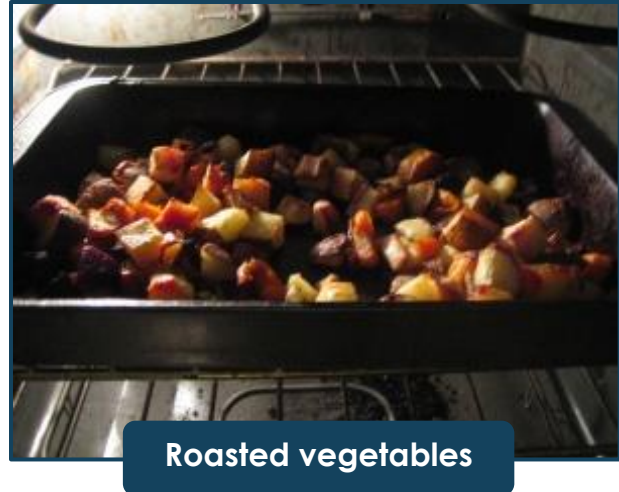
Step 5 – Blend it up: Blend and then check the consistency, adjust the amount of water or other ingredients as needed, and re-blend. You'll have the best luck with a good blender that can really liquefy everything, leaving no large pieces.

Step 6 – Pour and garnish: Pour the green smoothie into a tall glass and garnish it with fruit so it looks great or take it on the go with a reusable mug or mason jar.

3: Roasting

Video: How to Roast Vegetables
http://youtu.be/7zQ2U_6hYI8

Roasting vegetables brings out their rich, deep flavours and creates delicious textures, like root vegetables that are crispy on the outside and soft inside. Roasting is a healthier alternative to frying foods in oil, butter or fat and can be substituted as a method in many recipes.



Different vegetables have different roasting times. When roasting multiple types, follow one of these methods to ensure they are all cooked properly:

1. Roast each kind of vegetable separately and then mix them together before serving.
2. Cook multiple kinds of vegetable together starting with the ones that have longer roasting times and add the shorter-roasting ones later on.
3. Roast several vegetables together but choose combinations with similar cooking times so they will all be done at once. For example, butternut squash and fennel have similar roasting times to each other, as do green beans and asparagus.

The following are tips for successfully roasting vegetables:

- Use a hot oven to get vegetables that are crispy on the outside and cooked through.
- Cut pieces to be about the same size so that they cook in the same amount of time.
- Put a layer of parchment paper on the pan before roasting so that the vegetables don't stick.
- "If the vegetable pieces cover the pan sparsely, arrange them more toward the edges of the pan. Pieces near the edge brown better" (*The Best of Fine Cooking: Roasting*, 2009).

Note: New Potatoes

New potatoes (creamers, fingerlings) are actually young, immature potatoes that have been harvested early. They have less starch than mature potatoes and are usually a small size that works well for roasting or boiling whole. Their skins are thinner than mature potatoes and don't necessarily need to be peeled; instead just scrub them clean before preparation.



Marinating vegetables

To Roast Vegetables

Step 1 – Prep the oven: Place the oven rack in the middle. Preheat the oven according to the chart below.

Step 2 – Prep the vegetables: In a large bowl pour about 1-3 tablespoons of olive oil (or similar) into the bottom. This method allows you to know exactly how much oil you are using rather than drizzling oil on top and possibly using too much. Put the vegetable pieces into the bowl and toss them with the oil

to lightly coat them. Season the vegetables with any herbs or spices you prefer.

Step 3 – Roast the vegetables: Spread the vegetables out in a single layer on a cookie sheet or other pan that has an edge on the side to keep juices in, but isn't too deep, so that the vegetables can still crisp up. Allow the vegetables to roast for the required amount of time, flipping them as needed.

Tip: Variety

“Variety...is a key element in good nutrition. Vegetables add variety to our meals with their colours, flavours and textures. We can add to this variety in a number of ways:

- Change the shape/form of the vegetable as in slicing, dicing, grating, etc.
- Use different methods of preparation/cooking
- Serve a vegetable with or in a sauce
- Combine two or more vegetables for a new taste

Vegetables are most flavourful and nutritious with minimum preparation. For this reason they are the ultimate convenience food. Most can be eaten with just a rinsing off or a little scrubbing under running water. When cooking, use only a minimum of water (if any) and don't overcook!” (Storey Books, 2004)

The following chart is adapted from *The Best of Fine Cooking: Roasting* (p.78-79). Rinse or scrub all vegetables before roasting. Peel them as desired. Preheat the oven fully before putting vegetables in.

Vegetable	Servings/lb	Preparation	Roasting Instructions
Asparagus	3-4	Snap off tough bottom ends	Roast at 475°F for 5 min, flip, roast until tender and a bit shriveled 5-8 min
Beets	4	Peel and cut into 1 inch wedges	Roast at 475°F for 15 min, flip, roast until tender 10-15 min
Broccoli	2-3	Cut stem into 1/4 inch discs. Split the florets to 1-2 inches wide.	Roast at 475°F for 8-10 min until floret tops begin to brown. Stir and roast until tender 3-6 min
Brussels sprouts	3-4	Trim stems off. Cut in half lengthwise.	Put on pan cut side down. Roast at 475°F for 15 min until tender and browned. No need to flip.
Carrots	3-4	Cut into like-sized pieces or strips	Roast at 475°F for 12-15 min until bottoms lightly brown, flip, roast until tender and slightly shriveled 3-5 min
Cauliflower	3-4	Split florets to 1-2 inches wide.	Roast at 475°F, stirring every 10 min, until tender and lightly browned, 20-25 min total
Celery root	2 servings per root	Trim and peel. Cut into 1 inch pieces.	Roast at 425°F for 30 min, flip, lower heat to 375°F and roast for an additional 30 min.
Fennel	3-4	Quarter lengthwise then cut into 1 inch wedges	Roast at 475°F for 15 min until pieces begin to brown on the edges, flip, roast until tender and browned 10 min

Vegetable	Servings/lb	Preparation	Roasting Instructions
Garlic	2 servings per bulb	Peel off outer layers of bulb, leaving skins of cloves intact. Cut off 1/4 inch from top of cloves to expose them inside skins. Drizzle olive oil lightly onto clove tops. Cover with tinfoil in a muffin tin.	Roast at 400°F until soft 30-35 min
Green beans	4	Trim stems	Roast at 475°F for 15 min until tender, a bit shriveled, and slightly browned. No need to flip.
Kohlrabi bulb	1 serving per bulb	Cut in half crosswise. Cut into 1/4 inch thick wedges.	Roast 450°F 15-20 min until browned, flipping occasionally
Mushrooms	3-4	Trim stems off if desired. Or cut in half lengthwise.	Roast at 475°F for 20-25 min with trimmed or cut side down, flip, and roast until browned on top 5-10 min.
Onions	2 servings per medium sized onion	Peel off papery outer layers. Cut in half crosswise. Cut into wedges if desired.	Roast at 425°F cut side down 25-30 min until browned and tender
Parsnips	2-3	Cut in half crosswise. Cut thicker pieces in half lengthwise. Cut all crosswise into 2 inch lengths.	Roast at 475°F for 10 min until browned on bottom, flip, roast until tender 5 min

Vegetable	Servings/lb	Preparation	Roasting Instructions
Potatoes	2-3	Cut into 1 inch pieces	Roast at 475°F for 10-15 min until browned on bottom, flip, roast until tender 5 min
Rutabaga	3-4	Cut into 1/2 to 3/4 inch pieces	Roast at 475°F for 13-15 min until browned on bottom, flip, roast until tender 5 min
Tomatoes		Cut in half and remove seeds and pulp for larger tomatoes. Leave cherry tomatoes whole with seeds.	Roast cut side up at 400°F 25-45 min depending on size, until browned and slightly shriveled.
Turnips	3-4	Cut into 3/4 to 1 inch pieces	Roast at 475°F for 10-15 min until browned on bottom, flip, roast until tender 5 minutes
Winter squash-pieces (E.g. butternut, buttercup, acorn, pumpkin, etc.)	4	Peel and cut into 3/4 to 1 inch pieces.	Roast at 475°F for 15 min until browned on bottom, flip and roast until tender 5-10 min
Winter squash-halves		Cut squash in half lengthwise. Scoop out all the seeds and pulp.	Roast cut side down at 350°F with 1/4 cup water poured into the pan. Squash is done when tender, skin slightly browned, and a fork can be inserted into flesh easily.
Summer squash (zucchini, white and yellow summer squash)	4-6	Trim top and bottom off. Quarter lengthwise and cut into 2 inch long wedges	Roast at 450°F skin side down 5-10 min until browned

4: BBQ & Grilling

Video: How to Grill Vegetables <http://youtu.be/ktJZdZ8SVJ8>

“Many vegetables, including eggplant, zucchini, squash, tomatoes, asparagus and potatoes, can be prepared on the backyard grill, and barbecued vegetables are delicious. Use one type of vegetable or a mixture. When creating a mixture, choose vegetables that have the same cooking time (for example, eggplant, zucchini, peppers and mushrooms or potatoes, squash and carrots). Cook tender vegetables such as asparagus on their own, as they need very little time on the grill” (Chuey et. al, 2007, p. 255).

To Grill Vegetables

Step 1 – Prep the grill: Scrape the grill clean. Consider wiping the grill bars down with a bit of cooking oil so vegetables don't stick if they are being cooked directly on the grill.

Step 2 – Heat the grill: Pre-heat the grill to medium for propane grills and until a layer of ash develops for charcoal grills.

Step 3 – Prep the vegetables: There are a number of ways to prepare vegetables for grilling:

- “To grill vegetables, cut them as desired, then lightly coat with olive oil and sprinkle with your favourite herbs and spices. If your vegetables are in small pieces, use a vegetable basket designed for grilling to prevent them from dropping through the grates. After cooking, add a splash of balsamic vinegar for a delicious finish” (Westmoreland, 2010).
- Put vegetables onto skewers and marinate them with your favourite seasoning or sauce. Soak wooden skewers in water before putting vegetables on to keep the skewers from blackening on the grill.
- Wrap large pieces or whole vegetables in tinfoil. Give them a minute directly on the grill before serving to add grill marks. Try whole corn on the cob, red onions and potatoes, or large pieces of zucchini, eggplant, and peppers.

Step 4 – Grill the vegetables: Cook vegetables lightly all the way through, to make the outside a bit crispy and the inside either soft or still crunchy depending on the vegetable.

Quick Tip

“Remove zucchini and asparagus when they're crisp-tender, they'll continue to cook after they come off the grill. Bell peppers and eggplant, however, should be grilled until soft all the way through” (Fine Cooking, 2010).

To shorten cooking time for tougher vegetables (carrots, potatoes, beets) and ensure that they don't burn on the outside before they cook through, either:

1. slice them into thin pieces and cook them in tinfoil or a grill basket; or
2. cook them most of the way done using another technique (e.g. boiling, roasting) and then finish them off on the grill to crisp up.

When grilling vegetables, expect that they might give off some warm steam as water evaporates out of them. They may also become soft and require tongs or a spatula to pick up. Vegetables cook at different temperatures and times compared to meat, so plan out preparation of a whole meal accordingly.

5: Stir-frying

Video: How to Stir-Fry

<http://youtu.be/GiQJErhDpZE>

Stir-frying cooks vegetables enough that any sharp or bitter flavours mellow out but the vegetables still stay crisp and brightly coloured. It is a good way to lock in flavour without losing nutritional value or texture resulting from over-cooking. "This is a quick-cooking method, ideal for mixed, tender vegetables" (Storey Books, 2004).



Chopped cabbage

Try using greens, peppers, onions, spring onions, broccoli, snow peas, green beans, cauliflower, bean sprouts, carrots, summer squash or zucchini. Do not overfill the wok with vegetables when stir-frying. Only add them in a single layer so that all the vegetables are in contact with the bottom of the pan. Piling them up will cause them to steam rather than fry. If you need to prepare a large quantity of vegetables, choose a larger wok or stir-fry several batches.

Step 1 – Prep ingredients: This takes longer than the actual stir-frying. All vegetables should be prepped before any go into the wok because cooking time is so fast. Slice up vegetables to all be about the same size so they cook at the same rate. Slice stir-fry vegetables on an angle; that creates a larger surface area and makes the pieces thinner so that they cook faster. Prepare any seasonings that will be needed such as sauces, spices, herbs, nuts, or fresh garnish. If you purchase ready-made sauces, look for ones that are low in sodium. Homemade sauces can be made quickly and easily and then stored in the refrigerator so that they are available for several meals.

Step 2 – Heat oil: Set heat to high and pour oil into a wok or large skillet (avoid using non-stick cookware as the vegetables may not stir-fry properly). Use 2 teaspoons of oil for every pound of vegetables. Peanut oil and canola oil are

both commonly used but any oil that can withstand high heat without smoking is an option. Lift the wok and rotate it so that the oil coats the whole inside evenly. Let the oil become very hot, so that the first ingredients will sizzle immediately when dropped in. To test if the oil is ready, try sprinkling a few drops of water in and see if they sizzle within a second.

Step 3 – Cook vegetables: Add vegetables to the wok. Add the ones that take longer to cook first (onions, root vegetables) and then the more tender ones after a few minutes. Stir the vegetables frequently using a spatula or wooden spoon. This allows the oil to coat all the vegetables evenly and every side of them is exposed to heat. Add any sauces or seasonings. Stir-fry everything for 3-5 minutes total, depending on the tenderness of the vegetables. The stir-fry is ready when vegetables are brightly coloured and cooked but still crunchy. To help flavours really soak in, consider adding sauces and covering the wok for 2-3 minutes before serving.

Stir-fried greens are a great side dish or addition to a meal. To stir-fry greens “discard discoloured leaves and trim thick stem ends; slice or tear leaves, if necessary” (Westmoreland, 2010). Some greens should be blanched before stir-frying to lessen their bitterness (see the chart below and the section **Blanch**, page 74, as resources). With many greens the stems can be stir-fried as well. Slice them into thin sticks and blanch them along with leaves.

Tip: Eat the rainbow

Canada's food guide recommends that everyone eat at least one dark green vegetable and one orange vegetable a day. Other colourful vegetables that are red, yellow and purple also have important nutritional value. Keep the rainbow in mind when planning meals and try to eat vegetables with a variety of colours. This makes sense for your health but also creates a more visually appealing presentation on your plate.

When sourcing local vegetables, look for:

- Dark leafy greens like kale, spinach and Swiss chard
- Gorgeous purple broccoli and red onions
- Bright orange winter squash and carrots
- Sunny yellow zucchini and beans
- Deep red beets and tomatoes

The following chart is adapted from the *Good Housekeeping Cookbook* (p. 410) and provides preparation instructions for stir-frying different types of greens:

Type of Greens (1 lb/ 453g)	Preparation	Blanch (6 quarts/5 ½ litres)	Stir-fry
Beet greens	Wash.	No	5 minutes
Bok choy (pak choi)	Wash and thinly slice stems. Cut leaves into 1 inch wide slices.	No	5 minutes
Broccoli rabe (rapini)	Wash; trim stems.	5 minutes	5 minutes
Collard greens	Wash. Compost stems; cut leaves into 1 inch pieces.	3 minutes	5 minutes
Dandelion greens	Wash.	3 minutes	5 minutes
Escarole (broad-leaf endive)	Wash; tear leaves.	No	5 minutes
Kale	Wash; compost stems and centre ribs. Cut leaves into 1 inch wide pieces.	5 minutes	5 minutes
Mustard greens	Wash.	5 minutes	5 minutes
Napa or Chinese cabbage, celery cabbage	Wash and thinly slice.	No	3 minutes
Spinach	Wash thoroughly.	No	3 minutes
Swiss chard	Wash and thinly slice stems. Cut leaves into 1 inch wide slices.	No	3 minutes

6: Steaming

Video: How to Steam Vegetables
<http://youtu.be/Vmqfl3mxfK0>

“This is an easy, practical, and economical way to cook vegetables. No other method preserves the flavour, colour, and texture of fresh or frozen vegetables quite so well” (Storey Books, 2004).

If you plan to steam several types of vegetables together, either:

1. combine vegetables with like cooking times, like carrots and parsnips or broccoli and cauliflower; or
2. stagger when the vegetables go into the steamer, putting tougher ones in first and adding tender ones later.



Chinese cabbage

To Steam Vegetables

Step 1 – Prep the vegetables: Cut up vegetables to be all the same size so that they cook at the same rate. Some vegetables, like green beans and spinach, can be steamed whole.

Step 2 – Prep the pot or steamer: If you own an electric steamer, follow the operation instructions that came with it. If not, “you can suspend a (*metal*) colander over boiling water in a saucepan, or buy an inexpensive collapsible steamer basket” (2004) or a woven bamboo steamer basket to put inside a saucepan. Put about 1 inch of water in the bottom of a saucepan. Cover the saucepan with a tightfitting lid. Bring the water to a boil.

Step 3 – Steam the vegetables: Remove the saucepan's lid and then put vegetables into the steamer basket in the saucepan. Put the lid back on the saucepan. Reduce the heat so the water will simmer but won't all boil off.

The vegetables are finished steaming when they are brightly coloured and have the texture you prefer; it usually only takes a few minutes depending on the tenderness of the vegetables to begin with. Try not to overcook them or they will become mushy.

Serve steamed vegetables as soon as possible so they don't get soft. It's a good idea to prepare steamed vegetables as the last step before serving a meal.

Note: Drying/Dehydrating Vegetables

A useful way to preserve vegetables is to dry or dehydrate them. Even vegetables with high water content, like greens and tomatoes, can still be dried. Most vegetables should be blanched before they are dried.

Dried vegetables can be:

- Eaten as a snack (e.g. kale chips)
- Used in small quantities to add flavour (e.g. sundried tomatoes)
- Added to soups, sauces and dips either dried or rehydrated
- Rehydrated to use in regular recipes

Dried vegetables are usually rehydrated through a process of soaking and/or simmering them in water.

For more information on preparing, storing and using dried vegetables refer to this fact sheet:

www.ext.colostate.edu/pubs/foodnut/09308.html

7: Blanching

Video: How to Blanch Green Beans <http://youtu.be/AYHPPa2H8yM>

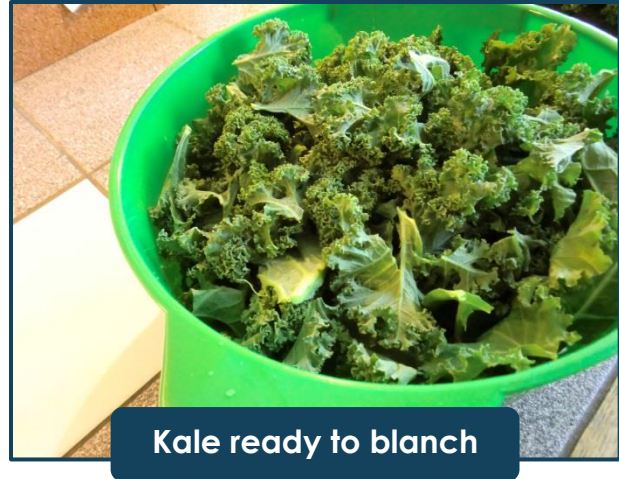
Video: How to Blanch Kale <http://youtu.be/KdvXNiHFYVs>

Blanching is a technique used to prepare vegetables for freezing and also to lessen their bitterness before continuing to cook them using another method. For blanching times of green leafy vegetables prior to stir-frying, refer to the **Stir-frying** section (page 70).

Blanching involves quickly boiling or steaming vegetables until they are lightly cooked and then immediately submerging them in a bowl of cold water and ice cubes to stop the cooking process.

There are a few different reasons to blanch vegetables before freezing them:

1. It preserves flavour, colour and texture by slowing down enzymes that naturally deteriorate food.
2. It cleans the vegetables of dirt and organisms left behind when washing them.
3. It wilts and softens vegetables slightly so that they are easier to pack for the freezer.
4. It removes some of the bitterness from vegetables.



Note: Be aware that blanching vegetable for less than the recommended times will not give you the desired effects described above. Also, over-blanching vegetables will cause them to become mushy and lose flavour and nutrients.

There are two common ways to blanch vegetables, by boiling or steaming. Each type of vegetable responds better with one of the techniques (see chart below).

The following instructions and chart are adapted from *Freezing: Fruits and Vegetables* (p. 2). If you are blanching vegetables to cook further using another method, like stir-fry, rather than freeze, carry on with your recipe after step 4.

Blanching Instructions

Step 1: Choose young, tender vegetables at their peak flavor and texture. Freeze as soon after picking as possible. Refrigerate vegetables if they will not be frozen immediately.

Step 2: Work in small quantities. Cut all pieces for blanching to be approximately the same size so that they finish at the same time.

Step 3: Blanch in boiling water or steam. **Start counting blanching time as soon as the lid is on.**

- **To blanch in boiling water:** Blanch no more than 1 pound (453g) of vegetables per gallon (3.78L) of boiling water at a time. Immerse wire basket or mesh bag with vegetable in boiling water. Cover and keep on highest heat for the total blanching time.

- **To steam blanch:** Place one layer of vegetables in a wire basket or cheesecloth bag suspended at least 3-inches above 1-2 inches of rapidly boiling water in steamer. Cover.

Generally, water blanching takes less time although nutrient loss may be higher than when steam blanching.

Step 4: Cool immediately in cold water (15°C/60°F or less) for the same time as was done for blanching. Use about 1 pound of ice for each pound of vegetables. Drain and dry thoroughly.

Step 5: Two basic packing methods for freezing vegetables:

- **Dry pack:** Pack well dried vegetables tightly in freezer bags or containers. Squeeze as much air as possible from bags before sealing. Leave ½- to ¾ inch headspace for expansion in containers.
- **Tray pack:** Place well dried vegetables in single layer on trays or pans. Place in freezer until firm, remove and quickly fill labeled bags or containers. Close and freeze immediately.

Step 6: Label with product and date. Freeze. Use vegetables within 8 to 12 months for best results.

Vegetable	Preparation	Blanching/Cold water bath times	Notes
Asparagus	Leave whole or cut up.	Small stalks- 2 min Medium- 3 min Large/thick- 4 min	
Beans, green & yellow podded	Snip off tips. Leave whole or cut up. Sort to blanch by size.	3 min	
Broccoli	Remove tough leaves and tough stalk ends. Cut to 1 inch pieces. Florets, leaves and stalks can be used.	3 min- boiling water 5 min- steam	Soak ½ hour in salt brine (½ cup salt to 1 quart/ 3.78L water) to drive out small insects. Rinse and drain.

Vegetable	Preparation	Blanching/Cold water bath times	Notes
Cabbage	Discard coarse outer leaves. Cut into wedges or shred.	3 min- wedges 1.5 min- shredded	
Carrots	Peel. Cut up to ¼ inch thick.	2 min	
Corn (kernels)	Husk, remove silks, and trim ends.	4.5 min	Blanch whole cob. Cut kernels from cob after cooling.
Corn (on the cob)	Husk, remove silks, and trim ends.	7 min- small ears (1¼-inch diameter) 9 min- medium ears (1¼-1½-inch diameter) 11 min- large ears (over 1½-inch diameter)	Corn that is not thoroughly cooled may become mushy. Cooling corn-on-the-cob will take longer than blanching time.
Greens (spinach, kale, Swiss chard, beet greens, turnip greens, kohlrabi, etc.)	Remove tough stems. Leave stem on Swiss chard.	2 min- most greens 3-4 min- Swiss chard 1.5 min- tender spinach or turnip greens	
Kohlrabi (bulb)	Remove tops and leaves. Peel. Cut ½ inch cubes.	1 min	
Mushrooms	Remove tough bottom of stems. Leave small mushrooms whole. Cut large ones into like sized pieces.	5 min- whole small 3 min- pieces	When blanching mushrooms, add 1 teaspoon citric acid, or 1 tablespoon lemon juice, or ½ teaspoon ascorbic acid per quart/3.78L

Vegetable	Preparation	Blanching/Cold water bath times	Notes
			of water to prevent darkening.
Peas (green, English, blackeyed)	Shell one batch at a time.	1.5 min- green/English 2 min- blackeyed	Leave in shells until ready to blanch to preserve freshness.
Peas (edible, podded, sugar, Chinese)	Remove stems, blossom ends and string. Leave whole.	1.5- 3 min by size	Sort like sized peas together to blanch.
Peppers (sweet)	Cut out stem and remove seeds. Cut in half.	3 min	Chopped up peppers can be frozen without blanching also.
Potatoes	Peel. Remove deep eyes, bruises, and green surface coloring. Cut in ¼- to ½-inch cubes.	5 min, Let cool, do not use ice bath.	Does not apply to preparing as hash browns or French fries- use different methods.
Potatoes (new)	Choose potatoes of similar size. Scrub vigorously to remove tender skin.	4 min- ¾ inch diameter potatoes 6 min- 1-inch diameter 7 min- 1½-inch diameter 8-10 min- larger than 1½-inch diameter	Chill potatoes in ice water 3 to 5 min then drain well. Use within a month for best quality.

11 Vegetable Highlights

The following is a list of 11 vegetables that grow well in Newfoundland and Labrador:

- | | | |
|--------------------|----------------|-------------|
| 1. Radishes | 5. Parsnips | 9. Kohlrabi |
| 2. Beets | 6. Broccoli | 10. Celery |
| 3. Kale | 7. Snow peas | 11. Sprouts |
| 4. Winter squashes | 8. Green beans | |

Each vegetable is highlighted with unique facts, ways to enjoy it, and a recipe.

Consider trying these 11 vegetables when they are available in season locally this year. Use the recipes below or listed on the Root Cellars Rock blog (<http://rootcellarsrock.ca/>). Use the information in **Preparation Methods** (page 60) to assist you in preparing these recipes.

Note: Canada's Food Guide

Canada's Food Guide is a very valuable resource to keep on hand when preparing food. It explains serving sizes and what the recommended number of servings is for different foods. Also included are tips to help you prepare food in healthy ways.

Canada's Food Guide recommends that we:

- Eat at least one dark green and one orange vegetable a day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.

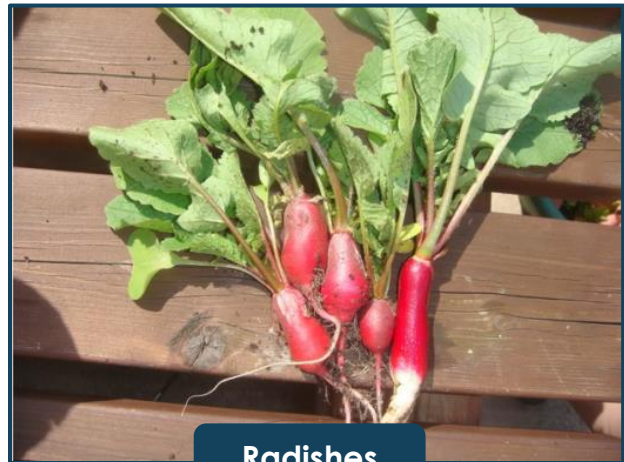
Check out Canada's Food Guide and its many associated resources on the Health Canada website (www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php). Contact your local public health office for free copies or order them online to hand out at your workshop or in your community.

1. Radishes

There are four main types of radishes: Summer, Fall, Winter, and Spring. Red radishes are probably most familiar to us, but they also come in pink, gray-black, white, and yellow!

Ways to Enjoy Them

Radishes are often enjoyed raw, are great in salads, and the greens can even be used in smoothies! Radishes make crunchy and slightly spicy addition to stir fries, can be steamed and also roasted.



Radishes

Roasted Radishes with Soy Sauce and Toasted Sesame Seeds

From Kalyn's Kitchen: www.kalynskitchen.com/2007/06/roasted-radishes-recipe-with-soy-sauce.html (see blog for photos)

- 20 medium radishes (use all red, or a mixture of red and white)
- 1 1/2 tablespoons peanut oil
- 1 1/2 tablespoon sodium-reduced soy sauce
- 2 green onions (scallions) sliced thin
- 1 tablespoon sesame seeds, toasted in a dry pan

Preheat oven to 425°F. Wash radishes, trim ends, peel if needed, and cut into same size pieces. Cut green onions into thin slices. Toss radishes with peanut oil, then roast about 20 minutes, stirring one or two times. When radishes are tender and starting to brown, remove from oven, toss with soy sauce to coat and mix in green onion slices. Put back in oven and roast about 5 minutes more. During final five minutes roasting time, put the sesame seeds in a dry pan and toast over hot stove for about 2 minutes, or until starting to brown. Remove radishes from oven, place in serving bowl and sprinkle with toasted sesame seeds. Serve hot.

2. Beets

Beets are grown for their roots (those red, golden, yellow and sometimes white bellies that grow underneath the ground) as well as for their greens. There are many different varieties of beets, and they all have different flavours, so try several out and see which kind you like best.

Ways to Enjoy Them

Beets may be enjoyed raw (when peeled and grated they are excellent in salads), roasted, boiled, and added to desserts for extra sweetness. Beets can also be preserved in the fall for eating over the winter. Beet greens can also be included in salads, stir-fries, soups, or green smoothies.



Grated beets

Choose-Your-Own-Adventure Main Course Beet Salad

Beets have a wonderful natural sweetness. They taste bright and fresh when raw and deep and rich when roasted.

1. Fill a salad bowl with your favourite leafy salad greens
2. Top with beets. They can be raw and grated or roasted and cubed. Use the **Roasting** section (page 64) for instructions on how to roast beets.
3. Sprinkle on top of the salad other ingredients to add flavour or texture, like cheese (goats cheese, feta or blue cheese work well), nuts, seeds, fresh fruit pieces (apples, pears, or berries work well), dried fruit, grated carrots, or thinly sliced red onion.
4. Lightly dress the salad with simple vinaigrette. Choose one that isn't too full flavoured, so that the natural sweetness of the beets is the star flavour in the salad. Use the video in **Salads** (page 61) as a resource to make your own vinaigrettes.

3. Kale

Kale is a cooking green, related to collards, mustard greens, and swiss chard in the Brassica family. There are several varieties of kale, including curly, plain, ornamental, and dinosaur. These varieties range in shades of green, and purple. Kale is a good source of vitamin C.

Ways to Enjoy It

Kale is often steamed or cooked before it is eaten, but if it is chopped finely it can also be added raw to salads. It keeps its texture in soups and it can also be baked into tasty chips!



3 kinds of kale - winterbor, toscano, and red Russian

Whole-Wheat Kale and Mozzarella Pizza

From Marcus Samuelsson: <http://marcussamuelsson.com/recipes/whole-wheat-kale-and-mozzarella-pizza-recipe> (see website for photos)

- 1 batch whole-wheat pizza dough or a ready-made crust
- 1/4 cup olive oil
- Salt and pepper, to taste
- 1 bunch kale, ribs removed, cut into 1-inch slices
- 4 ounces mozzarella, sliced
- Optional: Red pepper flakes

1. Preheat the oven to the highest temperature.
2. Heat a large pan over medium-high and add 1 tablespoon of oil. Add the kale and toss to coat in oil. Cook until tender.
3. *(Skip this step if using ready-made crust)* Dust a work surface with flour, and roll the dough out until 1/2 inch thick.
4. Transfer dough to a baking tray, brush dough with oil, and turn on the broiler. Place under the broiler for 5 minutes.
5. Remove dough from oven and top evenly with kale and mozzarella; season with salt/pepper. Bake for 10-15 minutes until dough is cooked and cheese melted. Broil until cheese is slightly browned and bubbly. Serve hot, garnished with crushed red pepper flakes, if desired. Serves 2-4.

4. Winter Squashes

Winter squash (Acorn, Buttercup, Butternut, Dumpling, Hubbard, Pumpkin, Spaghetti, etc.) have a confusing name because they grow in the summer and come to maturity in late fall. They are excellent for winter storage because of their thick skins. Pumpkin is a type of winter squash and the other winter squashes can often be substituted for it in your favourite recipes.



Ways to Enjoy Them

Squash is a versatile food that can be used in main courses, soups, salads, as an appetizer, and as a dessert. It makes great filling for stuffed pastas, pies, and it can even be stuffed itself! Squash is delicious when it is baked, or cooked and pureed and made into warm and tasty soups. When squash plants bloom, they produce bright flowers, which can also be eaten. The flowers make excellent garnishes for pastas, can be stuffed with cheese and baked, or steamed.

Fresh Squash Soup

Adapted from *Pure Labrador Cookbook* (p. 13)

- 1 tablespoon cooking oil
 - 1 medium onion, chopped
 - 2 cloves garlic, diced finely
 - 1 medium butternut (or similar) squash, peeled and cubed
 - 4 carrots, diced
 - 2 large potatoes, diced
 - 1 tablespoon fresh gingerroot, peeled and grated (or 1 teaspoon dried ginger)
 - 3 1/2 cups chicken broth
 - salt and pepper to taste
1. In a medium saucepan, sauté onions and garlic in oil at medium-high heat until tender.
 2. Add remaining ingredients. Cover saucepan and simmer contents for 30 minutes or until vegetables are soft.
 3. Remove from heat. Using a hand blender process until smooth or using a traditional blender, process in small batches until smooth.
 4. Taste the soup and add more ginger, salt, or pepper as needed.
 5. Heat the soup back up to the desired temperature. Garnish with a small dollop of sour cream.

5. Parsnips

Parsnips are related to carrots. They are lighter in colour (off-white), have a similar shape, but taste sweeter than carrots, with a bit of a peppery undertone.

Ways to Enjoy Them

Parsnips are root vegetables that are rich in flavour. They are at their best when cooked, and can be added to stir fries, baked or roasted, added to soups, and used in cakes! Try substituting it in recipes where carrots are normally called for. Make parsnip sticks as a new addition to veggie trays with dip.



Parsnips

Baked Curry Parsnip Fries

From The Gracious Pantry: www.thegraciouspantry.com/clean-eating-curry-parsnip-fries/

- Large parsnips
 - Curry powder
 - Salt
 - Olive oil (in a reusable spray bottle)
1. Preheat oven to 350°F.
 2. Peel and cut your parsnips into a French fry shape.
 3. Spray a cookie sheet with a light coat of olive oil.
 4. Place parsnips on the cookie sheet, and then give them a light spray of oil as well.
 5. Sprinkle liberally with curry, and lightly with salt.
 6. Bake until soft and lightly browned (about 35-45 minutes)

Serve with sweet chutney or a yogurt-based dip.

6. Broccoli

Broccoli is a member of the Brassica family. It has large flower heads, which resemble trees. While the tops are most commonly eaten, the “trunks” and leaves are edible too. Broccoli is an excellent source of vitamin C.

Ways to Enjoy It

Broccoli is delicious raw or cooked. When steaming, make sure not to overcook as that will turn this otherwise sturdy vegetable into mush. Broccoli is a nice addition to stir-fries. For quick lunch options, simply slice up a few stalks of broccoli and pack with dips such as hummus or a light dressing.



Broccoli Frittata

Adapted from Girl Cooks World: <http://tinyurl.com/broccoli-frittata>

- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2-1/2 cups chopped broccoli
- 1/4 teaspoon crushed red pepper flakes, plus extra for sprinkling (optional)
- Salt and pepper to taste
- 6 large eggs
- 1/2 cup grated cheese, plus extra for sprinkling (Parmesan recommended)
- 2 Tablespoons water

Preheat oven to 350°F. Heat 1 tablespoon of olive oil in an 8-inch non-stick, ovenproof skillet. Add the garlic and cook until fragrant. Add the broccoli, crushed red pepper (optional), salt and pepper to taste and cook for one minute. Add the water, cover and cook until the broccoli is tender crisp. Set aside to cool. In a large bowl beat the eggs. Add the broccoli mixture and stir to combine. Heat the remaining tablespoon of olive oil in the skillet over medium-low heat and pour in the egg mixture. Cook until just set around the edges, about 3-4 minutes. Sprinkle with the cheese and place the skillet in the preheated oven and cook until set in the middle, about 8-10 minutes. Remove from oven. Sprinkle with a little extra cheese and crushed red pepper flakes, if desired. Serves 2-3.

7. Snow Peas

Snow peas are part of the legume family, along with beans. They are bright green in colour, flatter than a snap pea, and quite tender. Snow peas are an excellent source of vitamin C.

Ways to Enjoy Them

Snow peas should be consumed soon after (within two days of) harvest, or washed and refrigerated in a perforated bag. They can be eaten raw, steamed, or stir-fried. You can also eat snow pea shoots and tendrils (the first two leaves that grow after the seed has germinated). These are popular additions to Chinese dishes, and are referred to as *dau miu*. They are often used in soups and stir fries.



Garlic Snow Peas

Adapted from Food.com: www.food.com/recipe/garlic-snow-peas-152251

- 2 cups fresh snow peas (washed, dried, and trimmed)
 - 1 -2 tablespoons sesame oil
 - 3 minced garlic cloves
 - salt & pepper to taste
1. Heat a wok or deep frying pan to medium-high heat.
 2. Add the sesame oil and let it heat up.
 3. Add the snow peas and stir-fry.
 4. After about 1 minute add garlic and seasoning.
 5. Continue to stir-fry until snow peas are cooked but continue to be bright green and crisp. Do not overcook or they will turn a dull green and go limp.
 6. Remove to a serving dish and serve while still hot.

8. Green Beans

There are a few different varieties of green beans, including bush beans, pole beans, runner beans, broad beans, and lima beans. They are often referred to as string beans, snap beans, and even squeaky beans.

Ways to Enjoy Them

Beans are one of the more popular items that are grown in gardens, and some varieties (bush beans, pole beans) may be eaten raw. Their snappy textures make for delicious summer snacks! Beans are often lightly steamed. A spritz of lemon, dusting of margarine, and some seasoning adds an extra pop.



Green beans

German Green Bean Salad

From Green Beans n' More: www.greenbeansnmore.com/recipe-d.html

Trim the ends off of one pound of green beans and then cut them into 2 inch lengths. Drop them into boiling water and cook them uncovered for 5-7 minutes. Cook the beans until they are tender but still slightly firm. Drain the beans and then plunge into ice water to stop the cooking. Spread the green beans out on a paper towel to thoroughly dry.

While the green beans are cooking combine and whisk together:

- 3 tablespoons of red wine vinegar
- 3 tablespoons of light olive oil
- 1/2 cup low sodium chicken stock
- 2 teaspoons salt or to taste
- 2 teaspoons black pepper or to taste

Add:

- 1 teaspoon finely chopped fresh dill
- 1 teaspoon finely chopped flat leaf parsley
- 1/4 teaspoon dried summer savoury

Place the green beans in a bowl, pour dressing over them, toss and enjoy!
Serves 4.

9. Kohlrabi

Kohlrabi is a mysterious thing. When it comes on the scene at farmers' markets it sits patiently, waiting for some adventurous or familiar person to scoop it up. If you haven't acquainted yourself with kohlrabi just yet, you might find that it's a great way to mix up your local food selections. Kohlrabi is a German name, drawing from the word for cabbage (kohl) and turnip (rabi).



Ways to Enjoy It

Kohlrabi is delicious raw or cooked, and its greens and bulb may be eaten. A kohlrabi bulb has the texture of a crispy radish, and it may be prepared like a turnip. Sauté it in white wine or chicken stock, thinly slice it and add it to salads, or chop it into chunks and add it to soups. There are actually a number of different ways that you can prepare kohlrabi. As for its greens, think of them like kale or spinach. Add them to soups, or steam them.

Kohlrabi Slaw

Adapted from Secret Menu:

<http://thesecretmenu.wordpress.com/2011/06/05/kohlrabi-slaw/>

- 2 kohlrabi bulbs
- 1/4 cup light vinegar (like white balsamic or white wine)
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard (with seeds for added crunch)
- 1/2 teaspoon salt
- 1-2 leaves of fresh basil, sliced into fine ribbons (or a pinch of dried basil)
- 1/4 cup nuts or hulled sunflower seeds

Peel the tough green skin off the kohlrabi bulbs. Grate the bulbs, using the larger holes on your grater, into a mixing bowl. In a smaller bowl, mix the vinegar, oil, mustard, salt, and nuts or sunflower seeds. Pour the vinaigrette over the kohlrabi and mix well. Serves 2.

10. Celery

It's the stalks of celery that most people eat, but celery roots (celeriac) are edible too, as are celery seeds which are ground and mixed with salt to make celery salt. Celery is an important ingredient in several ethnic cuisines and is used in many traditional soup recipes, including chicken noodle.

Ways to Enjoy It

Celery stalks and leaves are great as a base for soups and stocks, raw in salads, and as a regular feature of veggie trays with dip. Raw celery stalks are famous for their appearances with vegetable cocktails and in the children's snack 'ants on a log'. Celery root can be prepared as other root vegetables and adds a bright flavour to dishes.



Mashed Celery Root (Celeriac)

Adapted from Forest Feast:

www.theforestfeast.com/post/13932012729/kind-of-like-mashed-potatoes-but-a-little

"Kind of like mashed potatoes, but a little lighter."

- 2 large celery roots
- 1 big white onion
- 1 potato
- 5 garlic cloves
- A splash of milk, cream or unsweetened non-dairy milk
- 1/2 cup margarine or butter
- Garnish (Try using parsley, chives, or celery leaves)

Peel all the vegetables. Dice up the garlic. Cube the celery roots, onion and potato. Boil all the vegetables until soft and then drain. Using either a food processor or hand blender, blend the vegetables along with the milk and margarine. Garnish as desired. Serves 4-6 as a side dish.

11. Sprouts

Sprouts are germinated seeds. They are the slender shoots that begin to form from seeds that are activated by water. They can be easily grown at home (through a rinsing and drying process) or purchased. Some common sprouts are grown from mung beans, alfalfa seeds, sunflower seeds, lentils, and chickpeas.

Ways to Enjoy Them

Sprouts make great additions to salads, can be put on sandwiches, in wraps, stir-fries, and even coleslaw or potato salads! If you are purchasing them, make sure to watch for expiry dates and rinse them well.



Sprouted mung beans

Roasted Vegetable Pitas with Sprouts

Inspired by Canadian Living: <http://tinyurl.com/hummus-pitas>

- Roasted vegetables
- Dip
- Sprouts
- Fresh vegetables
- Pitas (with pockets)

1. Grill a variety of vegetables that are available in season. Use the **Roasting** section (page 64) for instructions on how to do so.
2. Broil pitas for 1 min. until hot, turning once. Halve pitas to create pockets.
3. Spread your favourite dip inside pitas. Try hummus, roasted red pepper dip, tzatziki (yogurt and cucumber dip), or baba ganoush (eggplant dip). Use a store-bought dip or prepare your own.
4. Sprinkle sprouts inside the pitas. Try any combination of the following kinds of sprouts: bean, alfalfa, sunflower, pea, radish, or broccoli. Use the **Sprouting** activity (page 92) as a resource to grow your own.
5. Add a small amount of any fresh vegetables you'd like. Try diced tomatoes or cucumbers, or grated raw carrots or beets.
6. Fill the pitas with the roasted vegetables.
7. Close the pita pockets up and serve immediately.

Note: Food Waste

Get the most out of your food dollars by avoiding kitchen waste and turning food scraps into rich compost. Help Newfoundland and Labrador reduce and divert the 120,000 tonnes of organic waste that goes into our landfills each year.

Make a difference right in your kitchen by following the **Top 10 Tips to Avoid Wasting Food at Home** (page 108). Use the Root Cellars Rock **Composting Workshop** as a resource to start your own backyard or vermicompost bin. Check out the informative British website Love Food, Hate Waste (<http://england.lovefoodhatewaste.com/>) and our local MMSB (www.mmsb.nl.ca/) for lots of waste reduction ideas.

Activities

Demonstrations

Two parts of this workshop can be turned into demonstrations and hands-on activities. Try the following:

1. Demonstrate one of the techniques in **Preparation Methods** (page 60) to participants or show them the associated video. With all ingredients and tools prepared in advance, allow individuals or small groups to try out the technique themselves in a kitchen and share a meal of the results.
2. Pick one or more of the vegetables in the section **11 Vegetable Highlights** (page 79) and spend some extra time focusing on it. Show videos or photos, talk about who grows it locally and where to get it, and brainstorm ideas for different ways to prepare it. Have a few of the vegetables on hand for people to touch, smell, and taste raw. Then, as a group, prepare the vegetables with the suggested recipes or another of your favourites. Let everyone get involved in the preparation and then everyone taste the results.



Grating carrots

Sprouting

MUN Botanical Garden has created an excellent resource called *From Garden to Classroom: Activity and Resource Guide*. On pages 90 and 92 there are two step-by-step sprouting activities. Use those instructions to guide your group through the first steps of growing their own sprouts to use on salads, in stir-fries, and in green smoothies. For best results, start some sprouts a few days in advance to show participants and allow them to taste at the workshop.



Sprout salad

To download your free copy of *From Garden to Classroom* visit MUN Botanical Garden's website: www.mun.ca/botgarden/group_prog/

Vegetable Name Game

This activity would work well as an ice breaker at the beginning of the workshop or to let everyone stretch their legs partway through.

Materials

- Pieces of paper each with a different vegetable name on them, one per participant. For example: potato, carrot, broccoli, bean, pea, lettuce, beet, cabbage, pepper, tomato, corn, pumpkin, turnip, cauliflower, spinach.
- Safety pins or tape



Baby bok choy

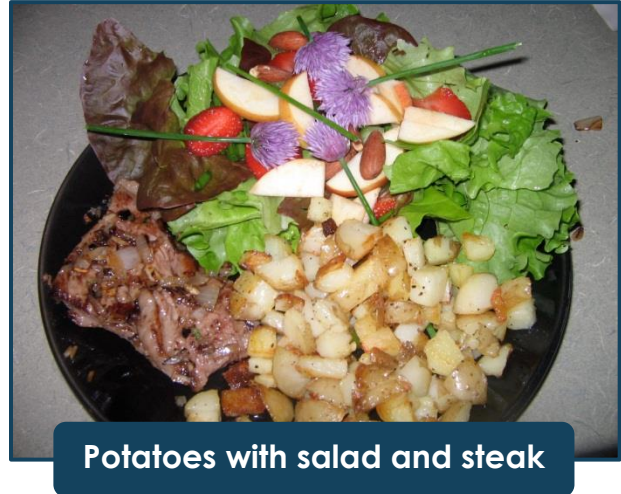
Step 1: Tape or pin a vegetable name to the back of everyone's shirt without letting anyone see what vegetable they have gotten.

Step 2: Give participants a few minutes to go around the room asking 'yes or no' questions of the other participants to try and figure out what vegetable they are. For example, 'Do I grow in the ground?' or 'Am I green?'.

Step 3: Ask everyone to tell the group what vegetable they are and how they figured it out. If someone is stuck, the group can give them hints.

Potluck

As an activity to go along with this workshop, consider hosting a potluck with participants. A potluck is a meal where everyone brings in one dish to share with the group. This will involve some preparation in advance but will be well worth it when everyone enjoys a delicious meal together. Use the meal time to talk more freely about local food or to go through sections of the workshop.



Potlucks are easier to host if a kitchen is available nearby, however they can be successful without one. Refer to **Appendix H: Food Safety** (page 35) for things to keep in mind.

Materials

- Dishes
- Cutlery
- Napkins
- Paper & a marker
- Serving utensils
- Food storage containers (optional)
- Beverages

Tip: Where possible use reusable dishes and utensils to cut down on the amount of waste produced at the workshop. This will require access to dish washing facilities after the meal.

Tip: Either provide food storage containers or ask participants to bring their own in. Send everyone home with the leftovers so that food is not wasted.

Step 1: Let registered participants know in advance of the workshop that a potluck is planned and gauge interest to be sure that participants are willing to contribute a dish. Consider suggesting a few easy criteria to guide people's choices for what to make, like recipes that are healthy, easy-to-prepare, or include one vegetable that could be or is locally grown.

Step 2: Workshop organizers should provide beverages to go along with the meal, even if that is jugs of tap water. Facilitators should also consider making a few dishes to share at the potluck that highlight vegetables that are grown locally.

Step 3: Prepare the meal space with dishes, cutlery, napkins and serving utensils. Cut pieces of paper into small cards that participants can write the name of their dish on, highlight any interesting characteristics (e.g. made with local

carrots) and note any ingredients that could be of concern for other participants with allergies (e.g. nuts, fish).

Step 4: Set out the food buffet-style and share a meal together, offering time for people to talk about what they contributed if they would like. Thank all the participants for contributing dishes to the potluck.

Tip: Consider adding a recipe swap to your potluck. Ask participants to bring in the recipe for the dish that they make. Photocopy the recipes for everyone if you have a copier on site, or scan the recipes and email them out to everyone later as a useful follow-up to the workshop.

Note: Community Kitchens and Bulk Buying Clubs

Community kitchens and bulk buying clubs are both excellent ways to bring people together in your community to build food skills and learn more about local vegetables. They can be supportive environments to try new foods and build relationships with other people interested in preparing healthy and seasonal meals.

To find existing community kitchens and bulk buying clubs across the province, use the Food Security Initiative Inventory:

www.foodsecuritynews.com/resources

To start a new community kitchen or bulk buying club where you live, use the Best Practices Toolkits:

www.foodsecuritynews.com/best-practices-toolkits.html

Food Tour

This activity can take place during the growing season at a farm or during the winter at a grocery store. Consider highlighting some or all of the following:

- What is available locally
- Information about how vegetables are grown and gardening skills
- Parts of plants (vegetable botany)
- Tips for purchasing ingredients to cook with
- Food preparation and shopping tips
- Food safety



Baby lettuce

For a farm tour, make contact with a local producer in advance and arrange for them to take the workshop group on a tour, or attend an already scheduled public tour hosted by the farm.

Some grocery stores have a dietitian, chef or public education person that is available to lead tours. If someone like that isn't available, then the workshop facilitators can lead the tour. It is a good idea to contact the grocery store in advance to let them know that you will be bringing a group through for educational purposes.

Tip: Use MUN Botanical Garden's *From Garden to Classroom* as a resource for the tour. On page 65 there is a section called Grocery Store Botany, which provides interesting information for looking at vegetables as plants and their botanical features. Download your copy of the guide at: www.mun.ca/botgarden/group_prog/

Step 1: Arrange with a producer or grocery store to tour their farm or store. In advance review with participants anything they should know for safety, courtesy, transportation, and personal comfort while on the tour. Use **Appendix E: Sample Registration Form** (page 31) as a resource to organize the group.

Step 2: Decide whether you will host the tour prior to, during, or after giving this workshop. A combination of those could also work if you divide up the content. This is a good opportunity to survey participants and find out what is best for them in terms of learning style and timing. Would they prefer to do the tour first and then learn about local vegetables or the other way around?

Step 3: Deliver this workshop and tour the farm or grocery store. Encourage the group to ask the producer or grocery store staff questions and encourage the producer and grocery store staff to share their personal tips about preparing local vegetables. Along the way try to highlight and review some of the elements mentioned in this workshop, such as the value of eating locally, preparation methods, what's available in season, the 11 vegetables to be on the lookout for, etc. People learn through experience so encourage everyone to share their own stories, tips, and ideas.

Step 4: Take pictures or make a video to record your tour experience if that is acceptable to the producer or grocery store.

Quick Tip

To make things easier, host the workshop and the tour at the same location. Many grocery stores and some farms have kitchens and/or meeting spaces that can be rented out.

Step 5: If timing is appropriate with the growing season, ask the producer to do demonstrations of planting, maintaining, harvesting, storing, or processing foods. Allow participants the opportunity to do things hands-on if possible. Ask the producer if they have any simple jobs that they would appreciate assistance with and engage participants in those. If the grocery store has a demonstration kitchen on site, ask if the group can participate in an activity there. See whether the producer or grocery store have any resources on vegetables that they can send home with participants.

Conclusion

(15 minutes)

Some of these steps can also be completed during the activities if there is a lull in discussion.

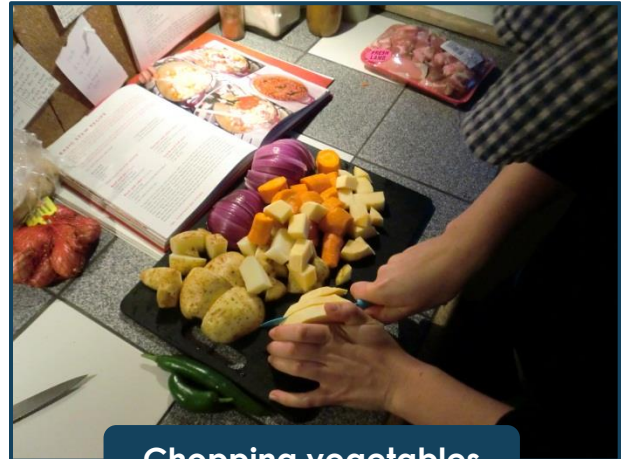
Step 1: Ask participants to share any plans they have for learning more about preparing local vegetables after the workshop.

Step 2: Read aloud the list of things participants wanted to learn from the beginning of the workshop. Have you covered everything? If yes, congratulations! If not, that's fine too because you will now hand out the **Resources** sheet (page 105) for participants to take home with links to websites and recommended books for further learning. You could also open any remaining questions up to the group and see if participants can answer the missed questions from their own experience.

Step 3: Hand out the **Evaluation Form** (page 103) and pens and ask that participants all fill them in before leaving. Completed evaluation sheets should be photocopied after the workshop so that you can keep a record to guide future workshops that you host. Send originals, along with the completed FSN E-News sign-up sheet, back to FSN as soon as you are able. For instructions on how to do that see **Evaluation and Follow-up** (page 13).

Step 4: Thank participants for attending and close off the workshop.

We hope you enjoyed the Preparing Local Vegetables Workshop!



Chopping vegetables

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Photos from the **Ecology Action Centre (EAC)** can be found in the Adventures in Local Food Blog: <http://adventuresinlocalfood.wordpress.com/>

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5.3. Supplementary Materials

Sample Agenda

Workshop Agenda

Preparing Local Vegetables

A Root Cellars Rock Food Skills Workshop

Date:

Time:

Facilitator:

Location:

Hosting Group(s):

1. **Introduction** (10 minutes)
2. **Roots of Our Local Food** (10 minutes)
3. **Digging In** (45 minutes)
4. **Activity** (40 minutes)
5. **Conclusion** (15 minutes)

www.rootcellarsrock.ca



Evaluation Form



Return completed evaluation forms to:

Food Security Network
 44 Torbay Rd. Suite 110, St. John's, NL A1A 2G4
 Fax: 709.237.4026
 Email: info@rootcellarsrock.ca

Please fill in this evaluation to the best of your ability. It will be kept private and used only by the FSN and today's hosts to improve future workshops.

Your name (optional):	Date: Length of workshop: Time of day:
Location (venue and town name):	Facilitator(s):
Hosting group (s):	Topic of workshop:

1. Today, I was a (check all that apply):

- participant facilitator volunteer representative of a hosting group
 other _____

2. I would like to attend future workshops on the following topics:

- | | |
|--|---|
| <input type="checkbox"/> food security | <input type="checkbox"/> using culinary herbs |
| <input type="checkbox"/> container gardening | <input type="checkbox"/> preparing local vegetables |
| <input type="checkbox"/> composting | <input type="checkbox"/> canning/bottling |
| <input type="checkbox"/> seed saving | <input type="checkbox"/> root cellars |
| <input type="checkbox"/> edible wild plants | <input type="checkbox"/> other: _____ |

3. How did you find the length of today's workshop?

- The workshop took an appropriate amount of time.
 The workshop was too short.
 The workshop was too long.

4. Were the time and date of the workshop appropriate?

- Yes, it worked well with my schedule.
 No, I would prefer to attend workshops during these times instead:

5. Did you make any new contacts or learn of any new resources?

- Yes, I made new contacts but didn't learn of new resources
 Yes, I learnt of new resources, but didn't make new contacts

- Yes, I made new contacts and learnt of new resources
- No, I did not make new contacts or learn of new resources

Comments:

6. Please rate the balance of presentation, discussion, and group activity at today's workshop: (please circle all that apply)

- Good balance of presentation, discussion, and group activity
- Not enough group activity and discussion
- Too much presentation of material
- Other: _____

Comments:

7. Please rank the hands-on workshop activity in helping you improve your understanding of the topic:

Not helpful		Somewhat helpful		Very helpful
1	2	3	4	5

Comments:

8. Please rank your understanding of today's topic before attending the workshop:

Little Understanding				Very Knowledgeable
1	2	3	4	5

9. Please rank your understanding of today's topic after attending the workshop:

Little Understanding				Very Knowledgeable
1	2	3	4	5

10. What did you enjoy most about today, or what was the most interesting thing you learnt?

11. What could have been changed to improve today's workshop?

12. Please share any additional comments or suggestions.

Preparing: Local Vegetables Resources

All content from this workshop is available at
www.rootcellarsrock.ca/workshops

Websites

Canada's Food Guide (Health Canada) www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Dietitians of Canada <http://www.dietitians.ca/>

Freezing vegetables (Root Cellars Rock) <http://rootcellarsrock.ca/2011/10/ice-ice-veggies/>

Find Cookbooks at a Public Library www.nlpl.ca/

From Garden to Classroom: Activity and Resource Guide www.mun.ca/botgarden/group_prog/

Love Food, Hate Waste: <http://england.lovefoodhatewaste.com/>

Measurement Conversions (Diana's Desserts) www.dianasdesserts.com/index.cfm/fuseaction/tools.measures/Measures.cfm

MMSB (Composting Vegetable Scraps) www.mmsb.nl.ca/

Videos

Dried Vegetables: www.ext.colostate.edu/pubs/foodnut/09308.html

How to Blanch Green Beans <http://youtu.be/AYHPPa2H8yM>

How to Blanch Kale <http://youtu.be/KdvXNiHFYVs>

How to Grill Vegetables <http://youtu.be/ktJZdZ8SVJ8>

How to Make a Green Smoothie <http://youtu.be/yuojXXDJqZ0>

How to Make Spiced Salad <http://www.guardian.co.uk/lifeandstyle/video/2011/sep/12/how-to-make-spiced-salad-video>

How to Roast Vegetables http://youtu.be/7zQ2U_6hYI8

How to Steam Vegetables <http://youtu.be/Vmqfl3mxfK0>

How to Stir-Fry Vegetables <http://youtu.be/GiQJErhDpZE>



Photo: Carol Best



Photo: Sarah Crocker

Books

Dietitians of Canada Cook!: 275 Recipes Celebrate Food From Field to Table by M.S. Waisman

The Good Housekeeping Cookbook: 1,275 Recipes from America's Favorite Test Kitchen, edited by S. Westmoreland

For Maids Who Brew & Bake: Rare & Excellent Recipes from 17th Century Newfoundland by S. Roberts



10 Ways to Eat Local Food

1. Learn What's in Season

Knowing which local foods are in season will help you know what to look for at the farmers' market or grocery store. Experiment with local foods that you don't normally eat. Visit Root Cellars Rock! for lots of local food resources.

www.rootcellarsrock.ca

2. Find a Farmer

Root Cellars Rock! Local Food Links www.rootcellarsrock.ca
Food Security Initiative Inventory www.foodsecuritynews.com
Buy Local! Buy Fresh! Avalon Region Map avalonfresh.ca
Keep it in Kittiwake www.kittiwake.nf.ca
ACORN NL acornnl.wordpress.com

3. Visit a Farmers' Market

Farmers' markets are growing across the province. More than just a place to find local meat and vegetables, they are community centres where people gather to socialize, eat, hold workshops, and celebrate local food. See the Food Security Initiative Inventory to find a farmers' market near you. www.foodsecuritynews.com/resources

4. Join a Community Supported Agriculture Program

Customers commit up front for an entire season and in return the farmer provides a weekly box of fresh produce and preserves. The produce varies according to what's available. It's a great way to give farmers more financial security.

5. Start Gardening

If you don't have space for a garden in your own yard, try growing some fresh herbs in a window, or join a community garden. Use the Food Security Initiative Inventory (www.foodsecuritynews.com/resources) to find a

community garden in your area. Visit Root Cellars Rock! (www.rootcellarsrock.ca) for gardening tips.

6. Go Berry Picking

There are many edible wild berries in the province. A U-Pick, where you pick your produce yourself, is a great way to get some berries that aren't as common in the wild. Use **2. Find a Farmer** to find a berry U-Pick near you.

7. Wild Harvesting

Hunting, fishing, and trapping are traditional ways we have acquired local food. Visit the Department of Environment and Conservation, Wildlife Division for information about licences. www.env.gov.nl.ca/env/wildlife

8. Preserve the Harvest

There are many ways to preserve fresh, local food. Cellaring, cold storage, bottling, freezing, pickling, salting, drying, and fermenting are all ways you can preserve local vegetables and fruit for months. For resources see the Root Cellars Rock! website and Canning Workshop (rootcellarsrock.ca/workshops).

9. Support Restaurants & Retailers that Source Local Food

A growing number of restaurants are choosing to support local farmers and fish harvesters, or even grow their own vegetables and herbs in a restaurant garden. Ask your favourite restaurant to source locally and use the Food Security Initiative Inventory to find restaurants and retailers that sell local food. www.foodsecuritynews.com/resources

10. Sprout!

Seeds such as lentils, peas, alfalfa, sunflower, and broccoli can all be sprouted to make delicious fresh greens all year long in your own kitchen. Visit Root Cellars Rock! for sprouting resources. www.rootcellarsrock.ca



Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Contact FSN for more information on how you can take action.

www.foodsecuritynews.com





Our Resources

Monthly E-News

News, events, funding and volunteer opportunities.

Best Practices Toolkits

Step-by-step guides to start a community garden, farmers' market, community kitchen, or bulk buying club.

Provincial Food Security Teleconferences

Provincial discussions and presentations on food security topics. Visit our website for archived presentations.

Food Security Initiative Inventory

An online directory of meal programs, community gardens, community kitchens, bulk buying clubs, farmers' markets, local farms, and more

What Challenges Do We Face in Newfoundland & Labrador?

- Producing only **10%** of fresh vegetables
- **2 - 3** day supply of fresh vegetables
- Average age of farmers in the province is **55**
- **2%** of farm products in grocery stores are local
- Low consumption of **local seafood** products
- **Lowest** consumption of fresh vegetables in Canada
- Highest rate of **food bank usage** in Canada
- Highest rate of **obesity** in Canada
- Second highest rate of **diabetes** in Canada

Join Us to Take Action

The Food Security Network NL is a provincial non-profit organization that promotes community-based solutions to increase access to healthy food for all.

We support and work with community kitchens, farmers' markets, community gardens, bulk buying clubs, and more.

Visit our website to find out how to get involved.

Connect With Local Food Across NL!

www.rootcellarsrock.ca

- The Four P's of Local Food: Planting, Picking, Preparing, and Preserving
- Gardening, wild foods, events
- Local food recipes and resources
- Q&A forum



www.foodsecuritynews.com

Top 10 Tips to Avoid Wasting Food at Home

1. **Store leftovers in an airtight container.** Use washed yogurt and margarine containers, freezer bags, and Tupperware to store leftover foods. If using a container you can't see through, put a label on it!
2. **Freeze.** Most leftovers can be frozen for later use – put them in meal-size portions and seal them in an airtight container. Raw peppers freeze great in a freezer bag. Sliced bread freezes well and can be put straight into the toaster.
3. **Keep a visible list of the food in the fridge (including leftovers).** Use a magnetic whiteboard or a notepad on the front of the fridge. When you buy food, write it down on the list. As it gets used up, erase it. When you're looking for something to eat, you won't miss something that's been pushed to the back of the fridge!
4. **Plan meals before you go shopping and use a shopping list.** Don't buy ingredients you may not use before they spoil.
5. **Shop for the right number of people.** If you're shopping for one, don't buy too much of something just because the price is better. Split a bunch of bananas or grapes at the store and buy only as many as you need.
6. **Prepare for the week.** To pack lunches, make a large meal on the weekend and package the leftovers in meal-size portions.
7. **Check the fridge temperature.** It should be between 1° and 5° Celsius.
8. **Rotate.** Move older foods to the front of the fridge or cupboard and put the new food in the back.
9. **Creatively use up food that is close to going bad.** Over-ripe bananas are great for baking. Make a smoothie out of ripening fruit. Throw veggies into a pasta sauce or soup. Make older bread into French toast or grilled cheese.
10. **Freeze meat for later use.** If buying a large amount of fresh meat, such as a tray of chicken breasts, separate it into individual portions and freeze right away to use one at a time later.

