

Root Cellars Rock

Food Skills Workshops

A Resource for Community Organizations in
Newfoundland & Labrador

Preparing: Using Culinary Herbs





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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.

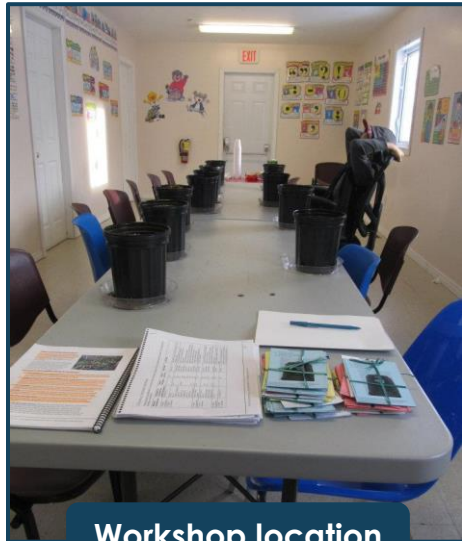
Involve learners in the planning and implementation of learning activities. Adults are interested in things that are relevant to their lives. Adults' past experiences, their current learning goals, and their sense of self will influence what they want to learn and how they learn it. The facilitator can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

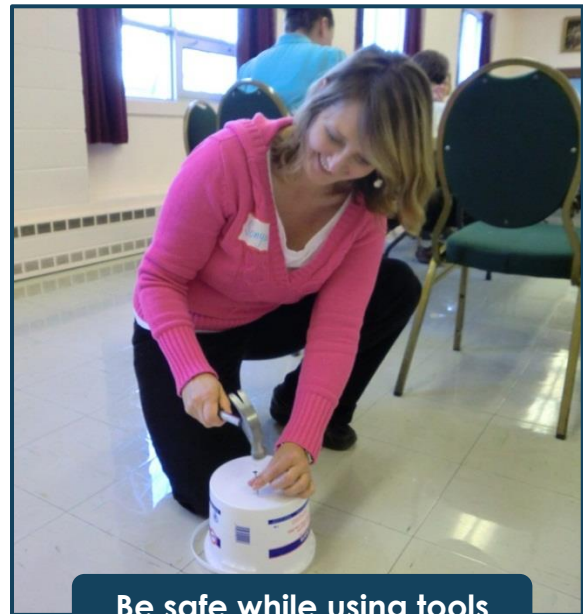
Grants are funds distributed by an organization (like a government department, business, or foundation) to assist in the creation of community projects that fit within the funding organization's mandate. Grants usually involve an application process and follow-up reporting and may take several months 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! Avalon Region Map www.northeastavalonredb.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 near 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 |
|------------------|----------|------|------------------|--------------------|--|---|
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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: |
| <hr/> | |
| Email: | |
| <hr/> | |

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 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

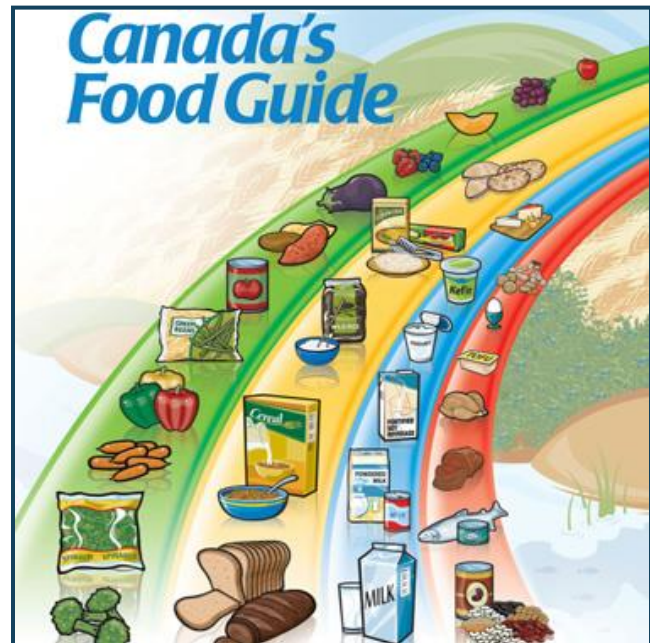
Appendix I: Nutrition

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 | █ | █ | █ | █ | █ | █ | █ | █ | █ | █ | █ | █ |

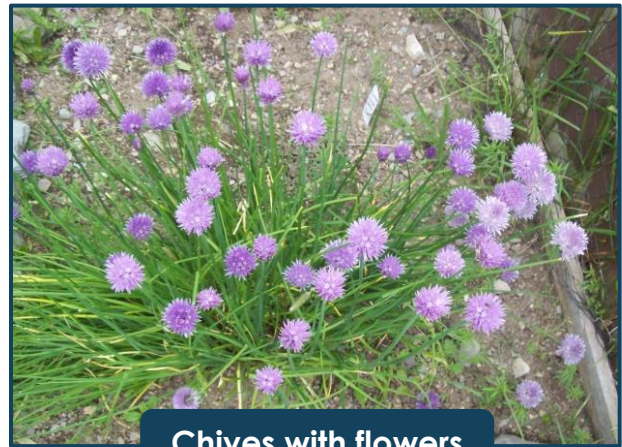
Preparing

6. Using Culinary Herbs

6.1. 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.



Chives with flowers

Materials

- 1 copy of the **FSN E-News Sign-up Sheet** (page 90)
- Evaluation forms photocopied for every participant, volunteer, and facilitator (see **Evaluation Form**, page 85)
- Agenda – either one copy to post or several to hand out to participants (see **Sample Agenda**, page 84)
- Photocopies of the **Resources** sheet (page 87) for each 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 69)
- 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 an indoor venue with audio-visual equipment is preferred 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 centre

Participants

This workshop is recommended for a maximum of 15 participants. Review the **Activities** section (page 69) 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 is allowed time to participate.

Timeline

This workshop has been created to fill a 2 hour time period, without breaks. A **Sample Agenda** (page 84) is provided. 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 workshop and/or posted in the workshop space and referred to as needed throughout the workshop.

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 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 49), 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 using culinary herbs. To go into more depth on the topic, refer to the **Bibliography** (page 82) and **Resources** (page 87) for more sources to check out.

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 87).

The **Activities** section (page 69) offers three options for hands-on, interactive activities that you can organize for your group. Participants really enjoy these 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.

It's up to you when in the agenda to put the activities. In our **Sample Agenda** (page 84) 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 81) 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.

6.2. Workshop

Introduction

(10 minutes)

Step 1: Introduce yourself to participants. You may want to provide a bit of background on your experience with using culinary herbs. 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 using culinary herbs

You can also take this opportunity to promote the groups' upcoming events, contact information, volunteer opportunities, or other information that may be of interest to participants. Representatives of the groups in attendance at the workshops 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 90) 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 84) 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
- food 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 using culinary herbs?

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 or further resources provided so that participants can continue to search out information.

Roots Of Our Local Food Quote

This excerpt is from the book *Maids Who Brew & Bake: Rare & Excellent Recipes from 17th Century Newfoundland* by Sheilah Roberts. It gives us a glimpse into the cooking traditions of Newfoundland and Labrador settlers and notes that early settlers grew culinary herbs in their kitchen gardens in the 1600's.

"Bellows were used to keep the fire going, so it must have been a real art to maintain a constant temperature. The smoke from the fire went up the flue of course, but in the process also cured the bacon and ham hung there in niches. When the meal was cooked, the whole family, including children, servants and workers, gathered around the board or table. In the early part of the century, food was still served on wooden trenchers, and cutlery consisted of knives and spoons. Forks were not yet in common use, but napkins, an important part of the table setting, took their place. Food was held with the napkin in one hand and cut with the knife in the other... The settlers had kitchen gardens on their properties...and grew fresh herbs and vegetables to supplement their diets. They started their gardens with seeds and roots brought from the old country."

Digging In

(45 minutes)

Present the information you have chosen to use from this section. This is the main content on how to use culinary herbs. Share the information in your own words and in the style that you think is best suited to your group. You do not need to cover everything here; pick and choose based on what you think is most useful to the participants of your particular workshop. Refer to **Resources** (page 87) for links to videos or photos that you can 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 workshop as starting off points for group brainstorming or discussion.

What are Herbs?

Herbs are non-woody plants that are valued by humans for their usefulness. Throughout human history and all over the world, herbs have had many purposes. They have been used:

- in food and drinks
- as medicines
- as dyes
- for ritual and religious practices
- in fragrances and beauty products
- as decoration
- for cleaning and disinfecting
- as pest repellents



Preparing dill

Did you know?

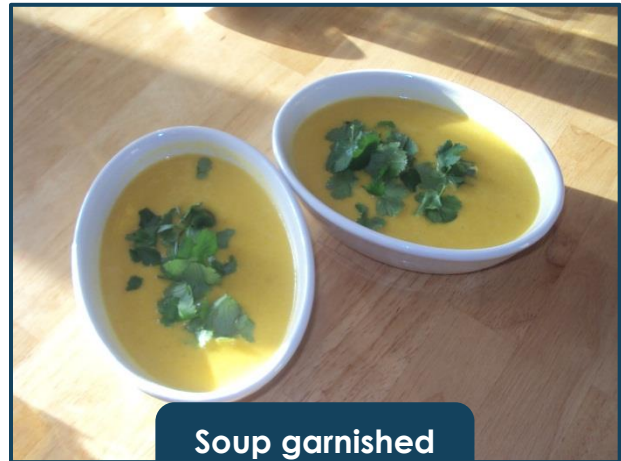
The essential oils in herbs that make them smell and taste strongly are largely there to deter insects and animals from eating them in the wild. Thankfully humans have different tastes and many herbs are delicious to us!

In Newfoundland and Labrador wild and cultivated herbs have been used for many of the above purposes.

The focus of this workshop is on culinary herbs and the ways that we can use them. Culinary herbs are herbs that are commonly used as ingredients in foods and drinks. People use culinary herbs because of their pleasant tastes, smells and textures. This workshop focuses on herbs that grow well in Newfoundland and Labrador and are readily available from local retailers. It also focuses mostly on the leafy parts of herbs, rather than on flowers, roots, bulbs or seeds. Refer to the **Resources** section (page 87) for further learning resources if you are interested in the many other ways herbs are used and the wide array of herbs that are available to us.

Reasons to Use Culinary Herbs

- **Herbs taste great!** Adding culinary herbs creates new flavours to try, making meal time more delicious. Classic recipes become exciting again with the addition of new herbs and there are limitless new recipes to try. Don't worry if at first you don't like a particular herb, everyone's tastes are different and in time you will find many herbs that you enjoy if you keep trying them.
- **Herbs enhance flavour in a healthy way.** Herbs can be tasty and healthy substitutes in recipes for salt, sugar, or processed seasonings. Herbs have many health benefits and often contain vitamins, minerals, and fibre which are part of a healthy diet.
- **Herbs grow well in Newfoundland and Labrador.** If you are trying to eat more locally and in season, then herbs are great foods to start with. You can purchase herbs from local farmers or grow your own in a backyard garden or even indoors in an herb window box. Herbs are easily preserved and stored, so they can be a source of local food year-round.
- **Herbs open the door to a world of flavours.** Herbs have been used throughout human history all over the world. Incorporating them into meals exposes your taste buds to the flavours of different cultures, places, and times. Try experimenting with herb recipes from different places.
- **Herbs are a part of Newfoundland and Labrador's food heritage.** Our ancestors used herbs in so many ways. Most kitchen gardens across the province included some herbs for culinary and medicinal purposes and many people collected wild herbs along with berries and other foraged foods. Right down to our tea, herbs have played an important part in Newfoundland and Labrador's food traditions.



Soup garnished with cilantro

Where Can You Get Culinary Herbs?

Herbs are available from lots of different places. Before going out to get them, check your recipes to see whether you will need fresh, dried, or preserved herbs and how much of each. Throughout this workshop we will be discussing some common herbs that grow well in Newfoundland and Labrador and are often found in recipes. Stocking your pantry, refrigerator, or freezer with a few of these will get you on your way to enjoying herbs with every meal. You can get herbs from:

- **Your local farmer:** Look for herbs at farm stores, farmers' markets, roadside stands and through community supported agriculture programs (CSAs). If your local farmer is not growing herbs now, suggest that you would like to start buying herbs from them. For information on how to find local farmers visit the Root Cellars Rock local links page:

<http://rootcellarsrock.ca/local-links/>



An herb garden

- **Your own garden:** Try growing a few herbs in a backyard garden or even indoors in containers. Many herbs grow easily in NL and using fresh herbs you have grown is a wonderful experience. For more information on growing herbs in containers, refer to the **Container Gardening Workshop**.

Note: Companion Planting

Gardening resources often list culinary herbs as companion plants to certain vegetables and fruits because of their abilities to deter pests, enrich soil and help other plants to grow better. In general, fruits and vegetables taste very good with their companion herbs so experiment cooking with those pairings too.

For example, when planted together basil assists tomatoes and summer savoury benefits beans and those are also great flavour combinations. For more information on companion planting with herbs, refer to this website:

www.n8ture.com/herbalcompanion.html

- **A community garden:** Join a community garden to grow herbs and at the same time you will meet new people and build food skills. To find an existing community garden near you, check the Food Security Initiatives 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 fresh herbs in their produce sections and dried herbs in their seasonings sections. If there are no locally grown herbs available, ask the produce department to try and stock them.
- **Bulk dry goods stores:** A variety of dried herbs can be found at most bulk food stores. If they don't have a particular herb that you want, put in a request for them to stock it.
- **Farmers' market vendors:** Many vendors use local herbs to make secondary products. Look for pickles, preserves, dips, baked goods, pesto, and prepared meals made with herbs.
- **The wild:** Mint other herbs grow throughout Newfoundland and Labrador and can be harvested wild. For more information on how to forage for wild edible plants, refer to the workshop on **Edible Wild Plants**.



Basil and tomato seedlings growing together

Fresh, Preserved, and Dried Herbs

Culinary herbs can be found in three main forms:

Fresh herbs are herbs that have been recently harvested and still contain a lot of moisture. They will last up to a week when stored in the refrigerator. Fresh herbs add crisp, bright flavours to foods. In grocery stores, fresh herbs are found in the produce section.

Note: Tough and Tender Herbs

If you are able to show videos as part of your workshop, then these short clips from CHOW are helpful for explaining what tough/woody and tender herbs are and how to prepare them for use in the kitchen.

How to strip tough herbs: <http://youtu.be/hW9sCFN5wJY>

How to pluck woody herbs (rosemary):
http://youtu.be/byvQ4rT_6SI

How to cut tender herbs: <http://youtu.be/ll6Sfws-m5M>

Some of the common fresh herbs that are available locally are parsley, chives, cilantro, thyme, dill, oregano and basil. Fresh herbs can be picked directly from a backyard or indoor herb garden to use right away in cooking.

Fresh herbs are described as being either tough or tender. Tough herbs have a thicker stem that leaves are removed from before they are used. Whereas tender herbs have a flexible green stem and some recipes include both the leaves as well as the stem. Examples of tough herbs are rosemary and thyme and examples of tender herbs are cilantro and parsley.

Preserved herbs have been processed in some way to allow them to stay edible for longer periods of time. Drying and freezing are two common ways to preserve herbs. Herbs can also be preserved by adding them into other foods, such as oils and vinegars, salad dressings and sauces, honey, beverages and canned foods like pickles and jellies that have long shelf lives.

Dried herbs are a type of preserved herb. They are picked fresh and then dried to remove moisture. Dried herbs last for long periods of time if stored properly. They often have stronger flavours than fresh herbs because they are in a more concentrated form. There are dozens of common dried herbs that are available through local retailers, each with their own unique tastes. Locally grown fresh herbs can be dried at home and used year-round. A commonly used dried herb that is produced in Newfoundland and Labrador is summer savoury. Teas are also dried herbs that are steeped in hot water to brew as a drink. Almost all teas are made from herbs, although the term 'herbal tea' usually refers to teas that are caffeine-free.

Note: Substituting Fresh and Dried Herbs

Fresh and dried herbs can be substituted for one another in many recipes. However, because of their differences in moisture and flavour, they should not be substituted in equal amounts.

Many recipes offer two options in their ingredients list, one for fresh and one for dried herbs. If not, a good general rule is that you can switch 1 teaspoon of dried herbs for 1 tablespoon of fresh herbs. That is a 1:3 ratio of dried to fresh. Ultimately, it is a matter of taste. Start with small amounts, taste, and then add more if you need it.

Washing and Storing Fresh Herbs for Use

Be sure to clean fresh herbs before using them in the kitchen. Follow these simple steps:

Step 1: Using scissors or clean hands, carefully remove any tough, wilted or damaged parts from the bunch of fresh herbs.

Step 2: Gently spritz the herbs with clean, cold water from a spray bottle or sprinkle cold water thoroughly over the herbs. Do not put the herbs directly under a strong flow of water or they may become soggy and wilted. Be sure to remove any grit that may be hiding under leaves.

Step 3: Either shake the herbs gently over a sink or turn them in a salad spinner to dry them off.

Step 4: Until you are ready to use the herbs, wrap them in clean paper towel and/or keep them in a food safe container. If you moisten the paper towel with clean, cool water it will keep the herbs from drying out.

Quick Tip:

Do not clean fresh herbs until right before you are ready to use them. They will last longer in the fridge if they are dry and unwashed.

Step 5: Store fresh herbs for up to 7 days and carefully check them for pieces that have gone bad prior to use.

If there are fresh herbs available at the workshop, you could demonstrate to participants now how to clean and store them properly. Refer to **Appendix H: Food Safety** (page 35) for more information about safe kitchen practices.









Storing Dried Herbs




Store dried herbs in a cool, dark, and dry place. Heat, air, and light exposure cause herbs to lose their flavour over time and dampness can cause them to go bad. Choose a glass, plastic or metal food-grade container that can be sealed and will not let any moisture in. Avoid using paper or cardboard containers because they will slowly absorb the oils from herbs, taking away flavour, and won't keep moisture out. Seal containers tightly. Most dried herbs retain their flavour for up to a year if stored properly.



11 Herbs to Try at Home

These herbs grow well in Newfoundland and Labrador's growing conditions and they are also very versatile for lots of different recipes. Find out what they taste good with and try using them in your kitchen.

| Herb | Tender/ Tough | Tastes good with... | Did you know? | Storage tips |
|--|------------------|---|--|---|
| <p>Basil</p>  | Tender | Cheese and dairy, chicken and poultry, eggs, fish and seafood, garlic, nuts, salad greens, soups and stews, tomatoes, vegetables, vinegar, whole grains | <p>"Growing basil is great for repelling many flying insects, so grace your picnic table with the potted herb or use freshly cut stems in a vase." – Growing Herbs at Home</p> | Freezes very well. Commonly preserved as pesto. |
| <p>Chives</p>  | Tender | Beef, cheese and dairy, dips, eggs, fish and seafood, mushrooms, pork, potatoes, soups and stews, vegetables, whole grains | Chives grow extremely well in NL. They are great plants for new backyard gardeners to start with. | Freezes well. |
| <p>Cilantro</p>  | Tender | Avocados, beans, bread and biscuits, chicken and poultry, curry, fish and seafood, fruit, salad greens, tomatoes | Cilantro and coriander are the same plant. The seeds are called coriander and widely enjoyed as a spice, whereas the leaves are called cilantro and used as a fresh herb. They have slightly different flavours. | Best when fresh. Can be frozen. |

| Herb | Tender/ Tough | Tastes good with... | Did you know? | Storage tips |
|--|------------------|---|--|---|
| <p data-bbox="323 326 380 354">Dill</p>  | Tender | Beans, biscuits, bread, cheese and dairy, chicken and poultry, cucumber eggs, fish and seafood, potatoes, vegetables, vinegar | Throughout herbal history, dill has been associated with a lot of unusual uses, such as relieving hiccups, deterring witches, and as an ingredient in love potions. | Dries very well. Freezes well. |
| <p data-bbox="302 605 401 633">Garlic</p>  | Tough | Beef, butter, chicken and poultry, fish and seafood, mushrooms, potatoes, soups and stews, tomatoes, vegetables, whole grains | Garlic has both anti-bacterial and anti-viral properties. That's why it is often associated with home remedies for colds, flus and other ailments. | Becomes peppery-tasting when frozen. Can be dried or pickled. |
| <p data-bbox="317 911 386 938">Mint</p>  | Tender | Beef, desserts, fish and seafood, fruit, lamb, potatoes, vegetables, whole grains | Most of us are familiar with peppermint and spearmint, but there are also varieties called applemint, pineapplemint, chocolatemint and orangemint that taste like their namesakes. | Dries very well. Freezes well. Can be candied. |

| Herb | Tender/ Tough | Tastes good with... | Did you know? | Storage tips |
|---|------------------|--|---|--|
| Oregano  | Tough | Beef, chicken and poultry, eggs, soups and stews, tomatoes, vegetables, whole grains | Oregano's name means "joy of the mountain". There are many different kinds of oregano in the genus <i>Origanum</i> , and Marjoram is one of them. You can substitute oregano for marjoram, but use slightly less oregano than called for. | Dries very well. |
| Parsley  | Tender | Chicken and poultry, fish and seafood, potatoes, salad greens, soups and stews, dressing (stuffing) tomatoes, vegetables, whole grains | Parsley will grow well as part of an indoor herb garden. It is a great source of iron and freshens breath. Grow a pot on a sunny windowsill and harvest leaves year-round to nibble on. | Best when fresh. Can be dried or frozen. |
| Sage  | Tough | Beef, biscuits, bread, cheese and dairy, chicken and poultry, mushrooms, pork, tofu, vegetables, whole grains | "Sage's botanical name, <i>Salvia</i> , suggests that it has life-saving qualities, and indeed it was once reputed to mend broken bones and cure nervous disorders. Now it is far more often found in turkey stuffing than in curative teas." –Harrowsmith Northern Gardener | Dries very well. |

| Herb | Tender/ Tough | Tastes good with... | Did you know? | Storage tips |
|--|------------------|--|--|------------------|
| <p>Summer Savoury</p>  | Tough | Beans, dressing (stuffing), chicken and poultry, eggs, fish and seafood, salad greens, soups and stews, tofu, vegetables, whole grains | Summer savoury is one of the most popular herbs in Atlantic Canada. It is also one of the key ingredients in the French herbes de Provence. | Dries well. |
| <p>Thyme</p>  | Tough | Beans, beef, biscuits, bread, chicken and poultry, fish and seafood, pork, squash, vegetables, whole grains | <p>"It has been said that a magical oil can be made from thyme to help you see Faeries. The thyme must be gathered from the side of a hill where the Faeries used to be."</p> <p>–The Newfoundland Herbalist</p> | Dries very well. |

Ways to Use Culinary Herbs

The following sections provide lots of tips for helping you use herbs more often with delicious results. This section will outline how to use herbs in:

1. Cooked foods
2. Salads
3. Dips and condiments
4. Desserts and baking
5. Canning/bottling
6. Beverages
7. On their own

Be sure to check out the Root Cellars Rock blog (www.rootcellarsrock.ca) for hundreds of local food inspired recipes. Many of those include fresh and dried herbs as ingredients and they are a great place to start when experimenting with herbs in the kitchen.

Activity: Taste Test

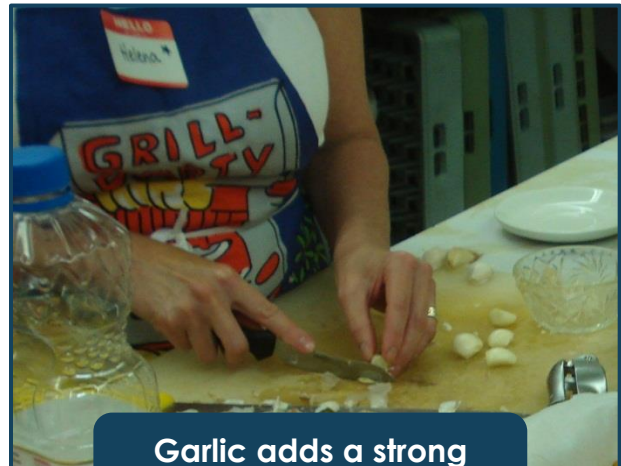
Give each participant some fresh or dried herbs to smell and taste and ask them to brainstorm what other foods the smells and tastes of those herbs make them think of. Be sure that fresh herbs are properly washed before serving them to the group and that participants have washed their hands. To add to the experience you could give the participants the same herb both dried and fresh (For example: basil, oregano or parsley) and ask them to try each and then describe the differences between the fresh and the dried. Which do they prefer? In what recipes would these herbs taste great? Give participants the opportunity to skip the activity if they prefer. Some people may not feel ready to try new herbs yet but hopefully will by the end of the workshop or later at home.

1: Cooking Foods with Herbs

- When you only need a small amount of fresh herbs you can use scissors to cut the leaves off the stems and right into your food. If you will be adding a larger amount of herbs, then remove the leaves from the stems and mince the leaves with a sharp knife or in a food processor before adding them.
- If you are new to using herbs then try adding them one at a time in small amounts to mild foods first (examples: eggs, soft cheese, yogurt). Get

comfortable with their flavours before you add them in larger quantities or combinations to more flavourful foods.

- Herbs are meant to enhance the flavours of other ingredients in cooking. Add only enough to do that, without overpowering other ingredients.
- Use herbs as garnish to decorate foods and serving dishes.
- Add fresh tender herbs late in the cooking process when the food is almost completely cooked or even when it has been removed from the heat and is just about to be served. Fresh tender herbs will wilt or lose their flavour quickly in heat, so it's best to add them last. Examples of tender herbs are basil, cilantro, parsley, dill and chives.
- Tough herbs, especially when dried, release their flavours more slowly and soften up over time so it is okay to add them in earlier in the cooking process. Examples of tough herbs are rosemary, thyme, sage, oregano, tarragon and bay. These herbs are especially good to use when roasting or slow cooking foods.
- When using a new herb for the first time a good idea is to smell the food you are cooking and then smell the herb immediately afterward. If the smell of what you are cooking is complemented by the herb's smell, then it will likely be a good flavour combination too. But if the herb's smell is a poor contrast with your food, then save it for a different meal. Our senses of smell and taste are closely linked, so if ingredients smell good together then it is more likely that they will also taste good together.
- When experimenting with adding new herbs into a cooked dish, try following these steps: 1) do the smell comparison described above, 2) add a pinch of the herb (what you can hold between the tips of your thumb and forefinger) to the dish, 3) give that a minute to work its way into the flavour of the food and then taste test, 4) depending on the result decide whether you have added enough or whether more is needed.
- Try using ingredients that are already pre-flavoured with herbs, like cheeses, tofu, meats, sauces, or grain products.



Garlic adds a strong smell and flavour

Did You Know?

Two commonly used culinary terms related to herbs are bouquet garni and fines herbes. Here's how Rodale's Herbs describes these two terms:

"Bouquet garni- Add this 'herb bouquet' to soups, stews and sauces, but remove it before serving. The essential oils provide subtle flavour and aroma. Traditional bouquet garni includes a bay leaf, thyme, and parsley or chervil, all bunched together with a string, or in a cheesecloth bag. Tie the string to the pot handle to make removal easy."

"Fines herbes- Unlike bouquet garni, fines herbes are left in the food to add color as well as flavour. Mince together fresh herbs like basil, chervil, chives, marjoram, tarragon, and thyme, and add them to sauces and omelettes at the end of cooking."

2: Using Herbs in Salads

- Try using fresh herbs in potato and pasta salads to make them taste fresher. For example, use fresh dill, parsley, basil, oregano or chives.
- Make salads that showcase herbs as main ingredients. Consider a simple salad of fresh basil leaves, tomato slices and cheese. Make a salad from sliced cucumber, a bit of olive oil and fresh or dried dill. Or try making tabouli, a Lebanese salad that's full of nutritious fresh parsley and mint.
- Mix fresh herb leaves in when making green salads. Even if you use the same salad mix, switching up one herb will completely change your salad. Try using fresh parsley, mint, oregano, or cilantro.
- Make homemade salad dressings using dried or fresh herbs. Herb vinaigrettes, Italian dressing, and creamy dill dressing are good examples. Refer to the activity **Experimenting with Herb Vinaigrettes** (page 69) for steps to get started.

3: Making Dips and Condiments with Herbs

- Make your own salsa or guacamole from scratch using fresh cilantro and parsley, or use fresh herbs to garnish store-bought guacamole and salsa.

- Experiment with flavours like roasted garlic, dill, or mixed herbs when making or buying hummus and dips.
- Make pesto out of basil or other herbs to use as a base for appetizers and main dishes. Refer to the activity **Making Pesto** (page 73) for details.
- Mix herbs into classic condiments to make creations like basil ketchup, rosemary mustard, and herb BBQ sauce.
- In a sterilized jar layer honey with a few pinches of dried herbs to make a sweet herbal spread. Try using thyme, lemon balm, mint, or lavender.
- Add herbs to sauces, stocks and gravies to give them new flavours. Look up new recipes for old favourites to see how other people have incorporated herbs.
- Make herb butter or margarine to use as spreads or to add into cooking and baking recipes. Let margarine or butter soften at room temperature. Mix in the herbs and then let the margarine or butter chill for 3 or more hours before serving. Go by your own taste, but in general about 1 tablespoon fresh herbs (1 teaspoon dried) can be added to every 1/2 cup margarine or butter. Herb-seasoned margarine or butter can be stored for up to 1 month in the refrigerator or frozen for future use.

4: Including Herbs in Desserts and Baking

- Add herbs into savoury baking. Try making herb and cheese biscuits or multi-grain herb bread.
- Use herbs in sweet baking and desserts. Some of the herbs that work especially well in sweets are mint, lemon balm, lavender, and jasmine. Try adding them into the batter or frosting for cookies, cakes and other desserts.
- Make an herb-flavoured sugar to use in desserts and baking. Using 1/4 cup fresh herbs to every 1 cup sugar, layer the herb leaves and sugar in a jar and seal it up for 2-3 months so that the sugar absorbs the flavour of the herbs. Before use, remove the herb leaves. Store the herb sugar in a tightly sealed jar.



**Chocolate cake
with mint garnish**

5: Using Herbs in Canning

- Herbs are extremely important for seasoning many canned (bottled) foods like pickles, chutneys, and salsas. Be creative when choosing recipes and pick ones that showcase an herb that you like.
- Dill isn't the only herb used when making pickles although it is the most popular. Try pickling with garlic, basil, chives, parsley, oregano, thyme or any other readily available fresh or dried herb.
- Add fresh herbs when you make jams or jellies. Try combining plums and sage, blueberries and basil, or strawberries and rosemary. Refer to this post on the Root Cellars Rock blog for more details: <http://rootcellarsrock.ca/2011/08/a-new-kind-of-jam/>
- Make an herb salt to use when seasoning foods. Mix 2 tablespoons dried herbs to every 1 cup of sea salt or kosher salt and store it in a salt grinder until use. Try making seasoning mixes with a variety of herbs. This is a good option for people who are trying to limit their salt consumption as the herbs in the mix add more flavour but reduce the quantity of salt used.



Yellow plum and sage jam

6: Making Beverages with Herbs

- Almost all teas are made from herbs. Most grocery stores carry a large variety of teas, so give a new kind a try or mix a few kinds together to make your own original blend. If you are using loose-leaf dried herbs to make tea, the general amount to use is 1- 1.5 teaspoons of dried herbs for every 1 cup of water. If you garden, try growing peppermint or chamomile to make into tea or refer to the workshop on **Edible Wild Plants** for herbs that you can collect in the wild to make teas from.



Hot teas and homemade blueberry rooibos iced tea served at a FEASt event

- Iced teas can be made by brewing any sort of tea and then chilling it to serve as a cold drink. Sometimes fruits or sweeteners are added as well. Try making your own homemade iced tea as an affordable and healthy alternative to store-bought varieties.
- Herb lemonades are delicious and refreshing on a warm day. Add a bit of mint, sorrel, lemon balm or lavender to your next batch of lemonade and use herbs as garnish when serving.
- Next time you make a smoothie or milkshake, try adding a few fresh herb leaves in. Try these exciting flavour combinations: pineapple/basil, blackberry/thyme, strawberry/cilantro, apple/mint, and citrus/thyme.
- Herbs are a unique addition to hot drinks like hot chocolate, coffee, cider, and espresso beverages. Use dried herbs or herb syrups when making hot drinks. Try experimenting with different varieties of mint, lavender, rosemary, lemongrass, lemon balm and tarragon.

7: Enjoy Herbs On Their Own

- Use mint or parsley leaves to freshen your breath after a meal. Pick a few leaves from a kitchen window box or keep them stored in the fridge and chew the leaves instead of gum.
- Plant herbs throughout your backyard or community garden and when you show people around, do a taste-testing. Help other people to explore the many flavours of herbs by sharing the ones you have grown.
- Plant a kitchen herb box that you can harvest from all the time. Choose herbs that you really like and will use often. Place the herb box in a sunny window, keep it watered, and nibble on fresh herbs year round.
- Many herbs taste like other foods and can be fun to taste test with kids. Try chocolate mint, lemon balm, anise which tastes like black licorice, or green apple flavoured sorrel. If these are not available from a local retailer, then order seeds and grow them as an experiment in your garden. Sorrel also grows wild throughout Newfoundland.
- Use herbs as part of centrepieces to decorate your dinner table. Make a beautiful bouquet of herb flowers and greenery and surprise dinner guests by picking off a few leaves to garnish meals.



Sorrel grows wild at the Rabbittown Community Garden in St. John's

Preserving Herbs

There are several different ways to preserve herbs for future use. If you are interested in eating more local food, then herb preservation is a way to make the harvest last year-round. The following are a few common ways to preserve herbs and their basic instructions:

1. Drying
2. Freezing
3. Herb Infused Vinegars and Oils

For more articles and ideas about preserving herbs, refer to **Resources** (page 87).

1: Drying Herbs

The best herbs to dry are: dill, tarragon, oregano, rosemary, sage, thyme, lavender, yarrow, and marjoram.

Drying is an easy way to preserve herbs, especially the ones with woody stems. There are a few different methods for drying herbs. Herbs can be dried using a dehydrator, microwave or an oven set low (150°F/65°C or less). They can also be dried by laying the leaves out on a screen for several weeks. Refer to **Resources** (page 87) for websites with more information on those drying methods. The most common and easy method to dry herbs is hanging them.



Dried oregano, tarragon, and parsley in mason jars

Below are the steps for hang drying herbs and some tips to keep in mind to ensure success:

Step 1: Gently wash herbs and dry them. Remove damaged or wilted pieces.

Step 2: With the leaves still attached to their stems, bundle the sprigs of herbs into a bunch about as thick as a pencil at the top, with all the sprigs facing downward. Use an elastic band or string to tie the stems together. Make sure the bunch is not too tightly packed or airflow may be restricted to the innermost leaves. The herbs will dry faster in smaller bunches rather than large ones.

Step 3: Hang bunches with the stems at the top in a warm (27-38°C or 80-100°F), dry and dark place that has good air circulation. For example, hang herbs on clothes hangers or hooks in an unused closet or cupboard but leave the door open for air circulation. If you are worried about dust getting on the herbs then

you can hang them inside a protective paper bag with some holes punched in it so that air can still circulate.

Step 4: Let the herbs dry for about two weeks or until the leaves all start to feel crunchy and crumble when rubbed. Do not leave the herbs hanging for longer than necessary or they will lose their potency.

Step 5: Remove the dried leaves from the stems by stripping the leaves from the top to the bottom of the stem. Either keep the dried leaves whole or crumble them up for easy use when cooking.

Step 6: Store the dried herbs in a dark, dry place in a sealed container. Be sure to label the container with the date and the name of the herb.

2: Freezing Herbs

The best herbs to freeze are: basil, chives, dill, parsley, mints, chervil, marjoram, fennel, and tarragon.

Freezing herbs preserves their flavour but not their texture, so expect the herbs to be less crisp when they thaw. Frozen herbs are best used in cooked dishes, particularly sauces and soups, where they can add flavour but their consistency is less noticeable. However, a few ice cubes of frozen herbs can be a nice addition to cold drinks too.



Freezing pesto in an ice cube tray

The following method works for freezing fresh herbs or pesto:

Step 1: Clean and dry herbs well before freezing.

Step 2: Remove the herb leaves from their stems by stripping the leaves from the top to the bottom of the stem.

Step 3: Depending on how big you prefer pieces to be you can either mince the fresh herb leaves up or leave them whole. This is the point where you would make the herbs into pesto if that is what you are freezing. If you tend to use a group of herbs together often when cooking then you can freeze those herbs together in a mixture.

Step 4: Fill either ice cube trays or silicon muffin trays with the herbs or pesto, almost to the top of each cell.

Step 5: (Omit this step if freezing pesto): Pour a bit of clean water in with the herbs to top up the cells of the trays.

Step 6: Freeze the herbs or pesto in the trays.

Step 7: Once fully frozen, pop out the herbs and store them in a food safe re-sealable bag or container in the freezer. Label with the date and herb name(s).

Step 8: Use the individually frozen blocks of herbs by dropping them into sauces, soups or other dishes, or as ice cubes in cold drinks.

3: Herb-Infused Vinegars and Oils

Herb-infused vinegars and oils can be used as you would plain oils and vinegars in recipes but they add unique and delicious flavours. Try combining herb oils and vinegars together to make salad dressings.

Vinegar Infused with Herbs

Follow these steps to preserve herbs in vinegar:

Step 1: Gently clean and dry fresh herbs thoroughly.

Step 2: Put the desired amount of fresh herb sprigs into a hot, sterilized jar.

Step 3: Cover the herb sprigs with either white wine or red wine vinegar that has been heated almost to a boil. The warmth of the vinegar will help draw out the flavourful oils in the herbs. Label the jar with the date and herb name(s).

Step 4: Seal the jar and let it age in a warm, dark place for 3-6 weeks.

Step 5: Once aged, strain the herb leaves out of the vinegar using a sieve or coffee filter. Put the lid back on the jar and store the vinegar in the refrigerator.

Oil Infused with Herbs

When flavouring oils with herbs, experiment with different combinations of herbs and oils to find the ones you like best. Try making herb oils for different types of preparations, like salad dressings, stir-fry or desserts. For savoury oils try rosemary, thyme, basil, and tarragon. For dessert oils try mint, lavender, and lemon balm.

Be aware that flavouring oil with herbs, if done improperly, can pose food safety risks. Make small batches of herbal oils and store them in the refrigerator once prepared. Refer to these instructions from Health Canada on how to best prepare flavourful oils infused with herbs:

www.healthycanadians.gc.ca/init/cons/food-aliments/safety-salubrite/oil-lhuile-eng.php

Quick Tip

Wine-based vinegar has a light flavour that goes well with herbs, but other kinds of vinegars can be used instead according to your preference. Use white wine vinegar with chives, lemon basil, marjoram, thyme, tarragon and lavender. Use red wine vinegar with bay leaves, dill, fennel, garlic, lovage, mint, sweet basil and thyme.

Activities

(40 minutes)

Experimenting with Herb Vinaigrettes

This workshop is hands-on and would be best hosted in a kitchen. However, it does not require any cooking appliances. Refer to **Appendix J: Grant Opportunities** (page 38) as a resource for acquiring all the materials for this workshop affordably.

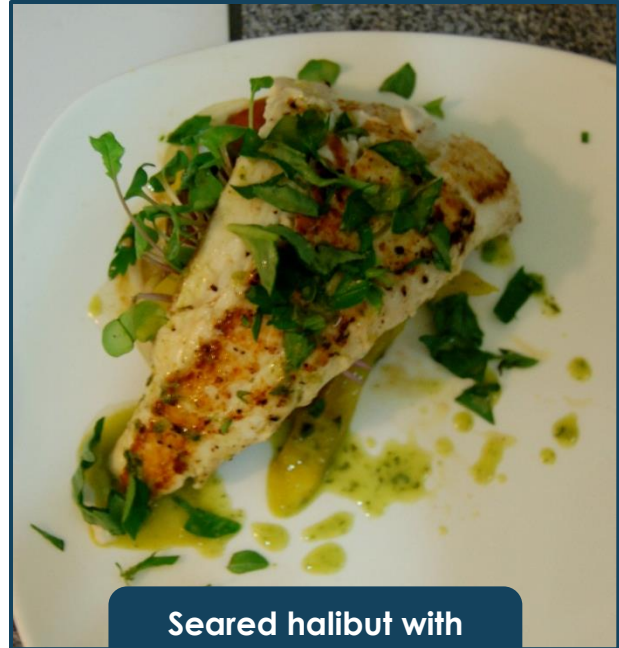
Materials

Note: Choose the quantities of each ingredient based on your group size.

Keep in mind that each participant will likely use about $\frac{3}{4}$ cup of oil, $\frac{1}{4}$ cup of vinegars, and up to a few teaspoons of any of the other ingredients. Use

Appendix C: Supplies and Costing Template (page 29) as a resource for keeping track of your required supplies.

- Recipes printed out for participants
- New or sterilized 500 mL jars with new lids- one per participant (These are available at grocery stores or home/hardware stores)
- White wine vinegar
- Balsamic vinegar
- Apple cider vinegar
- Extra-virgin olive oil
- Another 1 or 2 kinds of oil (Examples: vegetable oil, safflower oil, sesame oil, canola oil, soybean oil, flax oil, walnut oil)
- An assortment of dried herbs (For example, pick a few of: basil, oregano, dill, thyme, sage, tarragon, marjoram, chives, summer savoury, onion powder, rosemary)
- An assortment of fresh herbs (For example, pick a few of: chives, basil, cilantro, dill, oregano, parsley, thyme, rosemary)
- Ground black pepper
- Salt
- Small bottle of lemon juice
- Garlic, several fresh cloves diced up small or dried garlic



Seared halibut with herb vinaigrette

- A small container of a liquid sweetener like honey or maple syrup
- Mild Dijon mustard
- Measuring spoons, several sets
- Measuring cups, several sets
- Spoons
- Mixed salad greens (often called spring mix) and/or crisp romaine lettuce, washed and dried (Enough for each participant to have a small bowl)
- Bowls
- Forks
- Salad serving tongs

Step 1: Let the group know that this is a hands-on activity where every participant will get to make their own vinaigrette salad dressing and try it. Share the following information with the group to get them started:

There are many different recipes available for delicious vinaigrettes that you can easily make at home with herbs and that cost a lot less than buying pre-made dressings. Making salad dressings from scratch means that you have full control over their flavour, the ingredients that go in them, and how healthy they are for you and your family. Today we will be making vinaigrettes. Vinaigrette dressings are made from a combination of oil, vinegar, and often another seasoning like herbs, fruit, spices, or condiments.

Vinaigrettes are usually light and have subtle flavours. They are meant to enhance the flavours of your other salad ingredients, rather than being the main ingredient in a salad.

When making vinaigrettes today you can choose from two options, either use one of the recipes provided here or make up your own recipe. To make your own recipe, follow these general rules: 1) Use 1 part vinegar to every 3 parts oil (for example, use 1/4 cup vinegar with 3/4 cup oil), and 2) add your additional seasoning ingredients in small amounts at first. Put in just a pinch of something and then taste test before adding more of that seasoning or adding another kind of seasoning. Use clean spoons when taste testing.

Quick Tip: 3:1 Ratio

The magic ratio of oil to vinegar is 3 to 1. This will provide the base for successful vinaigrettes. Add three parts of oil (olive, vegetable, safflower, etc.) to one part vinegar (balsamic, white wine, apple cider, etc.) along with additional seasonings like herbs or mustards of your choice for a delicious dressing.

Step 2: Introduce the participants to the different kinds of oils, vinegars, dried and fresh herbs and seasonings you have provided. If you didn't already taste test the herbs during the workshop, then now may be a good chance for participants to try some of them. Be sure that all participants have washed their hands before handling food.



Raspberry vinaigrette

Step 3: Demonstrate to participants how to make vinaigrette using one of the recipes provided or by making up your own using the instructions above.

Add the vinegar, herbs and other seasonings into a mason jar and stir it all up with a fork. Add in the oil and then seal the jar tightly and shake it up to mix the contents. It's as easy as that!

Step 4: Let each participant try the dressing you have just made by pouring a small amount into a clean bowl for each participant and getting them to dunk salad greens into it using clean forks.

Step 5: Encourage participants to each make their own vinaigrettes either using the recipes provided or creating new ones. Participants may wish to write down their experimental recipes so that they remember them.

Step 6: While participants make their vinaigrettes, put out more clean bowls and forks.

Step 7: Once the vinaigrettes are all complete, encourage participants to take a bowl of greens and try each other's dressings. To do so, pour small amounts of the dressings into small bowls and use clean forks to dunk lettuce into them. Participants can take home the remainder of their vinaigrette in the jar. Store the vinaigrette in the fridge for up to three weeks if using dried herbs and up to one week if using fresh herbs. The oil and vinegar will separate after a while. Simply shake it up again to mix contents before use. Suggest that participants try using the vinaigrettes on green salads, pasta salads, bean salads, as a sauce for grains or to marinate meat or vegetables prior to cooking.

Step 8: Ask participants what they think of the different vinaigrettes. Can they taste the individual herbs in them? What salad ingredients do they think those herb vinaigrettes would go well with? Have they made other kinds of salad dressings before at home and will they make these vinaigrettes again in the future? Why or why not?

Step 9: Clean up with the help of participants.

Garlic-Herb Vinaigrette

Recipe adapted from Simple Bites (www.simplebites.net/three-homemade-salad-dressing-recipes-better-for-you-better-for-your-wallet/)

- 1/4 cup apple cider vinegar
- 1/2-1 tablespoon Dijon mustard
- 1-2 fresh garlic cloves, minced (about 1 teaspoon)
- a pinch of salt and black pepper
- 1 tablespoon fresh herbs or 1 teaspoon dried (basil, oregano, chives, and thyme are all nice)
- scant 3/4 cups extra virgin olive oil

Combine all ingredients except olive oil in a jar. Stir well with a fork.

Add olive oil, cover jar tightly, and shake contents well until combined. You can also use a blender and drizzle the oil in slowly while it is running.

Store in the fridge for up to three weeks if using dried herbs and up to one week if using fresh herbs.

Herb Vinaigrette

Adapted from Cuisine du Monde (www.cuisinedumonde.com/herb_vingrette.html)

- 1/2 cup of olive oil
- 4 tablespoons of red wine vinegar
- 2 tablespoon of finely chopped fresh oregano (or 2 teaspoons dried oregano)
- 4 teaspoons of finely chopped fresh rosemary (or 1 1/3 teaspoon dried rosemary, crushed up)
- 2 teaspoons of Dijon mustard
- Salt, to taste
- Black pepper, to taste

In a jar combine ingredients and season with salt and pepper. Seal the jar tightly and shake to mix contents well. Store in the refrigerator for up to a week if using fresh herbs and up to three weeks with dried.

Making Pesto

This activity is demonstration-style. The facilitator will show participants how easy it is to make pesto and then everyone will get to try some and take it home. This activity would be best hosted in a kitchen. However, it does not require the use of large appliances. Refer to **Appendix J: Grant Opportunities** (page 38) as a resource for acquiring all the materials for this workshop affordably.



Materials

- Recipes printed out for participants
- New or sterilized 125mL canning jars with new lids
- Ingredients for the pesto recipe you have chosen
- A blender, magic bullet or food processor
- Something to taste test the pesto with like raw vegetables or whole wheat pita slices
- Cutting board
- Sharp knife and/or scissors
- Butter knives
- Small plates

Step 1: Choose one of the pesto recipes provided at the end of this activity to make with your group. Assemble all the necessary ingredients. Multiply the recipe as needed so that there will be enough for each of your participants to take a small portion home.

Step 2: Explain to the group that in this activity everyone will have the chance to try homemade pesto made from fresh herbs. Share the following information with the group about pesto:

The main ingredients in traditional pesto are basil, parmesan cheese, olive oil and pine nuts. However, new versions of pesto are developing all the time inspired by the basic combination of a fresh herb, nuts or seeds, cheese and oil. As with many cooking skills, once you have learned the basics of something it can be a lot of fun to experiment. Store-bought pesto is often very expensive and will usually only be made from basil. However, you can get creative with fresh herbs that are available locally to make pesto in lots of different ways.

People who avoid nuts or cheese can leave either out of recipes and will still have success.

Step 3: If you didn't already do this during the workshop, demonstrate to participants how to clean and dry the fresh herbs you will be using. See page 55 for instructions on how to do so.

Step 4: Demonstrate how to remove the leaves from the stems of the fresh herbs. Depending on the herb you have chosen, you may prefer to do this either with scissors, a sharp knife on a cutting board, or with clean hands by stripping the leaves from the top to the bottom of the stem or by plucking off the individual leaves. For a demonstration refer to the CHOW video How to Cut Tender Herbs <http://youtu.be/1l6Sfws-m5M>

Step 5: Follow the remaining instructions from the recipe you have chosen, to demonstrate how to make the pesto.

Step 6: Scoop a bit of the pesto into a small bowl and allow participants to taste test it using the pita or vegetable sticks that you have provided. They may only want to take a very small amount at first to see if they like the flavour. Let participants know that pesto is extremely versatile. Here are just a few of the ways that you can use homemade pesto:

- As a dip/spread on its own or mixed with sour cream or plain yogurt.
- Add it to sandwiches.
- Mix a bit of pesto into salad dressings or sauces.
- Marinate meat, poultry or fish in pesto.
- Spread it as a base on pizzas.
- Incorporate pesto into Italian or Mediterranean dishes.
- Roast vegetables coated with pesto.
- Add flavour to whole grains and pasta with pesto.

Homemade pesto can be stored in the fridge for up to a week or frozen for up to three months in ice cube trays. See this Root Cellars Rock post for instructions on how to freeze pesto for future use: <http://rootcellarsrock.ca/2011/10/ice-ice-veggies/>

Step 7: Ask participants what they think of the pesto. Would they like a pesto made of a different herb, and if so, which one? Can they think of other ways that pesto could be used?

Step 8: Portion the remaining pesto into the jars and allow each participant to take a sample home.

Step 9: Clean up with the help of participants.

Classic Basil Pesto

Adapted from Chatelaine

(<http://food.chatelaine.com/Recipes/View/Classic-Basil-Pesto>)

- 2 to 3 garlic cloves
- 4 cups packed basil leaves, about 2 small bunches
- 1/2 cup toasted pine nuts (optional)
- 1/3 cup grated parmesan cheese
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/3 cup olive oil
- 1/3 cup vegetable oil

Mince garlic cloves in a blender. Add basil, pine nuts, cheese, lemon juice and salt. Pulse until finely chopped. If using a blender, slowly add oils, stopping after every couple of tablespoons to scrape down sides with a spatula. Blend until it becomes a thick paste. Makes 1 1/3 cups.

Sorrel Pesto

Adapted from Healthy Seasonal Recipes

(www.healthyseasonalrecipes.com/blog-table-of-contents/687-sorrel-pesto.html)

- 1 small clove garlic, peeled
- 3 cups chopped sorrel leaves
- 1/2 cup pumpkin seeds (pepitas)
- 1/2 cup crumbled feta cheese
- 1/3 cup extra-virgin olive oil
- 1/2 teaspoon salt

Mince up garlic. Combine garlic, sorrel, pumpkin seeds, feta, olive oil and salt in blender. Process until ingredients turn into a thick paste. Makes: about 1 1/3 cups.

Sage and Parsley Pesto

Adapted from Nourish Network

(<http://nourishnetwork.com/2011/01/17/spicy-sage-and-parsley-pesto/>)

- 1/4 cup slivered almonds
- 1 garlic clove
- 3/4 cup fresh flat-leaf parsley
- 1/2 cup fresh sage leaves
- 1 plum tomato, peeled, seeded and coarsely chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons grated Romano cheese
- Salt, to taste

Place almonds and garlic in a food processor or blender; pulse until coarsely chopped. Add parsley, sage and tomato; pulse to coarsely chop. Add oil; pulse to combine. Add cheese; pulse 1-2 times or just until combined. Season with salt. Makes about 3/4 cup.

Cilantro Pesto

Adapted from Be Nourished with Rebecca Wood

(www.rebeccawood.com/recipes/cilantro-pesto/)

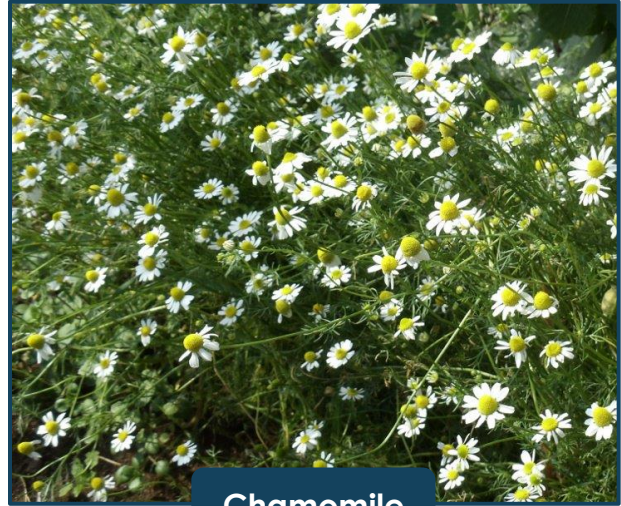
- 1 bunch fresh cilantro, rinsed and dried (approximately 3 cups, loosely packed)
- 1/2 cup grated Parmesan cheese
- 1/2 cup roasted pine nuts, walnuts or macadamia nuts
- 2 cloves garlic
- 1 tablespoon lime juice
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon salt or to taste

Strip the cilantro leaves from the stems and set the leaves aside. Coarsely chop the stems and place them in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped. Makes about 1 1/4 cups.

Have an Herbal Tea Party

Materials

- A snack, see Step 1
- Printed copies of the recipes for participants to take home (optional)
- Kettle
- Tea pots (optional)
- 2-3 teacups or disposable cups per person
- Sugar
- Milk
- Tea spoons
- Small plates
- Forks
- Napkins
- Teas, choosing one of the following options or a combination of both:
 1. A variety of dried herbs to make your own tea recipes, these could be from your garden or a local farmer. Try chamomile, spearmint, peppermint, raspberry leaf, lemon balm, sage, lavender, blackberry leaf, strawberry leaf, sorrel, or thyme. Consider adding in other flavours too like orange peel, cinnamon, dried blueberries, lemon, honey or ginger.
 2. 2-3 boxes of caffeine-free tea (For example, choose some of: peppermint, chamomile, lavender, rose hip, ginger, rooibos, liquorice), *and* 2-3 boxes of caffeinated tea (For example, choose some of: orange pekoe, English breakfast, earl grey, chai, green, jasmine)
- If you choose option 1 and brew your own dried herbs you will need either tea balls, sachets, baskets, or teapots with screens to brew the loose tea.



Step 1: Prior to the workshop prepare one of the snack recipes included at the end of this activity, starting on page 80 (or another herb snack that you like). Be sure that there is enough for each participant to try some.

Step 2: Brew each of the kinds of tea that you have chosen. Follow the brewing instructions on the purchased tea packages, or for your own herbs steep 1 generous teaspoon of loose herbs to every 1 cup of water. It's easiest to brew loose tea if you use a tea ball, sachets, tea basket, or teapot with a strainer.

Quick Tip

If you are hosting this workshop in warm weather, then consider brewing iced teas as well. If you are hosting this workshop near a holiday then consider adapting a holiday drink (hot apple cider, eggnog, punch, etc.) by adding herbs to it.

Step 3: Allow each participant to take 2-3 different small samples of the teas, encouraging them to choose kinds that they have not tried before.

Step 4: Review with participants that we usually call teas without caffeine herbal teas, but in fact almost all teas are made from herbs, even the caffeinated black teas we are most familiar with. Drying and brewing herbs as tea is an ancient practice that is common to many cultures. Throughout history teas have been brewed for their medicinal properties, their delicious tastes, and as part of cultural and spiritual traditions. Next to water, tea is the second most consumed drink worldwide! Drinking a daily cup of tea (or more) is a part of Newfoundland and Labrador's

food heritage. Across NL families have often been brought together in kitchens around cups of tea to share news and good company, and travelers or labourers would take a break for a 'boil-up' with a cup of tea and a snack outdoors. When we think of herbs we usually think of savoury cooking, but teas are one of the many other ways that culinary herbs are enjoyed. Teas can be comforting and relaxing or stimulating and rejuvenating depending on the different properties of herbs.

Ask participants if they have any family stories that they can share about drinking tea? How does a warm cup of tea make them feel? Have they ever tried making their favourite hot tea into an iced tea instead? What are their impressions of the new teas that they are trying today?

Step 5: Serve participants the herb snack. Let them know what it is and find out what their impression are of finding herbs in a snack or dessert. Have they ever tried recipes like this before? Do they make any baked goods with herbs? What herbs do they think would go well with local berries? What herbs would go well with frozen yogurt or ice cream?

Step 6: Finish enjoying the herbal tea party and then clean up with the help of participants.

Rosemary Raisin Muffins

Makes 12 large muffins. Adapted from *Country Wisdom & Know-How*.

- 3/4 cup milk
- 1/2 cup raisins
- 1 teaspoon dried rosemary or 1 tablespoon fresh rosemary leaves, minced
- 1/4 cup margarine
- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 large egg

Simmer milk, raisins, and rosemary for two minutes in a small saucepan. Remove from heat, add margarine and stir until melted. Let cool. Heat oven to 350°F. Grease muffin cups. Mix flour, sugar, baking powder and salt in a large bowl. Whisk egg into milk mixture. Pour wet ingredients over dry ingredients and fold in with a rubber spatula until everything is just combined, but not overmixed. Scoop batter into muffin cups. Bake 20 minutes or until a fork inserted comes out clean.

Herb Cheddar Scones

Makes 8-10 scones. Adapted from

<http://coffeetea.about.com/od/scones/r/chedderscones.htm>

- 4 cups all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon dried basil or 1/2 tablespoon fresh basil, minced
- 1/4 teaspoon dried thyme or 1/4 tablespoon fresh thyme
- 2/3 cup vegetable shortening
- 1 cup shredded cheddar cheese
- 1 1/3 cups milk
- 1 teaspoon Dijon mustard

Preheat oven to 425°F. Mix together the flour, baking powder, salt, and herbs. Cut in shortening until you have coarse crumbs, then add 3/4 cup of the cheese. Lightly mix in the milk and mustard, until the mixture forms soft dough. On a lightly floured board, knead gently 5 or 6 times and then divide. Roll each half into a 7-inch round, then cut into 4 or 5 wedges. On a greased baking sheet, place scones at least 1 inch apart. Sprinkle with the remaining cheese and bake for 15-20 minutes, until browned on top.

Tea Infused Shortbread

Makes 24 cookies. Adapted from www.foodnetwork.com/recipes/claire-robinson/earl-grey-shortbread-cookies-recipe/index.html

- 2 cups all-purpose flour
- 2 tablespoons loose leaf tea of your choice, removed from tea bags
- 1/2 teaspoon salt
- 3/4 cup confectioners' sugar (also known as icing or powdered sugar)
- 1 teaspoon vanilla extract
- 1 cup margarine, room temperature

Mix together the flour, tea, and salt. Add the confectioners' sugar, vanilla, and margarine. Mix together just until dough is formed. Place dough on a sheet of plastic wrap, and roll into a log, about 2 1/2-inches in diameter. Tightly twist each end of wrap, and chill in refrigerator for 30 minutes. Preheat oven to 375°F. Take the dough out of the fridge, unwrap it and slice the log into 1/3-inch thick discs. Line two baking sheets with parchment paper. Place discs 2 inches apart. Bake until the edges are just brown, about 12 minutes. Let cool on the baking sheets for 5 minutes, then transfer to wire racks and cool to room temperature.

Chocolate Mint Brownies

Makes 32 bars. Adapted from www.vegetablegardener.com/item/4069/chocolate-mint-brownies

- 4 oz. unsweetened chocolate
- 10 tablespoons margarine
- 1 1/2 cups sugar
- 3 extra-large eggs
- 1 1/4 teaspoon vanilla extract
- 1 cup flour
- Pinch of salt
- 4 tablespoons minced fresh mint leaves or 4 teaspoons loose mint tea leaves

Preheat the oven to 350°F. Grease and lightly flour a 9 x 13 x 2-inch baking pan. Melt the chocolate and the margarine together in a heavy-bottomed pan over low heat. Stir and let cool a few minutes. Pour into a large bowl, and beat the mixture with a wooden spoon until blended. Stir in the sugar and mix well. Beat the eggs and the vanilla into the batter until well blended. Stir in the flour and salt until just mixed. Stir in the mint and pour the batter into the prepared pan, spreading it evenly. Bake for 25 to 30 minutes, until a fork can be inserted and comes out clean. Cool in the pan on a rack, then cut into pieces and serve.

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 some of the ways they might try using herbs after this 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 87) 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 85) 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 Using Culinary Herbs Workshop!



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6.3. Supplementary Materials

Sample Agenda

Workshop Agenda Using Culinary Herbs

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: Using Culinary Herbs Resources

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

Websites

Annuals All Year Long (Root Cellars Rock)

<http://rootcellarsrock.ca/2011/09/annuals-all-year-long>

Canning Recipes with Herbs (National Centre for Home Food Preservation) www.uga.edu/nchfp/search.html

The Culinary Herb Guide

<http://culinaryherbguide.com/index.html>

Food Safety Tips for Vegetables and Herbs Stored in Oil (Healthy Canadians) www.healthycanadians.gc.ca/init/cons/food-aliments/safety-salubrite/oil-lhuile-eng.php

Growing Herbs at Home

www.growing-herbs-at-home.com/index.html

Growing Herbs in the Home Garden (West Virginia University Extension Service)

www.wvu.edu/~agexten/hortcult/herbs/ne208hrb.htm

Herbal Companion Planting for Vegetable Gardens (N8ture) www.n8ture.com/herbalcompanion.html

The Herb Companion www.herbcompanion.com

Herbs in Jams and Jellies (Root Cellars Rock)

<http://rootcellarsrock.ca/2011/08/a-new-kind-of-jam>

Instructions to Freeze Pesto (Root Cellars Rock)

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

Perennial Herbs (Root Cellars Rock)

<http://rootcellarsrock.ca/2011/07/perennial-herbs>

Videos

Harvesting Herbs <http://youtu.be/pdQPtuZMKtY>

How to Cut Tender Herbs (CHOW)

<http://youtu.be/1l6Sfws-m5M>

How to Grow Herbs Indoors

http://youtu.be/zSSK7dAr_mQ

How to Pluck Woody Herbs (Rosemary) (CHOW)

http://youtu.be/byvQ4rT_6SI

How to Strip Tough Herbs (CHOW)

<http://youtu.be/hW9sCFN5wJY>



Photo: Sarah Ferber



Photo: Sarah Crocker

Books

Country Wisdom and Know-How by Storey Books

Rodale's Successful Organic Gardening: Herbs by Patricia Michalak

The Successful Herb Gardener: Growing and Using Herbs – Quickly and Easily by Sally Roth



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

