

Forest Meets Farm Toolkit

Roots to Harvest
Thunder Bay, Ontario
December 2018

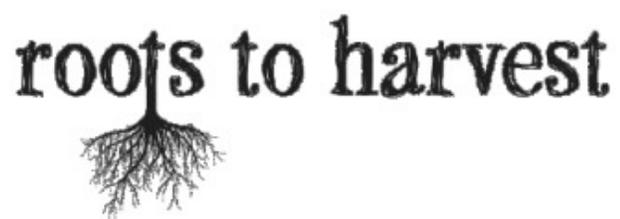


Table of Contents

Preface	3
Curriculum - Lesson Plan - Module 1: Foraging	4
Wild Boreal Mushroom Soup	5
Spruce Tip Tart Shells	6
Wild Blueberry Tart Filling	7
Wild Rice Casserole	8
Spruce Tip & Labrador Tea Shortbreads	9
Apple Honey Glaze	10
Curriculum - Lesson Plan – Module 2: Farming	11
Elk and Beef Meatballs	12
Honey Glazed Carrots	13
Sweet Delicata Tart Filling	14
Salted Wildflower Honey Flatbread	15
Roasted Vegetable & Farro Salad	16
Spruce Tip Potatoes Three Ways	17
Curriculum - Lesson Plan - Module 3: Hunting and Fishing	19
Roasted Canada Goose	20
Wild Rice Battered Lake Trout	21
Fried Wild Rice Smelt	22
Spruce Tip Gremolata	23
Moose Stew	24
Rabbit Ragu	25
White Fish Chowder	26
Venison Sausage Patties	27
Curriculum - Lesson Plan – Module 4: Preserving the Harvest	28
“Dry-Fried” Chanterelles	29
Spiced Pickle Winter Squash	30
Lake Herring Roe	31
Pickled Spruce Tips	32
Rose Hip Jelly	33
Wild Blueberry Maple Jam	34
Project Logic Model	35
Head, Hand & Heart Activity	37
Teacher Evaluation	38
Student Evaluation	39

Preface

Roots to Harvest is a not for profit and charitable organization that uses food as a means to create vibrant, inclusive spaces and meaningful experiences to build belonging and a positive sense of self for the diverse communities we work alongside. In these spaces, and through growing food together, cooking and sharing meals and building new skills, individuals expand their ideas about community and begin to see themselves as an important part of the whole. Building connections between food and people is at the core of our programming and connecting diverse communities and people to each other is the fundamental way we do that.

Forest Meets Farm is a celebration of the wild and cultivated foods of Northern Ontario. For a decade now, Roots to Harvest has used the local food production community to work with young people through employment and education. As our partnership deepened with community partners and knowledge keepers, the draw towards wild foods has grown steadily, and with curiosity and respect, we have begun to explore the extensions of our local food systems beyond the farmer's fields. Many of the young people we work with have a food literacy that has largely gone unrecognized by the conventional food economy, and *Forest Meets Farm* is a celebration of their knowledge as well. A celebration of their food memories, their family stories, their deep food skills including how to angle a knife to cut a goose neck to how to smell when the wildrice is roasted to perfection.

In a series of four hands-on and experiential workshops designed for four local high school youth, *Forest Meets Farm* explores the many aspects of our local food system, highlighting foraging, hunting & fishing, farming and preserving. Wild harvested blueberries sweetened with maple syrup and scooped into local flour tart shells, wildrice ground to flour to lightly batter whitefish served alongside honey caramelized carrots, or sprucetip infused oil drizzled over roasted delicata squash – this is *Forest Meets Farm*. This toolkit acts as a guide to planning a *Forest Meets Farm* program of your own, adaptable to your unique and rich locale.

**Please note that any updates to this toolkit will be posted on rootstoharvest.org.*

Forest Meets Farm Curriculum - Lesson Plan - Module 1

<p>Theme: Foraging</p>
<p>Topic</p> <p>Exploring the origins and handing of wild foraged foods from the boreal forest.</p>
<p>Intro Activity</p> <p>Introductions: Students give their name and a food that can be sourced locally, either wild or farmed. The foods listed by the students are written on the board for the class to see, time is given for students to name anything not listed during introductions.</p>
<p>Theory</p> <p>The history and process of gathering food from the forest. i.e. teas, berries, fiddleheads, spruce tips, rice and mushrooms. Main focus of discussion on wild mushroom and wild rice harvesting.</p>
<p>Learning Activities</p> <p>Prepare some foraged foods - rehydrate wild mushrooms, cook wild rice, create a wild rice casserole</p> <p>Taste test some of the foods from the forest - berries, mushrooms, fiddleheads, wild rice, spruce tips</p> <p>Tea tasting – bring in various teas for the students to taste (Labrador, mint, cedar, rose hip, chamomile etc.)</p> <p>Take a field trip to forage some foods – have a local expert guide your group in a foraging expedition. Collect what is ready during that time of year.</p>
<p>Local Resources</p> <p>Mushroom Forager: Jamie Rickards</p> <p>Wild Rice Harvester: Rhonda LeClair of Anishinaabe Wild Rice Experience</p>
<p>Final Activity</p> <p>Reflection – Head, Hand, Heart. What knowledge was gained about foraged foods, what skill were gained related to foraged foods, what were your feelings about the lesson.</p> <p>Finish day with: Introduce next module and outline date with teacher and students</p>
<p>Evaluation</p> <p>Record the number of students in class as well as the types of local food discussed and prepared.</p>

Wild Boreal Mushroom Soup

This is, hands down, our favourite mushroom soup recipe. It's creamy but not thick, and the slight hint of lemon keeps every rich spoonful fresh and snappy. Feel free to try out different types of mushrooms, and if you're making this when there are no wild ones available, then just use what you can find at your market or grocery store!

Serving Size | 6 Servings

6 tbsp *Slate River Dairy* salted butter
1½ c diced onion
1/4 c morel mushrooms
1/4 c chanterelle mushrooms
1/4 c bolete mushrooms
1/4 c yellow foot chanterelle
(OR 1 cup fresh or rehydrated wild mushrooms available)
1 c cremini mushrooms
4 tbsp *Brule Creek* sifted whole wheat flour
1/2 tbsp paprika
1 c *Slate River Dairy* whole milk
3 c vegetable stock
3 tbsp soy sauce
½ c *Slate River Dairy* plain yoghurt
1 tbsp lemon juice
2 tbsp fresh dill finely chopped (or 1 tbsp dried)
¼ c chopped fresh parsley
salt and pepper

Melt butter in a large pot over medium heat. Add onions, wild and cremini mushrooms and sauté until mushrooms have released the water content; about 10 minutes. Add flour and paprika to the sauté, stirring to work out any lumps. Cook for a minute or two.

Add milk in increments, again working out any lumps. Add vegetable stock and soy sauce, and bring to a gentle boil. Reduce heat and simmer for 10 minutes.

Remove from heat and mix in yoghurt, lemon juice, dill, and parsley. Season to taste with salt and pepper.

Spruce Tip Tart Shells

Why should the filling get all the attention? Spruce naturally adds a slight citrus flavour to anything you use it with, so try these with the wild blueberry tarts or delicata squash tarts but don't be afraid to also try with a meat filling or even a small quiche.

Serving Size | 12 servings

2½ c *Brule Creek* sifted flour

½ c sugar

¼ tsp *Forbes* spruce tip salt

1 c *Slate River Dairy* butter

¼ c ice water

In a large bowl, combine flour, sugar and Spruce tip salt. Combine the butter and the flour mixture with a food processor or pastry blender until it resembles thick wet sand. Add ice water and work until dough begins to form.

Turn the mixture onto a well-floured work surface. Knead into a ball of dough, wrap in plastic and chill for 30 minutes. Preheat the oven to 375F.

Unwrap dough onto well-floured surface and divide into 12 portions. Roll each into a 3-inch circle approximately ½-inch thick. Gently place each circle of dough into greased muffin tins.

Bake for 10-12 minutes or until slightly golden. Let cool completely before filling.

Adding spruce tip salt to this dough adds a subtle citrus and slightly bitter flavour to the crust – perfect for our lemony wild blueberry or sweet delicata pie filling.

Wild Blueberry Tart Filling

Blueberries speak for themselves, so we've kept this one simple and every bite is just a pure blueberry filled bite of joy. In the classrooms, we can tell who loves blueberries because even before we've cooked the tarts the tell-tale stains of blueberries on students' fingers is a giveaway to their indulgence!

Servings | 2 Dozen

2 c wild blueberries (fresh or frozen)

1 ½ tbsp lemon juice

1/3 c sugar

1 1/2 tbsp cornstarch

¼ tsp salt

Preheat the oven to 350F and have the tart shells ready to be filled with this beautiful mixture. Put 1 cup of the wild blueberries and all of the lemon juice into a medium saucepan and bring to a simmer. In a small bowl, stir together the sugar, cornstarch and salt. Add dry mixture to the simmering pot and cook for a few minutes; until the berries burst and soften and the juices thicken.

Remove from the heat and stir in the remaining 1 cup of wild blueberries. Spoon the mixture into the tart shells, piling them high. Put the filled tarts into the oven and bake for 10 minutes.

Wild Rice Casserole

This is comfort food of the North, plain and simple. Wildrice is such a versatile ingredient, and the texture and taste is a great addition to soups, salads and this great casserole. This dish can be made ahead then reheated for a dinner on the fly, or enjoy straight out of the oven with a side of honey roasted carrots.

Serving Size | 12 Servings

2 1/2 c uncooked wild rice
1 c liquid chicken stock
2 c *Slate River Dairy* 18% cream**
1 c cremini mushrooms **
1 c rehydrated or fresh wild mushrooms**
1 c chopped red pepper
1 c fresh or frozen sweet peas
2 c chopped onion
1 ½ tbsp salt
1 tbsp pepper
2 c garlic *Thunder Oak* gouda cheese

**If 3 cups of Wild Boreal Mushroom Soup on page 5 is available, add to casserole in place of cream and mushrooms for more depth of flavor.

Boil wild rice in 2 ½ liters of water for 20 minutes. Reduce heat to a simmer, put lid on and let cook for 45 minutes. When rice is tender, drain excess water.

Preheat the oven to 350F. Shred garlic gouda cheese and set aside. Combine cooked wild rice and all other ingredients, in a casserole dish. Cover with lid or aluminum foil and bake for 45 minutes. Remove from oven and spread gouda on top of the casserole. Place casserole back in oven with lid off for 15 minutes or until cheese is melted and browned.

Serve warm.

Spruce Tip & Labrador Tea Shortbreads

If you want to give a gift of the North, these cookies are the perfect solution with subtle hints of spruce and Labrador tea. Birch syrup is something that should be in every Northerner's cupboard. It is an incredible addition to salad dressings, in a marinade for fish, or just drizzled on vanilla ice cream. Birch trees are abundant in the boreal forest, but evaporating the sap to syrup requires 4 times more sap than maple, and the result is a more earthy flavour than the overwhelming (and delicious) sweetness of pure maple.

Serving Size | 3 dozen

⅓ c dried Labrador tea leaves, lightly crushed
 ½ tsp *Forbes* spruce tip salt
 2 c icing sugar
 2 c *Brule Creek* sifted flour
 1 tbsp *Slate River Dairy* whole milk, + 1 tsp as needed
 1 tsp birch syrup
 ½ c *Slate River Dairy* salted butter

Toast Labrador tea leaves in a cast iron pan over medium heat until sweet and fragrant. Let the leaves cool and combine with the spruce salt, sugar and flour in a food processor. Pulse until combined.

Add the milk, birch syrup and butter and whizz until a dough forms – Roll a palm's worth of dough clean hands – the dough should stick together without flaking. If dough is too dry add another teaspoon of milk.

Turn the dough onto a clean work surface, gather it together and knead briefly. Roll dough into a ball, wrap in plastic wrap and chill in the fridge for 30 minutes. Preheat oven to 375F and line a cookie sheet with parchment paper.

Remove dough ball from fridge and roll out onto floured work surface until just under ½-inch thick. Using a small flour-rimmed glass, cut 2½-3 inch circles out of the dough and place on cookie sheet 1 inch apart. You may garnish by pressing small whole Labrador leaves into the surface of the cookies.

Bake for 10 minutes or until cookies are just starting to brown on the bottom edges. Leave on the cookie sheet to cool for 5 minutes, then transfer to a wire rack to cool completely. Store for up to a week or freeze for longer storage.

Apple Honey Glaze

In the fall, apple trees around the region start dropping their fruits and at Roots to Harvest we start taking our crews around to pick any apples that homeowners won't use up. It's a kind of urban foraging that exists in any town and city throughout Canada. We bring apples into the classrooms to sauce and freeze for use in baking later in the year, and back at our urban farms we grind them all up and press into fresh apple cider!

Serving Size | 12 servings

$\frac{1}{2}$ c *Slate River Dairy* salted butter

1 c *Bears Bees* blueberry blossom honey

1 c *Roots to Harvest* Bay City Cider

Slowly warm the butter in a saucepan over medium heat, stirring gently as it browns. Once the butter is evenly browned, remove from heat and continue stirring until slightly cooled, about 2-3 minutes. Whisk in the honey and cider. Place back on heat and simmer for 10 minutes on low.

Works great for brushing and glazing any roast meat, especially goose!

Forest Meets Farm Curriculum - Lesson Plan – Module 2

<p>Theme: Farming</p>
<p>Topic</p> <p>Exploring the requirements of growing vegetables and raising animals (for meat and milk) in the boreal forest.</p>
<p>Intro Activity</p> <p>'Stand up if' – List off some of the following farming related statements. Have the students stand up if the statement applies to them; <i>You've been to a farm, You or someone in your family has a garden, You have ever helped in a garden, You have been to the farmers market</i></p>
<p>Theory</p> <p>How food is grown and animals are raised in relationship to the boreal forest. The importance of having a local food source from a food system perspective. What is required in order to grow food (soil quality, seeds, knowledge, etc). The importance of animals in food production (compost, companions, income etc.)</p>
<p>Learning Activities</p> <p>Bring in a local farmer – have a local farmer speak to their experience growing food for the area.</p> <p>Farm tour – bring your group to a local farm for a tour of the facility.</p> <p>Taste testing – try some local foods available at that time of year; cheese/dairy, various vegetables (i.e. colored carrots), processed meat (i.e. Elk sausage), different honey types</p> <p>Create an all local meal – brainstorm what foods are available locally at that time of year, plan a meal using only these ingredients. Make and share the meal with the group.</p>
<p>Local Resources</p> <p>Organic Vegetable Farmer: Brendan Grant of Sleepy G Farm</p> <p>Dairy Producer: Wilma Mol of Slate River Dairy</p>
<p>Final Activity</p> <p>Reflection – Head, Hand, Heart. What knowledge was gained about farmed foods, what skills were gained related to farmed foods, what were your feelings about the lesson.</p> <p>Finish day with: Introduce next module and outline date with teacher and students</p>
<p>Evaluation</p> <p>Record the number of students in class as well as the types of local food discussed and prepared.</p>

Elk and Beef Meatballs

We're lucky in our region to have the Rainy River Elk Farm just down the road. This recipe is wonderful because you can substitute any lean meat you have around – deer and moose both work great too.

Serving Size | 16 Servings

1 lb ground local beef
½ lb *Rainy River Elk Company* ground elk
¾ c plain bread crumbs
¼ c *Slate River Dairy* whole milk
¼ c freshly chopped parsley
1 tbsp dijon mustard
½ tsp salt
½ tsp black pepper
½ tsp red pepper flakes
2 *Tarrymore Farm* eggs
1 tbsp *Brule Creek* canola oil

To make the meatballs, combine all ingredients except oil in a large bowl. Mix together well with clean hands.

Preheat oven to 350F. Scoop out 1-tablespoon portions and roll them into balls. Place the meatballs onto parchment-lined baking sheets leaving 2 inches between and put the baking sheets in the freezer for 5 to 10 minutes to firm.

Bake for 7 minutes on each side or until browned and cooked through.

Honey Glazed Carrots

A simple and quick way to spruce up carrots.

Serving Size | 12 Servings

12 medium sized carrots

1 ½ c *Bear's Bees* blueberry blossom honey

2 tbsp chopped fresh mint

Cut washed carrots into medallions ½ inch thick, do not peel them. Bring of water to a boil and add carrots. Cook for 7 minutes or until tender. Drain carrots and before you add them to the pot again, quickly heat your honey and add the freshly chopped mint to infuse the flavor. After a couple of minutes toss in the carrots and mix until they are evenly coated. Serve warm.

Sweet Delicata Tart Filling

Delicata is a wonderfully sweet, soft skinned squash that is a great substitute for pumpkin in almost any recipe. Top these tarts or pies with freshly whipped cream and a drizzle of honey to serve!

Serving Size | 12 Tarts or two 8" pies

2 delicata squash
2 *Tarrymore Farm* eggs
1 c brown sugar
1 tsp ground cinnamon
½ tsp ground nutmeg
¼ tsp ground ginger
1/8 tsp ground cardamom
¼ tsp salt
¾ c *Slate River Dairy* 35% cream

Preheat the oven to 400F. Line a baking sheet with parchment paper. Place the whole delicatas on the baking sheet and bake for 45 minutes. Remove from the oven, and allow to cool then peel and scoop out the seeds, reserving the cooked squash.

Preheat the oven to 350F. Place the flesh in a food processor and purée until smooth. Measure 1 ¾ cup squash for the recipe. In a large bowl, whisk eggs with brown sugar. Stir in delicata purée, all spices and salt. Add cream and stir to combine. Pour the filling into Spruce Tip Tart Shells on page 6, or other tart shell of choice and bake for 45 minutes, or until set. Serve cool.

Salted Wildflower Honey Flatbread

A perfect side for any warm soup or with a mug of mint tea, this bread is best enjoyed fresh out of the oven. Here we've used Brule Creek sifted flour, but try it with a mix of your favourite flour types – just be sure to adjust the water or honey as needed.

Flatbread:

1 c warm water (100-110F)
2 tbsp *Bear's Bees* wildflower honey
2 tsp active dry yeast
1 tsp salt
2 tbsp *Brule Creek* canola oil
1½ c *Brule Creek* sifted flour

Topping:

¼ c *Bear's Bees* wildflower honey
2 tbsp coarse salt

In a large bowl, combine the warm water, honey, and yeast. Let sit 10 minutes to proof. Stir in the salt, oil, and flour. Stir until the dough forms a ball.

Knead on a lightly floured surface for about 10 minutes or in your mixer with a dough hook for 5 minutes, adding more flour as necessary to prevent sticking, until smooth. Place the dough in a lightly greased bowl. Cover, and let rise for about 1 hour. Preheat oven to 400F.

Punch down the dough and press into a well-oiled baking sheet. Gently brush the top with honey and sprinkle with coarse salt. Bake on preheated baking stone for 20-25 minutes until the top is golden brown.

Roasted Vegetable & Farro Salad

New ways to enjoy the medley of fall vegetables is always welcome. We love the combination of the grains with the winter veggies, and the fresh nutty flavour of the arugula tops it all off! Here we've highlighted carrots and acorn squash, but try this with many of your winter vegetables – beets, parsnips, brussel sprouts would all be great in this salad too!

Serving Size | 12 Servings

1. Vegetables

5 c arugula or salad green of choice
 12 rainbow carrots
 1 acorn squash
 ¼ c *Brule Creek* canola oil
 1 tsp salt

Wash and set aside arugula until assembling the salad. Chop carrots into bite size pieces. Peel and cube acorn squash. Coat all veggies in *Brule Creek* canola oil and toss to coat with salt. Roast in oven on baking sheet at 350 until tender and browned.

2. Farro (Wheat Berries)

1 c farro
 4 c water

Farro is the unground version of wheat flour and can be cooked like any whole grain. If farro cannot be found, whole spelt is the nearest substitute. Bring farro and water to a rolling boil. Reduce heat and simmer for 45 minutes. Drain off excess water and set farro aside.

3. Apple Cider Vinaigrette

1/4 c *Roots to Harvest* Bay City Apple Cider
 1/4 c cider vinegar
 ½ c *Brule Creek* canola oil
 ½ c olive oil
 1/2 tbsp grainy mustard
 1/2 tbsp *Bear's Bees* wildflower honey
 salt and pepper, to taste

Combine all ingredients except the oils in your blender. Blend on medium, remove top cap and very slowly add the oil to emulsify. Once oil is added, check for seasoning and adjust with more salt and pepper whenever necessary.

4. Assemble

Toss all ingredients together, including arugula. Serve warm or chilled.

Spruce Tip Potatoes Three Ways

Serving Size | 12 Servings

Spruce Tip Butter:

½ c spruce tips

¾ c softened *Slate River Dairy* salted butter

¼ tsp *Forbes* spruce tip salt

Chop spruce tips very finely. Mix spruce tips and salt into softened butter until combined.

Mashed:

15 *Breukelmans* russet potatoes

4 tsp salt

1½ c *Slate River Dairy* whole milk

¾ cup spruce tip butter

½ tsp freshly ground black pepper

Peel the potatoes and cut them into 2-inch cubes. In a large saucepan, cover the potatoes with water and bring to a rolling boil. Reduce the heat to medium-low and cover, cooking for about 20 to 25 minutes, or until the potatoes are tender. Drain the potatoes and mash.

Add the milk, spruce tip butter and black pepper. Continue mashing until smooth, adding salt to taste, and extra milk as needed.

Au Gratin:

1 tsp *Slate River Dairy* salted butter

1 clove garlic

1 c *Slate River Dairy* 35% cream

1/3 c *Slate River Dairy* whole milk

1 tsp salt

1/4 tsp freshly ground pepper

4 *Breukelmans* russet potatoes, peeled and cut into 1/8-inch thick slices

1 c Gruyere cheese, coarsely grated

1/4 c *Thunder Oak* extra old gouda cheese, finely shredded

Heat oven to 350F. Butter a shallow baking dish. Peel and crush garlic with the side of a knife. Heat cream, milk, garlic, salt, and pepper in a small saucepan over med-high heat, until small bubbles appear around the edges of pan; remove from heat and let stand 10 minutes. Discard garlic. Meanwhile, pat potato slices with paper towels. Arrange half the potatoes in overlapping slices along the bottom of prepared dish. Pour half the cream mixture over the potatoes, then sprinkle with half the cheeses. Repeat with remaining potatoes, cream mixture and cheeses. Bake 60-70 minutes, until top is deep brown and potatoes are tender when pierced with a knife.

Roasted:

4 tsp thyme, rosemary, sage, and/or other fall herbs

4 cloves garlic, peeled and crushed

6 *Breukelmans* yellow potatoes, unpeeled, cut into 3/4" pieces

1/4 c olive oil

salt and pepper

Preheat oven to 375F. Place herbs, garlic, potatoes, and oil in a large bowl; season with salt and pepper and toss to coat. Divide between 2 large rimmed baking sheets and roast, tossing occasionally, until potatoes are soft and golden brown, 45–55 minutes.

Forest Meets Farm Curriculum - Lesson Plan - Module 3

<p>Theme: Hunting and Fishing</p>
<p>Topic:</p> <p>Exploring ways in which animals from the land and water are harvested, prepared, and accessed in Northern Ontario.</p>
<p>Intro Activity</p> <p>Ask students if they have done any hunting or fishing, if so, what types have they participated in.</p>
<p>Theory</p> <p>How are wild meats accessed and commercialized, what part do they play in the local food system. What is required in order to properly harvest, prepare and consume wild meats.</p>
<p>Learning Activities</p> <p>Bring in a local expert – have a local hunter or fisherman come in to discuss their expertise. Have them demonstrate how to prepare game and/or fish.</p> <p>Invite an Elder to join your class - ask an elder to share knowledge on traditional methods of hunting and fishing and the ceremony and intention surrounding harvesting of any kind.</p> <p>Prepare wild meat – have students prepare wild meat. Cooking over a fire or with an outdoor burner if possible.</p> <p>Field trip to Fish Hatchery - bring your group to the fish hatchery for a tour.</p>
<p>Local Resources</p> <p>Fish expert: Paul Drombolis of Eat the Fish</p>
<p>Final Activity</p> <p>Reflection – Head, Hand, Heart. What knowledge was gained about hunted and fished foods, what skills were gained related to wild meat, what were your feelings about the lesson.</p> <p>Finish day with: Introduce next module and outline date with teacher and students</p>
<p>Evaluation</p> <p>Record the number of students in class as well as the types of local food discussed and prepared.</p>

Roasted Canada Goose

Canada Geese are both a sure sign of spring and the last hold out before winter. Just as we feel a change in the air marking a new season, we hear the honking of the skein of geese in migration. Long have geese been hunted as a wild food source. They are both nutritious and abundant and beyond just their meat, the rest of the animal has many, many uses.

Serving Size | 12 Servings

Brine

1 c kosher salt

Enough water to cover the goose in a pot or bucket

Roasting

1 Canada goose, plucked, dressed, and brined

2 to 3 Tbsp. butter

½ lemon

½ orange

1 small onion, chopped

Kosher salt

One day ahead, brine the goose in a bucket with enough water to cover it and 1 cup of kosher salt. Brine for 6-24 hours.

Preheat your oven to 375 degrees.

Pat the goose dry, then rub butter all over the bird. Squeeze the lemon and orange juice over the goose. Sprinkle the bird with Kosher salt, being sure to get a pinch into the cavity, then stuff it with the juiced citrus and chopped onion.

Set the goose on a rack set over a shallow roasting pan. Place the roaster in the oven. At about the 1 hour mark, check the temperature by inserting a thermometer into the breast meat. If the breasts have not yet reached 145 degrees, keep checking about every 20 minutes.

Once the meat has come up to temperature, carve the breasts from the bird and place them on a heat proof dish then tent with foil. Return the rest of the bird to the oven. After 20 minutes, place the digital thermometer in the thickest part of the goose's thigh. When the thermometer reads 155 to 160 degrees, remove the bird from the oven and cut the legs and thighs from the carcass.

Pour about 2 tablespoons of fat from the bottom of the roaster into a cast-iron pan set over medium-high heat. When the fat is not quite smoking, sear the breasts, skin side down. You want that skin to get nice and crisp, but not burnt. Remove the breasts from the pan and do the same with the thighs and legs. Transfer all the meat to a platter, drizzle with apple honey glaze (pg 10) and let rest for 5 to 10 minutes before serving.

Wild Rice Battered Lake Trout

At work we have a small grain mill that lets us grind up seeds into their flour equivalent. On a whim we did this with some wild rice we had and this recipe was born! Lake trout are beautiful fish and we fish for them in all seasons around here – finding them deep in the cold waters in the summer or through 5 feet of ice in the depths of winter.

Serving Size | 8 servings

2 lake trout fillets (white fish or pickerel is a great substitute too)

1 c wild rice flour

1 tsp onion powder

1 tsp salt

1 tsp cracked pepper

1 egg

1/4 c *Slate River Dairy* whole milk

1 c *Brule Creek* canola oil, for frying

lemon wedge, for garnish

Rinse fish fillets in cold water; pat dry. In a shallow bowl, combine the wild rice flour, onion powder, salt and pepper. In another bowl, whisk egg and milk until combined. Dip fish in the egg mixture, then gently roll in the flour mixture.

In a large skillet, fry fish in oil over high heat for 3-4 minutes on each side or until it flakes easily with a fork. Garnish with lemon, and serve with *Spruce Tip Gremolata* on page 23, on top.

Fried Wild Rice Smelt

There is a short smelt season in early spring in the rivers around here. Smelt are fished with nets from the edges of the rivers late at night when they are making their run to the wide waters of Lake Superior. The fish are small so the bones are tender and after gutting them, they are eaten whole.

Serving Size | 6 Servings

Two dozen smelt, gutted

1 c wild rice flour

¼ teaspoon salt

¼ teaspoon pepper

¼ tsp onion powder

1 egg, beaten

¼ c *Brule Creek* canola oil, for frying

Combine wild rice flour and spices. Rinse smelt and pat dry. Dip into beaten egg and then into wild rice mixture. Fry in heated oil until crispy and browned on both sides.

Spruce Tip Gremolata

We have fallen in love with this quick recipe. A delicious accompaniment to fish or wild meats, gremolata is a great way to add zest to any dish.

Serving Size | 6 Tablespoons

4 tbsp pickled spruce tips (see recipe on page 32)

2 tbsp finely grated lemon zest

1 clove garlic, grated

1 tsp *Brule Creek* canola oil

Combine all ingredients in a small bowl and use right away. The flavours are best the first day.

Moose Stew

Serving Size | 12-15 servings

5 lbs moose chops, cut into 1 inch cubes

¼ c shortening

½ tsp pepper

1 tsp paprika

2 bay leaves

2 tsp salt

4 cans condensed beef broth

2 c dry red wine

4 onions, diced

6 carrots, sliced

12 potatoes, peeled and cubed

¼ c butter

3 tbsp Brule Creek sifted flour

Sauté meat cubes in shortening until brown on all sides. Add pepper, paprika, bay leaf, salt, beef broth, onion, and carrots. Cover and simmer until meat is tender, about 2 hours. Add the cubed potatoes; cover and simmer for an additional 15 minutes, or until the vegetables are barely tender. Melt butter in a small sauce pan then add flour to form a paste. Mix this into the simmering stew. Cook, stirring, until stew bubbles and thickens.

Serve with a side of wild rice or piece of honey salted flatbread.

Rabbit Ragu

This recipe is our favourite way to enjoy rabbit and it's really quick! Around here, rabbits are both hunted and farmed. Knowledge of setting snares is something young folks learn from the knowledge keepers in the area and coming back to find a rabbit on your trap line is good way to earn an invitation to dinner somewhere. People from the old country (Italy and Portugal around here) have memories of raising them in their back yards, and there are still a few farms in the area that raise them to sell. At Roots to Harvest we've been raising rabbits for meat for a number of years, teaching youth how to care for them, process them and tan the hides.

SERVING SIZE | 6 SERVINGS

- 1/4 c plus 1 tablespoon Brule Creek canola oil
- 2 tbsp unsalted butter
- ¼ lb piece pancetta (Italian unsmoked cured bacon), cut into 1/4-inch pieces
- 1 tbsp finely chopped fresh sage
- 1 1/2 tsp finely chopped fresh rosemary
- 1 rabbit either deboned or pre-roasted** cut into 1-inch pieces
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 1 c light dry red wine
- 2 c diced tomatoes with the juice
- 1 1/4 tsp coarse sea salt
- 1/2 tsp ground black pepper

Heat oil and butter in a 12-inch heavy skillet or thick bottomed soup pot over medium heat until hot but not smoking, then add pancetta and cook, stirring occasionally for 2 minutes.

Add sage and rosemary and cook, stirring, 30 seconds. Add rabbit meat and cook, stirring occasionally, until rabbit is no longer pink on outside, 2 to 3 minutes.

Add onion, carrot, and celery and cook, stirring occasionally, until softened, about 5 minutes.

Add wine and simmer, uncovered, stirring occasionally, until liquid is reduced to about 1 cup, 10 to 15 minutes. Add tomatoes, sea salt, and pepper and simmer, stirring occasionally, until sauce is thickened, 5 to 10 minutes.

**Deboning rabbits is hard work! If you have a whole rabbit, roast it, covered, in the oven with 1 cup of your homemade stock, for about 40 minutes at 375. When it's cooked the meat will pull off the bones and then proceed with the recipe from there.

White Fish Chowder

We first made this recipe for the annual 'Empty Bowls, Caring Hearts' fundraising dinner and it was a hit. Paul donated beautiful whitefish fillets for the cause and the chowder was enjoyed by many. Using whitefish rather than an ocean fish like cod or haddock means that you have to find salt from other ingredients, so salted butter and some ground salt go a long way – but not too much! There's still a ton of flavour in this soup without it.

SERVING SIZE | 8 FULL BOWLS

4 ounces thick cut bacon or smoked ham, cubed
 2 tbsp butter
 2 medium onions diced
 1 tbsp fresh thyme leaves chopped
 2 dried bay leaves
 2 lbs yellow fleshed potatoes, peeled and sliced 1/3-inch thick
 5 c fish or chicken stock (or whatever you have on hand!)
 sea salt and freshly ground black pepper
 3 lbs skinless whitefish fillets (catch yourself or go visit Paul from Eat the Fish), preferably over 1 inch thick, bones removed and cut into large chunks.
 1 1/2 c Slate River Dairy whipping cream (or up to 2 cups if desired)
 Chopped fresh parsley or chives to garnish

In a large soup pot, cook bacon or ham over low heat to render the fat. Increase heat to medium and cook until it is a crisp golden brown. Transfer the cracklings to a small dish, leaving the fat in the pot for the next step.

Add the butter, onions, thyme, and bay leaves and sauté, stirring occasionally for about 8 minutes, until the onions are softened but not browned.

Add the potatoes and stock. If the stock doesn't cover the potatoes, add just enough water to cover them. Increase the heat and bring to a boil, cover, and cook until potatoes are soft on the outside but firm in the center (about 10 minutes). If you want thicker stock, smash a few of the potato against the side of the pot and cook for a minute or two longer to release their starch.

Reduce to a simmer and season with salt and pepper. Add the fish and cook on low heat for 5 minutes, then remove the pot from the heat and let the chowder sit for 10 minutes to finish cooking the fish. Stir in the cream and taste for salt and pepper. The fish chunks will break up in the soup a bit more at this point. Let the chowder sit for a bit to let the flavors mingle. Garnish each serving with the crackling and a sprinkling of chopped parsley and minced chives.

Venison Sausage Patties

Serving size | 12 patties

1 lb ground venison
1 lb ground pork
1 Tbsp brown sugar
1 tsp dried thyme
1 tsp dried sage
1 tsp salt
½ tsp pepper
1 tbsp oil (for frying)

1. Mix together all the ingredients.
2. Shape the mixture into 12 patties.

In a skillet, heat 1 tbsp. oil over medium heat. Add the sausage patties and cook on each side for approximately 4 minutes. They are ready when they are cooked through and browned on each side.

Forest Meets Farm Curriculum - Lesson Plan – Module 4

<p>Theme: Preserving the Harvest</p>
<p>Topic:</p> <p>Preparing foods for storage and consumption when not available for harvest.</p>
<p>Intro Activity:</p> <p>Ask the students what the last thing they ate that was preserved</p> <p>Brainstorm the different methods of food preservation and why they are important</p>
<p>Theory</p> <p>The importance of food preservation and why it is done. Introduce the different methods of preservation (i.e. smoking, drying, canning, pickling, freezing, fermentation, oil immersion, root cellaring).</p>
<p>Learning Activities</p> <p>Preserve some local foods - have students participate in a preservation method for instance; Picking beets or carrots, making jam or jelly (wild blueberry, rose hip, spruce tip), Smoking or drying fish, dehydration of herbs or teas.</p> <p>Invite an Elder to join your class - ask an elder to discuss traditional methods of food preservation without electricity (i.e. smoking, drying)</p> <p>Try some preserved food - create a tasting board of local preserved snacks, discuss methods of preserving as you try them (i.e. sausage, cheese, pickles, jams, jellies, teas).</p>
<p>Local Resources</p> <p>Canning/Pickling expert: Diana Bockus, traditional homesteader</p> <p>Root cellaring expert: Jodi Belluz of Belluz Farm</p>
<p>Final Activity</p> <p>Reflection – Head, Hand, Heart. What knowledge was gained about preserving foods, what skills were gained related to preserved foods, what were your feelings about the lesson.</p> <p>Finish day with: Discuss school wide culminating activity, decide on recipes to be make, ingredients needed, dates, school wide publicity, student roles.</p>
<p>Evaluation</p> <p>Record the number of students in class & types of local food discussed and prepared.</p>

“Dry-Fried” Chanterelles

Serving Size | 2 cups dried chanterelles

4 c chanterelles

1 tbsp salt

Gently rinse the Chanterelles in water to remove any excess dirt. Cut the chanterelles into quarters. Place mushrooms into a large dry pan over medium-high heat. Sprinkle with salt and cover; cook with lid on for 3 minutes. The mushrooms will release a lot of water. Uncover and continue cooking until all of the water has evaporated.

This method puts the chanterelles into a form perfect for freezing. They can also be eaten immediately or refrigerated for a couple of days.

Spiced Pickle Winter Squash

This unique pickle has a firm texture and sweet, zesty flavour. It tastes great on top of salads, with meat or on a charcuterie platter.

Serving size | 4 250ml Jars

1 c cider vinegar
 1 ½ c water
 ½ c lime juice
 1 tbsp lime zest, finely grated
 1 tsp crushed red pepper flakes
 ½ c sugar
 4 c stella blue squash (butternut is the next best substitution), peeled seeded and diced
 1 inch piece of ginger, peeled and thinly sliced
 1 tsp whole allspice
 1 tsp whole peppercorns

cheesecloth
 4 250ml jars

In a small saucepan, combine the vinegar, water, lime juice, lime zest, crushed red pepper flakes, and sugar. Bring the mixture to a boil over medium-high heat, stirring to dissolve the sugar. Pour it into a glass bowl. Add the squash cubes, and mix until the squash is well coated. Cover the bowl, and let the squash macerate at room temperature overnight.

Drain the liquid from the bowl into a sauté pan. Put the ginger, allspice and peppercorns into a square of cheesecloth tied into a tea bag, and put it in the pan. Over medium-high heat, bring the liquid to a boil; then reduce the heat and simmer for 5 minutes or until a syrup forms. Add the squash, cover, and simmer until the pieces start to turn translucent around the edges and are just softened but firm, about 30 minutes. Remove and discard the tea bag.

Sterilize the jars, then spoon the squash and syrup into the jars, leaving a half inch of headroom. Label your jars and cool completely before tightening the bands and storing the jars in the refrigerator. Use within one month.

Lake Herring Roe

The popularity of Lake Herring roe has seen a dramatic increase in the last decade and it's only recently that more stringent regulations have been mandated to preserving the declining populations. For Forest Meets Farm, Paul from *Eat the Fish* brought in whole fish to skin and clean, and herring roe to salt and it was a courageous few students who took a bite of the final product from the recipe below! There was resounding agreement that it was unexpectedly delicious! To find Lake Herring roe, seek out a fisher person who has access to fresh caught fish, make sure it's fished sustainably and see if you can convince them to share the roe with you.

Serving Size | Approximately 4 Tbsp

1 full skein of Herring eggs

Salt

Remove the skein of eggs from the inside of the Herring. Put the skein in a sieve with holes small enough that the eggs will not go through. Run the eggs under warm water using your hand to gently massage them from the skein. Ripe eggs will come off easily, while unripe will require a bit of gentle scraping. Discard the skein.

Once removed, weigh eggs on a scale. Measure out 1/10th of the weight of the eggs in salt. Mix the salt with the eggs. Put in a bowl lined with paper towel, put in the fridge and let sit at least one hour but it's better if left overnight. When ready the eggs will be in one in one clump without any remaining liquid.

Serve with a soft cheese on crackers.

Pickled Spruce Tips

Have you noticed that we're a little bit obsessed with spruce tips? We first came across these when a friend to Roots to Harvest came by with spruce tip infused chevre and crackers for staff to try. It was love at first bite! One of our urban farm sites is surrounded by a line of spruce trees, so the next spring we harvested a bunch and have been playing with them ever since!

Serving size | 1 500ml Jar

1 c cider vinegar
¼ c wildflower honey
½ tsp salt
¼ tsp ground black pepper
2 dried chilies
¼ c water
2 c spruce tips, tightly packed

1 500 ml jar

Place everything but the spruce tips in a sauce pan and bring to a boil.

While the brine is heating, clean the spruce tips in a large bowl by rinsing in cold water.

Pack the spruce tips in a mason jar.

Once the brine reaches a boil, carefully pour into mason jar.

Leave jar to cool on counter stirring 3 or 4 times in the first few minutes to ensure all spruce tips are submerged in the hot brine.

Once cool, cover with a lid. Will store in a cool dark place for months or years in the fridge.

Rose Hip Jelly

Rosehips grow all throughout the boreal forest and also in the back lanes and backyards of houses around here. If the birds and squirrels don't get them first, then rosehip jelly is both delicious and beautiful. On crackers with cheese is our favourite way to serve this.

Serving size | 5 250ml Jars

16 c ripe rose hips (see note below)

1/2 c lemon juice

3 packages pectin

7 c sugar

cheesecloth

5 250ml jars

In a large stainless steel saucepan, simmer rosehips in 2 liters of water until soft (30 to 45 minutes). Never use aluminum as it will discolor the jelly.

Mash the rosehips in the pan, then strain them through the cheesecloth. This will yield about four cups of rosehip juice. If you have less than this your cheesecloth may be folded over too many times. If you have lots more, the juice may need strained again.

Return the juice to the pan and stir in lemon juice and pectin. Cook over high heat, stirring until mixture comes to a hard boil. Immediately add sugar, stirring constantly, and bring to a full rolling boil for 1 minute. Never stop stirring as this could result in a clumpy jelly.

Remove from heat and skim any foam off the top with a stainless steel spoon.

Pour jelly into hot sterilized jars and process in a water bath for at least 10 minutes. If not sealing jars, store in the refrigerator for up to two weeks or freeze indefinitely.

Wild Blueberry Maple Jam

When we asked students what kind of food they would like to make for the preserving section, blueberry jam was always the most popular. There is nothing that captures the feeling of the August summer sun in northern Ontario like wild blueberries. We are lucky enough to have a small maple company in our region. The sweetness of the maple syrup only adds warmth and comfort to the tasting experience of this jam.

Serving Size | 6 250 ml jars

6 c blueberries
2 c brown sugar
1 c white sugar
3 apples including peels, cores & seeds
1 cinnamon stick
1 c maple syrup
1/3 c lemon juice
1 tbsp lemon zest, finely grated
3 packages pectin

Cheesecloth
Funnel
6 half pint jars

in a large pot crush the blueberries lightly, then stir in the sugars. cover and let the mixture sit for at least 1 hour on the counter, to draw the liquid out of the berries.

Coarsely chop the apples and center them in a square of cheesecloth with the cinnamon stick. Tie the corners of the cloth to form a bag.

Place the cheesecloth bag in the pot with the blueberry mixture and remaining ingredients.

Simmer the jam over medium heat, skimming off foam with a spoon as you go. Cook until somewhat thickened, around 20 minutes.

Using the funnel, pour the jam into sterilized jars. Wipe the rims of the jars as needed, then close the lids and water process for 10 minutes. If not sealing, freeze this jam for longer storage, or use within two weeks in the refrigerator.

Forest Meets Farm – Project Logic Model

Situation:	The purpose of the project is to work with 4 schools in Thunder Bay to bring together locally cultivated (farmed) food sources and wild foraged (Boreal) food sources. The aim of the project is to build knowledge, skills and attitudes around foods production, preparation, consumption and access. Four modules will be created and delivered to each school throughout the fall semester of 2018. Goals include: improving student knowledge around locally cultivated and wild foraged foods, building a taste for and skills around preparing recipes that celebrate locally cultivated and wild foraged foods, and providing new venues for local food cultivators (producers) to showcase and pair their products with wild foraged foods.
Impact:	Increase knowledge and skills around locally cultivated and wild foraged food sources related to production, preparation and consumption, and access.
External Factors	Program will change and adapt based on availability of experts and knowledge keepers in the various topic areas. Teacher champions will dictate the scheduling of the four modules in each of the schools.

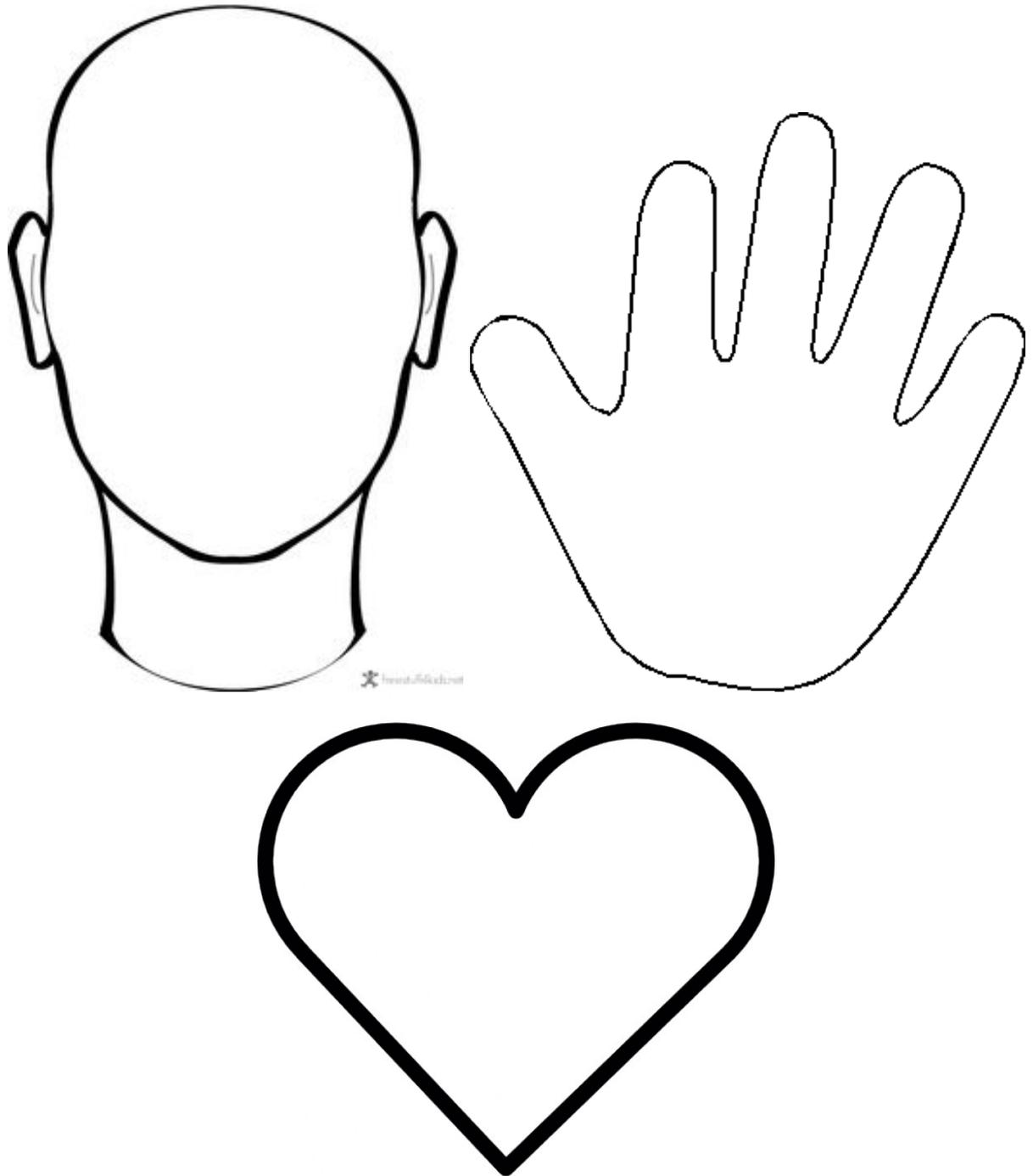
OBJECTIVES	ACTIVITIES	OUTPUTS	OUTCOMES (indictors)
Improve student knowledge around locally cultivated and wild foraged foods	<ul style="list-style-type: none"> Create four modules around locally cultivated and wild foraged foods – this will include a curriculum and associated resource that can be shared across the province 	<ul style="list-style-type: none"> Draft curriculum created 	<ul style="list-style-type: none"> Increase number of students in the four schools that can identify what foods are cultivated and foraged locally Increase student knowledge and awareness around locally cultivated and wild foraged food including harvesting, preparation and availability Increase number of students who taste new foods Track number of students who participated in each session and outreach event at each school Increase use of locally cultivated and wild foraged foods in the long term by students, teachers, cafeteria staff, etc., including trying recipes at home/work Increase number of community members who know about locally cultivated and wild foraged foods available and how to use them Track number of articles and social media posts – Facebook and Instagram highlighting the program (one
	<ul style="list-style-type: none"> Deliver the new curriculum to four different schools (Matawa Learning Centre, Dennis Franklin Cromarty and Lakehead Public Schools Westgate High School and Hammarkjold High School) 	<ul style="list-style-type: none"> Over 120 students participate in the program 	
	<ul style="list-style-type: none"> Provide an outreach event to each of the four schools to promote locally cultivated and wild foraged foods more broadly 	<ul style="list-style-type: none"> Four outreach events, one in each of the 4 partner schools 	

	<ul style="list-style-type: none"> • Offer one larger public event at Roots to Harvest that will showcase the locally cultivated and wild foraged foods to the broader community 	<ul style="list-style-type: none"> • Public event at Roots to Harvest brings in at least 50 people 	<p>post for each module, post for the outreach events and for the large public event)</p> <ul style="list-style-type: none"> • Track number of people who attend outreach and public events, partners involved and products showcased
	<ul style="list-style-type: none"> • Create a recipe book with locally cultivated and wild foraged foods as the highlights – using recipes shared by local chefs and community members 	<ul style="list-style-type: none"> • Recipe book created and printed for sale as a fundraiser for future programming in schools 	<ul style="list-style-type: none"> • Track number of books sold and money raised • Work with local chefs to create recipes and showcase them in the recipe book
	<ul style="list-style-type: none"> • Offer two provincial webinars to share the program, curriculum and evaluation results 	<ul style="list-style-type: none"> • Two webinars offered 	<ul style="list-style-type: none"> • More than 30 people across the province will participate in each of the webinars. Information will be shared via the Sustain Ontario website (Greenhouse: http://sustainontario.com/greenhouse/)
Build a taste for and skills around preparing locally cultivated and wild foraged foods	<ul style="list-style-type: none"> • Each module will contain a component where students are able to taste and prepare a locally cultivated or wild foraged food. 	<ul style="list-style-type: none"> • Provide at least 8 different sources of locally cultivated and wild foraged foods throughout the 4 modules 	<ul style="list-style-type: none"> • Track type, source and student reaction to the various locally cultivated and wild foraged foods served in each module
	<ul style="list-style-type: none"> • Work with community members, farmers, teachers and elders to share information on how to prepare, grow and harvest wild foraged foods. 	<ul style="list-style-type: none"> • Create new relationships and build on previous relationships with and between community partners 	<ul style="list-style-type: none"> • Increase number of community partners who provide and share their knowledge with students (including farmers, elders, cultural educators and those involved in food preparation) • Track number of new and continued partnerships with Roots to Harvest

roots to harvest



Forest Meets Farm – Head, Hand & Heart Closing Activity



Forest Meets Farm Teacher Evaluation

1. In what ways is Forest meets Farm connected to your current curriculum?
2. How did you feel the forest meets farm program went overall? Why?
3. What do you feel the benefits of this program were to the students?
4. What do you feel the challenges of this program were?
5. How did students demonstrate learning new skills?
6. How did students demonstrate gaining knowledge?
7. How did students demonstrate changes in attitude towards the different foods in the program?
8. Were there particular moments that stood out to you?
9. Would you do this again? Why/why not?

Forest Meets Farm Student Evaluation

1. Do you feel that you know more about wild foraged foods? Check all that apply:

I know more about how to harvest wild foraged foods

Yes No

I know how to cook with wild foraged foods

Yes No

I know what kinds of wild foraged foods are available in this region

Yes No

2. Do you feel that you know more about what farmed foods are available locally?

Yes No

3. Do you feel that you learned new skills around preparing wild foraged and/or farmed foods?

Yes No

4. Did you try new foods during this program?

Yes No

5. Do you feel you can recognize wild foraged and farmed foods available in Ontario?

Yes No

6. What is one thing you will remember in 1 year about the Forest Meets Farm workshops?