

Tasty Ontario Tuesdays



Tasty Ontario Tuesdays

LOCAL ONTARIO PRODUCE IN OSNP STUDENT NUTRITION PROGRAMS



WEEK 1 - OCTOBER 17

Broccoli | Zekveld's Garden Market | Lambton County

WEEK 2 - OCTOBER 24

Plums | Barbetta Orchards | Grey County



WEEK 3 - OCTOBER 31

Strawberries | Howe Family Farms | Elgin County

WEEK 4 - NOVEMBER 7

Apples | Great Lakes Farms | Elgin County



WEEK 5 - NOVEMBER 14

Pears | Grandma Lambe's | Grey County

WEEK 6 - NOVEMBER 21

Peppers | Huron Produce | Huron County



WEEK 7 - NOVEMBER 28

Cucumbers | Cornies Farms | Essex County

Funded by



WEEK 8 - DECEMBER 5

Carrots | Nature's Finest Produce | Kent County



Broccoli



Selecting

Broccoli is available in purple or a deep green colour, though the most popular colour is green.

Look for firm, bright compact flower heads. Avoid broccoli with loose, yellowed buds. Slender stems are best. Fresh broccoli should have a sweet, mild smell.

Storing

Broccoli can be stored in an open plastic bag or a closed perforated plastic bag. But for best flavour, eat it as soon as possible after purchasing.

Preparing

Broccoli can be steamed, blanched, sautéed, stir-fried, roasted or microwaved.

Wash broccoli well, cut off the florets and trim the stem. Peel the stems for best results, and slice them thinly so that they cook in the same amount of time as the florets.

The leaves can also be cooked with the broccoli or saved for soups or stocks.

Eating

Broccoli is extremely versatile. You can blanch it and serve with a dip; add it to other ingredients in a stir-fry; add it to a casserole; or make broccoli soup, quiche, or pie. And crunchy broccoli “trees” are a favourite with the kids. The options are endless.

Seasonality

Local broccoli is available across the country from June to October. However, you can find broccoli all year round in your supermarket.

Nutrition

Broccoli is very high in Vitamin C and contains folate and vitamin E. A half cup of raw broccoli has only 16 calories.

Broccoli is a cruciferous vegetable and contains many phytochemicals that help lower the risk of certain types of cancer. Cruciferous vegetables also help lower the risk of heart disease.



Here is a recipe for a delicious roasted cauliflower and broccoli side.

www.halfyourplate.ca/recipe/roasted-cauliflower-broccoli/



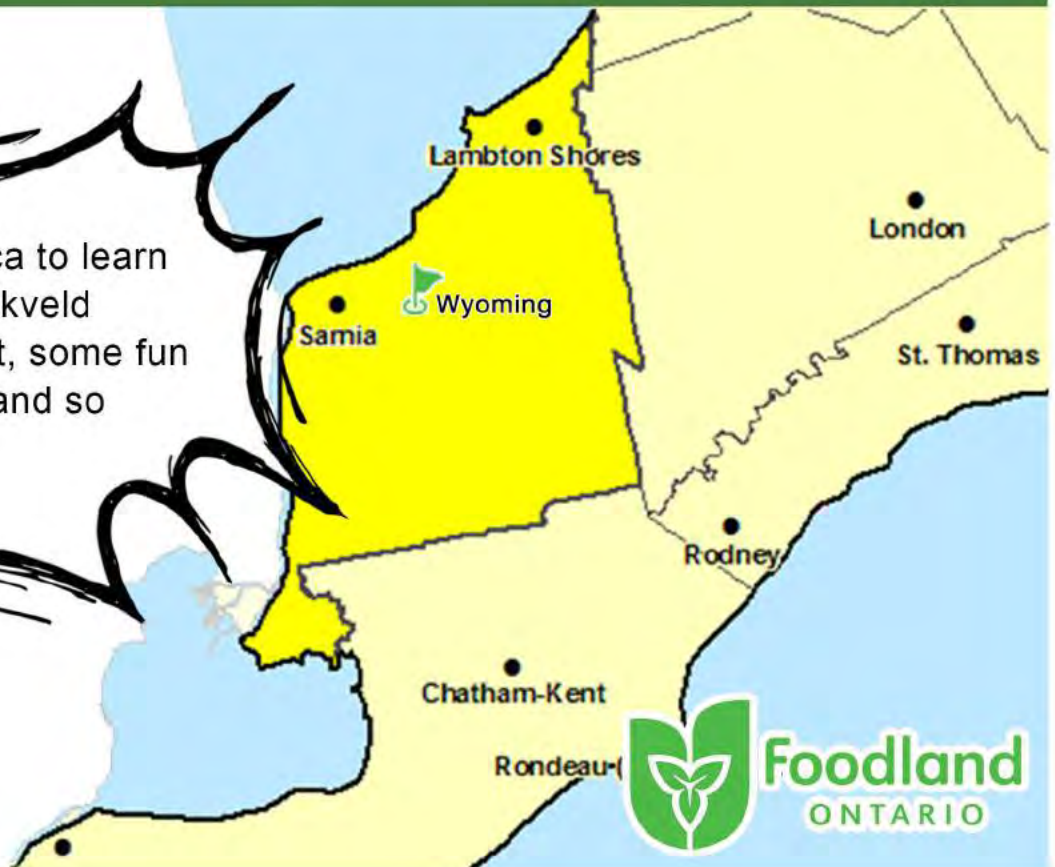
Tasty Ontario Tuesdays



Wyoming, ON | Lambton County | www.zekveldgardenmarket.ca

Visit osnp.ca to learn more about Zekveld Garden Market, some fun broccoli trivia and so much more!

Funded by



Foodland
ONTARIO

Broccoli Soup

- 1 floret of broccoli
- 400 ml of coconut milk
- salt, pepper, and nutmeg to taste

Optional toppings:
- crushed macadamias, parsley, or avocado.



Using a blender, mix coconut milk and cooked broccoli until smooth. Season to taste with salt, pepper, and nutmeg. Serve with optional toppings.

Week 1 Recipes: Broccoli



Broccoli Cheddar Muffins

- 1 large bunch of broccoli florets
- 2 eggs, lightly beaten
- 1/2 cup, packed, torn fresh bread (no crust)
- 1/4 cup grated onion
- 1/4 cup mayonnaise
- 1 cup grated sharp cheddar cheese
- 1 1/2 teaspoons lemon zest
- salt and pepper to taste



Mix chopped steamed broccoli with cheddar, torn bread, onion, eggs and mayo, and bake them in mini muffin tins until brown.

Broccoli Bites

Ingredients

Bang Bang Sauce: 1/4 cup mayo, 2 tbsp. chili paste, 1 tbsp. honey

Batter: 1 cup almond milk, 1 tsp. apple cider vinegar, 3/4 cup flour, 1/2 cup cornstarch, 1 tsp. salt, 2 tsp. hot sauce

And the rest: 2 cup bread crumbs, 1 head of broccoli, oil for frying, chives for garnish (optional)



1. Whisk together the mayo, chili paste, and honey in a bowl. Set aside.

2. Mix apple cider vinegar with almond milk in a bowl and let sit for a few minutes. Combine the flour, cornstarch, and salt in a bowl, then add the hot sauce and almond milk mixture to the dry ingredients and whisk together until combined.

3. Put bread crumbs in a separate bowl.

4. Cut broccoli into florets, then heat 1/2-1 inch of oil on medium high in a large pan.

5. Dip broccoli into the batter, and then the bread crumbs to thoroughly coat. Add broccoli to the hot oil and fry for a minute or two on each side.

6. Drizzle with sauce and serve immediately.

Ingredients

- 5 cups broccoli florets
- 1/2 cup diced red onion
- 3/4 cup raisins
- 1/2 cup sliced cherry tomatoes
- 1/2 cup mayonnaise
- 1 tablespoon white vinegar
- 1 tablespoon honey
- salt to taste

Optional toppings:
- 5-6 slices of crumbled bacon
- 1/2 cup sunflower seeds

Broccoli Salad



1. Add broccoli, onion, raisins, and cherry tomatoes into a bowl.

2. In a second bowl, whisk together the mayonnaise, vinegar, and honey. Stir in a pinch of salt, if desired.

3. Pour dressing over broccoli and toss well.

4. Serve with bacon and sunflower seeds, if desired.



Did you know?

Broccoli is 90% water!

Activity Time!

Find the green fruits or vegetables in this word search!

Hint: There are 10 words and they are all foods grown in Ontario!



ASPARAGUS BROCCOLI APPLE SPINACH CUCUMBER
CELERY GREEN BEAN PEAR ZUCCHINI LETTUCE



Fun Facts!

☀️ **Broccoli is a nutrient powerhouse. It has potassium, vitamin A, vitamin K and more!**

☀️ **Broccoli has more vitamin C than an orange!!!**

☀️ **The little buds on the top of broccoli are actually florets that will bloom into yellow flowers when left unharvested.**





Plums



Selecting

Plums are available in over 200 varieties. They range in flavour from tart to sweet, and are available in several colours: green, yellow, red, purple, blue and black.

Plums do not ripen after picking so you want to select ripe ones. A ripe plum is firm but should spring back when pressed gently. Smell it: a ripe plum should smell sweet, though the lighter coloured varieties tend to be less fragrant than the dark ones. Look for plums with uniform colour and smooth skin.

Storing

Plums will keep at room temperature for 3 days and in a perforated plastic bag in the fridge for up to five days.

Preparing

Many varieties of plums are delicious when just washed and eaten raw.

If you want to cook with plums just remove the skin by blanching it in boiling water for 30 to 60 seconds. Remove with a slotted spoon and plunge into a bowl of ice water. Once the fruit is cool, the skin should be easy to remove. If not,

just repeat the process one more time.

For some recipes you can just cook the plum whole with the skin, but pierce the skin first.

Eating

Plums are eaten fresh but also used in a wide variety of savoury and sweet dishes. Plums are great in a kuchen, chutney, or a sauce for pork tenderloin or fish.

Seasonality

Plums are in season from July to October with peak times varied across the country.

Nutrition

A plum has 30 calories. Plums are a source of Vitamin C and Vitamin K.



Plums pair well with allspice, cinnamon, cloves, or almond extract and are great alongside peaches in cobbler!





Plums | RR#3 Meaford, ON | Grey County

Visit osnp.ca to learn more about Barbetta Orchards in Meaford, some fun plum trivia and so much more!

Funded by



Week 2 Recipes: Plum

Plum Fruit Roll-ups

- 4 cups chopped plums
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 1/2 tsp. cinnamon



1. Place chopped plums on a baking sheet. Bake at 350°F for 20 minutes.
2. Blend together cooked plums, honey, and lemon juice until smooth.
3. Pour into a pan lined with parchment paper, then spread out to 1/4 inch thick.
4. Dehydrate in oven at 140-170°F for 6-8 hours.
5. Cool and then use clean scissors to cut into strips.
6. Roll up so that the parchment paper is on the outside and enjoy!

Goat Cheese Stuffed Plums

Ingredients

- 3 basil leaves
- 6 sugar plums
- 1 tsp. honey
- 1/2 tbsp. pine nuts or walnuts (toasted)
- 2 oz. goat cheese



1. Combine goat cheese, 1 tsp honey and 1 leaf or chopped basil in a small bowl. Mix together with a spoon.
2. Spoon cheese mixture into the well of each plum half.
3. Top with toasted pine nuts or walnuts, and remaining basil.
4. Drizzle more honey on top and serve.

Plum Cake

Ingredients

- 5 plums
- 3 eggs
- 7 tbsp. maple syrup
- 1 cup almond flour
- 1 tsp baking powder
- 1/4 cup palm oil
- 1/4 tsp sea salt
- 1 tsp coconut oil



1. Preheat oven to 350°F and line cake pan with parchment paper.
2. Combine all ingredients besides plums into a mixing bowl and whip together until smooth.
3. Cut the desired amount of plums into halves.
4. Grease parchment paper with coconut oil and lay plum halves onto the bottom of the cake pan.
5. Drizzle plums with maple syrup and sea salt.
6. Pour cake batter over plums and bake for 65 minutes or until golden brown.

Fun Facts




1. Have you heard of prunes? They are actually dehydrated plums...go figure! Which do you like better?
2. Plums are high in fibre which helps your digestive system.
3. Plums with a red flesh have more natural sugar and a sweeter taste compared to varieties with a yellow flesh.

Did you know? Plums are a great source of vitamin A, C & K!



Activity time! TEST YOUR KNOWLEDGE

Quiz yourself with this fruit and vegetable trivia! Try to answer all of the questions on your own. If you give up, the answers are on the bottom of this page.

-  How many servings of fruits and vegetables should you have each day according to Canada's Food Guide?
-  True or false: plums and prunes help with iron absorption in the body.
-  True or false: Ontario grows over 50 kinds of fruits and vegetables, including plums.

Answers: 1) 6 2) T 3) T

Strawberries



Selecting

Look for bright red berries with a fresh green cap (commonly referred to as the "hull"). The berries should be firm. Once picked, strawberries do not ripen.

Storing

When you get the strawberries home, remove them from the basket and remove any spoiled berries. Do not wash or hull the berries until you are ready to eat them. Berries are best stored in a single layer on paper towel, uncovered. Berries should be consumed quickly since they only last for about 3 days.

When strawberries are in season, consider buying in large quantity and freezing them. To freeze, wash and dry strawberries by patting them gently with paper towel. Place them in a single layer on a cookie sheet and freeze until solid (about an hour). Place them in a freezer bag, remove as much air as you can from the bag and store in the freezer for up to a year.

Preparing

Wash strawberries gently under running water at gentle pressure. Keep the hulls attached until after the strawberries are cleaned. Dry the

strawberries immediately by patting them gently with paper towels.

If you are serving the strawberries whole, you can leave the hulls on. If you are slicing or quartering strawberries, remove the hulls first and then slice or quarter.

Eating

Local strawberries are delicious. But the growing season is short, so take advantage when they are available. Strawberries are sweet and can be served raw for dessert or used in a salad. They can be also added to pancakes, muffins or crepes, or used to dip.

Seasonality

Local strawberries are available from June to September, though timing will vary across the country.

Nutrition

Seven strawberries contain 27 calories. Strawberries are very high in Vitamin C, and are a source of fibre and folate.



Here is a recipe for Strawberry mini muffins using fresh strawberries.

www.halfyourplate.ca/recipe/strawberry-mini-muffins/





Aylmer, ON | Elgin County | www.howefamilyfarms.ca

Visit osnp.ca to learn more about Howe Family Farms, watch a video on how farmers growing summer-fresh strawberries longer in Ontario and much more!



Funded by



Strawberry Quinoa Bars

Week 3 Recipes: Strawberry

Froyo

- 2 ripe bananas
- 1/4 cup raisins
- 1 cup of strawberries
- 2 eggs
- 1 1/4 cup rolled oats
- 1 cup cooked quinoa
- 1/2 tsp. vanilla extract



1. Preheat oven to 350°F and line an 8x8 dish with parchment paper.
2. Mash bananas in a bowl, add eggs and vanilla.
3. Add quinoa, oats, raisins, and mix.
4. Stir in chopped strawberries.
5. Transfer to prepared dish and bake for 20-25 minutes.



- 4 cups of strawberries
- 3 tbsp. agave nectar or honey
- 1 tbsp. lemon juice
- 1/2 cup plain, non-fat yogurt

1. Add frozen strawberries, agave nectar, yogurt, and lemon juice to food processor and process until creamy.
2. Serve immediately or transfer to an airtight container.

Strawberry Bark

Ingredients

- 1 cup strawberries
- 1 cup granola
- 2 tsp. honey
- 1 (240 oz.) container of greek yogurt
- Other berries (optional)



1. In a small bowl, mix together honey and yogurt.
2. Cover a 9" x 13" pan in aluminum foil, spread the yogurt mix into the pan.
3. Sprinkle strawberries, granola and other berries on top of the yogurt, slightly pressing them into the yogurt.
4. Freeze for about 1 hour, or until firmly solid.
5. Remove from the freezer. Serve immediately.

Ingredients

- 1/4 cup extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. sugar
- 1 tbsp. chopped tarragon
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 boneless, skinless chicken breast
- 6 cups spinach
- 6-8 strawberries
- 1 avocado
- 3-4 rings of red onion
- 1/4 cup feta cheese
- 2 tbsp. sliced almonds



1. Whisk oil with the balsamic vinegar, sugar, tarragon, salt, and black pepper in a small bowl.
2. Place the chicken in a bowl and cover with half of the dressing. Refrigerate for 30 minutes.
3. Add oil to a pan and cook chicken.
4. Arrange the spinach, strawberries, and red onion in a bowl. Lightly toss with the remaining dressing. Add avocado, sliced chicken, and top with feta and almond slices.

Optional toppings:

- 5-6 sliced almonds
- 1/2 cup feta cheese



True or False

Strawberries are grown in every province of Canada.

Answer: True

Each strawberry has about 200 seeds!

Strawberries are members of the rose family.

They are the first fruit to ripen in the spring.

DID YOU KNOW?

Activity Time!

Circle whether you think the answer is high, medium, or low.

Low --> High

1. How much water do strawberries contain?



2. How much Vitamin C is in strawberries?



3. How much fat is in strawberries?



4. How much potassium do strawberries contain?



Answer: 1) high 2) high 3) low 4) high



Apples



Selecting

Look for an apple that is firm and unblemished.

The all-purpose varieties include: Granny Smith, Idared, Golden delicious, Empire, Mutsu, Cortland and Spartan are all-purpose. Red Delicious and Gala are best eaten raw.

There are always new varieties of apples appearing in your supermarket. Be sure to ask the produce manager what's new in the apple category, and be prepared for exciting flavour sensations.

Storing

Apples like the cold. It is best to store them in a perforated plastic bag in the refrigerator crisper separate from other fruits and vegetables, if possible. If you have a large quantity of apples (e.g. a bushel), store them in a cool, dark, well-ventilated place such as a fruit cellar or garage. Apples stored this way keep for about 6 weeks.

Preparing

Apples need to be thoroughly washed and scrubbed especially if you are eating them raw with the skin.

If you peel an apple, brush with lemon juice or lime juice to prevent it from browning.

If the apple starts to get soft, don't waste it: use it to cook apple sauce or for baking.

Eating

There are so many ways to enjoy an apple. You can eat it whole, grate it into a salad, add it to a soup, make into a sauce, add it to a cake or pie...the possibilities are endless.

Seasonality

Apples are available in grocery stores all year round. Check your grocery stores in early fall for fresh local apples.

Nutrition

A medium apple contains 90 calories and is a good source of fibre with 1/3 of the fibre found in the skin.

Apples contain pectin, a soluble fibre that helps to lower blood cholesterol levels.



Here is a tasty soup recipe you can try:
www.halfyourplate.ca/recipe/carrot-apple-soup/

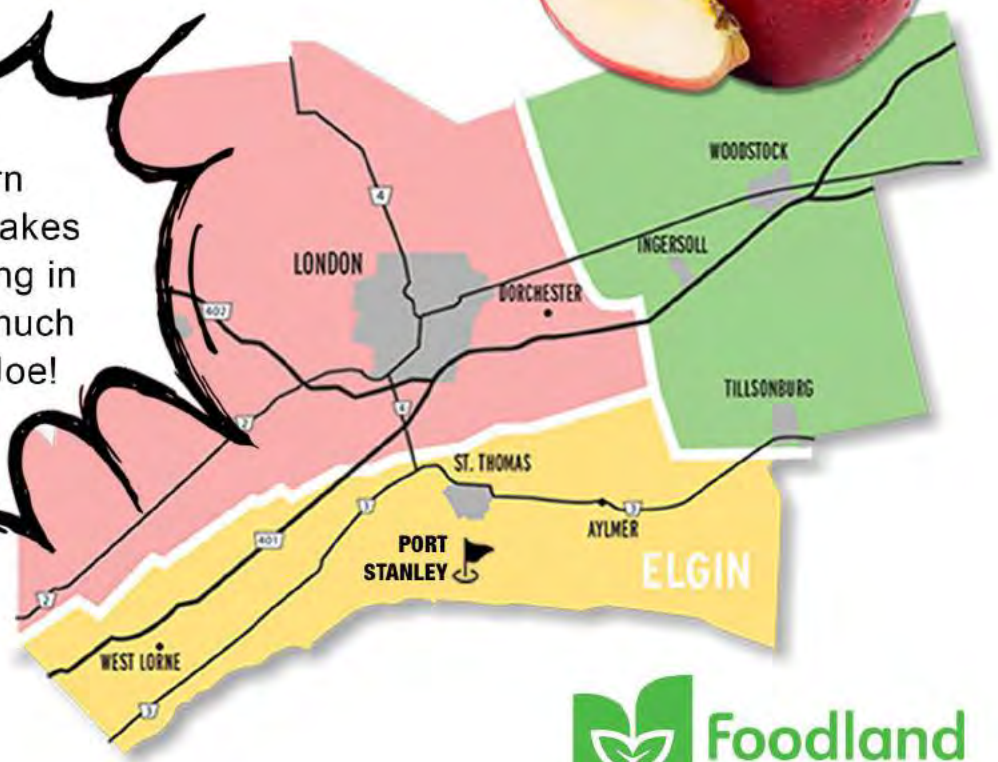




5111 Union Rd. Port Stanley, ON | Elgin County



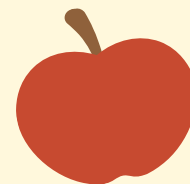
Visit osnp.ca to learn more about Great Lakes Farms, apple growing in Ontario and much much more from Farmer Joe!



Funded by



Week 4 Recipes: Apple



Cinnamon Apple Chips

- 2 Apples
- Cinnamon



Instructions

1. Preheat oven to 200°F.
2. Slice apples thinly, remove any seeds.
3. Sprinkle with cinnamon.
4. Bake for 1 hour. Flip the apples. Bake for another hour.
5. Let apples cool, and enjoy!

Apple Muffins

Ingredients

- 1 1/4 cup almond flour
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 tbsp. cinnamon
- 1/4 tsp. nutmeg
- 2 eggs
- 5 tbsp. coconut oil
- 1/3 cup maple syrup
- 2 tsp. vanilla extract
- 1/2 cup coarsely grated granny smith apples
- 1 1/4 granny smith apple chunks



1. Preheat oven to 350°F. Line a muffin tin with 8 muffin liners.
2. In a medium bowl, mix together the almond flour, baking soda, salt, cinnamon, and nutmeg.
3. In a large bowl, mix together the eggs, oil, maple syrup, and vanilla.
4. Combine wet and dry ingredients.
5. Gently fold in the grated apple, followed by the chopped apple.
6. Divide the batter evenly among the liners, filling them almost full, and bake for 23-25 minutes.
7. Let the muffins cool for 5 minutes in the pan and then remove to a wire rack to cool completely.

Ingredients

- 2 tbsp. olive oil
- 2 medium onions
- 2 butternut squash
- 4 medium apples
- 3-4 cups low sodium chicken stock
- 1 1/4 tsp. salt
- 1/2 tsp. nutmeg
- 1/4 tsp. pepper
- 1/4 tsp. cayenne pepper



Butternut Squash Apple Soup

1. Preheat oven to 375°F. In a large pot heat oil over low. Add onion and cook until tender.
2. Cut, peel, and place the squash and apples into a pot.
3. Add 2 cups of chicken stock, and bring the pot to a boil. Reduce the heat to low, cover, and cook until the squash and apples are soft.
3. Puree the soup with an immersion blender.
4. Add 1 cup of the remaining chicken stock, stir, adding more stock as needed.
5. Stir in the salt, black pepper, and cayenne.



Fun Facts



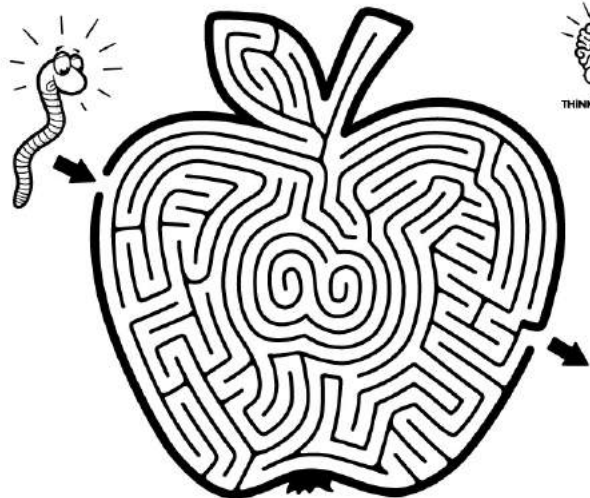
DID YOU KNOW??

Apples are extremely healthy, but it is very important to eat the peel! The peel is high in fibre and vitamin C to keep you strong and healthy!

- There are more than 7,500 varieties of apples grown around the world. It would take you more than 20 years to try them all if you ate one a day!
- Apples can float in water because 25% of their volume is air!
- *Malusdomesticaphobia* is the fear of apples.

Activity Time!

CAN YOU COMPLETE THE APPLE MAZE?



Designed by Igor Donkov at thinkmaze.com



Pears



Selecting

Of the many varieties of pears, three of the most popular are Bartlett, Bosc and Anjou, each with very distinct appearance and flavour characteristics.

The Bartlett pear appears in two colour varieties: originally a green colour that ripens to yellow; or, originally a red colour that ripens to crimson. Bartletts are sweet and juicy, and are best used for making sauces, as they don't keep their shape in baking.

The Bosc pear is golden brown with a long tapered neck. Its texture is crunchy and it has a buttery flavour.

Bosc pears keep their shape well in baking.

The Anjou pear is oval, stubby and short-necked. It is firm, sweet and juicy. Anjou pears keep their shape well in baking.

Look for smooth-skinned pears free of any markings. It's best to select unripe pears and leave them to ripen at home. Ripe pears damage easily, and it's likely they would be bruised on the trip home from the store.

Storing

Storing unripe pears in the fridge slows down the ripening process. To prepare them for eating, remove them from the

fridge and let them ripen at room temperature, which take 3 to 7 days. Once ripe, pears stored in the crisper in the fridge will last for 2 to 3 days.

Preparing

Pears just need to be washed thoroughly and they are ready to eat. If you are slicing the pear and know it will be sitting out for a while before being eaten, prevent browning by sprinkling the pear with lemon or orange juice.

Eating

Pears, like apples, are so versatile: Great to eat raw, but also work well in a sauce, a crisp or poached.

Seasonality

Pears are available in grocery stores all year round.

Local varieties are available August to December.

Nutrition

A medium pear has 96 calories and is a good source of fibre and also contains potassium, folate and vitamin C. Pears contain pectin, a soluble fibre that helps to lower blood cholesterol levels.



This all in one dinner will save you from using lots of dishes!
www.halfyourplate.ca/recipe/easy-oven-packet-caribbean-tilapia-with-pears-and-carnival-roasted-potatoes/





Meaford and Chatsworth | Grey County | www.grandmalambes.com

Visit osnp.ca to learn more about Grandma Lambe's in Grey County, some fun pear trivia and so much more!



Funded by



Foodland
ONTARIO

Baked Pears

Week 5 Recipes: Pear



Pear Slaw



- 2 pears
- 2 tsp. cinnamon
- 2 tsp. maple syrup
- 3 tbsp. walnuts

1. Preheat oven 350°F.
2. Cut pears in half.
3. Using a tablespoon, scoop out the seeds of each half.
4. Fill with walnuts, drizzle with maple syrup, and sprinkle with cinnamon.
5. Place on baking sheet and bake for 25 minutes.

*Serve with yogurt

- 2 large stalks of celery, julienned
- 2 Asian pears, peeled and julienned
- 1/4 cup finely chopped cilantro
- 2 green onions, thinly sliced
- 1/2 inch fresh ginger, finely grated
- 2 tbsp. lime juice
- 2 tbsp. rice vinegar
- 1/4 tsp. finely chopped Thai red pepper

1. Whisk together the ginger, lime juice, and rice vinegar.
2. Toss with remaining ingredients.
3. Let sit for a few minutes before serving.

Pear Brie Crostini

Ingredients

- 1 pear, sliced 1/3
- 8 slices baguette
- Olive oil
- 8 1/4 slices brie
- 8 springs fresh thyme
- Balsamic glaze



1. Place sliced baguette on baking sheet. Drizzle with olive oil. Toast bread under broiler for 3 minutes or until golden brown. Remove from oven.

2. Add one slice of pear and one slice of brie, top with a spring of thyme and drizzle with balsamic glaze.

3. Serve and enjoy!

Ingredients

- 3 slices bacon, diced
- 4 boneless, skinless chicken breasts
- 1 tbsp. chopped rosemary
- 4 cups salad mix
- 1 avocado, pitted and sliced
- 2 pears, sliced
- 2 green onions, cleaned and sliced
- 1/4 cups walnuts
- Honey mustard dressing

Chicken Pear Salad

1. Cook bacon in a pan until browned and crispy. Add the chicken to the pan and cook about 3 minutes on each side until browned. Sprinkle rosemary onto the chicken, cover the pan and cook the chicken throughout.

2. Salad prep: mix the salad greens and top with the sliced avocado, pears, onions, and walnuts.

3. Slice the chicken and add to the salad. Serve with honey mustard dressing.



- 1. There are over 3000 varieties of pears grown around the world.**
- 2. A standard pear tree can grow up to 12 meters tall and live for upwards of 50 years!**
- 3. Pears are a good source of fibre, vitamin C, vitamin K, and vitamin B!!**

This activity
is from <http://www.freshforkids.com.au>



Green Peppers



Selecting

Peppers are also known as bell peppers, for their shape. The ever popular green variety is the original bell pepper. But today consumers have many more choices of colour: yellow, orange, red, white, purple and black.

Peppers should have a smooth unblemished skin with a deep colour. Avoid any that have wrinkled skin or soft spots, bruises or cuts. Make sure you check the stem end for soft spots. Peppers should feel heavy for their size.

Storing

Store peppers in a perforated plastic bag in your crisper. Fresh green peppers can last 2 to 3 weeks.

Preparing

Start by washing the green pepper, then slice in half, and remove the seeds. If you plan to eat it raw, taste it: If you find it too bitter, you can peel off the outer skin with a vegetable peeler to yield a milder taste.

Peppers are also great roasted. Wash the pepper and roast it whole on the grill. Turn every few minutes until the skin is all blackened and blistered. Or roast peppers in the

oven by placing the pepper on a baking sheet and broiling it as close to the element as possible. Turn the whole pepper until the skin is all blackened and blistered. To speed up the roasting process, cut the peppers in half.

Leave roasted peppers to cool in a covered bowl. After about 10 minutes the peppers will be easier to peel.

Roasted peppers will keep for a few days in a covered container in the fridge. They will keep much longer if placed in freezer bags and kept in the freezer.

Eating

Green peppers are great in stir fries, salads, and frittatas.

Seasonality

Field green peppers are available from July to October and Greenhouse peppers from March to November.

Nutrition

Half of a green pepper has 16 calories. It is a very high source of Vitamin C and a source of Vitamins K and B6.



Try this delicious recipe for Frittata Fingers.
www.halfyourplate.ca/recipe/frittata-fingers/





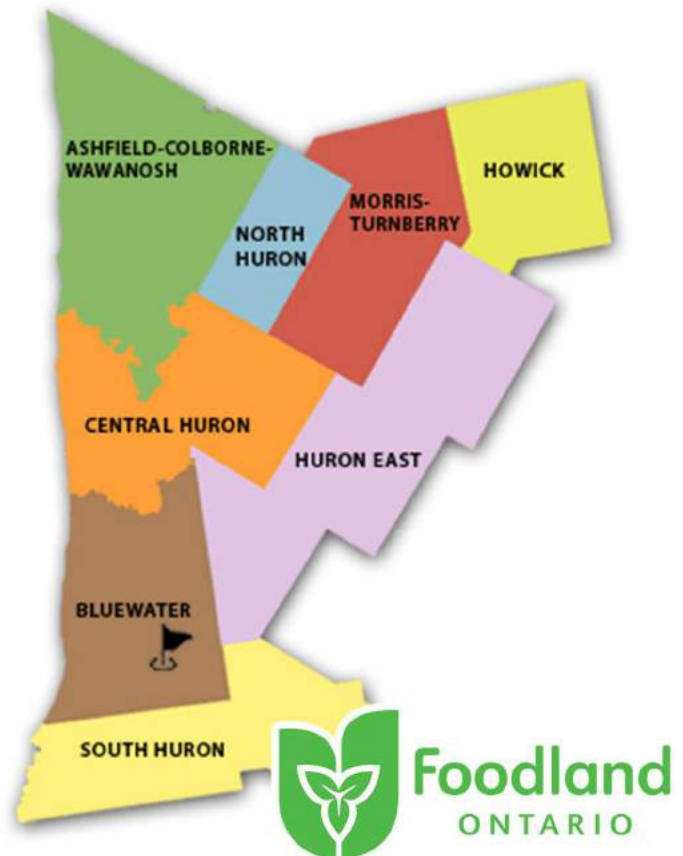
Exeter, ON

| Huron County

| www.suntasticfresh.com

Visit osnp.ca to learn
more about Huron
Produce, how peppers are
grown in greenhouses,
and so much more!

Funded by



Week 6 Recipes: Pepper



Red Pepper and Tomato Sauce

- 1 dozen roma tomatoes
- 2 red bell peppers
- 1/3 cup olive oil
- 1/2 tsp. dried oregano
- 1/2 tsp. dried thyme
- 1/2 tsp. Italian seasoning
- 10 leaves fresh basil
- 5 whole cloves garlic
- salt and pepper (to taste)



1. Preheat oven to 275°F. Place the rack in the top third of the oven. Line a baking sheet with foil.

2. Cut tomatoes into halves and remove cores. Cut peppers into quarters and remove any seeds.

3. Add oil, dried herbs, roughly torn basil, garlic, salt, and pepper into a bowl. Coat tomatoes and peppers in the mixture.

4. Place tomatoes and peppers on the baking sheet face up. Add garlic cloves in between the tomatoes and peppers, and place any remaining basil onto the tomatoes and peppers. Drizzle remaining oil from the bowl on top. Place in oven and cook for 2.5 hours. Puree and enjoy!

Cauliflower Red Pepper Soup

Ingredients

- 4 red peppers
- 1 head of cauliflower, diced
- 2 tbsp. olive oil
- 1 onion, dice
- 3 cloves, minced
- 4 cups Chicken stock
- 1 tsp. fresh thyme
- 1 tsp. smoked paprika
- Salt and pepper



1. Cut red peppers, scoop out seeds, and lay face down on a lined baking sheet. Broil until the skin becomes black. Remove from oven and allow peppers to cool.

2. Broil the cauliflower on high until they are tender and crisp. Turn halfway.

3. While cauliflower is roasting, pour oil in a large pot adding onions and garlic. Cook until tender and caramelized.

4. Add chicken stock, thyme, and paprika into the pot and mix. Let simmer.

5. Remove the skin from the peppers, then dice the peppers and cauliflower and mix into the pot. Simmer on medium heat for 20 minutes.

7. Add soup into a blender, blend until creamy and pureed. Add the puree into same pot, simmer until ready to serve.

Ingredients

- 1 cup uncooked quinoa
- 2 cups vegetable stock
- 5 bell peppers
- 2 tsp. olive oil
- 2 1/2 cups spinach
- 3 cloves minced garlic
- 1/2 tsp. dried basil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 (14 oz.) can artichoke
- 2 tbsp. parsley, chopped
- 1 cup cheese, grated
- 1/2 cup non-fat plain Greek yogurt

Stuffed Peppers

1. Add quinoa and vegetable stock to a sauce pan, and bring to a boil. Once boiling, reduce heat, cover, and simmer until quinoa is cooked.

2. Preheat oven to 375°F, lightly grease a 9"x13" dish. Arrange the peppers in the dish, cut side up (see picture).

3. Heat oil in a large pan over medium heat. Add spinach stirring as it wilts down.

4. Add garlic, basil, salt, and pepper. Let cook 30 seconds, then add artichokes, and cook until warmed through. Remove from heat. Stir in quinoa, parsley, two thirds of the grated cheese, then yogurt.

5. Stuff the peppers with the quinoa filling. Lightly coat a sheet of foil with cooking spray. Cover the dish with foil, sprayed side down. Bake 30 minutes covered, then remove foil. Sprinkle remaining third of grated cheese over peppers, and continue baking 5-10 additional minutes.



True or False
Peppers are vegetables.

False! Since peppers have seeds they are classified as fruit.



Fun Facts



1. Red bell peppers are actually green peppers that have been left on the vine to ripen.
2. Bell peppers are a good source of vitamin A, C, and E.
3. Since heat destroys some of the nutrients found in bell peppers, it is best to eat them raw for maximum health benefit. If you would like to cook them, do so with low heat for a short time.

Activity time!

Match the fruit or vegetable to the description.

1. It comes in many different varieties including portobello, shiitake, and button.

2. This tropical fruit is a great source of potassium.

3. This fruit comes in green, red, orange and yellow, and is a great source of vitamin C.

4. This vegetable is related to broccoli, cabbage, and brussel sprouts.

5. It is a great source of vitamin A and C. This fruit is a member of the squash family.

6. Although many think this red fruit is a vegetable, it is actually classified as a fruit because of its seeds.



Pumpkin



Banana



Tomato



Pepper



Cauliflower



Mushroom

1) Mushroom 2) Banana 3) Pepper 4) Cauliflower 5) Pumpkin 6) Tomato



Cucumbers



Selecting

The two main cucumber types are the 'slicing' and the 'pickling' varieties.

The slicing variety can be field- or hothouse-grown. Field-grown cucumbers are 6 to 9 inches long (15 cm to 22.5 cm) and have glossy dark green skin.

Pickling cucumbers or 'picklers', as they are commonly known, tend to be shorter, thicker, less regularly shaped than the slicing variety, and have bumpy skin with tiny white or black-dotted spines.

When buying any cucumbers, look for one that is firm and has no soft or moldy spots. The colouring should be green except for the

creamy yellow picklers. Small and slender cucumbers are usually tenderer.

Storing

Store field-grown cucumbers in a plastic bag. Store hothouse cucumbers in their plastic wrapping, or in a plastic bag if they don't come wrapped. Store both types in the refrigerator crisper. An uncut cucumber lasts for about a week but once cut its shelf life is greatly reduced.

Preparing

Wash the cucumber and then decide if you want to peel it. If the skin is waxed it is usually best

to peel it. The non-waxed skin of the hothouse cucumbers is very easy to digest and so can be left on.

You can slice, dice, julienne or grate a cucumber. It is a great vegetable to prepare with a mandoline or a spiralizer to make cucumber noodles.

Eating

Raw cucumbers slices make a good addition to salads and are a refreshing garnish in sandwiches. Sliced thin or thick, in wedges or circles, cucumbers make an excellent vegetable to use with your favourite dip. Or use cucumbers to make your favourite tzatziki or raita. They can

also be added to stir-fry, but should be cooked at a low heat. And they can be poached, but again must be heated gently.

Seasonality

Field-grown cucumbers, including both slicing and pickling varieties are available from June to October, though the availability may vary slightly depending where you live in Canada. Hothouse cucumbers are available year-round.

Nutrition

Four slices of cucumber (about an ounce or 28g) contains 3 calories. Many of the nutrients and phytochemicals are found in the skin.



This mango cucumber soup is refreshing and light for a hot summer day.

www.halfyourplate.ca/recipe/mango-cucumber-soup/





Cornies Farms

Kingsville, ON | Essex County

Visit osnp.ca to learn more about Jamie Cornies of Cornies Farms, watch a video about how cucumbers are grown, learn some fun cucumber trivia and much more!

Funded by



Thai Cucumber Salad

Week 7 Recipes: Cucumber



Dressing

- 1/3 cup white wine vinegar
- 2 tbsp. sugar
- 1/2 tsp. toasted sesame oil
- 1/4 red pepper flakes
- 1/2 tsp. salt

Salad

- 2 cucumber
- 3 green onions
- 1/4 cup peanuts, chopped



1. Peel and thinly slice cucumber. Place sliced cucumbers, peanuts, and sliced onions in a large salad bowl.

2. In a separate small bowl, mix dressing ingredients.

3. Add dressing to the large bowl and toss the salad.

4. Serve immediately or refrigerate until ready to eat. If serving after refrigerating, quickly toss the salad again.

Cucumber Hummus Bites

Ingredients

- 1 cucumber, sliced into thin rounds
- 1 (10 oz.) tub of roasted red pepper hummus
- 16 cherry tomatoes, cut in half
- 1 oz. feta cheese
- Fresh parsley, chopped

1. Slice the cucumber into thin rounds and lay them out on a serving platter.

2. Using a spoon, spread hummus onto each slice of cucumber.

3. Top with cherry tomato halves, crumbled feta cheese, and parsley.

4. Served chilled or store in airtight container before serving!



Ingredients

- 2 cups cauliflower florets
- 2 cucumbers
- 1/2 red pepper
- 2-3 green onions
- 1 (15oz.) can corn, drained
- 1/3 cup mayonnaise
- Salt and pepper
- Fresh dill

Cucumber, Corn, and Cauliflower Salad



1. Cut cauliflower into small florets. Slice cucumber into thin slices. Cube the red pepper. Thinly chop the green onion.

2. In a large salad bowl, toss the salad.

3. Add mayonnaise, salt and pepper to taste. Thoroughly toss the salad again.

4. If desired, add fresh dill.

Fun Facts



Pickles are cucumbers that have been cured in a brine or vinegar solution.



Cucumbers belong to the same family as pumpkins, zucchini, watermelon, and squash!

True or False?
Cucumbers are 96% water

True!

**Healthy Eating
Tip: Eat a
rainbow!**

**You should eat fruits
and vegetables that
are different colours
every day!**

Activity time!

Cucumbers are not only a yummy snack, but a great source of vitamin C. Unscramble these letters to discover more fruits and vegetables that are high in vitamin C.

ONGAERS _____

KEAL _____

KIIW _____

BBALKCEIRRSE _____

PNSIAHC _____

REEPPPS _____

AIPNEELPP _____

MLEON _____

MIEL _____



1. Oranges 2. Kale 3. Kiwi 4. Blackberries 5. Spinach 6. Peppers 7. Pineapple 8. Melon 9. Lime

Carrot



Selecting

The carrot is simple root vegetable, usually conical or cylindrical in shape, available in 2-inch baby size and larger. Though orange is the most common carrot colour, some varieties are yellow, white and purple.

Choose long, narrow carrots that are firm and smooth. If there are greens attached, the carrots are probably freshly harvested. Also check for green near the top of the carrot. If present, this means that carrot may be bitter. Avoid carrots that are bendable, have cracks or look wrinkled.

Storing

If you are buying carrots with greens attached, remove them before refrigerating and store carrots in a perforated plastic bag in the crisper. Keep separate from apples since the ethylene gas from the apples will make the carrots bitter.

Eating

Carrots are eaten raw most often, but can be cooked by steaming, sautéing, stir-frying, braising, roasting or microwaving.

Carrots are an excellent addition to many types of recipes: grate carrots into a salad; add them

spaghetti sauce; cook them in a casserole. Shred them and add to cakes, muffins or cookies... or just steam the carrots and eat them with some spices.

Seasonality

Carrots are available all year long.

Nutrition

A medium raw carrot has only 25 calories. Carrots are very high in beta carotene which the body converts to Vitamin A. Beta carotene is a powerful antioxidant that helps protect against some types of cancer, and is important for your eyes, helping to prevent macular degeneration and cataracts.



Here is a great recipe for Roasted Carrot Dip
www.halfyourplate.ca/recipe/baked-herb-pita-crisps-with-roasted-carrot-dip/





Visit osnp.ca to learn more about Nature's Finest Produce, see step-by-step pictures on how your carrots got to you today, watch a video on how carrots can be harvested in the winter and much more!



KENT COUNTY

 Chatham

**ESSEX
COUNTY**

Funded by

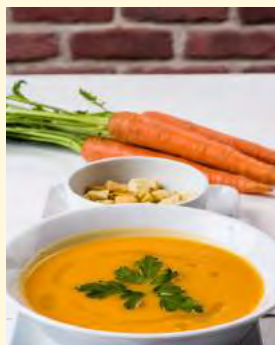


Week 8 Recipes: Carrot



Carrot and Ginger Soup

- 1 tbsp. coconut oil
- 1 onion, chopped
- 1 clove garlic, minced
- 3 tbsp. ginger, chopped
- 1 lb. carrots, peeled and chopped
- 1 (32 oz.) vegetable stock
- 1 (14 oz.) can coconut milk
- 1/2 tsp. salt



1. Heat coconut oil in a large pan.
2. Add onion, garlic, and ginger. Cook until fragrant and onion is almost clear, about 5 minutes.
3. Add carrots, and vegetable stock, bring to a boil.
4. Reduce heat to simmer. Cook until carrots are soft, about 25 minutes.
5. With an immersion blender, blend soup until smooth. Add salt to taste, serve hot!

Carrot Zucchini Muffins

Ingredients

- 1 cup whole wheat flour
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 1 tsp. baking soda
- 3 tbsp. butter, melted and cooled
- 1/2 cup maple syrup
- 1 egg, beaten
- 1 tsp. vanilla extract
- 1 cup zucchini, grated
- 1/2 cup carrot, grated
- 1/2 cup raisins



1. Preheat oven to 350°F and place rack in the centre of the oven. Coat a mini muffin pan with nonstick cooking spray.
2. Combine flour, cinnamon, salt, and baking soda in a mixing bowl. Whisk until thoroughly combined. Set aside.
3. In a large mixing bowl, stir together butter, maple syrup, egg, and vanilla extract.
4. Add flour mixture to the wet ingredients and stir together until just barely combined.
5. Add zucchini, carrot, and raisins. Stir gently.
6. Fill each cup in the mini muffin pan approximately 3/4 full.
7. Bake for 15-20 minutes or until toothpick comes out clean. Enjoy this muffin as a morning snack!

Ingredients

- 1 1/2 cup grated carrot
- 1/2 cup cheese, grated
- 2 eggs
- 3 tbsp. oat flour
- 1/4 tsp. salt
- 1/2 tsp. black pepper



Carrot Tacos

1. Wash, peel, and grate carrots. Place them into a bowl add 1/2 cup water, microwave 5 minutes.
2. Drain and place cooked grated carrots into paper towel and squeeze out extra water.
3. Place into a bowl and add cheese, egg, flour, salt, and pepper. Combine until it forms a batter.
4. Prepare a baking tray covered with baking paper. Place small portion of the carrot mixture onto prepared tray.
6. Press carrot mixture onto the tray in a flat circle.
7. Bake at 390°F for 15 minutes or until crispy. Gently remove carrot taco, insert other fillings and enjoy warm!

Did you know?

Carrots are normally orange in colour although purple, red, white, and yellow varieties also exist.

Fun Fact!

Carrots are rich in beta-carotene, which is an essential nutrient for your body. Beta-carotene is converted into vitamin A, which helps your vision, immune system, and skin!

What is this vegetable's favourite martial art?

Carrotee!



Activity Time!

Fill in the blanks to discover which fruits and vegetables are grown in Ontario!

b _ u _ e _ _ r r _

ch _ r _ _

_ q _ as _

c _ _ t _ l _ _ p _

m _ l _ _

t _ m _ _ o

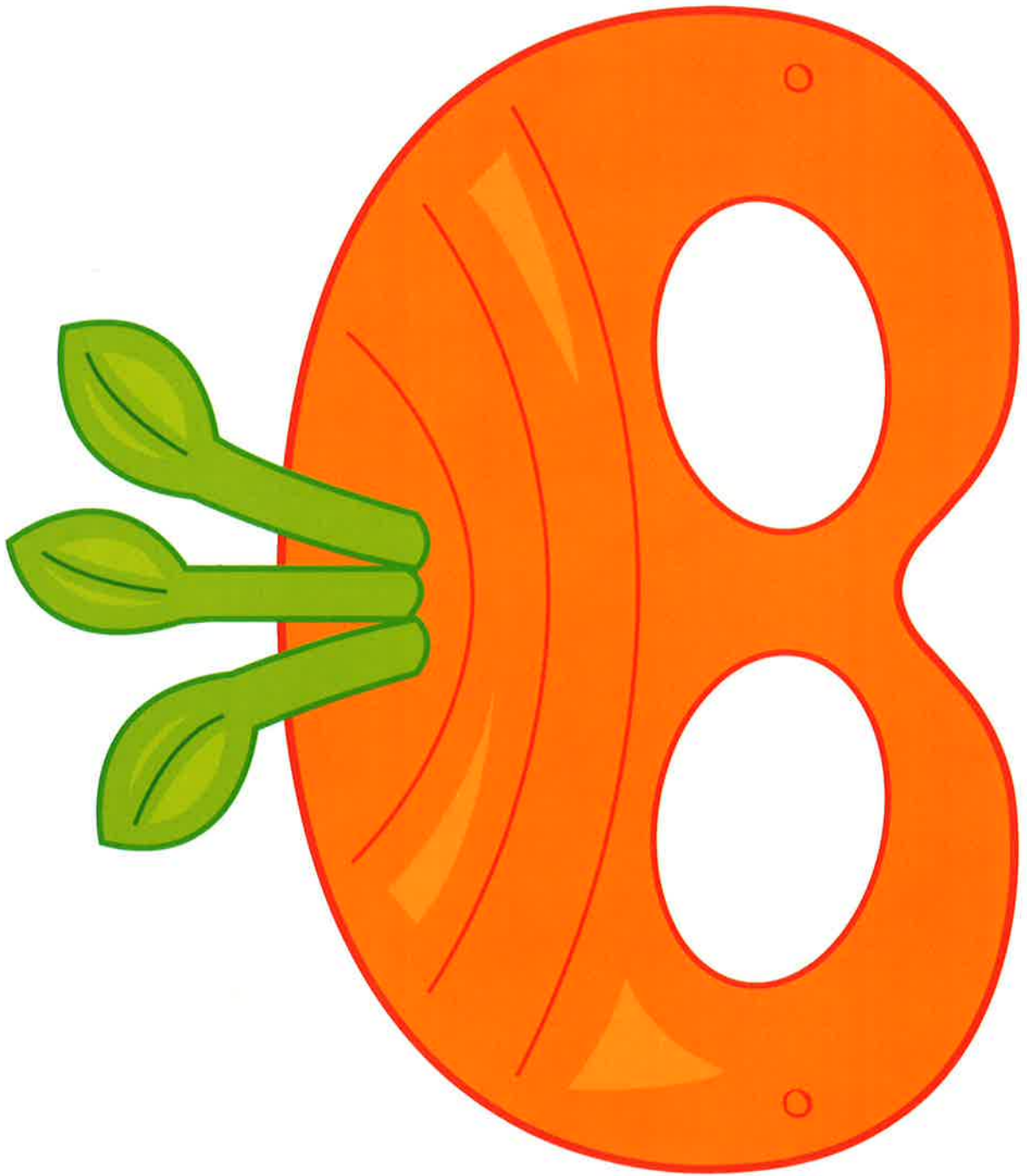
_ au _ if _ _ w _ _



Healthy Eating tip:
It is important to eat fruits and vegetables at every meal!

1. Blueberry 2. Cherry 3. Squash 4. Cantaloupe 5. Melon 6. Tomato 7. Cauliflower





Cut out this sign and snap some picture of students trying this week's feature or a picture of the sign next to the local produce item. Post your pictures on your school's social media page to let parents know what their children are trying at school. Be sure to tag us on Facebook or tweet at us on Twitter with our handle @OSNPsouthwest.

Remember to handout the "I Ate Local Today" stickers to students to wear home.

