



### GROW IT:

Choose from Ontario's 50 varieties of in season veggies and fruit.

Visit a local farmers' market or go to a "pick your own" farm.

Grow veggies and fruit at home, in a garden bed or containers.

### TASTE IT:

Encourage and support your kids when trying different veggies and fruit.

Continue to offer new veggies and fruit alongside familiar ones.

Be a positive role model and eat veggies and fruit with your kids.



### MAKE IT:

Have your kids help wash and cut veggies and fruit. Cover tightly and store in the fridge.

Involve your kids in preparing meals and snacks that include veggies and fruit.

Stock up with frozen and canned veggies and fruit (without added sugar or salt).

### EAT IT:

Eat together as a family away from screens (e.g. tablets, phones, television, etc.)

Choose veggies and fruit as a snack and meal every day.

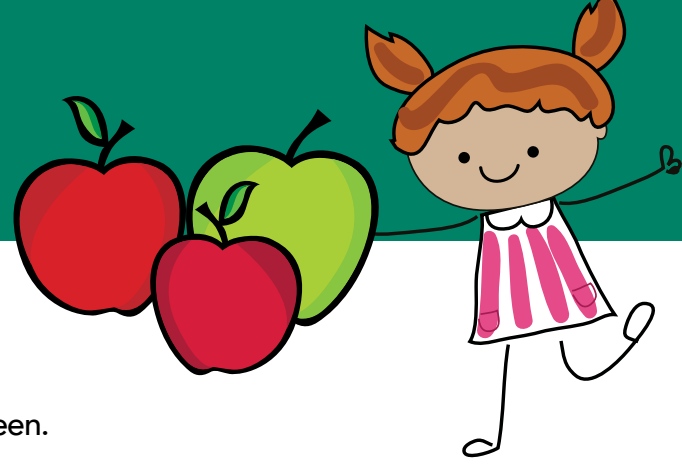
At dinner, fill half your plate with veggies and fruit – enjoy!



For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map!  
<http://buylocalbuyfreshchathamkent.com/>



# All about APPLES



- 🍏 Apples are a good source of fibre and Vitamin C.
- 🍏 Apples have been cultivated for more than 3,000 years.
- 🍏 Apples come in many colours including red, yellow and green.
- 🍏 There are many different varieties of apples available. The Northern Spy is the number one baking apple. Empire, McIntosh, and Red Delicious are very common eating apples.
- 🍏 Apples are used to make apple cider and cider vinegar.

## GROW IT



A large hole is dug in the ground and the apple tree is planted. Apple trees are planted in a sunny spot with soil that is slightly drier.



Apple trees are planted in rows 15 to 18 feet apart. A large field of apple trees is called an orchard.



Apples ripen on the tree and turn from green to yellow or red depending on the variety.



When apples are ripe they are handpicked by gently twisting and pulling the apple from the branch.



# MAKE IT

You can purchase fresh and local apples in Chatham-Kent from **May to December...**

**Delhaven Orchards Ltd.**

8182 Talbot Trail | Blenheim

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Thompson's Orchards Ltd.**

19881 Charing Cross Road | Blenheim

**van Koeverden Orchard**

13283 Magnavilla Line | Thamesville



For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here: <http://buylocalbuyfreshchathamkent.com/>

**Select** apples that are firm and unblemished.

**Store** apples in a perforated plastic bag in the refrigerator crisper.

Separate apples from other fruits and vegetables, if possible, and store in a cool, dry, well-ventilated place like a fruit cellar or garage. Apples stored this way keep for 6 weeks.

**Prepare** apples by washing and scrubbing thoroughly, especially if you are eating them raw. If you peel or slice an apple, brush it with lemon or lime juice to prevent browning. If apples start to get soft, use them for applesauce or for baking.

To freeze for pie fillings and sauces, sprinkle 1L (4 cups) of peeled, sliced apples with 1/4 tsp ascorbic acid powder and 1/4 cup cold water. Turn gently to coat fruit on all sides. Toss with 1/4 cup granulated sugar. Pack, label and freeze for up to one year. Before using, frozen apple slices should be thawed for one hour or so.

**Apple slices are great for dips, sandwiches or wraps and are a great high fibre snack eaten as is!**

**Apples can be grated and used in a salad, to make applesauce or in baked goods.**

**Apples can be added to soups or casseroles.**



# TASTE IT

## Apple Cinnamon Muffins

Recipe adapted from: EatRight Ontario

Prep: 10 minutes

Cook: 30 minutes

Serving Size: 12

### Ingredients

3 cups large flaked oatmeal  
2 tbsp ground cinnamon  
2 tsp baking powder  
¼ tsp salt  
1 ½ cups milk  
2 eggs  
½ cup unsweetened applesauce  
¼ cup canola oil  
¾ cup apple, diced  
¼ cup raisins

### Directions

1. Preheat oven to 350°F.
2. In a large bowl, combine oats, cinnamon, baking powder and salt.
3. In another bowl, whisk together milk, eggs, apple sauce and oil. Pour over oat mixture and stir to combine. Stir in apple and raisins.
4. Divide mixture among 12 lightly sprayed muffin tins. Bake in preheated oven for about 30 minutes or until tester inserted in centre comes out clean.
5. Serve warm as is or with a drizzle of maple syrup.

## Nut Butter and Apple Wrap

Recipe adapted from: Yummy Lunch Kitchen

Prep: 5 minutes

Cook: 0 minutes

Serving Size: 1

### Ingredients

1 whole wheat flour tortillas  
½ apple, sliced  
1 tbsp nut butter (peanut or almond) or soy butter as the nut-free alternative  
2 slices of cheddar cheese

### Directions

1. Spread nut or nut-free butter on tortilla. Top with apple slices and cheese.
2. Roll up tortilla and serve.





# Homemade Applesauce

Recipe adapted from: Half Your Plate

Prep: 5 minutes

Cook: 10 minutes

Serving Size: 10

## Ingredients

30 apples, peeled and grated  
1 cup water  
2 tbsp lemon juice  
2-3 tsp cinnamon



## Directions

1. Place water and lemon juice in a large stock pot. Bring it to a gentle simmer. Begin to peel the apples; don't worry about getting the stem or blossom ends perfectly peeled.
2. On the larger holes of a box grater, grate the apple on a small cutting board down to the cores. Add the grated apples to the stock pot as you go, stirring them in to prevent browning. A potato masher helps to break the apples down.
3. When all of the apples are grated, increase the heat and add more liquid if needed. Once the sauce has cooked down to your preferred consistency, add cinnamon to taste. A hand blender can be used at this point if you desire a very smooth sauce. Cool and divide the sauce into freezer containers/zipper lock bags.

# Moroccan Chicken with Apples

Recipe adapted from: Foodland Ontario

Prep: 15 minutes

Cook: 15 minutes

Serving Size: 4

## Ingredients

4 skinless boneless chicken breasts (about 1 lb/500 g)  
1 tsp ground cumin  
½ tsp chili powder  
¼ tsp cinnamon  
Pinch each of salt and pepper  
2 Apples  
3 tbsp fresh lemon juice  
1 tsp cornstarch  
2 tsp vegetable oil  
1 Onion, chopped  
1 clove Garlic, minced  
1 tbsp minced fresh gingerroot  
¾ cup undiluted canned low-salt chicken broth  
2 tbsp chopped fresh parsley

## Directions

1. Trim excess fat from chicken breasts. Combine cumin, chili powder, cinnamon, salt and pepper; spread evenly on chicken breasts. Set aside. Core and slice apples into thin wedges; toss in lemon juice. Set aside. In small bowl, combine cornstarch and 2 tsp cold water; set aside.
2. Heat oil in large non-stick skillet over high heat. Add onion, garlic and ginger; stir-fry until onions are slightly softened, about 3 minutes.
3. Add chicken breasts; brown lightly on both sides. Pour broth over chicken and bring to a boil; reduce heat and simmer, covered, until chicken is almost cooked, about 4 minutes.
4. Add apples and lemon juice to chicken, cover and cook until apples are tender but not mushy and chicken is no longer pink inside, about 2 minutes. With slotted spoon, remove chicken and apples to warm plates.
5. Stir cornstarch mixture and stir into liquid in pan; cook over high heat until slightly thickened, about 1 minute. Pour over chicken. Sprinkle with parsley. Serve over couscous.



# All about BEETS



Beets are a root vegetable.

Both the root and the leaves of beets are edible.

The two most common types of beets sold are the red and golden yellow varieties. Beets can also be pink, white and striped.

Beets are very high in folate and magnesium. They are a source of fibre, iron, potassium, and Vitamin C.



## GROW IT



Beet seeds are planted in moist soil during the Spring or Summer months.



Beets are ready to harvest 50 to 70 days after planting. To harvest, the area where the beet root meets the leaves is grasped firmly and pulled until the beet comes out of the ground.





# MAKE IT

You can purchase fresh and local beets in Chatham-Kent from **June to November**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** small to medium size beets that are smooth and blemish free. The best ones are 1-2 inches in diameter. Fresh beets will have bright, dark green leaves attached.

**Store** leaves and beets in separate sealed plastic bags in your refrigerator crisper. Separate leaves from the root, leaving 1-2 inches of stems attached. The leaves should last 2-3 days and the beets will last 2-3 weeks.

**Prepare** beets by washing thoroughly just before planning to eat. Place beets in boiling water for 45-60 minutes. Drain and let them cool. Remove remaining stems and peel the outer layer of skin using a paper towel while wearing disposable gloves. Cover your counter with wax paper while peeling the beets to prevent staining of your countertop.



Beets can be roasted with other vegetables or pickled.

Beets make a great addition to salads, hummus, sandwiches and soups.

Fresh beet leaves can be used in the same way you would use spinach; add them to salads, pastas, soups, etc.

## Beet & Apple Salad

Recipe adapted from: EatRight Ontario

**Prep: 10 minutes**   **Cook: 10 minutes**   **Serving Size: 4**

### Ingredients

¾ lb beets  
1/3 cup olive oil  
2 tbsp red wine vinegar  
1 tbsp fresh dill  
1 tbsp Dijon mustard  
1 clove garlic  
Pinch granulated sugar  
Salt and pepper, to taste  
2 McIntosh apples, peeled and diced  
Dill sprigs

### Directions

1. In saucepan of boiling salted water, cook beets for about 10 minutes or until tender; peel and dice.
2. Meanwhile, in large bowl, whisk together oil, vinegar, dill, mustard, garlic, sugar, and salt and pepper to taste; toss with beets and apples.
3. Garnish with dill springs and serve.



## Beet Soup

Recipe adapted from: EatRight Ontario

**Prep: 20 minutes**   **Cook: 35 minutes**   **Serving Size: 11**

### Ingredients

1 tbsp vegetable oil  
1 onion, chopped  
2 cloves garlic, minced  
3 large beets, peeled and chopped  
3 carrots, peeled and chopped  
6 cups water or low-sodium vegetable broth  
2 cups shredded green cabbage  
2 stalks celery, diced  
2 cups low-sodium tomato juice  
1 (14oz) can navy beans, drained and rinsed  
2 tbsp fresh lemon juice  
1 tsp dill weed  
Salt and pepper, to taste  
1 tbsp sour cream

### Directions

1. In a large soup pot, heat oil over medium heat and cook onions and garlic for about 3 minutes or until softened.
2. Add beets, carrots and water and bring to a boil. Reduce heat and simmer for about 10 minutes or until beets are almost tender.
3. Add cabbage and celery and simmer for about 15 minutes or until vegetables are tender.
4. Add tomato juice, beans and lemon juice and cook, stirring for about 5 minutes or until heated through.
5. Stir in dill, salt and pepper.
6. Swirl about 1 tbsp of light sour cream in each bowl of soup when serving to help cool the soup and create a cool pink colour.



# Roasted Beets

Recipe adapted from: Food Network Canada

Prep: 10 minutes    Cook: 60 minutes    Serving Size: 6

## Ingredients

3 large beets, or 6 to 8 small ones, scrubbed clean  
2 tbsp olive oil  
Salt and pepper, to taste



## Directions

1. Heat the oven to 425°F/220°C. Chop the tops off the beets, leaving about an inch/2.5 cm of green on the bulb, and set aside. Remove the tail-like root end of the beet and discard.
2. Cut each beet into about eight sections (or halve small beets), as you would cut an apple for pie, leaving a little green on the top of each wedge and place on a baking sheet. Drizzle over the olive oil and toss the beets to coat well; season with salt and pepper. Roast until they are soft and well caramelized, about an hour, depending on the size of the beets (small beets will obviously cook faster).

# Beet Hummus

Recipe adapted from: EatRight Ontario

Prep: 60 minutes    Cook: 15 minutes    Serving Size: 2 cups

## Ingredients

3 medium beets,  
washed with the skin on  
1 tsp olive oil  
¼ cup diced onion  
2 cloves garlic, finely  
chopped  
1 tsp ground cumin  
¼ cup tahini (ground  
sesame seeds)  
¼ cup water  
¼ cup lemon juice  
Raw vegetable sticks

## Directions

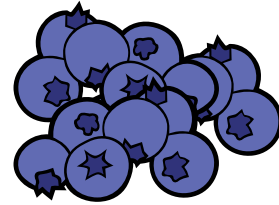
1. Cook beets in a large pot of boiling water for 40 minutes or until tender. When cooled, peel beets and roughly chop. Set aside. Can be done 1 day in advance.
2. In a medium frying pan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.
3. Add beets, onion mixture, chickpeas, tahini, water and lemon juice to a food processor and puree until smooth.
4. Serve immediately with vegetable sticks for dipping or store in an air tight container in the fridge for up to 3 days.





# All about BLUEBERRIES

- ★ There are two main types of blueberries, low-bush and high-bush.
- ★ Low-bush blueberries grow in the wild and are very small and flavourful.
- ★ High-bush blueberries can grow up to 6 to 8 feet tall.
- ★ Blueberries are a source of Vitamin C and fibre.
- ★ Blueberries are native to North America.
- ★ Blueberries can act as a natural food dye.

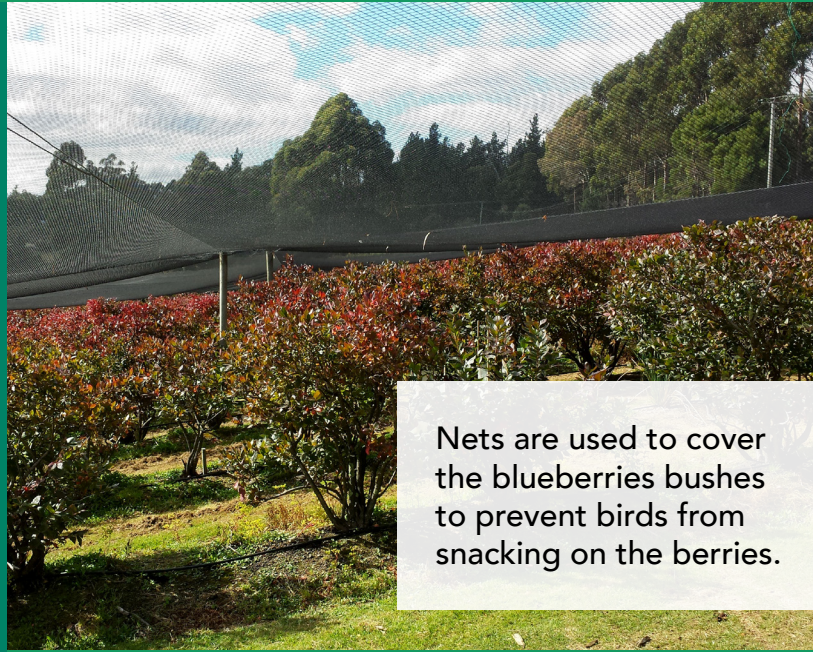


## GROW IT

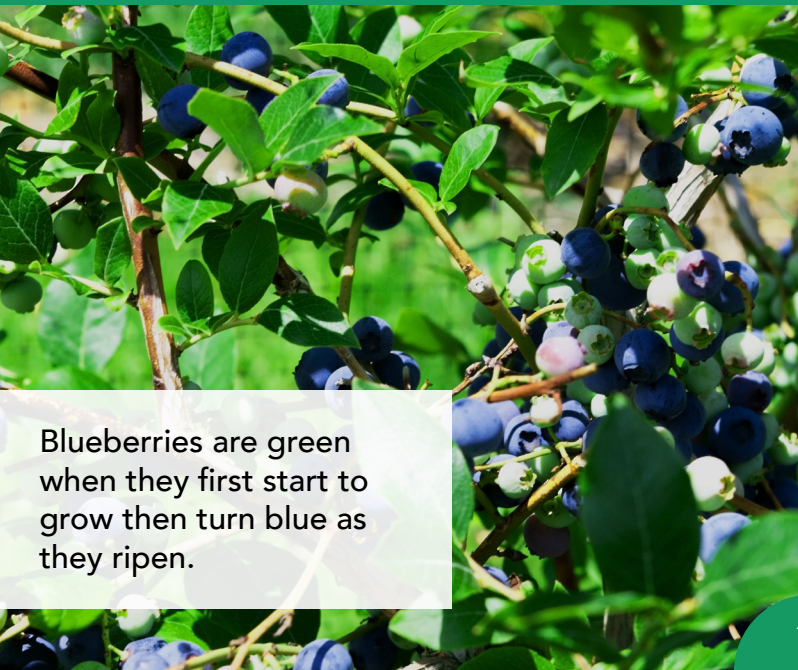
Blueberry bushes are purchased when they are one to three years old. A large hole is dug in the ground and the plant is set in and covered in soil.



Nets are used to cover the blueberries bushes to prevent birds from snacking on the berries.



Blueberries are green when they first start to grow then turn blue as they ripen.



Once the blueberries ripen and turn blue, they are hand picked off the bushes.





# MAKE IT

You can purchase fresh and local blueberries in Chatham-Kent from **July to September...**

## **Pardo's Berrie Farm**

7951 Talbot Trail | Blenheim

## **Parks Blueberries**

14815 Longwoods Road | Thamesville



For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

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**Select** firm, dry, and plump blueberries with a powdery look on the surface. If berries have a reddish tinge, they are not ripe and will not ripen further.

**Store** blueberries in the container they were purchased in and store in the refrigerator for up to 10 days. Remove any spoiled blueberries from your bunch.

**Prepare** blueberries by washing them right before eating. Place them in a colander and swish gently in cold water. Drain and pat dry before eating.

Frozen blueberries can be defrosted or added in their frozen state directly to recipes.

To freeze blueberries, wash first and completely dry. Lay berries on a baking sheet and freeze until solid. Once frozen transfer to a plastic freezer bag or plastic container. Freeze for up to 6 months.

**Blueberries are a delicious snack on their own. They also make great additions to salads, pies, crisps, jams, loaves, pancakes, and muffins.**

**Blueberries make a great topping for yogurt, oatmeal, and breakfast cereal.**

**Frozen blueberries can be used to make smoothies.**



## Apple Blueberry Smoothie

Recipe adapted from: EatRight Ontario

Prep: 5 minutes

Cook: 0 minutes

Serving Size: 2

### Ingredients

½ cup plain yogurt (1% M.F.)  
1 ripe banana  
1 apple, cored, peeled chopped  
½ cup fresh or frozen blueberries  
¼ cup 100% orange juice

### Directions

Place yogurt, banana, apple, blueberries and orange juice in a blender. Cover and puree until smooth.



## Blueberry Oatmeal Muffins

Recipe adapted from: Taste of Home

Prep: 10 minutes

Cook: 22 minutes

Serving Size: 12

### Ingredients

1-1 ¼ cups all-purpose flour  
1 cup quick-cooking oats  
½ cup packed brown sugar  
2 tsps baking powder  
½ tsp salt  
½ tsp ground cinnamon  
¼ tsp baking soda  
¼ tsp ground nutmeg  
1 large egg, lightly beaten  
1 cup (8 ounces) plain yogurt  
¼ cup butter, melted  
1 cup fresh blueberries

### Directions

1. Preheat oven to 400°F.
2. In a large bowl, combine the first eight ingredients.
3. Combine the egg, yogurt and butter in a separate bowl; stir into dry ingredients just until moistened. Fold in blueberries.
4. Coat muffin cups with cooking spray or use paper liners; fill three-fourths full with batter.
5. Bake at 400° for 18-22 minutes or until a toothpick inserted in the muffin comes out clean.
6. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.



### TIP

Wrap muffins in foil; place in a resealable plastic freezer bag. Freeze for up to 3 months.



# Oatmeal Pancakes

Recipe adapted from: EatRight Ontario

Prep: 15 minutes Cook: 4 minutes Serving Size: 16

## Ingredients

2 cups large flake oatmeal  
2 tsp baking powder  
1 tsp baking soda  
½ cup chopped pitted medjool dates  
2 eggs  
1 cup milk  
1 ripe banana, mashed



## Directions

1. Grind oats in food processor until it is a fine, flour texture; place in a bowl. Whisk in baking powder and baking soda. Stir in dates; set aside.
2. In another bowl, whisk together, egg, milk and stir in banana. Pour over oat mixture and stir until well moistened.
3. Heat a large non-stick skillet or griddle and spray with cooking oil. Ladle out about 1/4 cup (60 mL) of batter for each pancake; let cook until bubbles start to appear. Flip pancake and cook for another 1 minute or until golden. Repeat with remaining batter.
4. Top pancakes with maple syrup and blueberries. Or add 1 cup frozen blueberries into the batter before cooking.

# Blueberry Frozen Yogurt Pops

Recipe adapted from: EatRight Ontario

Prep: 15 minutes Cook: 0 minutes Serving Size: 8 cups

## Ingredients

1 cup pure fruit juice (cranberry or cherry)  
1 ½ cups low-fat strawberry yogurt  
1 cup fresh or frozen blueberries



## Directions

1. Divide juice among 8 small plastic cups. Add a spoonful of yogurt into cups and top with a few berries. Repeat layering with remaining ingredients.
2. Cover each cup with some plastic wrap and pierce through plastic with craft stick. Freeze overnight or until solid.

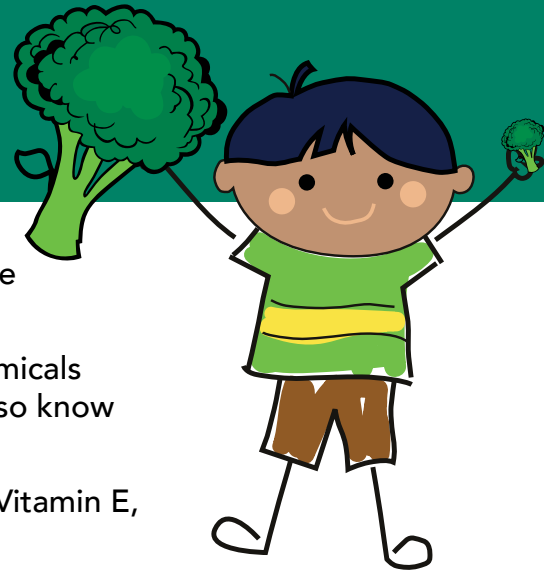
## TIPS




For a smooth option, combine yogurt, juice and fruit in blender and puree until smooth. Pour into plastic cups and continue with recipe.

Use any of your favourite fruit like chopped oranges, bananas, apples or pears to add a different texture and flavour to your pops.



# All about BROCCOLI



-  Broccoli is available in purple or a deep green. Green is the more popular colour for broccoli.
-  Broccoli is a cruciferous vegetable and contains many phytochemicals that can lower your risk of cancer. Cruciferous vegetables are also known to reduce your risk of heart disease.
-  Broccoli is very high in Vitamin C and folacin. It contains folate, Vitamin E, Vitamin A, potassium and fibre.

## GROW IT



Broccoli seeds are planted in the early Spring in a sunny spot with moist soil.



Broccoli heads grow in the centre of the plant with large leaves surrounding.



Broccoli is ready to be harvested when the buds of the head are firm and before any yellow flowers start to grow. The stock of the head is cut at its base on an angle.



# MAKE IT

You can purchase fresh and local broccoli in Chatham-Kent from **June to October**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** firm, bright, compact flower heads with a sweet, mild smell. Avoid broccoli with loose yellow buds. Thin stems are best.

**Store** broccoli in an open plastic bag or a closed perforated plastic bag in your refrigerator crisper for up to five days.

**Prepare** broccoli by washing and removing outer leaves, then cutting and trimming the stems. Both the florets and the stem can be eaten. Peel or slice the stem thinly so it will cook in the same amount of time as the florets. The leaves can also be cooked with the broccoli or saved for soups and stocks.

**Cook** broccoli by blanching in a pot, microwaving or roasting in the oven.

**To blanch:** place in a pot of boiling water 1-1 ½ minutes, immediately transfer to an ice bath for 30 seconds. To steam: cook for 8-15 minutes or just until tender.

**To microwave:** in a microwave safe dish with ½ cup water and a lid, microwave on high for 8-10 minutes. Let stand 2-3 minutes before serving.

**To roast:** place dry broccoli florets in a single layer on a foil-lined baking sheet. Drizzle with oil and a dash of salt. Roast at 425°F for 20-25 minutes.

Broccoli can be blanched and served with a dip, added to casseroles or stir-fry, or quiche.

Broccoli can also be used to make soup or added to pasta dishes.





## Broccoli Soup

Recipe adapted from: Half Your Plate

Prep: 10 minutes Cook: 30 minutes Serving Size: 4

### Ingredients

1 tbsp olive oil  
1 large onion  
2 cloves garlic, finely chopped  
2 whole heads of broccoli  
4 cups low-sodium vegetable stock  
½ tsp dried Thyme  
½ tsp dried Rosemary  
¼ cup milk

### Directions

1. Chop up the whole head of broccoli (yes, leaves and stems too!) into bite-sized chunks.
2. Heat oil in a large dutch oven, add onion and garlic and sauté until translucent, about three minutes.
3. Add broccoli and sauté for about a minute. Add stock to cover all the veggie goodness, cover and bring to a boil. Reduce to simmer for 20 minutes or until broccoli is tender. Add thyme and rosemary.
4. Drop in your immersion blender once cooled and puree to preferred consistency (we like to leave a couple of chunks for texture). Add in milk as desired. Garnish with grated cheddar cheese.



## Crustless Broccoli Quiche

Recipe adapted from: CK Public Health Recipe Database

Prep: 10 minutes Cook: 30 minutes Serving Size: 8

### Ingredients

2 tbsp butter/margarine  
1 onion, minced  
1 tsp minced garlic  
2 cups chopped fresh broccoli  
1 ½ cups shredded mozzarella cheese  
4 eggs, well beaten  
1 ½ cups milk  
1 tsp salt  
½ tsp black pepper

### Directions

1. Preheat oven to 350 degrees F.
2. Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft.
3. Spray a 9" pie pan with cooking spray. Set aside.
4. Combine eggs and milk. Season with salt and pepper. Spoon vegetables into egg mixture, stir and sprinkle with cheese.
5. Bake in preheated oven for 30 minutes, or until center has set.



# Lentil Broccoli Slaw

Recipe adapted from: Half Your Plate via Yummy Lunch Kitchen

Prep: 15 minutes

Cook: 0 minutes

Serving Size: 6

## Ingredients

¼ canola oil  
2 tbsp red wine vinegar  
1 tbsp honey  
1 tsp Dijon mustard  
Salt and pepper to taste  
2 cups broccoli florets, chopped  
1 bag coleslaw mixture  
1 can lentils, rinsed  
½ cup dried raisins or cranberries  
½ cup feta or goat cheese, crumbled

## Directions

1. Whisk together oil, vinegar, honey, mustard, salt and pepper in a large bowl.
2. Add broccoli, coleslaw mixture, lentils and raisins/cranberries.
3. Toss to coat all ingredients in dressing. Add cheese.



# Green Meatballs

Recipe adapted from: EatRight Ontario

Prep: 15 minutes

Cook: 30 minutes

Serving Size: 30 meatballs

## Ingredients

3 cups fresh broccoli florets, chopped  
250g extra-lean ground beef, chicken or pork  
1 tbsp fresh ginger, finely chopped  
1 tbsp rice wine vinegar  
1 clove garlic, minced  
½ tsp each of salt and black pepper

## Directions

1. In a saucepan of boiling water, cook broccoli for about 8 minutes or until very tender.
2. Drain well and using potato masher, mash broccoli until fairly smooth to make about 250 mL (1 cup); let cool slightly.
3. In a large bowl, combine beef, ginger, rice wine, garlic, salt and pepper. Add broccoli and using hands, mix together until broccoli is evenly distributed.
4. Using about 1 tbsp of the mixture roll into balls and place on parchment paper or foil lined baking sheet to make about 30 meatballs.
5. Bake in 180°C (375°F) oven for about 20 minutes or until no longer pink inside and golden brown.






# All about BRUSSELS SPROUTS


- Brussels sprouts are very high in Vitamin K and Vitamin C. They are also a source of magnesium, potassium, and fibre.
- The vegetable may have been given its name from the fact that it was sold in Brussel's market in the 1200s.
- Brussels sprouts were introduced to North America in 1812 by US President Thomas Jefferson.
- Brussels sprouts are a member of the cabbage family.




## GROW IT



Brussels sprout seeds are planted indoors and grow for 6-8 weeks before being planted outdoors in the soil.



Brussels sprouts are ready to be picked when they are about 1 inch in diameter. They are picked off the stem starting at the bottom.



Brussels sprouts plants grow to 2 ½ feet tall. The sprouts grow on the sides of the thick centre stalk. Leaves are trimmed from the stalk and kept at the top of the plant.

# MAKE IT

You can purchase fresh and local Brussels sprouts in Chatham-Kent from **September to November**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** compact and bright green sprouts of uniform size. Avoid ones with any sign of yellowing. Smaller ones have the best flavour.

**Store** in the refrigerator crisper loosely wrapped in a paper towel inside a plastic bag. Do not wash Brussels sprouts before storing.

**Prepare** Brussels sprouts by soaking in cold water and drain before using. Remove any discoloured or damaged outer leaves and trim stem ends. You can score them lightly with an 'X' at the bottom of their stem end to promote even cooking.

**Cook** Brussels sprouts by blanching in a pot, microwaving or roasting in the oven.

**To blanch:** cook for 5 minutes or until tender.

**To microwave:** using microwave safe dish with a splash of water and a lid, cook on high for 1 minute. Test for doneness and repeat for 30 seconds until tender.

**To roast:** place Brussels sprouts in a single layer on a foil-lined baking sheet. Drizzle with oil and a dash of salt. Roast at 400°F for 30-45 minutes.

Brussels sprouts can be included in stir-fry, vegetable soups or grated raw for salads.

They can be roasted with a small amount of oil and seasoning or added to casseroles.





## Brussels Sprouts Chicken Caesar Salad

Recipe adapted from: Half Your Plate

Prep: 15 minutes

Cook: 15 minutes

Serving Size: 6-8

### Ingredients

5 cups Brussels sprouts, shredded  
1 lb chicken boneless, skinless  
3 tbsp olive oil  
1 tbsp Worcestershire Sauce  
½ tsp lemon zest, freshly grated  
¼ tsp each salt and pepper  
¼ tsp dried oregano  
8 whole wheat baguettes sliced  
½ inch thick  
¼ cup parmesan cheese, grated  
Lemon wedges  
Low-fat Caesar dressing

### Directions

1. Preheat grill to medium heat; grease grate well. Toss chicken with 2 tbsp of the oil, Worcestershire sauce, lemon zest, salt, pepper and oregano; let marinate for 10 minutes.
2. Grill chicken for 8 to 10 minutes per side or until cooked through and well-marked. Brush baguette slices with remaining oil; grill for 1 minute per side or until well-marked. Cut into quarters to make croutons.
3. Add Brussels sprouts to large bowl; toss with Caesar dressing until well coated. Slice chicken; toss into salad along with croutons and Parmesan cheese. Serve with lemon wedges.

## Pan-Roasted Brussel Sprouts

Recipe adapted from: Half Your Plate

Prep: 5 minutes

Cook: 15 minutes

Serving Size: 4

### Ingredients

1 tbsp of vegetable oil  
1 pound of Brussels sprouts  
1 of your favourite apples,  
unpeeled, cored, diced  
1 small onion, diced  
Salt and pepper, to taste  
½ tsp of cider or white vinegar

### Directions

1. Trim away any brown woody bits from the base of the Brussels sprout stems and cut each one in half. Preheat your largest, heaviest skillet or sauté pan over medium-high heat.
2. Splash the oil into the pan and toss in the sprouts. Sauté, searing the sprouts and adding lots of delicious brown spots to them. They won't cook through but they will brighten, 4 or 5 minutes.
3. Add the apples, onions and seasoning, tossing to combine. Splash in ¼ cup of water and immediately cover the pan tightly. Adjust the heat to a simmer. Steam the sprouts until they're tender, bright green and delicious, about 5 minutes. Just before serving, sprinkle and toss with the vinegar.



# Warm Potato & Brussels Sprout Salad

Recipe adapted from: Half Your Plate via Yummy Lunch Kitchen

Prep: 15 minutes    Cook: 15 minutes    Serving Size: 6-8

## Ingredients

¼ cup olive oil  
2 tsp Thyme fresh, chopped  
2 cloves garlic, minced  
½ tsp each salt and pepper  
2 lb white potatoes, cut into 1 inch wedges  
1 lb brussels sprouts, halved  
¼ cup olive oil  
3 tbsp white wine vinegar  
1 tbsp grainy mustard  
2 tbsp honey  
¼ tsp each salt and pepper  
4 tsp chives, finely chopped  
½ cup goat cheese, finely crumbled  
⅓ cup dried cranberries (no sugar added)

## Directions






1. Preheat oven to 425°F.
2. Stir together olive oil, thyme, garlic, salt and pepper; toss half with the potatoes and arrange in single layer on parchment paper-lined baking sheet.
3. Toss remaining olive oil mixture with Brussels sprouts; arrange in single layer on separate parchment paper-lined baking sheet.
4. Roast potatoes, turning once, for 25 to 30 minutes or until golden and tender. Roast Brussels Sprouts for 20 to 25 minutes or until golden and tender.
5. Whisk together oil, vinegar, mustard, honey, salt and pepper until blended; stir in chives. In serving bowl, toss dressing with hot vegetables. Stir in goat cheese and cranberries; serve warm.



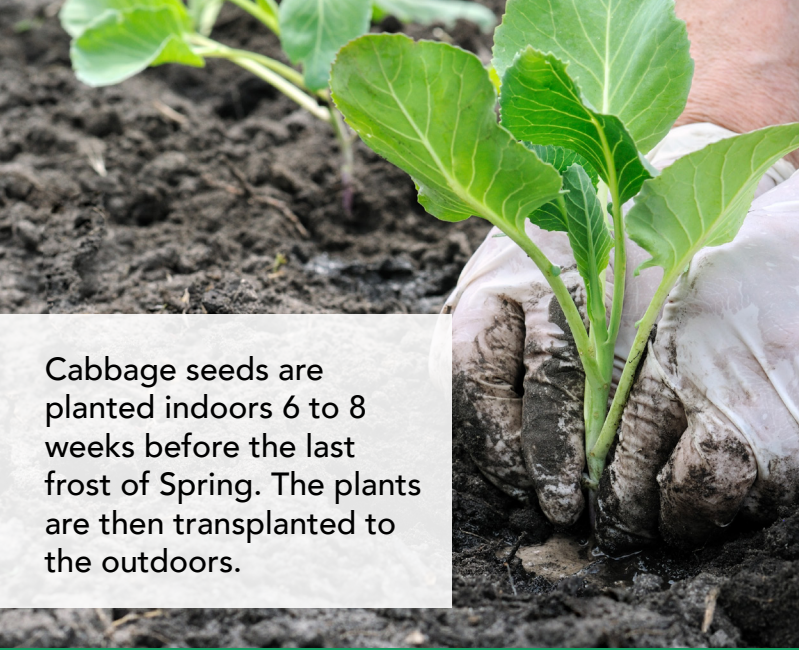


# All about CABBAGE




-  Cabbage is a good source of Vitamin C, Vitamin K, and folate.
-  Green cabbage is the most common type but it also comes in reddish purple.
-  The cabbage is a part of the cruciferous family which includes many other vegetables like bok choy, radishes, broccoli, cauliflower, kale, Brussels sprouts, and many more.
-  Cabbage likes to grow in cooler temperatures.
-  A head of cabbage can range in size from 1 to 9 pounds.


## GROW IT



Cabbage seeds are planted indoors 6 to 8 weeks before the last frost of Spring. The plants are then transplanted to the outdoors.



Cabbage plants must be watered regularly. They can be harvested when the cabbage reaches the desired size but is still firm. This usually takes about 70 days.



Cut each cabbage head at its base with a sharp knife and after harvesting, bring inside or put the vegetable in shade.



# MAKE IT

You can purchase fresh and local cabbage in Chatham-Kent from **June to December**.

## **ADEL Farms Inc.**

4172 Tecumseh Line | Tilbury

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** firm, solid and heavy heads with a bright and fresh colour. Avoid cabbages with decoloured or worm damaged leaves.

**Store** in a perforated plastic bag in the crisper. They can be stored for several weeks. Winter cabbages will keep for longer periods of time if kept moist and cool in a fruit cellar or similar cold-storage area. Wrap cut cabbage tightly in plastic and use as soon as possible.

**Prepare** cabbage by removing the outer wilted leaves. Rinse in cold water when you are ready to use it. Cut head in half lengthwise and remove core. Cut into wedges or shred. If you plan to use the cabbage to make cabbage rolls, cut out the core and then blanch the cabbage head in a pot of boiling water until the leaves become more pliable. You can boil, steam, braise, stir-fry, sauté, or bake cabbage.

Cabbage can be shredded and eaten raw in a salad or coleslaw.

Cabbage leaves can be used to make cabbage rolls or added to other meat-based casseroles.

Cabbage can also be added to soups.





## Cabbage Roll Lasagna Roll-Ups

Recipe adapted from: Foodland Ontario

Prep: 15 minutes

Cook: 60 minutes

Serving Size: 6

### Ingredients

- 1 lb lean ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1¼ cups beef stock
- 4 cups shredded cabbage
- 1 carrot, grated
- 1 tbsp Worcestershire sauce
- ¼ tsp each of salt and pepper
- 1 can (20 oz / 796 mL) tomato sauce
- ¼ cup cider vinegar
- 2 tbsp firmly packed brown sugar
- ¼ cup raisins
- 12 lasagna noodles
- 2 tbsp chopped parsley (optional)



### Directions

1. In large skillet over medium-high heat, cook beef, onion and garlic for 5 minutes, stirring to break up meat. Stir in 1/4 cup beef stock, cabbage, carrot, 1 tsp Worcestershire sauce, salt and pepper; cover and cook for 7 minutes, adding a dash of water, if necessary.
2. Meanwhile, stir together remaining beef stock, Worcestershire sauce, tomato sauce, vinegar, brown sugar and raisins.
3. In large pot of boiling salted water, cook noodles about 12 minutes or until al dente. Drain and spread flat on clean tea towel to dry.
4. Spread 1 cup tomato mixture in 13- x 9-inch baking dish.
5. Spread scant ½ cup cabbage mixture over each lasagna noodle. Starting at one end, roll up and place seam-side down in pan. Pour remaining sauce over rolls, cover tightly with foil and bake in 350°F oven for 20 minutes. Remove foil and bake for another 15 to 20 minutes or until bubbly. Garnish with chopped parsley if desired.



# Fruity Coleslaw

Recipe adapted from: Half Your Plate via Yummy Lunch Kitchen

Prep: 15 minutes

Cook: 0 minutes

Serving Size: 6

## Ingredients

1 cup shredded cabbage  
1 cup shredded carrots  
½ cup fresh or canned unsweetened pineapple  
½ cup grape halves  
4 tbsp toasted, unsalted sunflower seeds  
¼ cup canola oil  
¼ cup 100% unsweetened fruit juice (pineapple, apple, orange) OR apple cider  
1 tbsp honey

## Directions

1. In bowl, mix cabbage, carrot, pineapple and grapes.
2. In a separate bowl, whisk together oil, juice and honey. Pour over cabbage mixture and stir until well combined.
3. Sprinkle with sunflower seeds. Serve.



# Chinese Vegetable Roll-Ups

Recipe adapted from: Foodland Ontario

Prep: 20 minutes

Cook: 10 minutes

Serving Size: 6

## Ingredients

3 cups finely shredded green cabbage  
1½ cups finely shredded Napa cabbage  
1½ cups finely shredded Bok Choy  
1½ cups grated carrots  
1½ cups sliced mushrooms  
1½ cups bean sprouts  
2 tbsp reduced-sodium soy sauce  
2 tbsp rice wine or dry sherry  
2 tsp sesame oil  
2 tsp cornstarch  
12 flour tortillas (burrito size)  
2 tbsp vegetable oil  
2 tbsp minced garlic  
2 tbsp minced fresh gingerroot  
½ cup hoisin sauce








## Directions

1. In order, set green cabbage in container by stove, then container with Chinese cabbage, bok choy, carrots and mushrooms, then container of bean sprouts. Stir together soy sauce, rice wine, sesame oil and cornstarch; set aside as sauce.
2. Separate tortillas and wrap loosely in tea towel; set in steamer or warm in microwave. Turn off heat and let sit until ready to serve.
3. In wok, heat oil over high heat. Stir-fry garlic and ginger for 15 seconds. Stir-fry green cabbage for 2 minutes. Add Chinese cabbage mixture; stir-fry for 2 minutes. Add bean sprouts and toss for 30 seconds. Add sauce and cook, stirring, until thickened. Mound on warm platter.
4. To eat, spread warm tortilla with hoisin sauce, spoon stir-fry mixture on top; roll up end and two sides over filling and eat with hands.



# All about CARROTS



-  Carrots are root vegetables.
-  Carrots come in a variety of sizes and colours like yellow, white and purple.
-  Rabbits love carrots but so should you! Carrots have Vitamin A that helps you see better at night and keeps your eyes and skin healthy.
-  Most carrots in Ontario are grown in Bradford, north of Toronto.
-  Carrots contain beta-carotene an antioxidant that gives them their bright orange colour. Antioxidants help protect us against disease.
-  Carrots also contain folate and fibre.
-  Baby carrots are full-grown carrots that have been peeled and shaped into smaller pieces by a machine.



## GROW IT

Carrot seeds are planted in the soil in the late winter or early spring time. They are planted in a spot with lots of sunshine.



Carrots are root vegetables which means they grow underground but their green stems stick up out of the soil.



After two and half months of growing, the carrots are ready to harvest. Farmer's grab a hold of their green stem and pull up to remove the carrot from the ground.



# MAKE IT

You can purchase fresh and local cabbage in Chatham-Kent from **July to December**.

## **Nature's Finest Produce Ltd.**

6874 Pain Court Line | Pain Court

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** long, narrow carrots that are firm and smooth. Carrots with their greens attached are probably freshly harvested. Green near the top of the carrot means that the carrot may be bitter.

**Store** carrots in a perforated plastic bag in the crisper in the refrigerator. Remove the carrot's greens, if still attached, before refrigerating. Keep separate from apples because the ethylene gas from the apples may make the carrots bitter.

**Prepare** carrots by washing and scrubbing before eating. Carrots can be eaten peeled or unpeeled, raw or cooked. They can be cooked by steaming, sautéing, stir-frying, braising, roasting, or microwaving. Add some spices to your cooked carrots for extra flavour.

**Carrots can be grated and added to a salad, spaghetti sauce, a casserole, cakes, or muffins.**

**Raw carrot sticks and your favourite vegetable dip make a great snack!**





# TASTE IT

## Carrot Parmesan Fries

Recipe adapted from: EatRight Ontario

Prep: 15 minutes Cook: 20 minutes Serving Size: 4-6

### Ingredients

5 carrots, peeled  
3 tbsp extra virgin olive oil  
½ cup seasoned breadcrumbs  
¼ cup grated parmesan  
Ranch salad dressing or dip (optional)



### Directions

1. Preheat oven to 400°F (200°C)
2. Cut carrots into sticks and place in large bowl. Toss with oil to coat.
3. In a shallow dish, combine breadcrumbs and cheese. Roll carrot sticks into breadcrumb mixture and place on parchment paper lined baking sheet. Roast in oven for about 20 minutes or until golden and tender.

## Maple Carrot Muffins

Recipe adapted from:  
Early Childhood Community Development Centre

Prep: 10 minutes Cook: 30 minutes Serving Size: 12

### Ingredients

¼ cup  
non-hydrogenated  
margarine  
1 egg  
½ cup maple syrup  
¼ cup applesauce  
1 cup milk  
1 cup grated carrots  
1 cup rolled oats  
1¼ cups flour  
1 tbsp baking powder  
½ tsp allspice  
½ tsp salt

### Directions

1. Preheat oven to 400°F.
2. Beat butter, egg, syrup and applesauce. Add milk, carrots and oats; blend well.
3. Sift flour, baking powder, salt and allspice.
4. Combine the two mixtures.
5. Fill muffin cups ¾ full with batter.
6. Bake for 20-30 minutes.



# Veggie Mac 'N' Cheese

Recipe adapted from: Cookspiration

Prep: 20 minutes    Cook: 20 minutes    Serving Size: 4

## Ingredients

1½ cup whole wheat macaroni  
2 tsp soft non-hydrogenated margarine  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 carrot, finely chopped  
½ cup finely chopped red bell pepper  
½ cup grated zucchini  
2 tbsp all-purpose flour  
2 cups skim milk  
½ tsp dried thyme leaves  
1 cup shredded light old cheddar cheese  
1 tsp Dijon mustard  
Pepper, to taste






## Directions

1. In a pot, bring water to a boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.
2. In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute.
3. Add carrot, red pepper and zucchini to saucepan and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme.
4. Cook mixture, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.





# All about CAULIFLOWER

-  Cauliflower is available in four colours: white, orange, green and purple. White is the most popular colour.
-  Cauliflower is an excellent source of Vitamin C and a good source of folate.
-  Cauliflower is a cruciferous vegetable and contains many phytochemicals that helps protect us against diseases such as cancer and heart disease.
-  Cauliflower is a cousin to broccoli and cabbage.
-  The brown spots sometimes found on white cauliflowers are water marks.



## GROW IT



Cauliflower plants are planted in rows in the field. These plants like cool and dry weather.



The cauliflower head starts to grow in the centre of the plant.



Once the head of cauliflower is large enough, it is cut away from the rest of the plant using a knife.



# MAKE IT

You can purchase fresh and local cabbage in Chatham-Kent from **June to November**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** cauliflower heads that are white, firm, and heavy for their size with no marks on the florets or leaves. Leaves should be crisp, bright and green.

**Store** cauliflower in the refrigerator in the perforated plastic bag it comes in. If it does not come in a plastic bag, wrap it in plastic wrap that has been perforated. You can do this yourself by cutting small holes in the plastic wrap.

**Prepare** cauliflower by turning it upside down and cutting off the stem just above where flowerets join together. The remaining green leaves can be used in soups or stocks. Break off the flowerets in even sized pieces. The flowerets can be steamed, sautéed, boiled, microwaved, baked, or roasted. To keep the flowerets white during cooking, cook in water with a tbsp of lemon juice or milk. Cook flowerets just until tender.



You can eat cauliflower raw with your favourite dip or cooked topped with your favourite cheese.

Cauliflower is also commonly used in soups and casseroles.

Mashed cauliflower can be used a substitute for mashed potatoes in some casseroles like Shephard's Pie.



## Cauliflower Cheese Soup

Recipe adapted from: CK Public Health Recipe Database

**Prep: 15 minutes**

**Cook: 20 minutes**

**Serving Size: 8**

### Ingredients

4 cups low sodium chicken broth  
1 medium potato, peeled/diced  
1 medium to large cauliflower, cut or broken into florets  
3 garlic cloves, minced  
1 large onion, chopped  
1 tbsp fresh dill  
Salt and pepper to taste  
3/4 cup milk  
1 cup shredded sharp cheddar cheese

### Directions

1. Add the chicken broth, potato, cauliflower, garlic, onion, dill, and salt to a large pot and bring to a boil. Simmer until all the vegetables are tender, about 15-20 minutes.
2. Add milk to the pot of vegetables.
3. Puree about half of the mixture in a blender or food processor, then transfer back into the pot. Keeping on low heat, add cheese, then stir until cheese has melted completely.
4. Season with black pepper to taste.



## Pasta Salad with Cauliflower

Recipe adapted from: Foodland Ontario

**Prep: 10 minutes**

**Cook: 20 minutes**

**Serving Size: 4-6**

### Ingredients

8 oz (250g) pasta, such as whole wheat rotini or scoobido  
2 carrots, peeled & sliced  
2 celery stalks, sliced  
1/2 sweet red pepper, sliced  
1/2 head of cauliflower  
1 can (6 oz/170 g) tuna packed in water, drained or 7 oz (213 g) salmon, drained or 19 oz (540 mL) chickpeas, drained and rinsed  
1 cup (250 mL) favourite low-fat salad dressing, such as Caesar

### Directions

1. In large pot of boiling salted water, cook pasta for about 10 minutes or until al dente. Drain and rinse under cold water.
2. Cook carrots, celery, red pepper and cauliflower in same pot with boiling water for 2 minutes; drain and cool.
3. In large bowl, toss pasta with cooked vegetables, tuna and dressing to coat. Spoon into individual bowls. Refrigerate overnight or for up to 2 days.



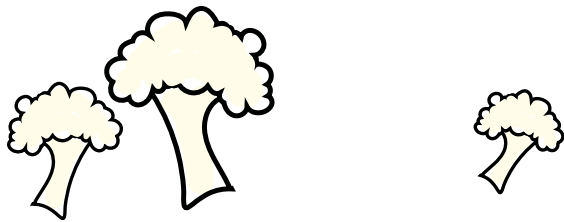
# Roasted Cauliflower with Avocado Dip

Recipe adapted from: Cookspiration

Prep: 10 minutes    Cook: 30 minutes    Serving Size: 4

## Ingredients

1 large cauliflower, cut into florets  
2 tbsp olive oil  
¼ tsp salt  
Fresh ground pepper  
½ tsp crushed red pepper flakes (optional)  
1 garlic clove  
1 small ripe avocado  
1 roasted garlic clove  
¼ cup plain yogurt  
½ cup parsley leaves  
½ tsp ground cumin  
3 tbsp olive oil  
Juice from ½ lemon  
½ tsp salt  
Fresh ground pepper to taste



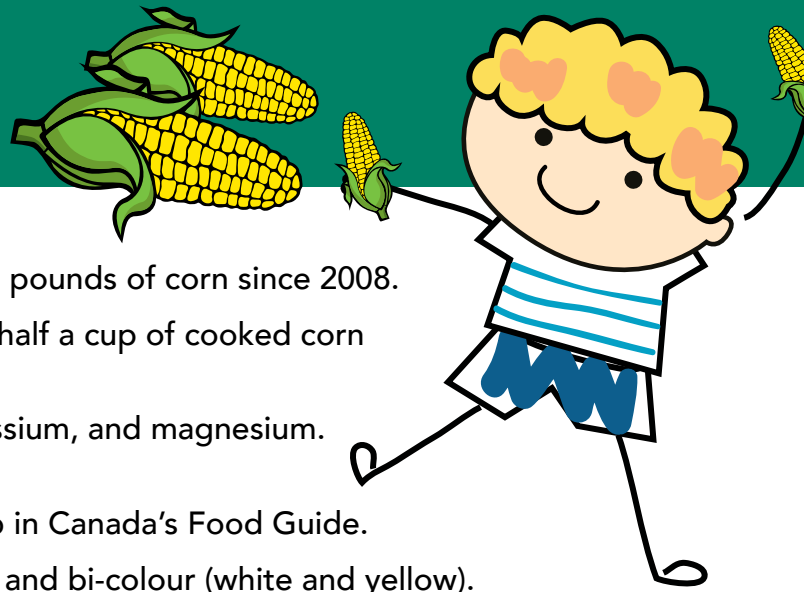
## Directions







1. Preheat the oven to 425°F.
2. Arrange the cauliflower florets on a baking sheet lined with parchment paper. Drizzle with olive oil, add salt and pepper, and sprinkle with the hot pepper flakes (optional).
3. Roast for 20 minutes, then remove the baking sheet from oven and add the garlic clove to roast it until it melts. Return the baking sheet to the oven for 10 minutes or until the cauliflower is tender and begins to grill. Remove from the oven, and set aside the garlic clove to use in the sauce.
4. Place the avocado in a bowl. Press the garlic clove, remove the flesh and add it to the bowl. Add the rest of the ingredients. Using an electric or hand mixer, reduce the mixture to a smooth sauce. Adjust the consistency as needed by adding water or more lemon juice.
5. Divide the cauliflower between small plates accompanied by an individual serving of avocado sauce.





# All about CORN



-  Ontario has grown, on average, over 250 million pounds of corn since 2008.
-  Grain or vegetable? While corn is really a grain, half a cup of cooked corn counts as a serving of Vegetables and Fruit.
-  Corn is a source of folate, fibre, vitamin C, potassium, and magnesium. It is also a source of phytochemicals.
-  Corn is a part of the Vegetables and Fruit Group in Canada's Food Guide.
-  Corn comes in three main colours; white, yellow and bi-colour (white and yellow).
-  Some varieties of corn are grown just for popcorn. These special kernels pop because they contain a small amount of water in the centre. When the kernels get heated, the water causes pressure to build up and the kernel explodes.

## GROW IT

Corn seeds are planted in the soil of farmer's field in the late spring or early summer in Chatham-Kent.



When corn starts to sprout it looks like blades of grass.



A corn stock can grow up to 15 feet tall.



Corn is harvested in Chatham-Kent from July till October.



# MAKE IT

You can purchase fresh and local corn In Chatham-Kent from **July to October**.

**ADEL Farms Inc.**

4172 Tecumseh Line | Tilbury

**JennaLee Garlic & Vegetable Farms**

24226 Fuller Road | Thamesville

**Joyce Farm Market**

15234 Longwoods Road | Bothwell

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Sarah's Farm Markets**

31 Sandys Street | Chatham

**The Clubhouse at Baldoon**

7018 Dufferin Avenue | Wallaceburg

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**Select** corn with husks that are fresh and green and not dried out. The kernels should be plump and not shriveled.

**Store** with the husks on in a plastic bag in the fridge. Corn will keep for up to 3 days, though it is best eaten the day it is purchased. Freeze corn by blanching for 5 minutes and cutting the kernels off the cob. Store in plastic freezer bags.

**Prepare** corn cobs by removing the husks. To remove the silk, use a damp paper towel and rub it gently up and down the cob. Break or cut-off any remaining corn stalk.

**Cook** Brussels sprouts by blanching in a pot, microwaving or roasting in the oven.

**To boil:** place in a pot of boiling water for 3-8 minutes, or until corn is tender.

**To steam:** cook for 7-11 minutes depending on the size of the cob.

**To microwave:** place cob in a microwaveable dish and with a lid. Microwave on high for 2 minutes then let the corn cool before unwrapping.

**To roast:** soak the corn with the husks on in cold water for 30 minutes. Then wrap each cob in aluminum foil to protect the corn from burning. Roast for 15-20 minutes.

**You can add butter or margarine to the corn before eating. Or try lemon or lime juice and some seasonings.**

**Cut the corn off the cob to use in other recipes.**



## Corn Fritters

Recipe adapted from: Half Your Plate

Prep: 15 minutes

Cook: 10 minutes

Serving Size: 4

### Ingredients

2½ cups fresh corn kernels, cooked  
1 cup of self-raising flour  
2 eggs  
⅓ cup of milk  
2 tbsp chopped chives  
⅔ cup medium cheddar cheese  
1-2 tbsp olive oil  
1 avocado, cut into small wedges



### Directions

1. Carefully cut corn kernels off the cob. Bring a small pot of water to a boil, add corn kernels and boil for 3-5 minutes. Drain water from kernels.
2. Place flour into a large mixing bowl and make a well in the center. Use a fork to whisk eggs and milk together in a jug and gradually pour into flour, stirring gently to combine.
3. Fold in the corn kernels, chives, and cheese. Do not over-mix or the fritters will become tough.
4. Add olive oil to a large frying pan over medium heat. Drop ¼ cup of a mixture into the hot pan. Cook in batches for about 2-3 minutes until golden brown underneath, then turn over and cook the other side. Repeat until all fritter mixture is used.
5. Serve fritters with avocado slices and/or sweet chili sauce.

## Zucchini Corn Muffins

Recipe adapted from: Half Your Plate

Prep: 15 minutes

Cook: 18 minutes

Serving Size: 12 muffins

### Ingredients

1½ cups cornmeal  
1 cup whole wheat flour  
½ cup wheat bran  
4 tsp baking powder  
½ tsp cayenne  
1⅔ cups milk  
2 eggs  
¼ cup canola oil  
1 cup zucchini shredded  
1 red pepper, diced  
½ cup corn kernels  
⅓ cup light old shredded cheddar cheese

### Directions

1. Preheat oven to 400°F (200°C).
2. In a large bowl, whisk together cornmeal, flour, bran, baking powder and cayenne.
3. In another bowl, whisk together milk, eggs and oil. Pour over cornmeal mixture and add zucchini, pepper and corn kernels; stir to combine well.
4. Divide among 12 lightly greased or paper lined muffin tins. Sprinkle each with some of the cheese and bake in preheated oven for about 18 minutes or until tester inserted in centre comes out clean.



# Black Bean Corn Tomato Soup

Recipe adapted from:  
CK Public Health Unit Recipe Database

**Prep: 10 minutes   Cook: 15 minutes   Serving Size: 8-10**

## Ingredients

2 tsp extra virgin olive oil  
2 onions, chopped  
3-4 tsp chilli powder  
1 can (28 oz. 796 ml) no salt added diced tomatoes  
2 cups low sodium chicken broth  
1 can (19 oz./540 ml) black beans, drained and rinsed  
1½ cups frozen corn kernels  
½ tsp salt (or to taste)  
2 tbsp chopped fresh cilantro or parsley

## Directions

1. Heat oil, onions and chilli powder in a pot over medium heat until onions are tender (about 5 minutes).
2. Chop tomatoes and add to pot with broth, black beans, corn and salt.
3. Simmer for 10 minutes. Stir in cilantro or parsley and serve.



# Grilled Chicken & Corn Salad

Recipe adapted from: Half Your Plate

**Prep: 15 minutes   Cook: 20 minutes   Serving Size: 4**

## Ingredients

### Salad:

1 tsp (5 mL) each chipotle chili powder and ground cumin  
½ tsp (2 mL) salt  
¼ tsp (1 mL) pepper  
12 oz (375 g) boneless skinless chicken thighs or breasts  
3 cobs sweet corn, preferably in husks  
1 sweet red pepper, chopped  
½ cup (125 mL) chopped red onion  
1 large tomato, chopped  
4 cups (1 L) shredded romaine lettuce  
4 large whole wheat tortillas  
¼ cup (50 mL) fresh coriander leaves

### Dressing:

2 tbsp (25 mL) each fresh lime juice and vegetable oil  
1 clove Ontario Garlic, minced  
½ tsp (2 mL) each dried oregano leaves and ground cumin  
¼ tsp (1 mL) each salt and pepper

## Directions

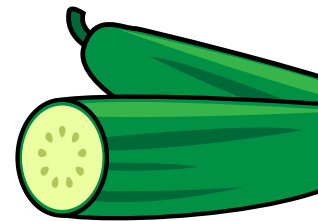
1. In small bowl, whisk together lime juice, oil, garlic, oregano, cumin, salt and pepper. Set aside.
2. In small bowl combine chili powder, cumin, salt and pepper; rub into both sides of chicken. Place chicken and corn on greased grill or in a large skillet over medium heat; close lid and grill until juices run clear when chicken is pierced and corn is tender, 15 to 20 minutes turning occasionally. Cut kernels from corn cobs and slice chicken.
3. While still warm, but turned off barbecue/skillet, warm tortillas. In a large salad bowl, combine red pepper, onion, tomato and lettuce. Add chicken, corn, dressing and coriander; toss and serve with tortillas.



# All about CUCUMBERS



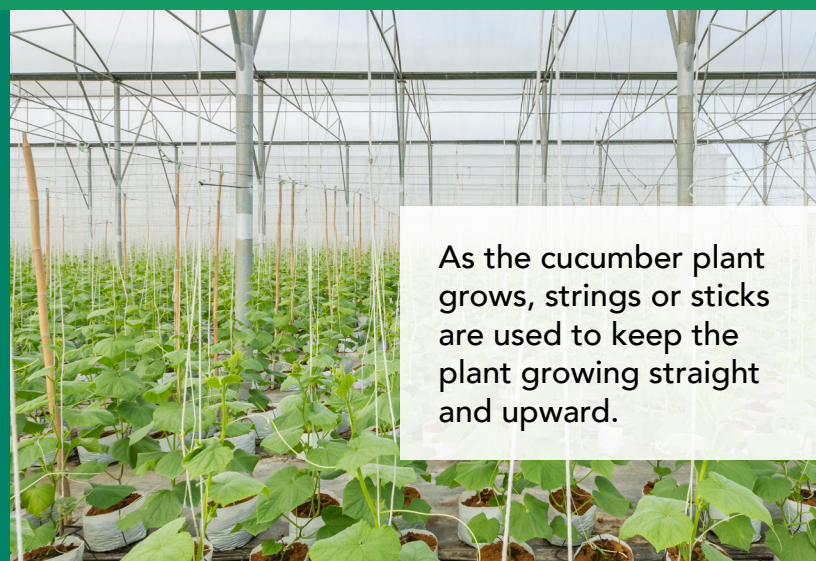
- Greenhouse cucumbers in Ontario are not grown in dirt (soil). The most commonly used material is called Rockwool. It has this super cool ability to hold water.
- Field cucumbers on the other hand are grown in soil and are available in Ontario between June and October!
- Cucumbers are 95% water!
- Cucumbers are cool and moist due to their high water content and belong to the same family as pumpkins, zucchini, watermelon and other squashes.
- Cucumbers soaked in brine made of salt, vinegar, dill and water makes dill pickles!
- Cucumbers are a source of Vitamin C, Vitamin K and Potassium.
- They also contain: iron, magnesium, phosphorus, and zinc, to name a few.



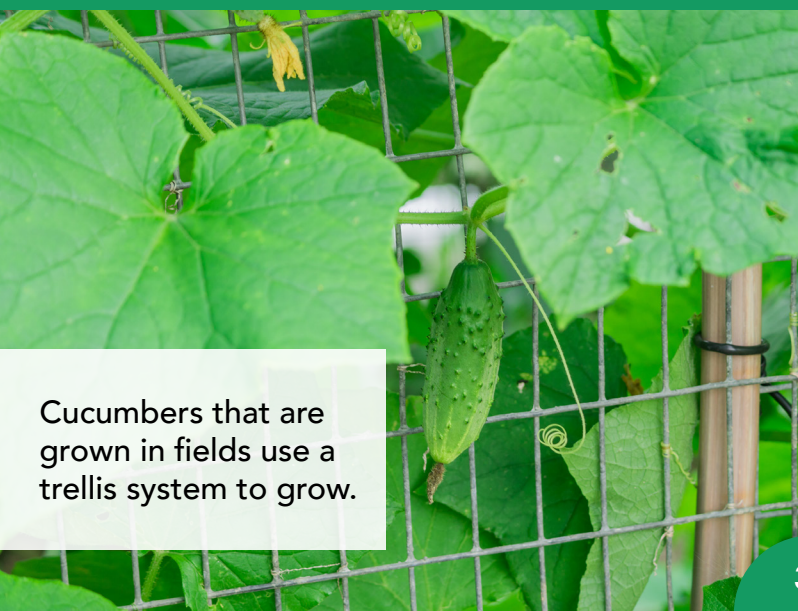
## GROW IT



Cucumber seeds are planted in pots of soil in a greenhouse or in the ground of a farmer's field.



As the cucumber plant grows, strings or sticks are used to keep the plant growing straight and upward.



Cucumbers that are grown in fields use a trellis system to grow.



Cucumbers grow and hang downward. They are hand cut off the vines once they have fully developed.

# MAKE IT

You can purchase fresh and local cucumber in Chatham-Kent from **July to October**.

**Freistadt Market Farm**

10031 Gregory Line | Chatham

**JennaLee Garlic & Vegetable Farms**

24226 Fuller Road | Thamesville

**River Bell Market Garden**

559 Sydenham Street | Dresden

**Sarah's Farm Markets**

31 Sandys Street | Chatham

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** firm cucumbers that have no soft or moldy spots. Small and slender cucumbers are more tender.

**Store** field grown and greenhouse cucumbers in a plastic bag in the refrigerator crisper. An uncut cucumber lasts about one week, once cut the shelf life is greatly reduced.

**Prepare** cucumbers by washing then deciding if you want to peel the skin. If the skin is waxed, it is best to peel it off. The non-waxed skin of greenhouse cucumbers is very easy to digest and so can be left on. You can slice, dice, julienne or grate cucumbers. You can also use a spiralizer to make cucumber noodles. Cucumbers can be added to stir-fry or poached, but they must be cooked at a very low temperature.

Thick slices or wedges of cucumbers make an excellent vegetable to eat with your favourite dip.

Cucumbers can be used to make tzatziki or raita.

Raw cucumber slices make a great snack, or added to a sandwich or salad.





## Chicken Tzatziki Pita Pockets

Recipe adapted from: Foodland Ontario

Prep: 15 minutes Cook: 10 minutes Serving Size: 4

### Ingredients

1 tbsp (15 mL) vegetable oil  
 8 small boneless chicken breasts  
 Salt and pepper to taste  
 1 head leaf lettuce  
 8 thick slices of tomato or cherry tomatoes cut in half  
 1 cucumber, sliced  
 4 pita bread rounds, cut in half, warmed  
 1 cup (250 mL) plain yogurt  
 ½ cucumber, shredded and squeezed dry  
 1 garlic clove, minced  
 ¼ tsp (1 mL) granulated sugar  
 Salt and pepper to taste

### Directions

1. In large nonstick skillet, heat oil. Sauté chicken breasts on both sides until lightly browned and no longer pink inside. Sprinkle with salt and pepper to taste.
2. Layer leaf lettuce, chicken breast, tomato slice and cucumber slices in each half pita.
3. Combine yogurt, cucumber, garlic and sugar. Add salt and pepper to taste.
4. Top each pita with Tzatziki sauce.



## Mason Jar Salad

Recipe adapted from: EatRight Ontario

Prep: 20 minutes Cook: 0 minutes Serving Size: 8

### Ingredients

**Layer 1** (Bottom) 2-4 tbsp of your favourite low fat salad dressing  
**Layer 2** "Hard" veggies and legumes like shredded carrots, diced tomatoes, snap peas, sliced peppers, chickpeas.  
**Layer 3** soft veggies and grains like sliced cucumbers, corn, cubed avocado, cooked quinoa  
**Layer 4** Greens like lettuce, arugula, baby spinach  
**Layer 5** Top with protein – these ingredients are optional and added the day of (e.g. nuts, cheese, chicken)

### Directions

1. Work from the bottom up to build your salad in a mason jar with a lid and refrigerate.
2. When ready to eat, dump in a bowl, and mix up.



# Yummy Greek Salad

Recipe adapted from: EatRight Ontario

Prep: 15 minutes   Cook: 0 minutes   Serving Size: 8

## Ingredients

2 whole wheat pitas, cut into wedges  
3 cups cherry tomatoes,  
cut in half lengthwise  
6 mini cucumbers, cut into ½ inch slices  
1 cup crumbled light feta cheese  
¼ cup extra virgin olive oil  
2 tbsp red wine vinegar  
3 cloves garlic, minced  
1 tsp dried oregano  
Salt and pepper to taste

## Directions

1. Place pita wedges on baking sheet and bake in preheated 400°F (200°C) oven for about 5 minutes or until golden and crisp. Let cool.
2. In a small bowl, whisk together oil, vinegar, garlic, oregano, salt and pepper.
3. In a large bowl, stir together grape tomatoes, cucumber and feta. Drizzle with dressing. Toss to combine. Let stand 5 minutes before serving for flavours to develop.
4. Serve with pita wedges.

# Cucumber Risotto

Recipe adapted from: Foodland Ontario

Prep: 10 minutes   Cook: 28 minutes   Serving Size: 4

## Ingredients

¼ cup (50 mL) butter  
1 cup (250 mL) sliced fresh mushrooms  
½ cup (125 mL) chopped onion  
1 cup (250 mL) uncooked Arborio rice  
1 can (10 oz/284 mL) condensed chicken broth  
1¼ cups water  
½ cucumber, shredded, and squeezed dry  
1 tbsp (15 mL) chopped fresh parsley  
Salt and pepper to taste

## Directions





1. In 9 inch (2.5 L) square glass baking dish, microwave butter on high for 1 minute or until melted. Add mushrooms and onion; stir to coat.
2. Microwave, uncovered, on high for 4 minutes. Stir in rice, chicken broth and water. Microwave, uncovered, on high for 9 minutes; stir well. Microwave, uncovered, 9 minutes longer.
3. Remove from microwave. Stir in cucumber, parsley and salt and pepper to taste. Let stand 5 minutes, stirring several times.





# All about EGGPLANT

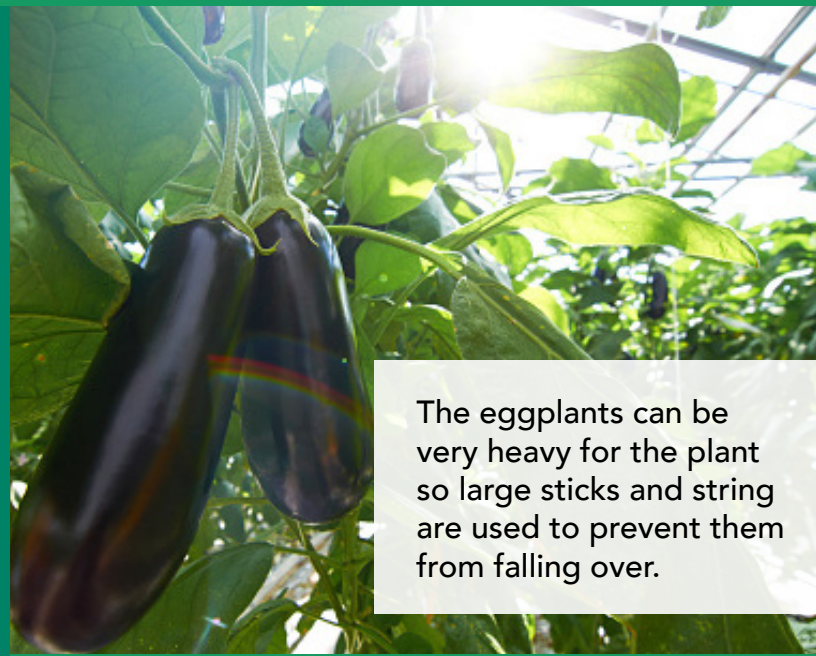


-  Eggplants can be round, egg-shaped, pear-shaped, or elongated like a cucumber.
-  Eggplants come in a variety of colours including white, purple, green, and orange-red.
-  Eggplants are a source of fibre, potassium and folate.
-  Eggplants have been grown in India for 4000 years!

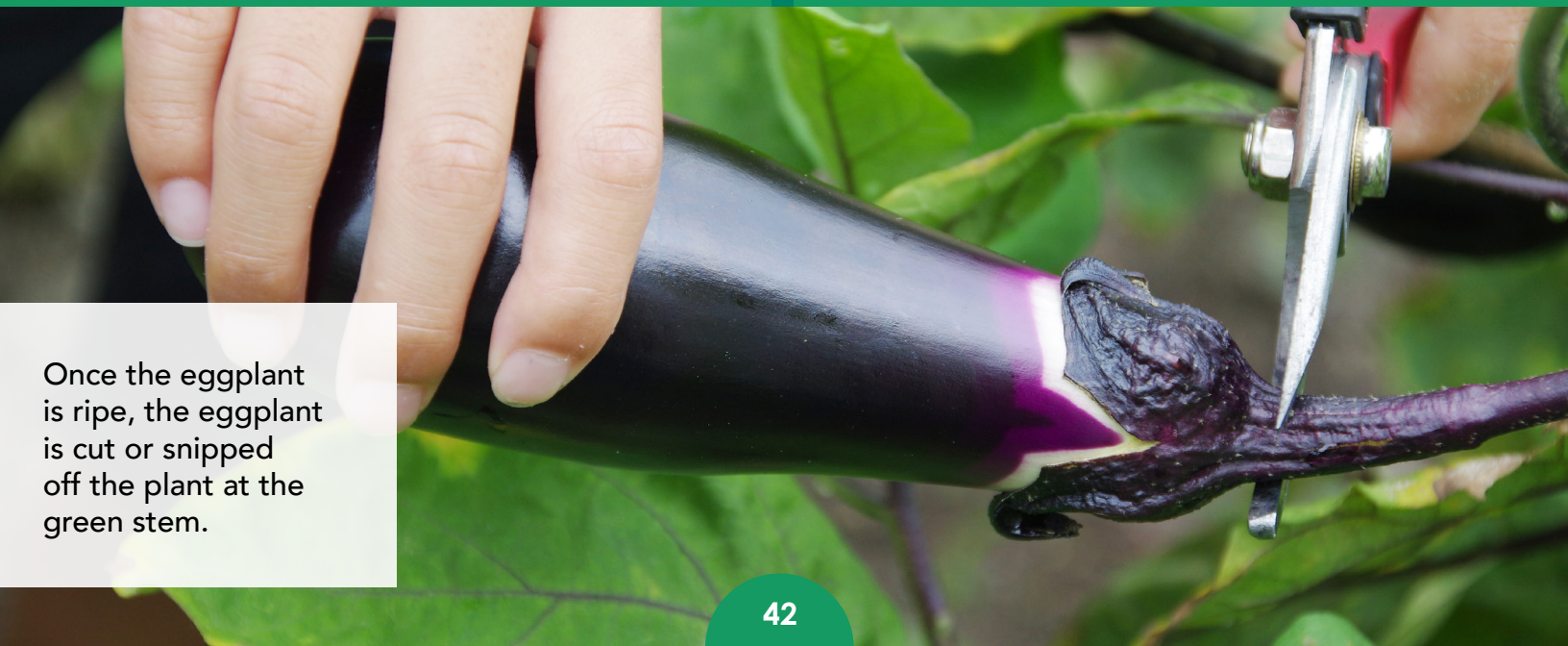
## GROW IT



Eggplant plants are planted in warm soil in the Spring in a very sunny area.



The eggplants can be very heavy for the plant so large sticks and string are used to prevent them from falling over.



Once the eggplant is ripe, the eggplant is cut or snipped off the plant at the green stem.

# MAKE IT

You can purchase fresh and local eggplant in Chatham-Kent from **August to October**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>

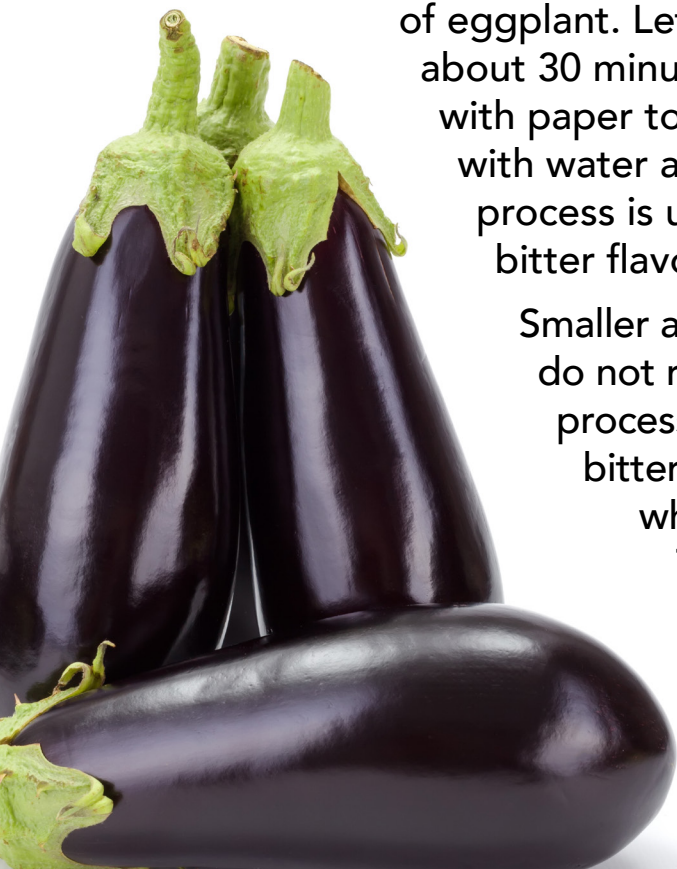


**Select** eggplants that are firm to the touch and have smooth skin. Choose ones that are heavy for their size.

**Store** your wrapped eggplant in a paper towel in a perforated plastic bag. Eggplants will keep to a week but it is best to use as soon as possible.

**Prepare** the dark purple North American variety by cutting the eggplant into slices or cubes and sprinkling with ½ tsp of salt per pound of eggplant. Let it sit in a colander for about 30 minutes to sweat. Pat dry with paper towel or rinse quickly with water and pat dry. The salting process is used to decrease the bitter flavour of the eggplant.

Smaller and Japanese eggplants do not require the salting process because they are less bitter. Eggplants are best when they are cooked. They can be baked, roasted or stir-fried.



Eggplants can be used to make dips like baba ganoush or used to make vegetable lasagna.

Grilling your eggplant on the barbeque with some Italian seasoning is another great way to enjoy this vegetable.

Eggplants can also be roasted along with other vegetables, added to a stir-fry or vegetable kabob.



## Grilled Eggplant Subs

Recipe adapted from: Foodland Ontario

Prep: 5 minutes Cook: 10 minutes Serving Size: 4

### Ingredients

4 oz (125 g) creamy goat cheese (Chèvre), at room temperature  
1 tsp finely chopped fresh rosemary  
½ tsp pepper  
1 small eggplant, cut crosswise in ½ inch (1 cm) thick slices  
1 tbsp olive oil  
2 10-inch long sandwich buns  
1 large tomato, thinly sliced  
½ cup fresh arugula leaves

### Directions

1. In small bowl, blend together goat cheese, rosemary and pepper. Lightly brush both sides of eggplant with oil. Place on greased grill over medium-high heat; close lid and grill, for 2 to 4 minutes per side or until lightly softened.
2. Meanwhile, split buns in half lengthwise. Lightly brush cut sides with oil and grill just until toasted.
3. Divide eggplant slices between bottom halves of buns; top each with goat cheese mixture. Add tomato slices and arugula. Top with upper bun halves; cut in half.



## Roasted Garlic and Eggplant Dip

Recipe adapted from: Canadian Living

Prep: 10 minutes Cook: 60 minutes Serving Size: 2 cups

### Ingredients

2 eggplants (about 1 kg total)  
6 cloves garlic (unpeeled)  
½ cup light sour cream  
1 tbsp each chopped fresh coriander and basil (or 1 tsp dried)  
1 tbsp Dijon mustard  
2 tsp Balsamic or red wine vinegar  
¼ tsp each salt and pepper

### Directions

1. Pre-heat oven to 375°F (190°C).
2. With fork, prick eggplants all over, place on lightly greased baking sheet. Bake in preheated oven for 35 minutes. Add garlic to sheet. Bake for about 25 minutes or until eggplants are very tender and garlic is roasted. Let stand until cool enough to handle.
3. Peel garlic. Cut eggplant in half lengthwise; with spoon, scoop flesh into food processor along with garlic, add sour cream; puree until smooth.
4. Scrape into serving bowl; stir in coriander, basil, mustard, vinegar, salt and pepper.
5. Cover and refrigerate for at least 1 hour or up to 4 hours.
6. Serve with pita bread or veggie sticks.



# Eggplant Parmesan

Recipe adapted from: Martha Stewart

Prep: 20 minutes Cook: 70 minutes Serving Size: 8

## Ingredients

Olive oil, for baking sheets  
2 large eggs  
 $\frac{3}{4}$  cup plain dry breadcrumbs  
 $\frac{3}{4}$  cup finely grated Parmesan,  
plus 2 tbsp for topping  
1 tsp dried oregano  
 $\frac{1}{2}$  tsp dried basil  
Salt and pepper to taste  
2 large eggplants (2 $\frac{1}{2}$  pounds  
total), peeled and sliced into  
 $\frac{1}{2}$  inch rounds  
6 cups (48 ounces) chunky  
tomato sauce  
1 $\frac{1}{2}$  cups shredded mozzarella

## Directions






1. Preheat oven to 375 degrees.
2. Brush 2 baking sheets with oil; set aside.
3. In a wide, shallow bowl, whisk together eggs and 2 tablespoons water.
4. In another bowl, combine breadcrumbs,  $\frac{3}{4}$  cup Parmesan, oregano, and basil; season with salt and pepper.
5. Dip eggplant slices in egg mixture, letting excess drip off, then dredge in breadcrumb mixture, coating well; place on baking sheets.
6. Bake until golden brown on bottom, 20 to 25 minutes. Turn slices; continue baking until browned on other side, 20 to 25 minutes more. Remove from oven; raise oven heat to 400°F.
7. Spread 2 cups sauce in a 9-by-13-inch baking dish. Arrange half the eggplant in dish; cover with 2 cups sauce, then  $\frac{1}{2}$  cup mozzarella. Repeat with remaining eggplant, sauce, and mozzarella; sprinkle with remaining 2 tbsp Parmesan. Bake until sauce is bubbling and cheese is melted, 15 to 20 minutes. Let stand 5 minutes before serving.






# All about KALE



-  Kale is very high in Vitamin K, Vitamin C, Vitamin A and magnesium. It is also a source of iron, potassium, and calcium.
-  One common type of kale is called dinosaur kale.
-  Kale is part of the cabbage family along with cauliflower, bok choy, broccoli, and Brussels sprouts.
-  Kale comes in many colours including green, white, purple, and bluish green.
-  Kale has been around for over 2,000 years.



## GROW IT



Kale seeds are planted in the early Spring or Summer.



Kale is ready to be harvested when the leaves are about the size of your hand.

# MAKE IT

You can purchase fresh and local kale in Chatham-Kent from **June to November**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** crisp, bright coloured bunches preferably with smaller leaves. Smaller leaves have a milder taste and more tender leaves.

**Store** by wrapping kale in a paper towel and placing in a container or sealed plastic bag in the refrigerator. Kale can be stored for up to 5 days but it best eaten as soon as possible.

**Prepare** kale by washing thoroughly to remove any dirt or sand. Tear away leaves from the tough middle stem. Discard the stems or dice them to use in cooked dishes. Smaller leaves can be torn into small pieces and added to salads. Larger leaves are best when cooked. Kale can also be stir-fried in a small amount of oil. Add fresh grated ginger and a little soya sauce for a quick and easy dish.

**Chopped kale leaves can be used to make kale chips.**

**Use smaller leaves for green salads on its own or with other mixed greens.**

**Kale can also be added to soups.**





## Easy-Peasy Kale Chips

Recipe adapted from: EatRight Ontario

Prep: 10 minutes Cook: 15 minutes Serving Size: 4-6

### Ingredients

- 1 bunch kale
- 1 tbsp olive oil
- Pinch of salt

### Directions

1. Preheat oven 350°F.
2. Line baking sheet with parchment paper.
3. Wash and dry kale. Remove the leaves from the thick stems and tear into bite sized pieces.
4. Drizzle kale with olive oil and massage oil throughout leaves.
5. Sprinkle with a pinch of salt.
6. Bake until crisp, about 10 to 15 minutes.



## Tuna Salad Sandwiches with Kale

Recipe adapted from: EatRight Ontario

Prep: 10 minutes Cook: 0 minutes Serving Size: 2-3

### Ingredients

- 1 can light tuna in water, drained
- 2 tbsp hummus
- 1 tsp grainy mustard
- 1 stalk celery, diced
- ½ red bell pepper, chopped
- ⅓ cup shredded light cheddar cheese
- 2 tbsp ground flax seed
- Pepper to taste
- 2-3 large pieces of kale, washed and dried

### Directions

1. In a bowl, mash together tuna, hummus and mustard. Stir in celery, red pepper, cheese, flax seed and pepper.
2. Place a piece of kale on one slice of whole wheat bread, add ¾ cup of tuna salad filling and top with another piece of whole wheat bread.



# Chicken Noodle Soup with Kale

Recipe adapted from: Taste of Home

Prep: 20 minutes Cook: 70 minutes Serving Size: 8

## Ingredients

¼ cup canola oil  
1 medium onion, chopped  
2 celery ribs, chopped  
2 medium carrots, chopped  
¾ cup coarsely chopped mushrooms  
1 garlic clove  
¼ cup all-purpose flour  
1½ tsp dried basil  
½ tsp salt  
2 cartons (32 oz each) low sodium chicken broth  
4 cups whole wheat pasta  
4 cups chopped fresh kale, ribs removed  
2 cups shredded cooked chicken

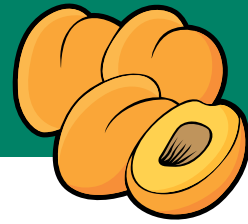
## Directions

1. Heat oil in a large soup pot on medium heat. Add onion, celery, carrots and mushrooms; cook and stir 8-10 minutes or until vegetables are crisp-tender. Add garlic; cook 1 minute longer.
2. Stir in flour, basil and salt until blended; gradually stir in broth. Bring to a boil. Reduce heat; simmer, covered, 10 minutes.
3. Return to a boil; add pasta. Reduce heat; simmer and cover for 5 minutes. Stir in kale and chicken; cook, covered, 6-8 minutes longer or until kale and pasta is tender.



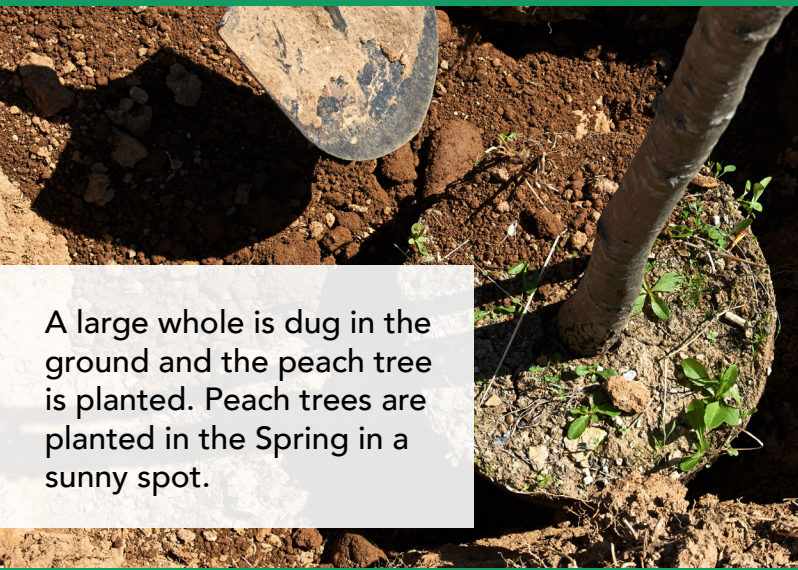


# All about PEACHES



- 🍑 Peaches are a source of Vitamin C and fibre.
- 🍑 Two new and unusual types of peaches on the market are white peaches and donut peaches. White peaches have a pale white flesh, and creamy white skin with splashes of pink. The donut peach is flat with rounded sides, it has yellow skin with red blush.
- 🍑 Peaches are native to China and still grow wild in the part of China near the Pakistan border.
- 🍑 Peaches ripen faster in a closed paper bag at room temperature.

## GROW IT



A large hole is dug in the ground and the peach tree is planted. Peach trees are planted in the Spring in a sunny spot.



Peach trees are planted in rows similar to an apple orchard. Peach trees can grow up to 25 feet tall but farmers keep them trimmed to 15 feet tall.



Peaches grow on the trees and are first green until they ripen and turn yellow and red. Peaches are picked by gently grabbing and twisting them until they fall off the branch.



# MAKE IT

You can purchase fresh and local peaches in Chatham-Kent from **July to September**.

**Golden Acres Peach Company**

18895 Fargo Road | Blenheim

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Pardo's Berrie Farm**

7951 Talbot Trail | Blenheim

**Thompson's Orchards Ltd.**

19881 Charing Cross Road | Blenheim

**van Koeverden Orchard**

13283 Magnavilla Line | Thamesville

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** peaches that are firm with a 'peachy aroma'. They should have a creamy or yellow background on their skin. Peaches do not ripen once picked so do not pick peaches that have a green colour to their skin.

**Store** firm peaches at room temperature for a day or two to soften. Remove peaches from their basket and store in a single layer. Peaches that are ready to eat should be stored in uncovered in the refrigerator for up to a week. Peaches can also be frozen and used for cooking.

**Prepare** peaches by washing before you eat. If you choose to peel or slice peaches, brush with fresh lemon juice to prevent them from browning.

Peaches are great to eat raw or sliced and added to a salad or yogurt.

Peaches can be used in various meat dishes like chicken or pork.

Peaches are also used in desserts like pies and tarts.





# TASTE IT

## Chicken Fingers with Peach BBQ Sauce

Recipe adapted from: Foodland Ontario

Prep: 10 minutes Cook: 0 minutes Serving Size: 15-20

### Ingredients

1¼ cup peaches, peeled and mashed  
⅓ cup low-sodium barbecue sauce  
1 tbsp honey  
Homemade chicken fingers

### Directions

Combine all ingredients and serve as a dipping sauce for homemade chicken fingers.



## Peaches 'n' Cream Smoothie

Recipe adapted from: Foodland Ontario

Prep: 10 minutes Cook: 0 minutes Serving Size: 4

### Ingredients

4 large peaches, pitted and diced	1 tbsp rolled oats
½ cup plain yogurt	1 tbsp vanilla extract
2 tbsp honey	½ tsp cinnamon
2 tbsp almond or peanut butter	1 cup ice cubes

### Directions

In a blender, place peaches, yogurt, honey, nut butter, oats, vanilla and cinnamon. Add ice cubes; blend on high until smooth, stirring if needed to combine the ice and fruit. Garnish with blueberries and strawberries. Serve immediately.





# Fruity Couscous Salad

Recipe adapted from: Yummy Lunch Kitchen

Prep: 5 minutes    Cook: 0 minutes    Serving Size: 4

## Ingredients

2 cups cooked whole wheat Moroccan couscous

½ cup frozen peas, thawed (or other frozen vegetable)

½ cup fresh or canned, diced unsweetened peaches

½ cup cooked chickpeas

4 tbsp toasted, unsalted sunflower seeds, optional

¼ cup canola oil

¼ cup 100% unsweetened fruit juice (pineapple, apple, orange)

1 tsp honey

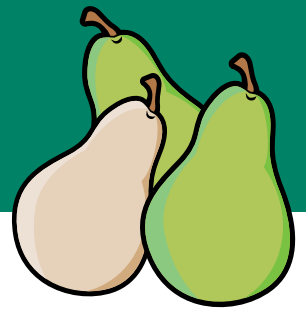
## Directions

1. In bowl, combine leftover couscous, peas, peaches and chickpeas.
2. In a separate bowl, whisk together canola oil, juice and honey. Pour over salad and mix until dressing is evenly distributed.





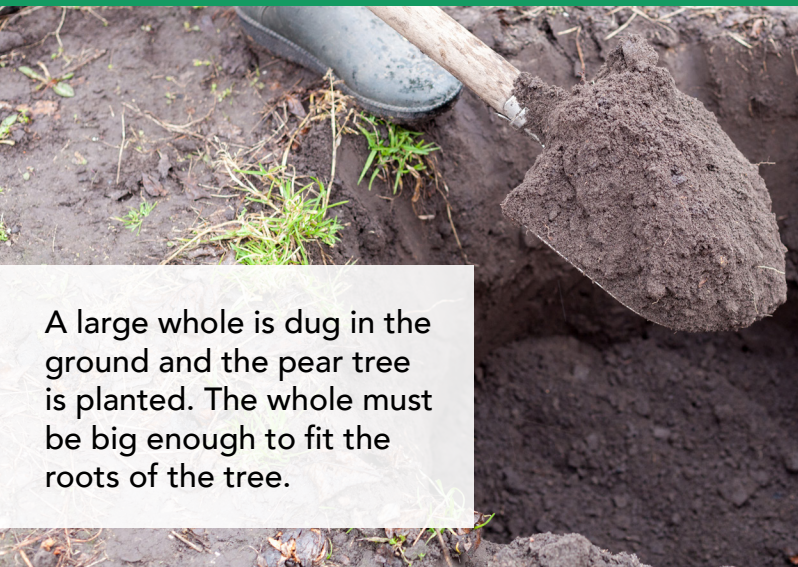
# All about PEARS



- There are three main varieties of pears including Bartlett, Bosc, and Anjou.
- Bartlett pears come are either green and ripen to yellow or red and ripens to crimson.
- Bosc are golden brown with long necks and maintain their shape for baking.
- Anjou pears are oval, stubby and short-necked. They also keep their shape during baking.
- Pears have twice as much fibre compared to a banana.
- Pears also contain potassium, folate, and Vitamin C.
- In 2011, Ontario produced over 6.9 million pounds of pears.



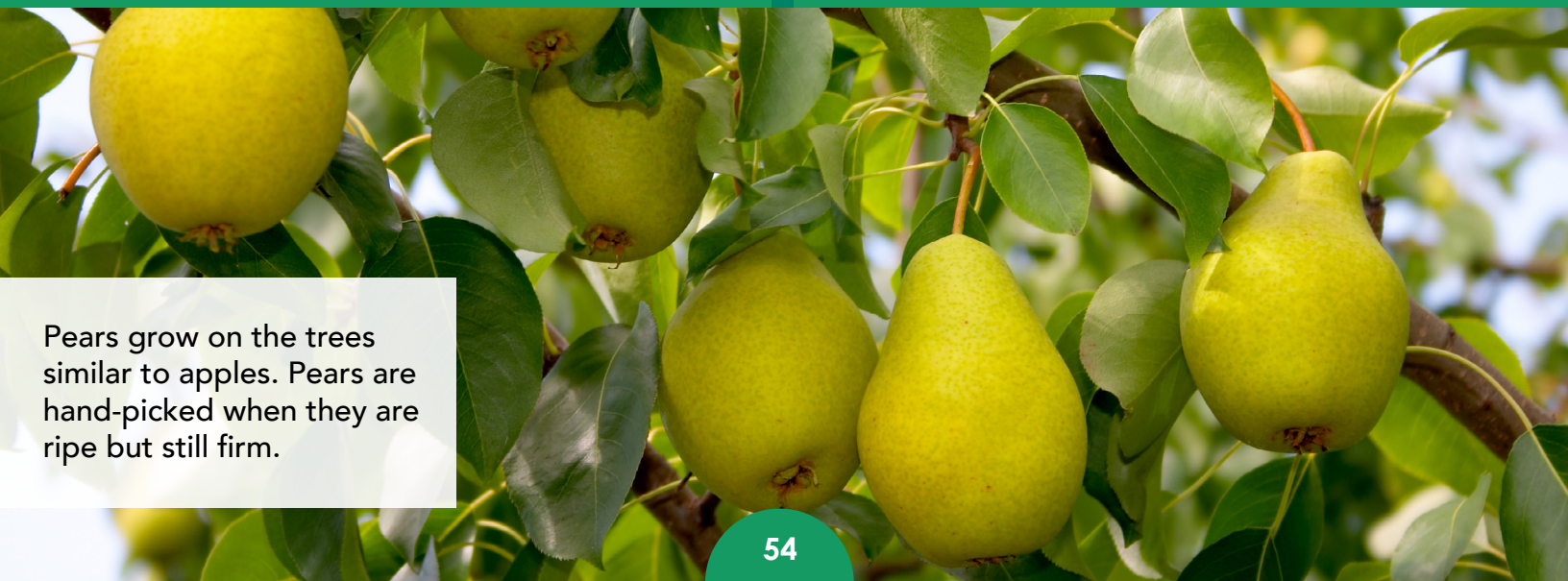
## GROW IT



A large whole is dug in the ground and the pear tree is planted. The whole must be big enough to fit the roots of the tree.



Pear trees are planted in rows similar to an apple orchard. Pear trees can grow up to 20 feet tall.



Pears grow on the trees similar to apples. Pears are hand-picked when they are ripe but still firm.

# MAKE IT

You can purchase fresh and local pears in Chatham-Kent from **August to October**.

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

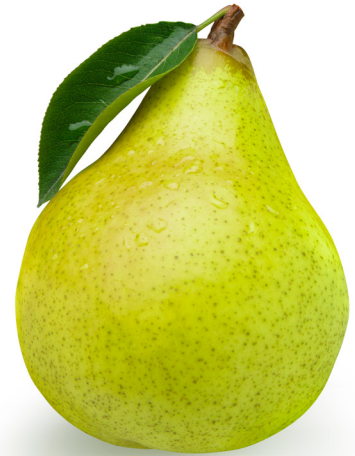
**Thompson's Orchards Ltd.**

19881 Charing Cross Road | Blenheim

**van Koeverden Orchard**

13283 Magnavilla Line | Thamesville

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** smooth-skinned pears, free of any markings. It is best to select unripe pears and leave them to ripen at home. Ripe pears damage easily so they will likely get bruised on the way home.

**Store** unripe pears in the fridge will slow their ripening. To prepare them for eating, remove them from the fridge and let them ripen at room temperature for 3 to 7 days. Once ripe, store pears in the refrigerator crisper for up to 3 days.

**Prepare** pears by washing them thoroughly before you eat. Pears can be sliced or diced. If you are slicing a pear and not eating it right away, sprinkle it with lemon or orange juice to prevent it from browning.

**Pears are great to eat raw.**

**Peaches can be added to sauces, crisps, or poached.**





# TASTE IT

## Pear Smoothie

Recipe adapted from: Half Your Plate

Prep: 5 minutes Cook: 0 minutes Serving Size: 2

### Ingredients

1 large pear, ripe  
¼ tsp cinnamon  
½ tsp vanilla  
¼ cup vanilla yogurt, low fat  
¼ cup skim milk  
1 tbsp oats  
4 small ice cubes  
Drizzle honey, optional



### Directions

Blend all ingredients together in a blender and serve!

## Yogurt Dip with Sliced Pears

Recipe adapted from: Half Your Plate

Prep: 10 minutes Cook: 30 minutes Serving Size: 4



### Ingredients

1 cup Greek yogurt, 0% fat  
1 tbsp honey  
2 tbsp cocoa powder  
¼ tsp cinnamon  
4 pears, sliced

### Directions

In a bowl, whisk all ingredients together until smooth. Served with sliced pear wedges for dipping.

# Baked Cinnamon Pears

Recipe adapted from: EatRight Ontario

Prep: 5 minutes    Cook: 0 minutes    Serving Size: 4

## Ingredients

2½ cups pear, peeled and sliced (about 3 medium)

¼ tsp cinnamon

½ cup rolled oats

1 tbsp maple syrup or honey







## Directions

1. Preheat oven to 350°F. In a medium sized baking dish or 4 individual ramekins add the pears and sprinkle with 1/8 tsp (half) of the cinnamon.
2. In a bowl combine the oats, 1/8 tsp (half) cinnamon and maple syrup. Scatter over the pears.
3. Bake for 30 minutes. Serve hot or cold.



# All about PEPPERS

-  In Ontario, greenhouses growing peppers take up 492 acres or the size of 276 soccer fields.
-  Peppers are also known as bell peppers. The green pepper is the original bell pepper but now peppers come in many colours including red, orange, yellow, white, purple, and black.
-  Peppers are an excellent source of Vitamin C and a good source of Vitamin A.
-  Red peppers are the most popular colour of greenhouse peppers.



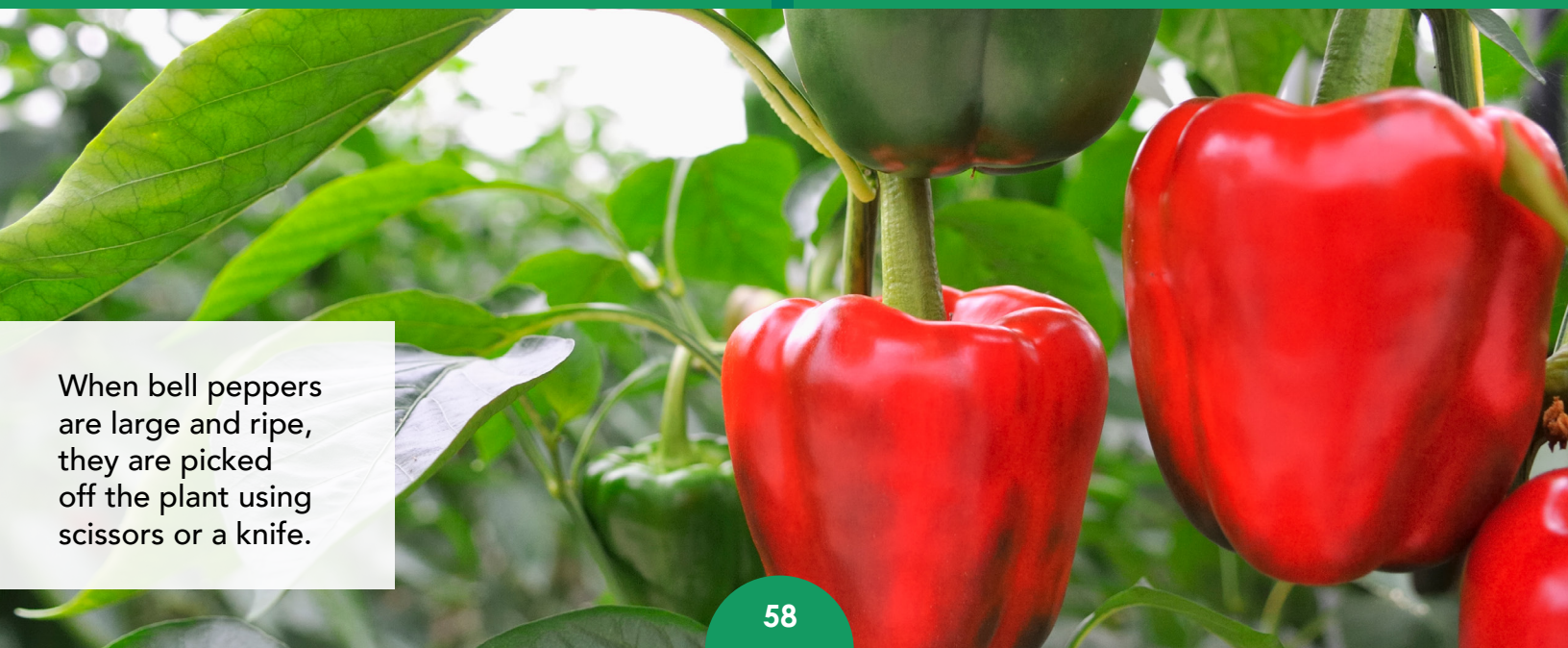
## GROW IT



Pepper seeds are planted indoors in small pots in the early Spring.



The pepper plants are transferred outside when the weather is warm to finish growing.



When bell peppers are large and ripe, they are picked off the plant using scissors or a knife.

# MAKE IT

You can purchase fresh and local peppers in Chatham-Kent from **July to October**.

## **Joyce Farm Market**

15234 Longwoods Road | Bothwell

## **Platinum Produce**

21037 Communication Road | Blenheim

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** peppers with a smooth, unblemished skin with a deep colour. Avoid any with wrinkled skin or soft spots.

**Store** peppers in a perforated plastic bag in your refrigerator crisper. Fresh green peppers can last up to 2 to 3 weeks while other colours may only last for up to 1 week.

**Prepare** peppers by washing thoroughly, cutting in half and removing seeds and stem. Peppers can be diced, sliced into strips or cut into rings. To roast peppers, wash and place whole or halved pepper on a baking sheet in the oven. Broil the pepper until the skin is blackened and blistered, turning often. To peel a roasted pepper, remove it from the oven and place it in a covered bowl for 10 minutes. The skin should peel away very easily. Roasted peppers can be kept in a sealed container in the refrigerator for a few days. To keep them longer, place them in a plastic bag and freeze.

**Peppers can be eaten raw or cooked.**

**Raw peppers are great on salads or cut into strips and ate with your favourite dip.**

**Add diced peppers to frittatas, omelettes, casseroles, stir-fries or pasta dishes.**



## Colourful Pepper Pizzettes

Recipe adapted from: Foodland Ontario

Prep: 20 minutes Cook: 15 minutes Serving Size: 6

### Ingredients

4 sweet peppers  
(2 red, 1 yellow, 1 orange)  
2 tbsp olive oil  
8 cloves garlic, minced  
½ tsp salt  
¼ tsp pepper  
1½ lbs (750 g) prepared pizza dough  
2 tbsp cornmeal  
3½ cups shredded Italian  
cheese blend  
2 tbsp chopped fresh thyme,  
oregano or tarragon (or 2 tsp  
dried)  
½ cup (125 mL) diced Chèvre,  
Feta, Cream or Brie cheese

### Directions

1. Preheat oven to 450°F (230°C).
2. Seed and cut sweet peppers into narrow strips.
3. In large nonstick skillet, heat oil over medium heat; cook peppers, garlic, salt and pepper, stirring constantly, until softened, about 5 minutes. Set aside.
4. Cut dough into 6 equal portions. On lightly floured board, roll or pat each piece into 6-inch (15 cm) circle.
5. Sprinkle cornmeal on 2 large baking sheets. Place 3 circles of dough on each sheet; evenly sprinkle with shredded cheese.
6. Arrange peppers on top; sprinkle each with 1 tsp fresh herbs.
7. Garnish with diced cheese if desired.
8. Bake, one pan at a time, on bottom rack, in oven for 10 to 15 minutes or until bottom is crisp and cheese is melted.



# Stuffed Bell Peppers

Recipe adapted from: CK Public Health Unit Recipe Database

Prep: 20 minutes   Cook: 20 minutes   Serving Size: 4



## Ingredients

1lb lean ground beef or turkey

½ sweet yellow onion

½ zucchini, diced

6oz white or cremini mushrooms, sliced

3 cloves of garlic, chopped finely

Salt and pepper to taste

½ tsp garlic powder

¼ tsp onion powder

1 tsp dried basil

Brown rice, prepared per instructions (need 2 servings)

1½ cups of marinara sauce

4 bell peppers (any colour)

Parmesan cheese, for garnish







## Directions

1. Preheat oven to 350 degrees.
2. Core peppers and discard seeds. Rinse and place in a large pot of water. Bring water to a boil and remove from heat.
3. Heat a skillet over medium heat. Once hot, add ground beef and cook for 3-4 minutes. Add onion, zucchini, mushrooms and seasoning and cook for about 5-7 minutes. Add prepared rice and marinara sauce and mix thoroughly.
4. Remove peppers from water and drain. Place peppers with cavity side up, in a deep casserole dish or baking pan. Spoon mixture into pepper cavities. Top each pepper with cheese and bake for 20 minutes.




# All about PUMPKINS




-  Pumpkins are a part of the winter squash family.
-  Most pumpkins have orange or yellow skin but some have dark or pale green, white, brown, red or gray.
-  Pie pumpkins are small and heavy while pumpkins ideal for carving are large and light in weight.
-  Pumpkins are high in Vitamin A, riboflavin, and thiamine. They are also a source of Vitamin C and fibre.
-  Pumpkin seeds are edible and are rich in protein and a good source of iron.
-  Pumpkins were first called 'pompions'. The name 'pumpkin' first appeared in the 17th century when the Cinderella fairy tale was written.




## GROW IT



Pumpkin seeds are planted in the Spring once the soil is warm. The seeds are planted in rows.



Pumpkin plants grow large green leaves. The plants grow low to the ground and the vines grow very long.



Pumpkins grow on the plant's vines above the ground. When the pumpkin is fully orange and still firm it is ripe. Ripe pumpkins are cut off their vines with a sharp knife or pruners.

# MAKE IT

You can purchase fresh and local pumpkins in Chatham-Kent from **September to October**.

**ADEL Farms Inc.**

4172 Tecumseh Line | Tilbury

**DeGoey's Nursery & Flowers**

665 St. Clair Street | Chatham

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Sarah's Farm Markets**

31 Sandys Street | Chatham

**The Clubhouse at Baldoon**

7018 Dufferin Avenue | Wallaceburg

**The Thamesville Maize**

12768 Longwoods Road | Thamesville

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** small, heavy pumpkins for cooking. If you plan to carve the pumpkins, choose a large one that is not too heavy and nicely rounded. Pumpkin is also available to purchase pureed in cans.

**Store** whole pumpkins in a cool place for several months. Once cut, store in the refrigerator and use within 5 days. Once cooked, pumpkin can be frozen for up to two months.

**Prepare** by washing the pumpkin. Cut stem end and slice the pumpkin in two equal halves. Scoop out the seeds and loose flesh. To bake the pumpkin, place the cut-side down onto a baking sheet and bake at 350 degrees for one hour or until fork tender. To puree pumpkin, scoop out baked pumpkin from the skin and place in food processor.

Pumpkin puree can be used in pies, cakes, pancakes, waffles, muffins, custards, ravioli stuffing, and soups.

Pumpkin spice makes a great addition to many pumpkin recipes. To make 1 tablespoon of pumpkin spice, combine the following: 1½ teaspoon cinnamon, ½ teaspoon nutmeg, ½ teaspoon ground ginger, and ¼ teaspoon cloves.





# TASTE IT

## Herbed Pumpkin Soup

Recipe adapted from: Dairy Farmers of Canada

Prep: 15 minutes Cook: 25 minutes Serving Size: 6

### Ingredients

1 tbsp vegetable oil  
1 onion, chopped  
½ tsp dried thyme  
½ tsp dried rosemary  
Pinch of ground cumin  
2½ cups pureed pumpkin  
2½ cups chicken broth  
2½ cups Milk  
1 cup shredded Swiss cheese

### Directions

1. In heavy saucepan, sauté onion in oil until transparent. Add broth, pumpkin and spicing. Salt and pepper to taste.
2. Heat on medium-low, then reduce to simmer 15 minutes, stirring occasionally.
3. Purée mixture. Add milk and reheat but do not boil. Remove from heat. Stir in cheese until melted.



## Pumpkin Oatmeal

Recipe adapted from: Half Your Plate

Prep: 5 minutes Cook: 10 minutes Serving Size: 2



### Ingredients

1¾ cups of milk  
2 tbsp maple syrup  
¼ tsp vanilla extract  
1 tsp pumpkin pie spice mix  
A pinch of salt  
1 cup quick cooking oats (instant oats)  
1 apple, diced  
½ cup pumpkin puree  
¼ cup pecans

### Directions

1. In a small pot, bring the milk, maple syrup, vanilla and spices to boil.
2. Add the oats, pumpkin puree and apples and stir them together until most of the liquid is absorbed (about 3 minutes).
3. Pour equal amounts into two bowls and garnish with pecans or even roasted pumpkin seeds right before serving.

# Pumpkin Granola Muffins

Recipe adapted from: Dairy Farmers of Canada

Prep: 20 minutes Cook: 20 minutes Serving Size: 12-15

## Ingredients

2 cups all-purpose flour  
4 tsp baking powder  
1 ½ tsp cinnamon  
1 tsp ground ginger  
½ tsp salt  
½ tsp nutmeg  
1 cup milk  
1 cup unsweetened pumpkin purée  
½ cup packed brown sugar  
2 eggs, lightly beaten  
½ cup butter/margarine, melted and cooled  
1 tsp vanilla  
¼ cup granola  
2 tbsp pumpkin seeds (optional)  
2 tbsp finely diced dried apricots (optional)



## Directions

1. Preheat oven to 375°F. Butter a muffin pan or line with paper liners.
2. In a large bowl, whisk together flour, baking powder, cinnamon, ginger, salt and nutmeg. In a medium bowl, whisk milk with pumpkin, brown sugar, eggs, butter/margarine and vanilla. Pour over dry ingredients; stir just until combined.
3. Spoon into prepared muffin pan. Stir granola with pumpkin seeds and apricots. Sprinkle onto batter, pressing gently to help it adhere. Bake for about 20 min or until a tester inserted in centre of muffins comes out clean. Cool muffins in pan for 5 min. Transfer to a rack to cool completely.





# All about SQUASH



- There are many different types of squash but the two most common are butternut and spaghetti.
- Butternut squash is an excellent source of Vitamin A and a source of fibre, Vitamin C, and folate.
- Spaghetti squash are a source of fibre and contain Vitamin C and Vitamin B6.
- Pumpkin and squash seeds look very similar.
- Squash typically weighs approximately 2-4 pounds.



## GROW IT

Squash seeds are planted outside in the warm soil in the late spring or summer months. The seeds are planted in moist soil in an area with lots of sun.



Squash grow on a vine similar to pumpkins. The vines stay low to the ground and their leaves are large and green.



Winter squash is harvested in late September or October. When the squash is grown large enough and ripe, it is cut off the vine with a knife or pruners.



# MAKE IT

You can purchase fresh, local squash in Chatham-Kent from **August to December**.

**ADEL Farms Inc.**

4172 Tecumseh Line | Tilbury

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Sarah's Farm Markets**

31 Sandys Street | Chatham

**Thompson's Orchards Ltd.**

19881 Charing Cross Road | Blenheim

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** squash that is hard to touch with no visible soft spots. Choose squash that are heavy for their size with a smooth matte finish. Make sure they are free from cracks.

**Store** squash in a cool, well-ventilated, dry spot. Properly stored squash can last for 1-3 months. Once the squash is cut, wrap it in plastic and store in the refrigerator for a couple days.

**Prepare** squash by peeling and cooking. Cutting and peeling raw butternut squash can be challenging. To make the process easier, microwave the entire squash for 2-5 minutes, depending on size. Before microwaving, prick the outer skin with a fork several times to create release holes for steam. For cooked spaghetti squash, cut in half (if not already cut), and use a fork to loosen the strands inside. Spaghetti squash can be used as a replacement for pasta.

**Cook** squash by boiling, steaming, microwaving or roasting.

**To boil:** peel and cube squash then place in boiling water for 3-6 minutes or until tender.

**To steam:** cook for 7-10 minutes or until tender.

**To microwave:** prick with a fork or knife and cook on high for 2-5 minute intervals until softened and cooked through.

**To roast:** cut squash in half, remove seeds, brush with olive oil, and season with salt and pepper. Place it face down on a lined baking sheet and roast at 375°F for 35-45 minutes.

**Many types of squash make delicious soups, they can also be cooked and mashed for side dishes.**

**Squash can also be stuffed with rice and herbs or bread stuffing.**

**Squash can be used in many casseroles.**



## Butternut Squash Mac 'N' Cheese

Recipe adapted from: EatRight Ontario

Prep: 15 minutes Cook: 20 minutes Serving Size: 4

### Ingredients

1½ cups whole wheat macaroni  
2 tbsp butter or margarine  
2 cups butternut squash, cubed and peeled  
½ cup milk  
1 clove garlic, minced  
½ cup shredded Swiss cheese  
2 tbsp finely grated Parmesan cheese

### Directions

1. In a pot of boiling water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add margarine and stir to coat.
2. In another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic and using a hand mixer or potato masher, blend until smooth.
3. Add pasta to squash mixture.
4. Add Swiss and Parmesan cheeses and stir to coat.



## Spaghetti Squash with Marinara Sauce

Recipe adapted from: Half Your Plate

Prep: 10 minutes Cook: 15 minutes Serving Size: 4

### Ingredients

1 medium or 2 small spaghetti squash  
1 tbsp olive oil  
1 yellow onion, diced  
1 cup mushrooms, diced  
1 carrot, grated  
1 zucchini, diced  
2 cloves garlic, crushed or finely chopped  
1 can whole tomatoes  
2 tbsp tomato paste  
3-5 basil leaves, to taste  
½ tsp each salt & pepper

### Directions

1. Preheat the oven to 400°F. Slice squash in half and remove seed. Coat with olive oil, salt, and pepper. Roast on a pan, cut side down, for 45 minutes or until strings are easily pulled. Spaghetti squash may release some water while cooking, so squeeze out the squash in a clean cloth before serving.
2. While spaghetti squash is cooking, start your sauce. In a saucepan over medium high heat add olive oil and onions. Sauté until translucent. Add carrots and zucchini and continue to sauté for 2-3 minutes. Add mushrooms and sauté until they have released their water. Lastly, add garlic and sauté for one more minute.
3. Add the tomatoes, tomato paste, salt, pepper and basil and bring to a boil. Once boiling reduce to a simmer and cook on low with lid for 30 minutes. Once sauce has reduced, add salt and pepper to taste if desired. Top spaghetti squash with sauce and sprinkle with extra basil and parmesan cheese if desired.

# Butternut Lasagna

Recipe adapted from: Foodland Ontario

Prep: 25 minutes Cook: 90 minutes Serving Size: 8

## Ingredients

8 cups ½ inch (1 cm) sliced,  
peeled Butternut Squash  
(about 1 squash)  
2 tbsp vegetable oil  
½ tsp ground nutmeg  
½ cup butter  
1 cup chopped onion  
3 cloves garlic, chopped  
½ cup all-purpose flour  
1 tsp salt  
4½ cups skim milk  
¼ cup chopped fresh sage  
1 cup grated parmesan cheese  
12 oven-ready whole wheat  
lasagna noodles  
2 cups shredded mozzarella  
cheese



## Directions

1. In large bowl, toss squash with oil and nutmeg. Place in a single layer on large rimmed baking sheet. Bake in 400°F (200°C) oven for 30 minutes, or until tender. Reduce oven temperature to 350°F (180°C).
2. In a large saucepan, on medium heat melt butter. Add onion and garlic; cook for 3 minutes. Stir in flour and salt; cook for 1 minute. Gradually whisk in milk until smooth; add sage. Bring to boil. Reduce heat to low and cook for 5 minutes or until thickened, stirring frequently. Remove from heat and stir in Parmesan cheese.
3. In a lightly greased 13- x 9-inch (3 L) baking pan, place 3 noodles. Top with one-third of the squash. Spread one-third of the cream sauce over squash. Sprinkle one-third of the mozzarella cheese. Repeat layering twice.
4. Cover tightly with foil. Bake 30 minutes. Remove foil and bake for 25 to 30 minutes until top is golden and pasta is tender. Let stand 10 minutes before serving.






# All about STRAWBERRIES




- 🍓 Strawberries are very high in Vitamin C, and a source of fibre, folate and potassium.
- 🍓 In Chatham-Kent, you can pick your own strawberries.
- 🍓 There are many different varieties of strawberries including Kent, G19, MicMac and Honey Eye.
- 🍓 Strawberry plants were found in Europe in prehistoric times. They originally used strawberries as medicine.




## GROW IT




Strawberry plants are planted in the soil during the spring months. Plants are placed in a field where they can get 6-10 hours of direct sun light each day.



Strawberry plants are watered regularly because of their shallow roots.



When the strawberries grow, they are first small and green then grow and ripen to a vibrant red colour.



When the strawberries are ripe, they are carefully handpicked.



# MAKE IT

You can purchase fresh and local strawberries in Chatham-Kent from **June to July**.

**Jennen Family Farm Market**

11775 Baseline Road | Thamesville

**Joyce Farm Market**

15234 Longwoods Road | Bothwell

**Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

**Pardo's Berrie Farm**

7951 Talbot Trail | Blenheim

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** bright red berries with a fresh green cap (hulls). Berries should be firm. Once picked, strawberries do not ripen further.

**Store** strawberries in a single layer on a paper towel, uncovered. Remove any spoiled berries from the basket. Strawberries should not be washed or hulled until you are ready to eat them. To freeze strawberries, wash, and pat dry, then place them in a single layer on a baking sheet and freeze until solid. Transfer them to a freezer bag and store them for up to one year.

**Prepare** strawberries by washing gently under running water. Dry by patting them with a paper towel, gently. If you are slicing the strawberries, remove the hulls first. If you are eating the berries whole, the hulls do not need to be removed. Strawberries are most flavourful when they are local and in-season. Strawberries can be served raw for dessert or a snack, cooked to make a strawberry sauce or added to desserts like pies, cakes, and tarts.

Raw strawberries can be added to salads, or eaten with your favourite fruit dip.

Top pancakes, waffles, parfaits, muffins, oatmeal, or crepes with strawberries.

Frozen strawberries are a great way to add sweetness to your smoothie.





# TASTE IT

## Rice Pudding with Strawberry Sauce

Recipe adapted from: EatRight Ontario

Prep: 10 minutes Cook: 50 minutes Serving Size: 8

### Ingredients

1 cup uncooked brown rice  
3 cups milk  
4 tbsp brown sugar  
2 tsp cinnamon  
4 cups fresh strawberries,  
washed and quartered  
2 cups water  
4 tsp granulated sugar



### Directions

1. Cook rice to tender according to package directions.
2. Using a fork, fluff rice. Add milk and brown sugar and bring to a simmer, stirring often to break rice up a bit. Remove from heat and stir in cinnamon. Let mixture cool.
3. Meanwhile, in another small saucepan, bring strawberries, water and sugar to boil. Cook, stirring often for about 5 minutes or until strawberries are softened and liquid is reduced. Remove from heat and let cool.
4. Divide the rice pudding between 8 bowls and top each with some of the sauce.

## Fruit & Cheese Salad

Recipe adapted from: Dairy Farmers of Ontario

Prep: 15 minutes Cook: 0 minutes Serving Size: 10

### Ingredients

2 cups strawberries, halved  
10 bananas, sliced  
5 apples, cut in bite-sized pieces  
½ cup blueberries  
1 cup green grapes  
½ cup raisins  
5 mandarin oranges, peeled and separated  
500 g cheddar cheese, cubed  
1 can (355 ml) orange juice concentrate

### Directions

1. Place all items in separate bowls.
2. Give each child a bowl and allow them to create their own fruit and cheese salad. Use the orange juice concentrate as the salad dressing.
3. Add or supplement fruits as they are in season.



# Strawberry Bran Mini Muffins

Recipe adapted from: Half Your Plate

Prep: 10 minutes Cook: 15 minutes Serving Size: 24 mini muffins

## Ingredients

1½ cups diced strawberries  
1 cup all-purpose flour  
⅔ cup bran natural wheat  
1 tsp baking powder  
½ tsp ground ginger  
¼ tsp baking soda  
¼ cup margarine  
¼ cup brown sugar  
1 egg  
1 tsp vanilla  
½ cup plain yogurt, low-fat  
6 strawberries, sliced



## Directions

1. Using a potato masher, mash 1 cup of the berries; set aside.
2. In bowl, whisk together flour, wheat bran, baking powder, ginger and baking soda; set aside.
3. In another bowl, using a wooden spoon, stir together margarine and sugar until combined. Stir in egg and vanilla. Stir in mashed strawberries.
4. Gradually add flour mixture and stir until just combined. Stir in yogurt and remaining chopped strawberries until well distributed.
5. Divide batter among 24 lightly greased mini muffin tins.
6. Top muffins with sliced strawberries if desired.
7. Bake in 375°F for about 20 minutes or until top springs back when lightly pressed.



# Strawberry & Nut Oatmeal

Recipe adapted from: EatRight Ontario

Prep: 15 minutes Cook: 20 minutes Serving Size: 2

## Ingredients

¾ cup large flake oatmeal  
10 almonds, chopped  
2 tbsp sunflower seeds  
1 tsp ground flax  
¼ tsp cinnamon  
1 cup milk  
1 cup strawberries, chopped

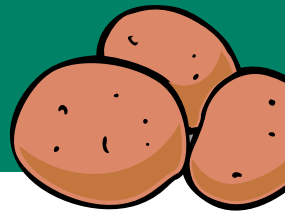
## Directions






1. In a bowl, stir together oats, almonds, sunflower seeds, flax and cinnamon with milk. Cover and refrigerate overnight.
2. Divide oat mixture between 2 bowls and sprinkle each with fruit.





# All about SWEET POTATOES



-  Sweet Potatoes are a high source of Vitamin A.
-  They are also a source of fibre, Vitamin B6, and magnesium.
-  Sweet potatoes comes in two main varieties; yellow-skinned and reddish-skinned. The flesh of the yellow-skinned is pale yellow and not sweet to taste. The flesh of the reddish-skinned is bright orange and sweet tasting.
-  Sweet potatoes are often called yams, but yams are quite different than sweet potatoes. Yams are very rare in North America and not grown in Ontario.
-  Beta-carotene in the sweet potato is responsible for its orange colour.



## GROW IT



Sweet potatoes are placed in water to grow small roots and leaves. These roots and leaves are called slips.



These slips are then planted in the ground during the spring time to grow more sweet potatoes.



Sweet potatoes grow under the ground. After 3 or 4 months the sweet potatoes should be ready to dig up. The leaves at the end of their vines start to turn yellow when they are ready to harvest.

# MAKE IT

You can purchase fresh and local sweet potatoes in Chatham-Kent **year-round**.

## **Gladstone Farms**

428 Chatham Street S. | Blenheim

## **Paul & Patti Watson Organic Sweet Potatoes**

9111 Corktown Line | Tupperville

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>



**Select** firm sweet potatoes with a smooth skin and no blemishes. Choose similar sized ones if you plan on baking multiple sweet potatoes at the same time.

**Store** sweet potatoes in a cool dry place. Never refrigerate sweet potatoes. If stored correctly they will last a couple of weeks. When a sweet potato goes bad, it affects the flavour of the entire sweet potato even if you cut away the bad spots.

**Prepare** the sweet potato by washing. You can leave the skin on or peel it with a vegetable peeler. Slice sweet potatoes in strips and bake in the oven to make sweet potato fries. Bake sweet potatoes and top with plain Greek yogurt and green onions. In most cases, sweet potatoes can replace white potatoes in recipes. Sweet potatoes can be boiled and mashed for a white mashed potato substitute.

**Cook** squash by boiling, steaming, microwaving or roasting.

**To boil:** peel and cube then add to a pot of boiling water, boil under tender.

**To steam:** peel and cube then steam for approximately 7 minutes.

**To microwave:** place on a plate or paper towel in the microwave and cook on high for 5-8 minutes, rotating half way through. Cook 5 minutes extra for each additional potato. Let stand 3 minutes before serving.

**To roast:** chop or slice sweet potatoes, drizzle with oil on a parchment paper lined baking sheet and roast for 30-35 minutes at 400°F, until tender.

**To bake:** pierce potato skin with a fork 5-6 times. Wrap in aluminum foil and place directly on oven rack. Bake at 400°F for 45-60 minutes.

**Mashed sweet potato can be used in desserts like muffins, loaves, cookies, pies and puddings.**

**Roasted sweet potatoes can make a delicious side dish for meat, poultry or fish. You can also cool the roasted sweet potato and add it to salads.**

**Sweet potatoes can also be used to make soup or added to stews.**



## Sweet Potato French Toast

Recipe adapted from: Half Your Plate

Prep: 10 minutes Cook: 4 minutes Serving Size: 8

### Ingredients

4 eggs  
¼ cup milk  
½ cup baked sweet potato, mashed  
(about ½ of large sweet potato)  
½ tsp cinnamon  
1 tsp real vanilla  
Pinch of salt  
1 tsp Canola oil  
8 bread slices (stale is fine)  
Real maple syrup

### Directions

1. Preheat a large pan or griddle over medium low heat.
2. Whisk egg, milk, sweet potato, cinnamon, vanilla, and salt in a shallow dish.
3. Grease the pan with Canola oil. When a few water drips sizzle in the pan, it is hot enough to begin.
4. Dip bread slices one at a time in the batter, turning them over to get them completely soaked.
5. Cook the battered bread slices for about 2 minutes on each side. The French toast is done when both sides are golden brown and there is no more visible raw egg.
6. Serve with maple syrup.



## Sweet Potato Fries

Recipe adapted from: EatRight Ontario

Prep: 10 minutes Cook: 20 minutes Serving Size: 6

### Ingredients

3 large sweet potatoes  
2 tbsp olive oil  
1 tsp garlic powder  
1 tsp paprika  
Salt and pepper, to taste

### Directions

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Scrub, rinse and cut sweet potatoes into fries. The thinner the fries, the crispier they will be.
3. Toss fries in a bowl with olive oil, add garlic powder and paprika.
4. Bake for 10 minutes on each side or until nicely browned.



# Shepherd's Pie with Sweet Potato Mash

Recipe adapted from: EatRight Ontario

Prep: 10 minutes Cook: 20 minutes Serving Size: 6

## Ingredients

½ lb potatoes yellow fleshed, peeled and chopped  
½ lb sweet potatoes, peeled and chopped  
6 cloves garlic  
1 can kidney beans white, drained and rinsed  
½ cup milk skim, warmed  
1 tsp canola oil  
1 onion, chopped  
1 carrot, chopped  
1 stalk celery, chopped  
1 pkg turkey lean, ground  
1 tsp thyme dried, leaves  
¼ tsp pepper, fresh ground  
2 tbsp all-purpose flour  
2 cups low-sodium beef broth  
1 tbsp tomato paste  
2 tsp Worcestershire sauce  
2 bay leaves



## Directions

1. Preheat oven to 400°F. Cover potatoes and garlic with water in a pot and bring to the boil. Cook for about 15 minutes or until potatoes are very tender. Add beans and return to the boil for 1 minute. Drain well and return to pot.
2. Add milk to potato mixture; mash potatoes and beans until smooth; set aside, keep warm.
3. In a large nonstick skillet, heat oil over medium heat and cook onion, carrot and celery for about 5 minutes or until softened. Add turkey, thyme and pepper; cook, stirring for about 4 minutes or until turkey is browned.
4. Add flour and cook, stirring until flour is absorbed. Add broth, tomato paste, Worcestershire and bay leaves; bring to a boil. Reduce heat and simmer, stirring occasionally for about 8 minutes or until thickened.
5. Remove bay leaves and pour mixture into an 8 cup (2 L) casserole dish. Spoon potato mixture over top to cover evenly.
6. Bake in a preheated oven for about 20 minutes or until potatoes are lightly golden and filling is bubbling.





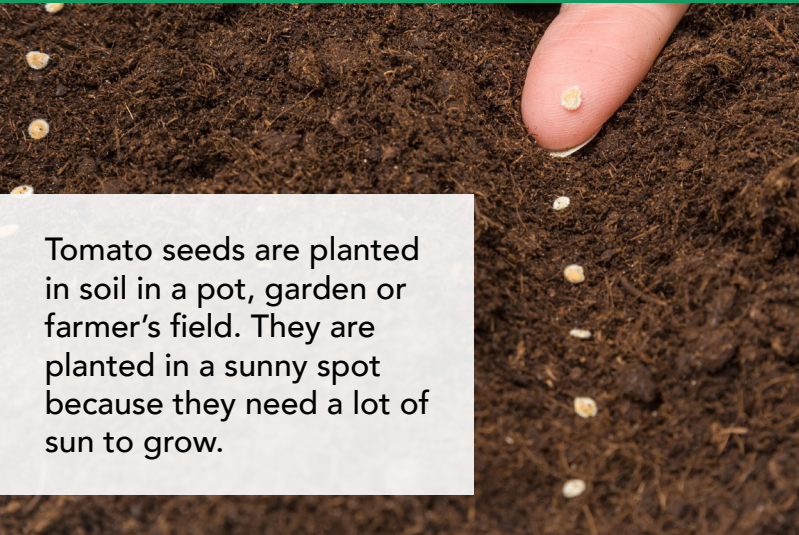
# All about TOMATOES




- 🍅 Tomatoes are fruits, although they are commonly referred to as vegetables.
- 🍅 Tomatoes come in a variety of shapes, colours, and sizes. Round globe tomatoes are the most common type purchased. Plum tomatoes are shaped like an egg and come in red and yellow. Baby plum tomatoes are grape sized. Cherry tomatoes are small, round and shaped like cherries. Heirloom tomatoes come in red, yellow, green, and purple.
- 🍅 Tomatoes are a good source of vitamin C and a source of Vitamin A, folate, and lycopene. Lycopene is an antioxidant and is responsible for giving tomatoes their colour. Cooked tomatoes have more lycopene than raw tomatoes.
- 🍅 In North America, people grew tomato plants because they were pretty, not because they wanted to eat it. It wasn't until the 1900s that people started to eat tomatoes.




## GROW IT



Tomato seeds are planted in soil in a pot, garden or farmer's field. They are planted in a sunny spot because they need a lot of sun to grow.



When the tomato plants get enough sun and water, they will start to sprout.



When tomatoes grow, they are first green, then turn red as they ripen. Once they are fully ripe, they are carefully picked off the stem.

# MAKE IT

You can purchase fresh and local tomatoes in Chatham-Kent from **July to October**.

## **Freistadt Market Farm**

10031 Gregory Line | Chatham

## **JennaLee Garlic & Vegetable Farms**

24226 Fuller Road | Thamesville

## **Joyce Farm Market**

15234 Longwoods Road | Bothwell

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:

<http://buylocalbuyfreshchathamkent.com/>

## **Manitree Fruit Farms**

8445 Talbot Trail | Blenheim

## **Sarah's Farm Markets**

31 Sandys Street | Chatham



Greenhouse tomatoes can be purchased from March till November at your local supermarket. Look for the Foodland Ontario logo to know that you are purchasing tomatoes grown in Ontario.

**Select** tomatoes that are firm, heavy for their size, richly coloured and not bruised or cracked.

**Store** ripe tomatoes at room temperature and use within a few days. Do not store tomatoes in the fridge, cold temperatures will kill the flavour and alter the texture of the tomato. To freeze tomatoes, wash, dry thoroughly, and pack in a freezer bag. Frozen tomatoes can only be used for cooking.

**Prepare** by washing the tomato then slice or quarter it to use for a salad or sandwich. To peel a tomato, make an X in the base of a tomato with a knife. Drop the tomato in boiling water for 30-60 seconds, then submerge in cold water. When the tomato is cool, the skin will easily peel off.

**Fresh tomatoes are great additions to salads and sandwiches.**

**Tomatoes can be baked, broiled, grilled, sautéed or stewed. They can be used to make pasta sauces or dips like salsa.**





# TASTE IT

## Tomato Bean & Cheddar Soup

Recipe adapted from: Health Canada

Prep: 5 minutes Cook: 15 minutes Serving Size: 4

### Ingredients

1 can (19 oz/540 ml)  
tomatoes  
1 can (14 oz/398 ml)  
beans in tomato sauce  
1 cup water  
1 tsp dried basil  
1 tsp dried parsley  
½ cup grated cheddar  
cheese

### Directions

1. Turn on stove to medium-high heat.
2. Put tomatoes, beans, water, basil, and parsley into a medium saucepan. Heat to boiling.
3. Turn down heat and simmer soup, uncovered, for 10 minutes. Stir several times.
4. Serve in bowls with grated cheese on top.



## Tex Mex Tacos

Recipe adapted from: Foodland Ontario

Prep: 10 minutes Cook: 20 minutes Serving Size: 4-6

### Ingredients

1 lb extra-lean ground beef  
1 package taco seasoning mix  
½ cup no sodium tomato juice  
2 medium cobs of sweet corn  
1 cup diced cherry tomatoes  
1 cup shredded lettuce  
1 cup grated light cheddar cheese  
4-6 whole wheat flour tortillas, warmed

### Directions

1. In large frypan, brown ground beef until cooked through; drain off fat.
2. Return meat to pan and add taco seasoning mix and tomato juice. Simmer 15 minutes over medium heat.
3. With sharp knife, cut kernels from corn cobs and add to pan during last 5 minutes of cooking time. Stir in tomatoes and cook until tomatoes are warmed through.
4. Serve in warmed tortillas with lettuce and cheese.



# Tomato Basil Brushetta

Recipe adapted from: Dietitians of Canada

Prep: 15 minutes Cook: 0 minutes Serving Size: 6

## Ingredients

6 slices light rye bread	2 large roasted red bell peppers, chopped
2 tbsp extra-virgin olive oil, divided	1 clove garlic, minced
18 cherry or grape tomatoes, coarsely chopped	2 tbsp freshly grated Parmesan cheese
5 leaves fresh basil, chopped	1 tsp freshly ground black pepper
	1/2 tsp salt

## Directions





1. Arrange bread on baking sheet. Brush lightly with 1 tbsp of the olive oil. Toast under preheated broiler for 3 minutes or until light brown.
2. In a medium bowl, toss cherry tomatoes, basil, red peppers, garlic, Parmesan, the remaining olive oil, pepper and salt. Distribute evenly on top of bread.
3. Broil until heated through, about 5 minutes. Cut each slice of bread in half diagonally.





# All about ZUCCHINI



-  Zucchini's also go by the name courgette.
-  Zucchini's come in a variety of colours including dark green, light green, yellow and striped.
-  Potassium, Vitamin A and folate are all nutrients found in zucchini.
-  Zucchini is a type of summer squash and originated from Italy.

## GROW IT



Zucchini is planted in soil in the early months of spring. The plants are planted 3 to 4 feet apart so they have room to grow.



Zucchini plants bloom with yellow flowers and become very large. The zucchini grows from the centre outward.



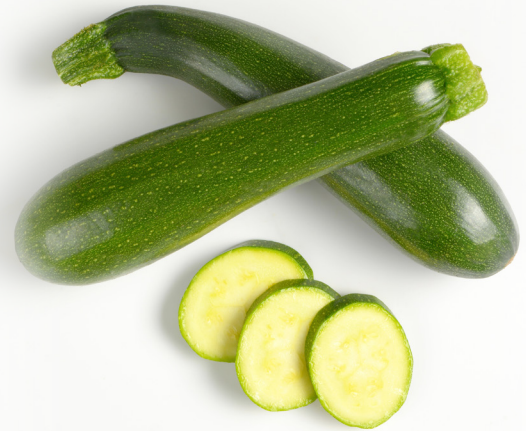
Once the zucchini is large enough, approximately 4-6 inches, it is cut off the plant using a knife.



# MAKE IT

You can purchase fresh and local zucchini in Chatham-Kent from **June to October**.

For a map with all Chatham-Kent produce retailers, download the Buy Local Buy Fresh map here:  
<http://buylocalbuyfreshchathamkent.com/>



**Select** zucchini with a firm, smooth, glossy skin and no soft spots or bruises. Zucchini are best when they are no longer than 6 inches (15 cm).

**Store** in a plastic bag or plastic wrap in the refrigerator. Zucchini should last 5 days this way. Zucchini can be frozen for up to 6 months. Cut the zucchini in slices, blanch in boiling water for 2 minutes, and plunge in cold water. Drain and pat dry with paper towels. Freeze in plastic bags.

**Prepare** zucchini by washing and cutting off both ends. Zucchini can be sliced, diced, grated or cut into sticks. Zucchini sticks can be eaten raw with your favourite dip or breaded and cooked and eaten as zucchini fries. Zucchini can be added to stir fry, grilled on the barbeque or added to baked goods.

**Zucchini can be eaten raw or cooked.**

**Add diced or grated zucchini to salads or pitas.**





## Chocolate Zucchini Bread

Recipe adapted from: Bake it Up

**Prep: 5 minutes**   **Cook: 15 minutes**   **Serving Size: 4**

### Ingredients

1 cup packed brown sugar  
¼ cup canola oil  
2 large eggs  
¾ cup 1% buttermilk  
½ cup unsweetened applesauce  
1 tsp vanilla  
1½ cups whole wheat flour  
1 cup all-purpose flour  
¼ cup ground flax seed  
½ cup unsweetened cocoa powder  
1 tsp baking powder  
1 tsp baking soda  
2 cups finely grated zucchini  
¾ cup dark chocolate chips

### Directions

1. Preheat oven to 350°F (180°C). Spray two 8x4-inch (1.5 L) loaf pans with non-stick cooking spray.
2. In a large bowl, beat together brown sugar and oil until mixed. Beat in eggs, one at a time, until creamy. With a wooden spoon, stir in buttermilk, applesauce and vanilla.
3. In a medium bowl, stir together whole-wheat flour, all-purpose flour, ground flax seed, cocoa powder, baking powder and baking soda. Using a wooden spoon, stir dry ingredients into buttermilk mixture until moistened. Fold in zucchini and chocolate chips just until combined. Do not over-mix.
4. Equally divide batter into prepared pans. Bake for 60-65 minutes, or until a tester inserted in the centre of the loaves comes out clean.
5. Let cool in pans on a rack for 25 minutes. Invert loaves onto a rack, remove pans and let cool completely.



## Creamy Zucchini Dip

Recipe adapted from: EatRight Ontario

**Prep: 10 minutes**   **Cook: 20 minutes**   **Serving Size: 1 cup**

### Ingredients

2 tsp extra virgin olive oil  
1 zucchini, diced  
2 cloves garlic, minced  
¼ tsp dried oregano  
¼ tsp salt  
½ tsp fresh lemon juice  
¼ tsp Worcestershire sauce  
½ cup light cream cheese  
3 tbsp plain yogurt

### Directions

1. In a non-stick skillet heat oil over medium high heat and cook zucchini, garlic, oregano and salt for about 5 minutes or until golden.
2. Remove from heat and stir in lemon juice and Worcestershire sauce.
3. In a bowl, mash together cream cheese and yogurt.
4. Add zucchini mixture and stir until well combined and creamy.

# Mini Frittatas

Recipe adapted from: Egg Farmers of Ontario

**Prep: 15 minutes   Cook: 25 minutes   Serving Size: 12**

## Ingredients

2 tsp olive oil  
2 cups zucchini, finely diced  
1 cup red onion, finely diced  
1 cup sweet red pepper, finely diced  
2¼ tsp dried basil  
½ tsp dried oregano  
1½ tsp onion powder  
⅛ tsp garlic powder  
Dash of cayenne pepper  
4 oz sliced prosciutto or thinly sliced ham  
¾ cup shredded low-fat mozzarella cheese  
8 eggs

## Directions

1. Heat oil in a large non-stick skillet over medium heat. Add zucchini, red onion and red pepper. Cook, stirring often, until vegetables are slightly softened, about 7 to 8 minutes. Remove from heat, stir in dried basil, dried oregano, onion powder, garlic powder and cayenne pepper.
2. Generously oil a muffin pan with twelve 2-3/4-inch (7 cm) diameter cups. Line bottom and sides of muffin cups with prosciutto or ham. Divide vegetable mixture between muffin cups. Sprinkle 1 tbsp mozzarella cheese over vegetables.
3. Whisk eggs thoroughly in a 4 cup (1 L) liquid measuring cup or large bowl. Carefully pour eggs into muffin cups.
4. Bake in a preheated 350°F (180°C) oven until frittatas are puffed and set in centre, about 20 to 25 minutes. Remove pan from oven and let stand for a few minutes. Run knife around edge of frittatas to release.



# Zucchini Sticks

Recipe adapted from: Early Childhood Community Development Centre

**Prep: 15 minutes   Cook: 20 minutes   Serving Size: 60 sticks**

## Ingredients

¾ cup bread crumbs  
¼ cup grated parmesan cheese  
½ tsp garlic powder  
½ tsp dried sage  
¼ tsp salt  
¼ tsp freshly ground black pepper  
2 eggs  
3 medium sized zucchini, cut into 3 inch by ½ inch (8 by 1 cm) sticks  
¼ cup vegetable oil

## Directions

1. Preheat oven to 400 degrees. In a bowl combine bread crumbs, Parmesan cheese, garlic powder, sage, salt and pepper, mix well.
2. In another bowl, beat eggs lightly. Dip zucchini sticks in eggs, then in the bread crumb mixture, transfer to prepared baking sheet.
3. Drizzle sticks with oil and bake for 20 minutes or until lightly browned, turning sticks over once halfway through baking time.





