



Food Skill Building



*Incorporating food literacy skill building activities
into the Nutrition Coupon Program*

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About this document

In 2018 and 2019, the BC Association of Farmers' Markets added a large number of new community partners to the Farmers' Market Nutrition Coupon Program (coupon program). One of the key components of the coupon program is the provision of food literacy skill building activities.

This document provides resources relating to the delivery of food literacy, developed by community partners of the coupon program. These resources are ideas only, for community partners to incorporate if meeting their needs and capacity.

This is a large and growing document. We encourage you to use it electronically, and only print the pages you need. If you have any resources you would like to share, please send them to

nutrition@bcfarmersmarket.org

We hope you get some inspiration for your program delivery!

The Farmers' Market Nutrition Coupon Program is supported by the Province of BC and the Provincial Health Services Authority.

Canada's Food Guide

Canada's food guide has been a widely used resource throughout the coupon program to inform and support food related activities. More information about the Guide can be found on this [website](#).

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**

Tips for Adding More Veg!

Meal and snack ideas

- Add veggies to omelettes/quiches/scrambled eggs
- Toss some greens like kale or spinach into smoothies
- Try avocado toast
- Make vegetable hash – sweet potato, beet, onion, squash, brussel sprouts, asparagus
- Make a quinoa or buckwheat breakfast bake
- Use cauliflower for pizza crust, mashed, or cauliflower rice
- Use a spiralizer to make veggie noodles or use spaghetti squash
- Make alternate fries - toss parsnips, carrots and/or sweet potato with herbs & spices
- Make alternate chips - bake kale, beets, zucchini, and/or sweet potato slices with a little oil & salt

During the week

- Go to your local farmer's market and choose seasonal vegetables
- Try one new vegetable per week
- Put out a plate of cut up veggies while you cook dinner for everyone to snack on
- Try one vegetarian meal a week

Add veggies

- Add veggies to pizza, sandwiches, and soups
- Add greens or other vegetables to smoothies
- Add squash, sweet potatoes, or cauliflower to mashed potatoes.
- Try adding grated zucchini or carrots to muffins
- Try quesadillas with some veggies thrown in
- Add grated veggies to burgers, meatloaf, pasta sauce, sloppy joes
- Add pumpkin puree to pasta sauce or chili
- Butternut squash mac and cheese is a good way to up the nutrients in a classic dish
- Add extra greens to soups or stews

Tips for Adding More Veg!

Exciting Additions to Salad Greens

Greens

Romaine
Butter lettuce
Arugula
Leaf lettuce (red or green)
Spinach
Kale
Watercress
Edible flowers
Microgreens
Sprouts
Mustard greens

Dried Fruits

Raisins
Sultanas
Dates
Figs
Apricots
Apples
Cranberries

Nuts & Seeds

Pistachio
Almond
Walnut
Pecan
Hazelnut
Macadamia
Pine nuts
Cashew
Sunflower seeds
Pumpkin seeds
Sesame seeds
Poppy seeds
Flax seeds

Vegetables

Radish
Carrots (raw, roasted)
Celery
Cucumber
Beets (raw, roasted)
Peas
Snow/Sugar snap peas
Asparagus (roasted, grilled)
Artichoke hearts
Peppers (raw, roasted)
Broccoli (raw, roasted)
Cauliflower (raw, roasted)
Mushrooms (raw, sauted)
Sweet potatoes
Cabbage
Corn
Jicama
Tomatoes
Squash (roasted)
Bean sprouts
Fennel (fresh)
Potatoes
Kholrabi (fresh, roasted)
Zucchini (grated, sauted)
Rutubaga (fresh, roasted)
Garlic (fresh, roasted)

Herbs

Chives
Basil
Rosemary
Parsley
Cilantro
Dill
Mint

Fresh Fruits

Apple (grated, cubed)
Pears (grated, sliced)
Peaches
Plums
Nectarines
Oranges
Grapes
Strawberries
Melons
Blueberries
Raspberries
Cherries

Protein

Eggs (boiled, poached)
Black beans
Kidney beans
Chickpeas
Pinto beans
Edamame
Tofu (smoked, plain)
Salmon
Chicken (grilled, roasted)
Leftover roast meat
Crushed peanuts

Cheeses

Parmesan
Mozzerella
Cheddar
Blue cheese
Swiss
Feta
Cottage cheese
Cube, grate, crumble, slice

Running your program

5 Tips on running Food Literacy Workshops for the FMNCP

One Fun Location

Host your workshops in the same place everytime and don't be afraid to get outdoors! Setup a collapsable tent near a basketball court, for example. This type of location is fun as parents can bring their younger children to 'run around' while inside a fenced area. Being outdoors also creates a casual and relaxed interaction.

Keep it Simple

Don't over-complicate things. The simpler you can make a program for yourself, the better it is for everyone involved, and that doesn't necessarily mean boring. Keep the time and location the same each week, schedule your staff in advance and make everyone aware of who they are. Email participants each week to remind them of the workshop and give an overview of what they will be learning.

Find your Champions!

As you are networking listen and look for people who are talented in cooking and gardening with a natural ability for teaching. Create a list of people who can rotate and create familiarity with people on the FMNCP. Send out a weekly email with the workshop details and a picture of who will be hosting it that week. Being able to pay hosts a flat fee will make them feel that it is worth their time, and be happy to share what they love with people.

Ask One Question

At the beginning of the season, as people start to enrol in the program, ask them: "What would you like to learn more of in cooking, gardening and food handling this year?" This will give you a collection of needs from your participants right in the beginning.

Stay Curious and Mix It Up

You can keep your program simple and interesting at the same time. Rotate through different topics like cooking, gardeining, herbalism, and preserving. Focus on a different food each week, or a different health topic. Get feedback from participants and be willing to adapt to their needs.

Running Activities

Salad Dressing Cafe

A salad dressing cafe allows participants to make and try different salads and dressings in one, fun workshop.

Prepare: Depending on your program, the prep can be done before your participants arrive, or as part of the workshop itself.

1. Separate bowls of different salad ingredients for a “make your own” salad bar. Try to use as many ingredients that can be found at your local farmers’ market as possible.
2. Make a variety of salad dressings, using jars to separate them. Refer to page 28 of this booklet for some recipes.
3. Pour small samples in ramekins of each salad dressing and place this in front of the jars, alongside a bowl of veggie sticks for tasting.
4. Print off a list of additional salad toppings and combinations to help people explore new flavours.



Taste:

5. Folks in the workshop can take a plate (or two, or three, or four) and create a new salad with all the toppings and dressing prepared earlier.
6. Talk about the experience. Find out what flavours people liked, did any combinations surprise them, what will they try at home?
7. Hand out recipes for the dressings at the end of the workshop.

Running Activities



Food Panels

Hosting a food panel can be a great way to have interesting and diverse conversations about particular or broad, food topics. There is undoubtedly a number of people in your community with knowledge and things to say. Embrace them and invite them to be on a panel.

Meet your Farmers

The FMNCP gives participants unique access to their local farmers. Connect with your local farmers' market and see if any farm vendors are willing and able to join a panel, to discuss food in the region, the joys of farming, its challenges, and what it means to be part of the local food economy. In Whistler, this panel was paired with a book launch for a local woman who wrote a book about local eating. See what is already taking place in your community in this space and tap into it.

The History of Politics and Food

Food connects us all and is essential to life. There are an abundance of people in the food industry who are passionate about food and how the system should operate. Any farmer involved in a local agriculture group, or who is interested in things like protecting Agriculture Reserve Land would be a great person to invite. Connect with your market if you aren't sure who to approach. This topic is diverse and large and can include anything from, what is organic, black women in farming, climate change, new vs. old rules, and the list goes on. Be sure to focus on one topic per panel to keep it from becoming overwhelming.



Adapted from Whistler Community Services, Whistler

Running Activities

Edible Garden Tour

The Kaslo Edible Garden Tour is an annual event organized by the Kaslo Food Hub.

Each year they seek out about 8-10 people in the community who are particularly good at producing food in their gardens to be a site on the Edible Garden Tour. This doesn't include people who are great flower or perennial gardeners, but mostly veggie gardens, and also include people doing other food production in their yards like honeybees, fruit trees, berry bushes, backyard chickens, rabbits, etc.

The goal of the tour is that people who attend see a variety of ways that people are producing food in their yards, and hopefully pick up ideas and tips for their own gardens, or get inspired to do more. They can have chats with the gardeners in their yards and learn a lot.

Kaslo Food Hub promote the tour to people in the FMNCP, encouraging them to attend so they learn more about how to produce food in their own yards. If people are interested but can't afford the ticket (\$10) they are offered a free pass, as part of their participation in the program.

As they are selling tickets to the general public, this annual event is also fundraiser for the Kaslo Food Hub.



Sunday, July 14, 2019

Kaslo

10am-3pm

No pets please!

Bring a friend and enjoy visiting productive veggie gardens with features like moveable greenhouses, edible mushrooms, backyard poultry, fruit trees, permaculture, perennials, Hugokultur, berries of every shape and size, water conservation techniques, raised beds and more!

Running Activities

The Garden Project - Lesson Plan

Objectives

- Familiarize children and caregivers with the benefits of gardening.
- Provide children and caregivers with the knowledge required to start and maintain a vegetable garden.

Materials

- Poster Paper
- Info Booklet
- Coloured Markers
- Gardening Tools (spade, stakes, popsicle sticks, seeds, watering can, ruler)
- Map

Procedure

1. Hook: What is your favourite vegetable? What is your least favourite

2. Discussion: Why garden? [10 minutes]

- As a group, brainstorm the benefits of gardening (personal, social, environment) and collect ideas on poster paper.
- Other questions to discuss:
 - Do you find gardening an enjoyable activity? Why/why not?
 - Was gardening something that you did as a child?
 - Is it something you do now?
 - Who do/did you garden with?
 - What do/did you grow?

4. Introduce Gardening Tools: [5 minutes]

- Review terminology for gardening tools, in particular crop-specific tools (eg. trellis).

6. Planting: [25 minutes]

- Review planting instructions and have participants follow instructions, demonstrating and assisting where necessary.

3. Introductory Activity: Quiz [15 minutes]

- In smaller groups, participants answer questions related to gardening, then join with another group and compare answers; review answers together.

5. Introduce Crops: [5 minutes]

- Introduce vegetables you will be planting (eg. kale, peas, potatoes, carrots, lettuce, tomatoes) plus their origins and history.
- Ask: What is your favourite dish/way to eat these vegetables?
- Discuss: What are the benefits of each of these vegetables?
- Why do/should we eat them?



7. Closure: [5 minutes]

- Check in and review care/tending to for each vegetable.

Running Activities

Planting Vegetables - Potatoes

Why Potatoes?

Potatoes are a versatile crop! They can be used in a wide variety of dishes and are suitable for a diverse range of cuisines, plus they can be grown both in-ground and in containers.



Planting and Growing

- Each potato seed should weigh 2-4 oz and have 2 or more strong eyes
- Plant seeds 10-14 inches apart and 3-4 inches deep
- Potato rows should be 24-36 inches apart
- When the stems are 8 inches high, gently bring the soil up around the vines from both sides. This is called 'hilling'
- Hill again in 2-3 weeks, this time only adding 1-2 inches of soil
- Hill a third time after 2 weeks, again adding just 1-2 inches of soil
- After 7-8 weeks, your potatoes should be blossoming! Gently poke into a potato hill for signs of early potatoes

Watering Schedule

- Potatoes grow best in moist soil so it is best to water frequently
- Water young potato plants every 4-5 days
- When tubers form (when they blossom) water every 2-3 days
- Potatoes need 1-2 inches of water per week
- Stop watering when the vines turn yellow, about 2 weeks before harvest time

Harvesting

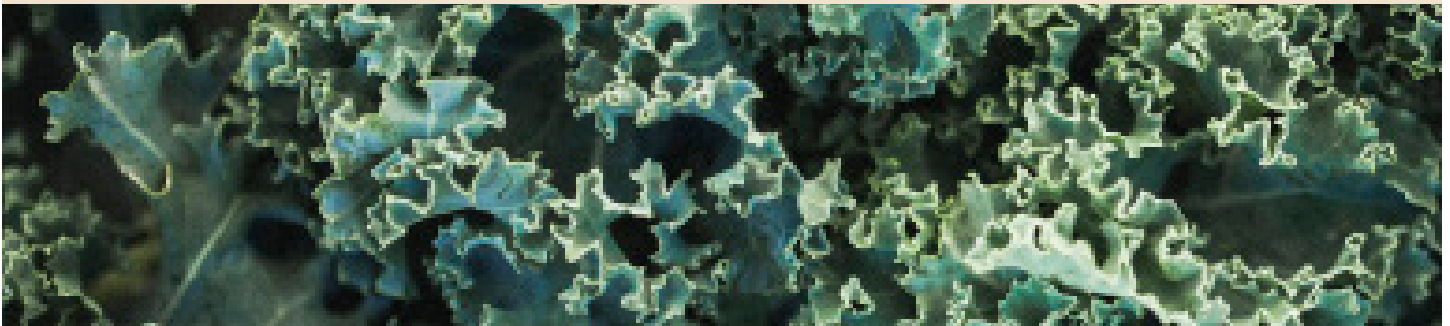
- The ideal time to harvest is when the vines are dead
 - If you can wait for the tops to die naturally, your harvest will be a little bigger, and your potatoes will taste better
- After the tops are dead, rest the potatoes in the ground for 2 weeks
- After the 2 weeks, gently dig your potatoes out

Running Activities

Planting Vegetables - Kale

Why Kale?

Kale is a versatile vegetable that can be eaten raw or cooked into a wide variety of dishes. It can be grown both in-ground and in containers.



Planting and Growing

- Kale needs good soil, so prepare your soil by working in some fertilizer
- Plant kale seeds about 3 inches apart and half an inch deep
- Kale rows should be 18 inches apart as this leafy green tends to take up lots of space
- When kale plants get 4-5 inches tall, you should thin them to about 8-12 inches
 - Thinning means pulling out the young plants in order to make room for healthier plants to grow
 - When thinning, make sure the soil is damp beforehand so it is easy to pull out the young seedlings

Watering Schedule

- Kale grows best in moist soil so it is best to water frequently
- Water regularly, every 3-5 days, at the base of the plants
- Be careful not to over water your kale plants
 - Kale only needs about 1 - 1 1/2 inches of water per week
 - You can use your finger to check and see if the soil is moist an inch down before you water

Harvesting

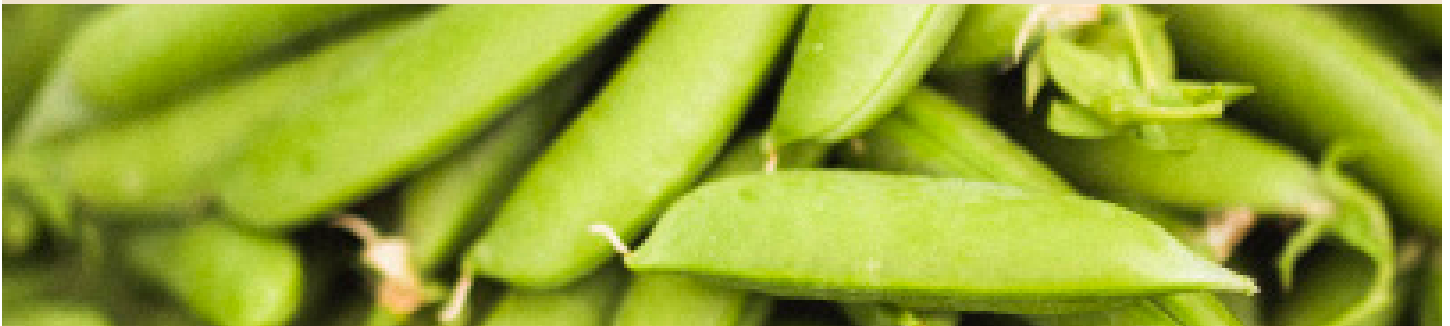
- It takes about three months to get full sized kale plants, but it can also be grown as baby kale
- Kale is ready to harvest when the leaves are about the size of your hand
- When harvesting, cut off a few of the bottom leaves with a knife and gradually work your way up the stem
- Only pick about one handfull of leaves per harvest, never all of them

Running Activities

Planting Vegetables - Peas

Why Peas?

Peas are fun to grow and to eat. They can be enjoyed fresh when they are sweet and crunchy, or cooked into many soups, stews and pasta dishes.



Planting and Growing

- Peas need well fertilized soil with good drainage, plus lots of sun
- Soak the pea seeds for 12 hours before planting. Use this time to prepare the soil by adding fertilizer and compost
- Use a rake to make a 1 inch deep trench
- Plant the seeds in the trench, about 1 inch apart, then cover with a thin layer of soil
- Set up a trellis (support for peas to grow on) by placing a chicken wire over the rows
- Once peas have sprouted, they will need their base covered with mulch

Watering Schedule

- Peas rarely need to be watered more than once a week
- But it is important to maintain even moisture
- An inch of water per week ensure good growth
- After the first water, poke any seeds that have come loose back into the soil

Harvesting

- Peas should be harvested before the pods are fully mature
- Pea pods should be full size, with small seeds, and have firm, crisp flesh when picked
- Harvest can take place about 5-8 days after the pods have flowered for snap peas, and 18-21 days for garden peas

Running Activities

International Night

International Night is an annual tradition for clients of the Cridge. It is essentially a potluck dinner, where program organizers invite clients to bring a dish that is traditional to their heritage. It could be a favourite family recipe, a dish from their country of origin, or just a meal that is unique to their life experience.

The Cridge help families with a \$10 gift certificate to help pay for ingredients, if they need it. They are also encouraged to incorporate their Farmers Market items, wherever possible.

When clients arrive, they fill out a special card that describes the dish and highlights the ingredients. It may look like this:

What is the name of this dish?

What is its origin?

What ingredients are in this dish?

Are there any local ingredients in this dish that you bought at the Farmers' Market?

Thank you for sharing something so special with us!



Running Activities

Chef Demonstrations

Chef demonstrations can be a really fun, interactive show to host at your farmers' market. It is a great way to highlight what is selling at the market that week, and what can be done in the kitchen with it. It can be a big undertaking, but very rewarding!

Each market will set up a chef demonstration in a way that best suits them, but here are some things to consider and ask when planning this activity:

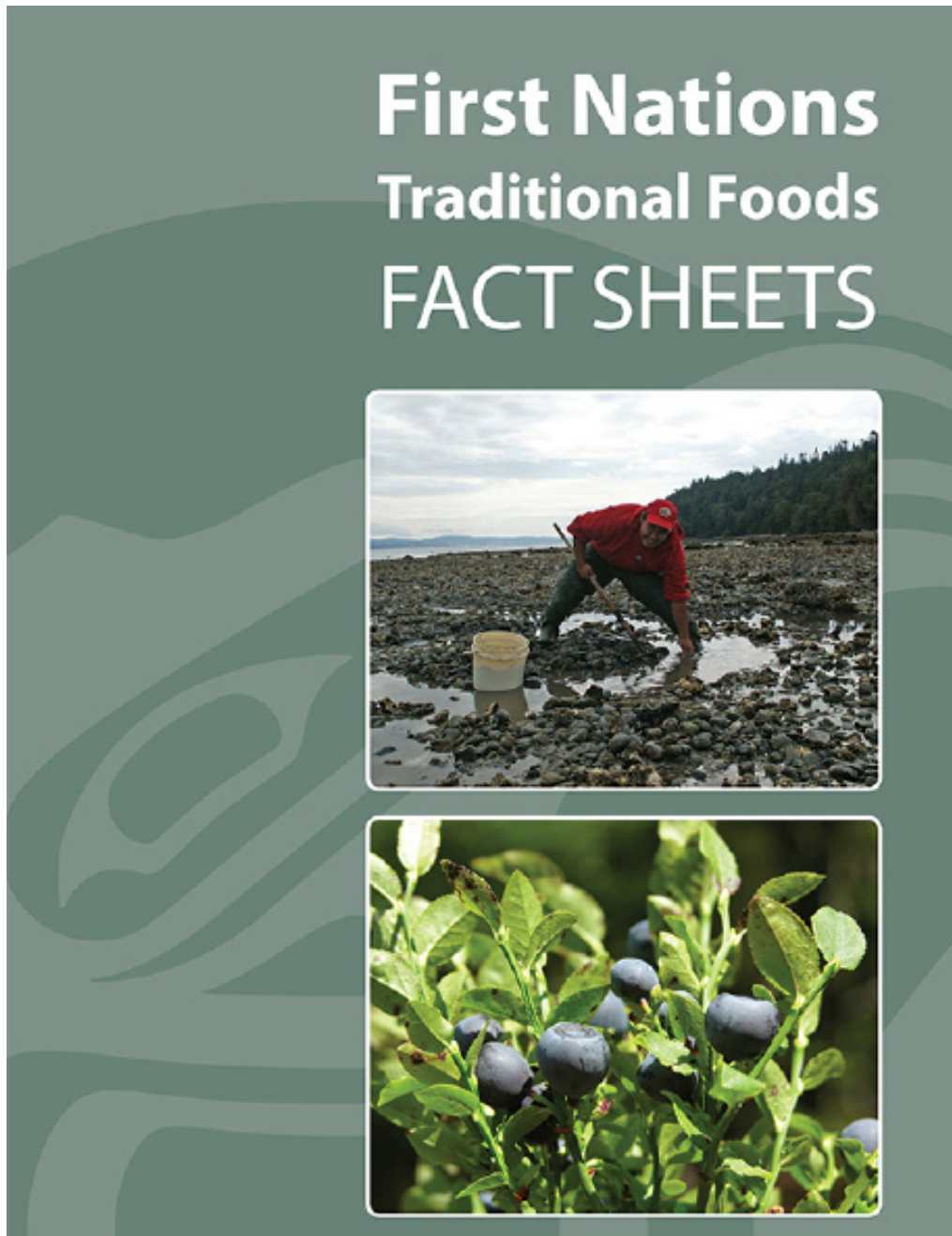
- 1.** Will you contact a chef from a local restaurant, or a dietitian from your local coupon program, to do the demonstration? Do you have a budget to offer an honorarium, or will they volunteer and cross-promote?
- 2.** Do you have space in your market to set up a table or booth, that shoppers can easily gather around to see and hear the demonstration?
- 3.** What food do you want to highlight from the market, and what does the chef plan on doing with this food? Do you have a budget to buy the food, or will you be asking for donations?
- 4.** Do you need electricity? Or, will a gas camping stove work?
- 5.** Can the chef provide their own cookware and seasonings?
- 6.** Do you have what is needed to offer samples of the cooked food? Like toothpicks, napkins, or mini paper cups?
- 7.** Should you ask the busker to take a break while the demo is on, so folks watching can listen easily and ask questions?
- 8.** Who will be responsible for pack up and pack down? Will this be a team effort?
- 9.** Will you promote the event?
- 10.** Will you document the event by taking photos or videos for post-promotion?

There is no doubt more that can be thought of on this list, and these are just some of the basics. We look forward to seeing photos and hopefully attending, a chef demonstration at your farmers' market!

Information

First Nations Traditional Foods

The First Nations Health Authority created a series of Fact Sheets about Traditional Foods. This is an excellent resource to learn more about these foods in B.C. and also understand what the land provides.



[Access the full PDF here.](#)

Courtesy of The First Nations Health Authority, British Columbia

Information

Healthy Shopping Tips

1. Buy colourful fruits and vegetables

Low in calories, high in vitamins, minerals and fiber — fill half your plate with these nutrition powerhouses!

2. Avoid buying high fat dairy or meat

Look for skinless cuts of lean meat with the least amount of visible fat. Cuts that say “loin” after them, like sirloin and tenderloin, are often leaner cuts. Look for meat vendors at your local farmers’ market who often sell organic, free-range options!

3. Buy plenty of nuts and high fiber foods

Fiber can help lower blood cholesterol, and it keeps you full, which helps you maintain your health. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts. Almonds and walnuts also have plenty of other valuable nutrients and have been shown in recent studies to have a significant impact on heart health. You might be able to find nuts at your local farmers’ market, depending on your community.

4. Consider freezing or canning fruits and veggies you buy

Remember that frozen fruits and vegetables have the same vitamins and minerals in them, though their prices may be radically different. Canned fruits and veggies offer similar benefits, though choose unsalted or unsweetened varieties when possible. Canning your great Farmers’ Market produce will allow you to enjoy it year round!

5. Take it slow

Eating for heart health can seem overwhelming, but don’t get discouraged. Start with small steps, and soon the whole family will be eating better.

Information

How to Freeze Fresh Produce

Veggies

The best vegetables for freezing are low-acid veggies. It is usually best to blanch your veggies before placing them in the freezer. Blanching prevents enzymes from damaging color, flavor, and nutrients.

1. Wash your veggies with cold water and then chop to desired shape and size.
2. Get an ice bath ready for blanching by placing ice and cold water into a bowl beside your stove.
3. Bring a pot of salted water to a boil.
4. Place your veggies into the boiling water for about 2 -3 minutes.
5. Quickly submerge the veggies in ice water to prevent them from cooking further.
6. Once cool enough to touch, dry thoroughly on paper towel-lined sheet pans.
7. Pack vegetables into a bag or container and remove as much air as possible before placing them into your freezer.
8. Be sure to label your veggies with the date they were frozen.

Fruits

Lots of fruits you find at your market can be frozen to last all winter long. You can easily freeze berries, currants, apples, pears, peaches, nectarines, and most other stone fruit, without any added sugar.

1. Wash fruits and sort for damaged fruit before freezing.
2. Remove any stones or greens you won't be eating, and cut into desired shape and size.
3. Arrange fruit pieces in a single layer on a baking sheet and place in the freezer for up to 1 hour. This helps them from sticking to each other in a container.
4. Once frozen, transfer to a your bag or container, removing as much air as possible before placing them back in the freezer.
5. Frozen fruits are great to use in smoothies and baking, or on top of yoghurt and museli
6. Be sure to label your veggies with the date they were frozen.

TIP

Freeze fruits and veggies in portion sizes that fit your favourite recipe needs!

Information

What's in Season

British Columbia is home to a range of growing conditions, resulting in crops being produced at different times of the year, depending on what region you're in. In some regions, farmers store produce in cold storage systems to make sure they maintain freshness outside peak harvest times. This increases the availability of your favourite locally grown fruits and vegetables throughout the year.

Visit bcfarmersmarket.org/why-bc-farmers-markets/whats-in-season
to view our webpage

OR

Download PDFs for each region's in season produce

South West B.C.

Okanagan

Kootenay Rockies

Vancouver Island

Information

[Learn More](#)

Looking for more tips and information on healthy living?

Visit the Healthy Eating page on the Health Link BC website, for even more resources!



Kids Activities

Scavenger Hunt

A scavenger hunt is a great way to get kids (and adults) engaged with your local farmers' market.

If you are able, **offer fruits or veggies as a prize** for finding all the items!



Download this scavenger hunt [here](#),
or adapt and create your own!

Kids Activities

Fruit and Vegetable Colouring Sheets

Colouring sheets - what more needs to be said?!



Download the colouring sheets [here](#)

Recipes

Crunchy Asian Slaw

Ingredients - Salad

4 cups packed chopped Napa cabbage
1 1/2 cups grated or finely sliced red onion
1 1/2 cups grated carrots
1 cup finely diced red bell peppers
1 cup julienned snow peas or sugar snap peas
1/2 cup chopped peanuts
1/4 cup chopped fresh cilantro
2 Tbsp toasted sesame seeds (optional)

Ingredients - Dressing

1/4 cup hoisin sauce
2 Tbsp olive oil
2 Tbsp dark sesame oil
2 Tbsp freshly squeezed lime juice
2 Tbsp rice vinegar
1 Tbsp freshly grated ginger
1 tsp minced garlic
Pinch crushed red pepper flakes
Salt and pepper to taste

Method

1. In a large bowl combine all salad ingredients. Set aside
2. Whisk together all dressing ingredients in a small bowl. Pour over salad and toss using tongs.

Greek Quinoa Salad

Ingredients - Salad

3-4 cups cooked quinoa
Pint of grape tomatoes, cut into quarters
1 English cucumber, chopped
2 peppers, roughly chopped (yellow and orange)
1 small red onion, chopped
1 cup Feta cheese, crumbled
1 cup black olives (optional)

Ingredients - Dressing

1/2 cup olive oil
1/2 cup red wine vinegar
Juice of one lemon
4 cloves of garlic, minced
1 Tbsp Dijon mustard
1 Tbsp dried oregano
1 1/2 tsp sugar or honey
1 tsp salt
1/4 tsp pepper

Method

1. Cook quinoa according to package instructions. Let cool
2. In a large bowl combine all salad ingredients
3. Whisk together all dressing ingredients in a small bowl. Pour over salad and toss

Recipes

Spinach Salad

Ingredients - Salad

4 cups fresh spinach, washed and torn into bite-size pieces
1/2 cup minced red onion
4 hard-cooked eggs, 2 chopped, 2 sliced
1 can chickpeas (rinsed)

Ingredients - Dressing

2 tbsp olive oil
1 tsp sugar
2 Tbsp vinegar (your choice)
2 tsp water
Salt and pepper to taste

Method

1. Place prepared spinach in a large bowl. Add onions and chickpeas
2. In a small jar or measuring cup combine sugar, vinegar, water, salt and pepper
3. Toss the chopped egg with the greens then pour the dressing over greens mixture; toss again lightly.
4. Top with sliced egg.

Green Salad

Ingredients - Salad

1 to 2 bunches of fresh greens
1 to 2 fresh apples
1 to 2 fresh pears

Ingredients - Dressing

2 cloves of garlic
1/4 tsp of salt
1/2 tsp dijon mustard
1 Tbsp water
2tbsp olive oil

Method

1. Wash and thoroughly dry the fresh greens using a salad spinner or paper towel and gently tear it into large pieces
2. Place peeled garlic on a cutting board and finely mince. Put garlic in bowl and whisk in salt and mustard, vinegar, water, then oil
3. Just before serving toss fresh greens thoroughly with half the dressing to coat evenly. Taste to see if more is needed
4. Top with slice pear and apple and Season with pepper to taste.

Recipes

Pasta Salad

Ingredients - Salad

2 cups pasta, uncooked
2/3 cup cut up tomatoes
1 cup diced bell peppers
4 Tbsp grated cheese
2 cups spinach leaves

Ingredients - Dressing

2 tbsp olive oil
1 tsp sugar
2 Tbsp vinegar (your choice)
2 tsp water
Salt and pepper to taste

Method

1. Cook pasta according to package instructions and drain
2. Prepare the veggies and whisk dressing ingredients together
3. Put everything in a bowl and toss well.

Roasted Root Vegetable Salad

Ingredients - Salad

2 large sweet potatoes
4 large parsnips
6 medium beets
Fresh arugula, or your choice of greens
3 Tbsp olive oil

Ingredients - Dressing

1 handful fresh parsley
3 Tbsp vinegar (your choice)
1 tsp dijon mustard
1 Tbsp horseradish
6 Tbsp olive oil

Method

1. Preheat oven to 400°. Cut sweet potatoes, parsnips and beets into bite-size piece with the skin left on
2. Toss sweet potatoes and parsnips with 2 Tbsp. olive oil in a large bowl; place in a single layer in a lightly greased baking pan. Sprinkle with 1 1/4 tsp. salt and 1/2 tsp. pepper
3. Toss beets with remaining 1 Tbsp. olive oil; arrange beets in a single layer on a separate aluminum foil-lined baking pan. Sprinkle with remaining 1/2 tsp. salt and 1/2 tsp. pepper
4. Bake at 400° for 40 to 45 minutes or just until tender. Let cool completely (about 20 minutes)
5. Meanwhile, whisk together dressing and next 3 ingredients. Place vegetables in a large bowl, and drizzle with desired amount of dressing; toss gently to coat. Serve at room temperature or chilled over arugula with any remaining dressing.

Recipes

Couscous Salad

Ingredients - Salad

2 cups boiling water
1 1/2 cups dried couscous
2 bell peppers, chopped
1 small zucchini, chopped
1/4 cup chopped fresh parsley
1 cup of canned chickpeas, drained

Ingredients - Dressing

1/2 tsp basil
2 Tbsp balsamic vinegar
2 tsp minced garlic
4 Tbsp olive oil

Method

1. In a heat proof bowl, add boiling water and couscous, stir and cover. Let stand until ready to use (at least 5 minutes)
2. In a small bowl, mix basil, vinegar, garlic, and oil together
3. In a large bowl, toss all ingredients together and serve.

Mexican Bean Salad

Ingredients - Salad

1 can black beans, rinsed and drained
1 can kidney beans, rinsed and drained
1 can cannellini beans, rinsed and drained
1 green bell pepper, chopped
1 red bell pepper, chopped
1 cup of fresh cooked corn kernels
1 red onion, chopped
2 cups fresh greens, chopped
1/4 cup chopped fresh cilantro

Ingredients - Dressing

1/2 cup olive oil
1/2 cup red wine vinegar
3 Tbsp lemon juice
2 Tbsp white sugar
1 Tbsp salt
1 clove garlic, crushed
1/2 Tbsp ground cumin & black pepper, each
1/2 tsp chili powder
1 dash hot pepper sauce

Method

1. In a large bowl, combine beans, bell peppers, corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lemon juice, sugar, salt, garlic, cilantro, cumin and black pepper. Season to taste with hot sauce and chili powder
3. Pour olive oil dressing over vegetables; mix well
4. Chill thoroughly and serve cold.

Recipes

Glory Bowl Dressing

Ingredients

1/2 cup nutritional yeast flakes
1/3 cup Tamari
1/3 cup soy sauce
1/3 cup apple cider vinegar
1/3 cup water
2 tablespoons tahini
2 cloves garlic crushed
1 1/2 cup vegetable oil

Method

In blender, mix ingredients all ingredients except the oil. With the blender running, add oil in a slow, steady stream. Blend until smooth.

Maple Balsamic Vinaigrette

Ingredients

1 Tbsp maple syrup
2 Tbsp balsamic vinegar
1 Tbsp soy sauce
1 clove garlic, crushed
1 Tbsp sesame oil
1 tsp pepper
1/2 cup olive oil

Method

Whisk together all ingredients except oil until well blended. Slowly add oil in a steady stream until smooth and incorporated.

Hollyhock Poppyseed Dressing

Ingredients

1/2 cup water
1/4 cup apple cider vinegar
1/4 cup diced onion
2 tbsp honey
2 tbsp Dijon mustard
2 tsp salt
1 Tbsp poppyseeds
1 1/2 c sunflower or safflower oil

Method

In a blender, process all ingredients except poppyseeds and oil for 30 seconds, until well combined. While still blending on high, add the poppyseeds and then add the oil slowly until combined.

Maple Curry Vinaigrette

Ingredients

4 Tbsp extra virgin olive oil
3 Tbsp maple syrup
2 Tbsp apple cider vinegar
3 Tbsp Dijon mustard
1 tsp curry powder
1/2 tsp cinnamon
1 tsp salt
1/2 tsp black pepper

Method

Whisk together olive oil, vinegar, maple syrup and mustard. Mix in cinnamon, curry powder, salt and pepper and let sit for at least 10 minutes in the refrigerator before using.

Recipes

French Onion Dip

Ingredients

1 cup full fat greek yogurt
1 Tbsp dried chopped onion
1 tsp onion powder
1 pinch garlic powder
1/4 tsp salt
1 Tbsp chopped fresh parsley

Method

1. Place yogurt in a small bowl. Add dried onion, onion powder, garlic powder and parsley. Mix together until completely uniform
2. Refrigerate for one hour to allow the flavors to meld and the dried onion to soften. Store in the refrigerator for 5-7 days.

Hummus

Ingredients

1 19 oz can of chickpeas (~ 2 cups)
1/4 cup tahini (also called sesame paste)
1/4 cup lemon juice
3-4 cloves garlic
1 tsp salt

Method

1. Drain chickpeas, reserving liquid, and blend in a food processor until smooth
2. Add all remaining ingredients and continue pureeing. It should be thick and smooth. If it's too thick, add some of the reserved chickpea liquid. If you accidentally drained the chickpea liquid, just add water.

Serve homemade dips with veggie sticks made from fresh, local produce

Cucumber slices or sticks
Carrot sticks
Sliced fresh peppers
Roasted zucchini sticks
Baked sweet potatoe fries
Blanched green beans
Blanched cauliflower

Roasted mushrooms
Blanched asparagus
Sliced radishes
Fresh peas
Roasted peppers
Blanched broccoli
Marinated eggplant

Recipes

Carrot Top Pesto

Ingredients - Salad

1 clove garlic, crushed
2 Tbsp fresh lemon juice
1 tsp fresh lemon zest
carrot tops from 2 small bunches of carrots
1/4 cup fresh mint leaves
4 green onions, green tops only
1/2 cup walnuts or cashews
3 Tbsp olive oil
Salt and Pepper, to taste

Method

1. Blanch the carrots tops. First remove thick stems. Bring a pot of water to a boil and prepare an ice water bath. Add the carrot tops to the boiling water and cook for 3 minutes, or until they are bright green and tender. Remove from the pot and immediately place in the ice bath
2. Drain the carrot tops and place on a plate to dry
3. Add all ingredients to a food processor and blend until a chunky paste forms. You may need to scrape down the sides a few times during this step
4. Season with salt and pepper, and more lemon juice to taste
5. Serve as a pasta sauce, on roast vegetables, with eggs, or anything you like.



Courtesy of Cariboo Family Enrichment Centre, 100 Mile House

Recipes

Kale Chips

Ingredients

1 bunch of kale
1 Tbsp olive oil
1 tsp seasoned salt
any other flavours you enjoy

Method

1. Preheat oven to 350 F and line a non-insulated cookie sheet with parchment paper or a non-stick mat
2. Remove the leaves from the thick stems and tear into bite size pieces
3. Wash and dry the kale, and then drizzle with olive oil and seasoning
4. Bake for about 10-15 minutes, until the edges are brown.

Courtesy of Encompass Support Services, Langley



Sweet Potato Fries

Ingredients

4 medium sized sweet potatoes
1 Tbsp olive oil
Rosemary
Salt and pepper to taste

Method

1. Preheat oven to 425 F
2. Cut sweet potatoes into wedges, place into a large bowl, and toss with oil and seasonings
3. Lay sweet potatoes in a single layer on a lined baking sheet
4. Bake for 30 minutes or until crispy.
5. Enjoy on their own, or with some of the dips in this collection.

Courtesy of Island Health - Baby & Me, Parksville

Recipes

Going Green Smoothie

Ingredients

1/2 cup of Water
2 cups of fresh spinach
1 cup of green grapes
1/2 cup of ice cubes
1/2 pineapple
1/2 a banana

Method

1. Layer ingredients in your blender in the listed order
2. Blend it up!



Courtesy of Encompass Support Services, Langley

Blueberry, Flax & Kale Super Smoothie

Ingredients

3-4 cups of fresh kale, stems removed
1 ripe banana
1 cup your favourite milk
2 Tbsp ground flaxseed
1 cup of fresh blueberries
Ice cubes

Method

1. Add ingredients to your blender, making sure the kale is at the bottom
2. Blend it up!



Courtesy of Seniors Outreach & Resource Centre, Kelowna

Recipes

Egg Salad Sandwich

Ingredients

4 eggs
8 slices of your favourite, organic bread
4 tsp mayonnaise
4 slices of fresh tomatoes
Dill
Fresh lettuce leaves

Method

1. Hard boil your eggs to your liking.
2. Peel and mash them, and mix in the mayonnaise and dill
3. Build your sandwich with tomatoes and lettuce
4. Serve with a side of homemade sweet potato fries, or fresh veggie sticks.

Chicken Quesadilla

Ingredients

4 whole wheat tortillas
6 Tbsp of salsa (you can make this with market produce)
1/2 cup cooked chicken, shredded
1/2 cup black beans
1/2 onion, thinly sliced
1/2 fresh pepper
1 cup of grated cheese

Method

1. Preheat your oven to 350 F
2. Layer all your ingredients on a tortilla
3. Cover that with a second tortilla to make a sandwich
4. Bake for 15 minutes, carefully remove, and cut into triangles.

Salmon or Tuna Sandwich

Ingredients

1 can of salmon or tuna, drained
3/4 cup greek yogurt
1 Tbsp mayonnaise
1 tsp mustard
1 tsp dill
1/4 tsp pepper
1/4 onion, finely chopped
Spinach leaves, or another salad green
Your favourite organic bread

Method

1. Mix the first 7 ingredients together
2. Build your sandwich and add your favourite veggies like spinach, tomatoes, shredded beets, or pea shoots
3. Serve with a side of homemade sweet potato fries or cucumber sticks.

Recipes

Bean Burrito

Ingredients

4 whole wheat tortillas
1/2 cup homemade salsa
1/2 cup mashed kidney beans, or your favourite legume
1 carrot, grated
1 tsp chili powder
1 tsp cumin
1/4 cup green onions, chopped
1 cup cheese, grated

Method

1. Combine kidney beans, salsa, carrot, and spices in a bowl
2. Place in the middle of your tortilla
3. Sprinkle cheese and onion over the top
4. Roll it up!

Courtesy of Island Health - Baby & Me, Parksville



Crescent Roll Pizza with Veggies

Ingredients

18 oz. can pizza dough, or homemade
4 oz. cream cheese with fresh herbs and crushed garlic mixed in
2 Tbsp chopped fresh chives
2 Tbsp chopped fresh dill
1 cup broccoli, chopped small
1/2 cup shredded carrots
1/2 cup diced peppers - any colour
2 Tbsp diced red onion
Any other veggies you love

Method

1. Move oven rack to the middle position and preheat to 350 F. Line a baking sheet with parchment or silicone mat
2. Roll out pizza dough onto prepared baking sheet. Pinch the seams together and bake for about 7-8 minutes until golden brown. Remove from oven and cool completely
3. Once the crust is cooled, add cream cheese, chives and dill into a bowl and mix. Spread on the pizza dough and top with your veggies and press down lightly
4. Slice and enjoy!

Courtesy of Island Health - Baby & Me, Parksville

Recipes

Stovetop Pizza

Ingredients

18 oz. can pizza dough, or homemade
4 oz. cream cheese with fresh herbs and crushed garlic mixed in
2 Tbsp chopped fresh chives
2 Tbsp chopped fresh dill
1 cup broccoli, chopped small
1/2 cup shredded carrots
1/2 cup diced peppers - any colour
2 Tbsp diced red onion
Any other veggies you love

Method

1. Move oven rack to the middle position and preheat to 350 F. Line a baking sheet with parchment or silicone mat
2. Roll out pizza dough onto prepared baking sheet. Pinch the seams together and bake for about 7-8 minutes until golden brown. Remove from oven and cool completely
3. Once the crust is cooled, add cream cheese, chives and dill into a bowl and mix. Spread on the pizza dough and top with your veggies and press down lightly
4. Slice and enjoy!

Courtesy of Island Health - Baby & Me, Parksville

Cucumber Bruschetta

Ingredients

1 fresh tomato, diced
1 cucumber, diced
1 clove of garlic, minced
3 Tbsp chopped basil
1 Tbsp olive oil
2 tsp red wine vinegar
salt and pepper to taste
1 baguette
olive oil
1 clove of garlic, peeled and whole

Method

1. Add the first seven ingredients in a bowl and gently toss to combine
2. Slice the baguette into 3/4" slices and brush the top with olive oil
3. Broil for 2-3 minutes until lightly toasted. When it's cool enough to touch, rub the top with the fresh clove of garlic
4. Spoon the cucumber mix over the bread and serve.

Courtesy of Prince George Native Friendship Centre, Prince George

Recipes

Broccoli Frittata

Ingredients

1 broccoli head
1 Tbsp vegetable oil
1 cup white onions, sliced
2 cloves of fresh garlic, minced
1/2 red pepper, sliced into strips
6 large eggs
1/4 cup of milk
1/2 cup cottage cheese
pinch ground nutmeg
salt and pepper to taste
1/4 cup cheese

Method

1. Rinse broccoli and cut stems and florets into 2 cm pieces
2. In a non-stick skillet, heat oil, add onion and garlic and cook over medium heat for about 2 minutes
3. Add the peppers and broccoli and stir-fry until tender crisp
4. Beat together the eggs, milk, cottage cheese, nutmeg and salt and pepper in a separate bowl, and pour over the veggie mixture
6. Cover with a lid, and cook over medium-low heat for 5 to 10 minutes, or until set but slightly moist on top
7. Sprinkle with cheese and broil for 2 - 3 minutes until melted and brown
8. Loosen the edges, cut into pie shaped wedges, and serve with a crunchy salad.



Courtesy of Island Health - Baby & Me, Parksville

Recipes

One Pan Pasta

Ingredients

12 ounces linguine
12 ounces cherry or grape tomatoes, halved
1 can black beans, rinsed
1 onion, thinly sliced
6 cloves of fresh garlic, smashed and sliced
1/2 tsp red pepper flakes
2 sprigs of basil, torn
4 1/2 cups of water
salt and pepper to taste
2 Tbsp olive oil
1 cup grated cheese

Method

1. Combine the first 9 ingredients into a large, straight sided skillet
2. Bring to a boil over high heat and once boiling, cook for about 9 minutes turning frequently with tongs, until pasta has cooked and water is nearly gone
3. Add the black beans
4. Taste test the pasta to make sure it's cooked and drizzle a little olive oil
5. Remove from heat, add grated cheese on top and garnish with some basil and fresh sliced tomatoes
6. Serve with a side of crunchy salad!

Mexican Spaghetti

Ingredients

2 small spaghetti squash
1/2 onion, diced
1/2 tsp olive oil
3 cloves of garlic, minced
1 cup of fresh corn
1 red pepper, diced
1 cup cooked black beans
8 oz can of tomato sauce
1/2 cup of grated cheese
2 tsp chili powder
2 tsp cumin
2 tsp ground coriander
1/2 cup chopped cilantro

Method

1. Preheat oven to 425 F
2. Cut spaghetti squash in half, scrape out the seeds, and microwave for 10 minutes
3. Make the filling by sauteeing the onion in a skillet for 2 minutes, add the garlic and saute for another 3 - 4 minutes. Then add the corn and peppers and saute for another 5 minutes
4. Add the beans, spices and tomato sauce and bring to a simmer. Turn off heat and stir in cilantro
5. Once the squash is done, carefully use a fork to fluff the edges and stir the inside. Add a little filling at a time, top with cheese, and bake for 20 minutes
6. Garnish with fresh cilantro and serve!

Recipes

Skillet Lasagna

Ingredients

1 onion, diced
2 cloves of fresh garlic, minced
1 Tbsp oil
1 lb ground beef
1 bunch of spinach, collard greens or beet greens
10 lasagne noodles, broke into 1 inch bits
2 x 14 oz cans of diced tomatoes
1/2 cup water
1 Tbsp dried oregano
1 cup ricotta or cottage cheese
1/4 cup grated cheese

Method

1. Heat oil in a non-stick frying pan on medium-high heat. Add the onion and garlic and saute for about 5 minutes, or until the onion is translucent
2. Add the ground beef and stir to break up, cook until brown for about 5 minutes
3. Add the noodles, water, tomatoes and seasoning
4. Cover and simmer for 20 minutes, checking once or twice during this time to check if more water is needed. If so, add 1/4 cup at a time
5. Drop large blobs of ricotta cheese over the lasagne, and sprinkle with parmesan cheese.
6. Remove from heat, let it melt, serve and enjoy!



Courtesy of Island Health - Baby & Me, Parksville

Recipes

Zucchinioli - Zucchini Ravioli with Spinach and Ricotta Filling

Ingredients

Zucchini Ravioli

4 medium zucchinis
1 cup ricotta cheese
1/4 cup parmesan cheese, grated
1 fresh egg
1/4 cup fresh spinach
2 Tbsp fresh basil, chopped
1/4 tsp nutmeg
1/4 tsp salt
1/8 tsp pepper
1 1/2 cups of marinara sauce

Toppings

1/2 cup mozzarella, grated
2 Tbsp parmesan cheese, grated
2 tsp olive oil
salt and pepper, to taste
fresh basil

Method

1. Preheat the oven to 375 F
2. Using a potato peeler, slice the two sides of each zucchini into thin flat strips, peeling until you reach the center. You will end up with 50-60 slices
3. In a small mixing bowl, combine the ricotta, parmesan, egg, spinach, basil, nutmeg, salt and pepper. Separately, fill the bottom of a 9×13 baking dish with the marinara sauce. You can also portion control the ravioli by splitting them up between smaller baking dishes
4. To assemble the zucchini ravioli: overlap two strips of squash then overlap two more strips perpendicular on top of the first strips, creating a T shape. Spoon 1 tablespoon of filling in the center of the squash then bring the ends of the strips together, overlapping each other. Turn the ravioli over and place in the baking dish to seal the bottom.
5. Top with olive oil, mozzarella, more parmesan, salt and pepper
6. Bake the zucchini ravioli for 30 minutes, until the zucchini is al dente and the cheese on top is turning golden brown. Serve with more marinara sauce, parmesan and fresh basil.

Recipes

Grilled Chicken Ratatouille

Ingredients

3 tablespoons extra-virgin olive oil
3 tablespoons chopped fresh basil
1 tablespoon chopped fresh marjoram
1 teaspoon salt
Canola or olive oil cooking spray
1 red bell pepper, halved lengthwise, stemmed and seeded
1 small eggplant, cut into 1/2-inch-thick rounds
1 medium zucchini, halved lengthwise
4 plum tomatoes, halved lengthwise
1 medium red onion, cut into 1/2-inch-thick rounds
4 boneless, skinless chicken breasts, (about 1 1/4 pounds), trimmed and tenders removed
1/4 teaspoon freshly ground pepper
1 tablespoon red-wine vinegar

Method

1. Preheat grill to medium-high
2. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside
3. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and charred in spots, about 5 minutes per side for the pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion
4. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4 to 5 minutes per side.
5. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille

Recipes

Glazed Turnips

Ingredients

3 bunches baby hakurei turnips, baby turnips, or red radishes, greens removed and set aside
1/4 cup unsalted butter
3 tablespoons sugar
kosher salt

Courtesy of Denman Island Community Education Society, Denman Island

Method

1. Place turnips in a large skillet; add water to cover turnips until just halfway covered, or slightly less
2. Add butter, sugar, and a large pinch of salt; bring to a boil
3. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes
4. If turnips are tender before liquid has reduced, use a slotted spoon to take them out- continue to reduce the liquid until syrupy, then return turnips to pan and stir to coat well
5. Add turnip greens to the same skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes

Oven Roasted Sweets and Beets

Ingredients

6 medium sweet potato
2 medium beet
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon sea salt
1 tablespoon coconut oil

Method

1. Preheat oven to 400 degrees
2. Chop up sweet potatoes and beets into bite size chunks.
3. Place onto a cookie sheet lined with parchment paper and sprinkle with seasonings and oil.
4. Mix together and then place into oven.
5. After 20 minutes of baking give the sweets and beets a toss.
6. Bake for another 20-25 minutes or until slightly browned.

Courtesy of Prince George Native Friendship Centre, Prince George

Recipes

Salmon Chowder

Ingredients

2 cups chicken or veggie broth
1 Tbsp olive oil
1 large onion, diced
1 fennel bulb, trimmed and diced
2 carrots, diced
2 cloves garlic, minced
1 large russet potato, skin on, diced
1 1/2 cups of corn
1 bay leaf
150g fresh salmon, or 1 can
2 cups canned milk
Thymes or chives to taste
Salt and pepper to taste



Method

1. Heat a large pot on medium high. Add the olive oil once it's hot, and the vegetables as they are prepped. Stir well with each new veggie.
2. Add the bay leaf and broth and bring to a boil. Cover the pot, reduce heat to medium, and simmer for about 10 minutes, or until the vegetables are tender.
3. Stir in the salmon and be sure to fully submerge so it can cook through. Simmer for 10 minutes or until the salmon is cooked.
4. Add the milk and bring to a hot, eating temperature, but do not boil.
5. Season with salt and pepper, and garnish with herbs.

Recipes

Minestrone Soup

Ingredients

2 Tbsp oil
1/2 medium onion, finely chopped
1 clove garlic, minced
3 cups stock
2 medium carrots, sliced
540ml can tomatoes
1 bunch of fresh basil, or dried
2 leaves of fresh sage, or dried
2 cups zucchini, thinly sliced
398 ml can kidney beans, rinsed
1 cup pasta, spirals, shells or macaroni

Method

- 1.** In a large pot, heat the oil over medium heat. Add the onion and garlic and cook until onion is lightly browned.
- 2.** Add the stock or water, carrots and tomatoes. Bring to a boil. Turn down to medium heat and cook, partially covered, for 15 minutes.
- 3.** Add the zucchini, beans and pasta. Cook for 10 minutes longer.
- 4.** Throw in the basil and sage, season with salt and pepper, and stir well.
- 5.** If the soup seems too thick, thin it out with some more water, adding just a little at a time, and season to taste.
- 6.** Garnish with parmesan, and serve with fresh bread.



Courtesy of Island Health - Baby & Me, Parksville