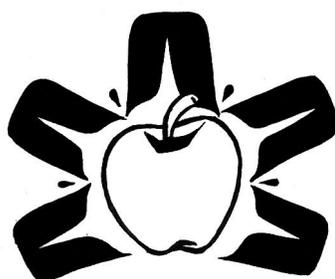


# SETTING THE TABLE

*Enjoying, Exploring & Sharing Food*



**~ A Resource Guide for Community Food Educators ~**

**Created By:** Tracy Horner Cullen MS, RD and the Community Food Educators at VIHA, Victoria Native Friendship Center, Pacheedaht and T'Sou-ke First Nations

**March 21, 2013**

# SETTING THE TABLE

## *Enjoying, Exploring & Sharing Food*

*Setting the Table* is a collaborative project between the Victoria Native Friendship Centre (VNFC), the Pacheedaht First Nation, T'Sou-ke First Nation and the Vancouver Island Health Authority (VIHA) Aboriginal Community Nutritionist. Our goal is to bring our community members together around food. We hope to inspire people to taste, explore and enjoy local foods. We want to spark energy around new foods, recipes and sharing of new and old ways.

### We have heard what you are saying:

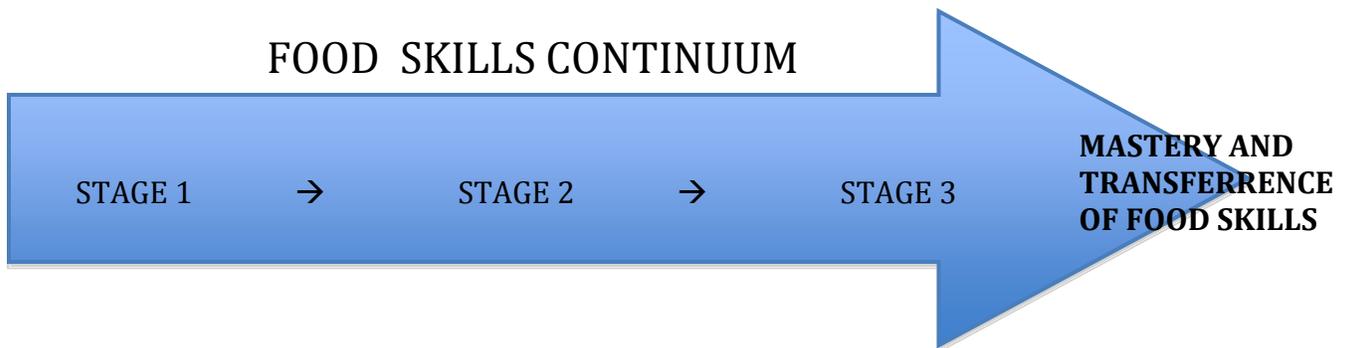
- ❖ Many people don't get enough vegetables, fruits or low-fat, high-quality protein in their diet that can put their bodies at risk for chronic diseases.
- ❖ In addition, many people today grow up in a food system that is full of processed and ready-prepared foods. We are eating too many of these foods that are high in fat, sugar and preservatives. This can be especially harmful to our children and youth, as their growing bodies and small bellies need good, healthy foods that are full of vitamins, minerals and fibre.
- ❖ Many people in our communities are living on a fixed income and the need for emergency food is very high. We see that many people have bare shelves for the last 1-2 weeks of the month.
- ❖ At the same time, there are many people in our community who buy Good Food Boxes or are keen to learn more about vegetables and fruits.
- ❖ In addition, we have heard that many people have expressed the desire for more recipe ideas, tips in the kitchen, and development of their food skills.
- ❖ We want to work together to empower our communities around food tasting, food skills, knowledge, food shopping and local food planning.

*"Everyone, not just those who can afford it, should have access to good food. Our goals with this guide is to expose our community to new, healthy foods that will nourish their minds, bodies and spirits."*

**We have created a tool to enhance food skills, providing monthly recipes, ideas and tips for using healthy foods in your clients' kitchens!**

## Exploring Food... The Food Skills Continuum

- ❖ One of the easiest, healthiest and most natural ways of eating is to choose whole foods that are in season and come from our local farms, forests and seas.
- ❖ However, without essential food skills, it is very difficult for an individual or family to eat in this way. Sourcing, buying, preparing, and preserving whole foods takes skill and time. This guide hopes to bring some of the information and teachings about whole foods, and provide simple information and recipes that can be used to enhance one's food skills over time.
- ❖ The Individual's Food Skills Continuum is a framework that shows the road to Community Food Skills, an essential and often overlooked component of Community Food Security. Individual Food Skills are tasks employed over time to assist an individual to realize and harness their community's collective knowledge about food.
- ❖ This Continuum was modeled on The Community Food Security Continuum,<sup>1</sup> first introduced in 1994. These two models are meant to work in tandem and complement each other.
- ❖ **The development of food skills is an essential part of healthy eating.** Many of us were not taught food skills, nor are aware enough of our own food system to prepare healthy meals for our families or ourselves.
- ❖ **The good news is that these skills can be learned and you can start anywhere!**



### **STAGE 1: Familiarity**

- ❖ New Food Exposure
- ❖ Raw Food Tastings
- ❖ Learning about Seasonality & Local Food Shed
- ❖ Reading recipes
- ❖ Learning simple kitchen techniques
- ❖ Learning about traditional food practices from Elders parents & family members

### **STAGE 2: Integration**

- ❖ Independent simple food preparation working up to more creative and advanced food preparation
- ❖ Setting up your kitchen with tools
- ❖ Building confidence in the kitchen
- ❖ Sharing enthusiasm with others, including children

### **STAGE 3: Personal Redesign**

- ❖ Mastery of advanced food preparation and skills
- ❖ Growing/ harvesting food
- ❖ Preserving the harvest and planning for subsequent seasons
- ❖ Connecting with own community around food & transferring knowledge to others

<sup>1</sup> *Making the Connection: Food Security and Public Health*; Presented to the Ministry of Health Services by the Community Nutritionist Council of British Columbia; June 2004; pp.24.

## How to use this guide?

- ❖ This guide was developed to provide information about 12 different fruits and vegetables that are grown on Vancouver Island, and can be found year round.
- ❖ Every month, one fruit or vegetable is highlighted and information is provided on how to store and prepare this whole food. Nutrition information is also provided.
- ❖ This guide hopes to bring the “New ways and Old ways” together, so that we can relate to what might have been happening with the earth and our food supply in the days of our ancestors. Some of the activities are the same, and some are different.
- ❖ Each month also highlights three simple recipes that can be prepared in conjunction with the Meal Bag Program and the Good Food Box Program.
- ❖ **This guide can be used to move people along up the Food Skills Continuum.** It is important to assess where participants are on the continuum before using this guide.

## What are Meal Bags\*?

- ❖ Meal Bag recipes are marked in this guide by an asterisk (\*) after a recipe. Each month contains one-two meal bag recipes.
- ❖ Traditionally, a meal bag contained only non-perishable foods with a recipe, that is intended to contain all of the ingredients that an individual or family needs to cook the meal.
- ❖ The chosen recipe is typically a complete meal with a protein, carbohydrates and vegetables. Some of the recipes require additional foods like a glass of milk or slice of bread to make a healthy, balanced meal.
- ❖ Meal Bag recipes are always meant to be easily assembled with a limited kitchen using a stove top, oven or crock pot (one pot meal).
- ❖ The goods in the meal bag are usually similar to those one could obtain from community food resources such as a food bank so that the recipe can be reused.

## What is the Good Food Box?

- ❖ The Good Food Box is “a non-profit alternative distribution system for sustainably produced fruits and vegetables including local, regional, unsprayed, traditional and organic produce.” (taken from website)
- ❖ The Capital Region Good Food Society, who operates the Box program buys directly from farmers and wholesalers and get a delivery of bulk produce to their central packing and distribution center, located in Fernwood.
- ❖ They recruit volunteers to sort and pack individual boxes for distribution to community centers and individuals. By utilizing this alternative system, they can source local and in most cases unsprayed and organic produce for a fraction of the cost of traditional grocery stores. They estimate that buying your fruits and vegetables from the Good Food Box program, you can save 35-50%.
- ❖ Many community centers, including the VNFC, Pacheedaht and Tsouke First Nations are depots for purchasing and picking up the Good Food Box.
- ❖ For more information on the Good Food Box in Greater Victoria, see: [www.thegoodfoodbox.ca](http://www.thegoodfoodbox.ca)

## Resource Section ... What other topics to include?

There are many other things that contribute to how we eat and why. Below are 12 topics that have a significant effect on participant's diets. Please feel free to add to this workbook, by including information about any of these topics in a separate "Resource Section" behind the recipes. The intent is for this to be a working binder that can be added to over time and the information shared:

1. Aboriginal Cultural Considerations
2. Budgeting
3. Family Meals
4. Food Safe – What You Need to Know
5. Kids – Involving them in the Kitchen
6. Nutrients – Grains
7. Nutrients – Healthy Fats
8. Nutrients – Salt
9. Preserving the Harvest
10. Resources – Community, Books, Websites, etc.
11. Seasonality
12. Substituting Ingredients

## Acknowledgements

This guide is adapted and revised from the first *Beyond the Basics: Out of the cupboard and onto the Table* Meal Bag guide published in April 2006. Funding for the Meal Bag Program provided by VIHA – Aboriginal Health Initiatives Program. The recipes for the meal bag were contributed from Tara Stark, RD; Danielle Van Schaick, RD; Fiona Devereaux, RD, Lizz Lane, program participant and Elietha Bocskei, RD (2005-2006). The original book was compiled by Elietha Bocskei, ECD/ Slaheena Community Dietitian with the help and support of Bonnie Daychief, ECD Team Leader and Slaheena Coordinator, April 2006.

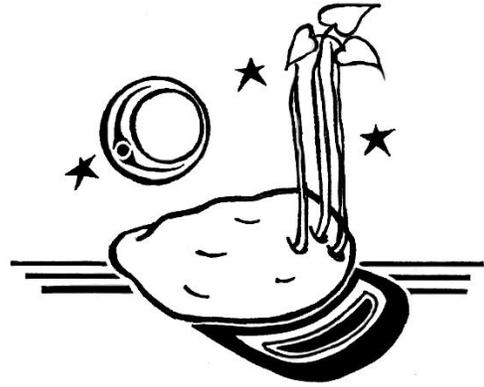
The format for this guide was in part inspired by the work of Just Food, Inc. (New York City, NY), *Veggie Tip Sheet Book*, Copyright Just Food 2005. [www.justfood.org](http://www.justfood.org)

All of the quotes in shaded boxes are direct quotes, and taken exactly from *The Saanich Year*, Author: Earl Claxton; Author/ Illustrator: John Elliot; Published by the Saanich Indian School Board, 1993.

The beautiful illustrations are by Beth Dunlop ([www.bethdunlop.com](http://www.bethdunlop.com)). Thank You!

This guide was conceived by the working group, particularly Margot Edwards (VNFC) and Fiona Devereaux, RD (VIHA). It was developed by Tracy Horner Cullen MS, RD, VIHA Community Nutritionist with Child, Youth & Family – Community Health.

# POTATO



*“Although fresh food hunting and fishing were done, people mainly relied on the wealth of fish and game (and other stored foods) that had been stored for the winter”*

## STORAGE

- ❖ Potatoes can be harvested in the fall and stored all winter in **cool, dry and dark places** for use in the colder months.
- ❖ Sunlight will cause potatoes to turn green and heat will cause sprouting and shriveling.
- ❖ The greener the potato turns, the more solanin (a toxin) it contains. Cut out any green parts before cooking and eating.

*“In our world this is the true beginning of the Year. The new moon signifies a change – our days are growing longer. Nature, the moons and the whole world are being reborn... the Earth starts to move closer to the sun once again. All things begin to warm up; everything in nature is being reborn.” – The Saanich Year, 1993*

## PREPARATION

- ❖ Wash potatoes in cool water, scrubbing with a brush to remove any dirt.
- ❖ Remove the eyes and any bad spots with the tip of a potato peeler or knife.
- ❖ Potatoes can be eaten **with or without the peel**. The peel of the potato contains **most of the nutrients**, so leaving the peels on is a great way of getting more vitamins and minerals.
- ❖ Peeled potatoes can turn dark if not cooked right away. To prevent this, toss the potatoes with some lemon juice. Soaking potatoes in water for a long time is not recommended as it can cause the vitamins to leach out of the potato.
- ❖ Potatoes can be eaten in lots of different ways. **The can be baked, boiled, steamed, sautéed, fried, mashed, and used in soups, stews and casseroles.**

## NUTRITION INFORMATION

- ❖ Potatoes with their skin on are very high in fibre, Vitamin C and potassium.
- ❖ Fibre is very good for regulating cholesterol and helps with digestion.
- ❖ Vitamin C is an important antioxidant and helps with wound healing.
- ❖ Vitamin C also helps our bodies to absorb iron – eating potatoes with protein will help your body to get more iron.
- ❖ Potassium is a key mineral in our body, and helps to regulate blood pressure.

# POTATOES THREE WAYS

CROCKPOT

## POTATO & SALMON HASH\*

1 box scalloped potatoes OR 1 ¼ pound potatoes, peeled and cut into quarters  
3 tablespoons oil (canola or olive)  
½ can tomatoes, Italian style OR ½ cup fresh tomato salsa (see recipe: July)  
2 cans salmon OR cooked/ smoked salmon, flaked  
1 Tablespoon Italian Seasoning  
¼ cup dried onion flakes OR 1 bunch fresh green onions, chopped  
Salt and pepper to taste

DIRECTIONS: If using fresh potatoes, boil them in a large pot of water for about 10-15 minutes until partially cooked, but still very firm. Drain and chop into very small pieces. If using scalloped potatoes, remove the dehydrated potatoes from the box and soak in warm water for about 10 minutes and then proceed. NOTE: Do not use the flavour packet(s) in this recipe. In a skillet, add the oil and onions and cook for 5-8 minutes until the onions soften. Add the potatoes along with the tomatoes or salsa, salt and pepper. Turn the heat up to medium high and continue cooking until the mixture fuses and becomes crispy on the bottom. Add the salmon and spices, and continue to cook, turning the hash over to crisp both sides. At this point you can put in the crockpot on low for several hours to keep warm.

RAW

## POTATO SALAD

2 pounds potatoes, washed with skins on  
2 bunch scallions, washed and chopped  
2 garlic cloves, minced  
2 Tablespoons favorite vinegar (sherry vinegar, balsamic, or white, etc.)  
¼ cup Olive Oil  
Salt and Pepper to taste

DIRECTIONS: Boil potatoes until you can just put a fork in them. Drain and when cool, chop into cubes and mix with the chopped scallions. In a separate bowl, mix together the garlic, oil, vinegar, salt and pepper. Add other vegetables if you like – peppers, carrots or raw celery make great crunchy additions. Pour over the warm potatoes, toss and enjoy!

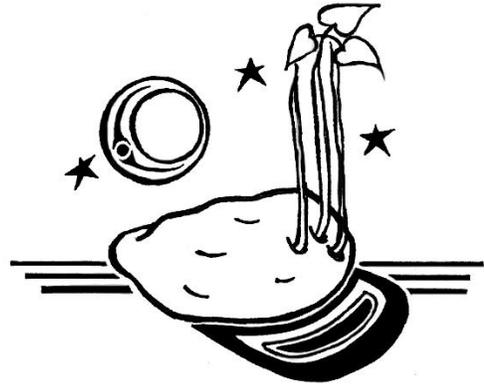
BAKED

## BAKED FRIES – TWO WAYS

4-5 large potatoes or sweet potatoes, washed and cut into wedges or chunks  
3 Tablespoons olive oil  
1 teaspoon garlic powder  
1 teaspoon favorite herbs (rosemary, dill, oregano, thyme, or basil)  
Salt and pepper to taste

DIRECTIONS: Preheat the oven to 375F. In a large bowl, mix together the oil, garlic powder, herbs and a pinch of salt and pepper. Add the cut potatoes, and stir to coat. Place the potatoes on a greased baking pan. Cook for about 30-40 minutes, stirring occasionally.

# POTATO HASH\*



POTATO

## INGREDIENTS

1 box scalloped potatoes OR 1 ¼ pound potatoes, peeled and cut into quarters

3 tablespoons oil (canola or olive)

½ can tomatoes, Italian style OR ½ cup fresh tomato salsa (see recipe: July)

2 cans salmon OR cooked/ smoked salmon, flaked

1 Tablespoon Italian seasoning

¼ cup dried onion flakes OR 1 bunch fresh green onions, chopped

Salt and pepper to taste

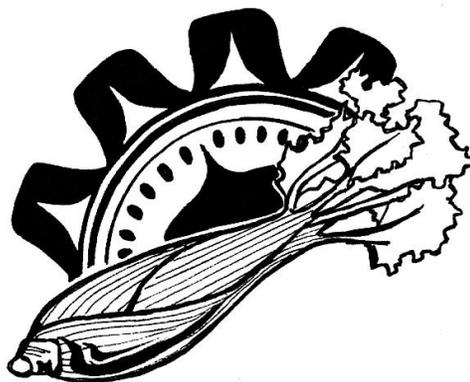
## DIRECTIONS

1. If using fresh potatoes, boil them in a large pot of water for about 10-15 minutes until partially cooked, but still very firm. Drain and chop into very small pieces.
2. If using scalloped potatoes, remove the dehydrated potatoes from the box and soak in warm water for about 10 minutes and then proceed. Do not use the flavour packet(s) in this recipe.
3. In a skillet, add the oil and onions and cook for 5-8 minutes until the onions soften. Add the potatoes along with the tomatoes or salsa, salt and pepper.
4. Turn the heat up to medium high and continue cooking until the mixture fuses and becomes crispy on the bottom.
5. Add the salmon and spices, and continue to cook, turning the hash over to crisp both sides.
6. At this point you can put in the crockpot on low for several hours to keep warm.

## NUTRITION TIPS

- ❖ Serve with a boiled egg for a healthy, low fat breakfast!

# CELERY



## STORAGE

- ❖ Celery takes a very long time to grow, and crops planted in the early spring will not be ready until late fall. Celery is a good food to be stored in the winter months.
- ❖ Unwashed celery will store well in a paper bag in the refrigerator drawer for 2 weeks or more.
- ❖ Celery leaves can be washed, dried and kept for use in soups or stews. To dry celery leaves, wash, pat dry and hang upside down in a cool, dry place until they are crispy. Keep the leaves in a container with a tight-fitting lid.

*“Once again the wonders of nature repeat an amazing process. Mother Earth warms up and the hibernating frogs wake up from their Winter sleep. The frogs announce to the world the coming of Spring. ...The appearance of the frog was a sign to... move more outdoors to prepare for the season when the Salmon People would return.” – The Saanich Year, 1993*

## PREPARATION

- ❖ Celery is easy to prepare. Break off the stalks at the base and wash. Cut off and compost the very bottom part of the stalk.
- ❖ Celery can be eaten **raw or cooked, and both the leaves and stalks are edible.**
- ❖ Celery sticks make a **great raw snack.** Try spreading peanut butter or cream cheese on celery sticks, or cut up the stalks and add crunch to salads.
- ❖ To **cook the leaves**, wash and chop up finely. Then, add to soups or stews.
- ❖ To **cook the stalks**, cut them in diagonal pieces and add to stir fries, meat or vegetable dishes, casseroles or soups. When celery is cooked, its flavor mellows.
- ❖ If the stalks become limp, you can revive them by soaking in ice water. Then enjoy raw or cooked.

## NUTRITION INFORMATION

- ❖ Celery is a good source of Vitamins C and K as well as Folate and Potassium.
- ❖ Vitamin C is a good antioxidant and helps in wound healing and iron absorption.
- ❖ Vitamin K is involved in blood clotting.
- ❖ A healthy diet with enough folate may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal cord.

# CELERY THREE WAYS

## NO HAMBURGER HELPER\*

- 2 cups macaroni
- 1 can diced tomatoes OR 1 cup whole tomatoes, chopped
- 1 can kidney beans
- 1 can mushroom stems and pieces, drained OR 1 cup fresh mushrooms, chopped
- 1 can mixed Vegetables, drained OR 1 cup fresh, mixed vegetables (TRY: celery, spinach, onions, peppers, etc.)
- ½ Lb. lean ground beef or turkey OR 1 package firm tofu, crumbled
- 1 tablespoon low-salt Italian seasoning

DIRECTIONS: If you are cooking with raw meat, cook first and set aside. Then, boil water in a large pot and cook macaroni until just tender. While the noodles are cooking, mix all of the other ingredients together in a large saucepan. Bring to a boil, and then simmer until the flavors are mixed and the vegetables are cooked. Drain the macaroni and add to the other ingredients. If using a crockpot add all raw ingredients together and simmer on low for 5-6 hours.

## HOMEMADE VEGGIE DIP

- ½ cup cottage cheese
- 1 cups plain yogurt
- 1 green onion, chopped
- 1 teaspoons dill, dried
- 1 teaspoons lemon juice
- Pinch Salt and Pepper

DIRECTIONS: Combine all ingredients in a bowl and mix. Veggie dip is great to serve with fresh, cut up vegetables such as celery sticks, carrot sticks, pepper wedges, cherry tomatoes, or broccoli or cauliflower florets. Kids love to dip too! Invite your kids to make this dip with you and then send to school with their favorite vegetable.

## FIONA'S PEANUT BUTTER BALLS\*

- 2 cups peanut butter
- 1 cup raw oatmeal
- 1 cup raisins or dried cranberries
- ½ cup chocolate chips
- 1 cup shredded coconut
- OPTIONAL: 1 cup toasted sesame seeds

DIRECTIONS: In a large bowl, mix together the peanut butter and oatmeal. Add the raisins or cranberries, chocolate chips and coconut. Use a teaspoon to measure out one ball – it should be about ½ inch in diameter. Roll in your hands, and then roll in sesame seeds to coat. The Peanut Butter Balls last about 1 week in the refrigerator, and makes a great protein-packed lunch or after school snack. Try them with celery sticks – delicious!

CROCKPOT

RAW

BAKED

# NO HAMBURGER HELPER\*



## INGREDIENTS

2 cups macaroni

1 can diced tomatoes OR  
1 cup whole tomatoes, chopped

1 can kidney beans

1 can mushroom stems and pieces, drained OR 1 cup fresh mushrooms, chopped

1 can mixed Vegetables, drained OR 1 cup fresh, mixed vegetables  
(TRY: celery, spinach, onions, peppers, etc.)

½ Lb. lean ground beef or turkey OR 1 package firm tofu, crumbled

1 tablespoon low-salt Italian seasoning

## DIRECTIONS

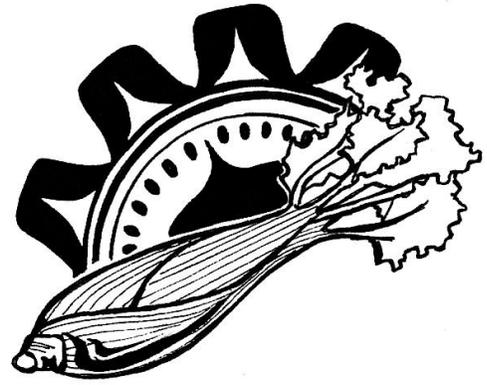
1. If you are cooking with raw meat, cook first and set aside. Then, boil water in a large pot and cook macaroni until just tender.
2. While the noodles are cooking, mix all of the other ingredients together in a large saucepan.
3. Bring to a boil, and then simmer until the flavors are mixed and the vegetables are cooked.
4. Drain the macaroni and add to the other ingredients.
5. If using a crockpot add all raw ingredients together and simmer on low for 5-6 hours.

## NUTRITION TIPS

- ❖ This version of the classical hamburger helper is still a great source of protein and iron but has no saturated fat that makes it healthier for your whole family.
- ❖ Serve this recipe with a tall glass of milk and a half a plate of salad for a complete and delicious meal.

# CELERY

## FIONA'S PEANUT BUTTER BALLS\*



### INGREDIENTS

2 cups peanut butter

1 cup raw oatmeal

1 cup raisins or dried cranberries

½ cup chocolate chips

1 cup shredded coconut

OPTIONAL: 1 cup toasted sesame seeds

### TIPS

*This fun, messy recipe is a great one to try with kids. Kids love to help in the kitchen! Be sure to wash hands and an adult should supervise the food processor.*

*If kids help to make the food, they are far more likely to eat it!*

### DIRECTIONS

1. In a large bowl, mix together the peanut butter and oatmeal.
2. Add the raisins or cranberries, chocolate chips and coconut.
3. Use a teaspoon to measure out one ball – it should be about ½ inch in diameter.
4. Roll in your hands, and then you can roll them in the sesame seeds to coat.
5. Peanut Butter Balls will last about 1 week in the refrigerator.

### NUTRITION TIPS

- ❖ Peanut Butter Balls make a great protein-packed lunch or after school snack.
- ❖ Try them with celery sticks for some added vitamins – delicious!

# SPINACH



## STORAGE

- ❖ This is the time of the first spring greens, and gathering nettle.
- ❖ Spinach is a spring green that is very healthy and abundant this time of year.
- ❖ Store spinach and all tender greens in a **damp towel or an open plastic bag** in the refrigerator drawer. It will last about 1 week. You can often **revive wilted leaves** by soaking in ice water for 2-3 minutes. Be sure to dry the leaves well again before storing to avoid rotting.
- ❖ Blanched spinach freezes very well. To blanch, immerse in boiling water for 1-2 minutes and then immediately rinse in cold water. Drain and store in freezer.

*“Just as our people open their hands upwards to show thanks, the plants and flowers bud and open their leaves to the world. Not only is there less rain but warmer weather which helps to dry the land. This also enables better drying and preservation of food. ...Clams, oysters and mussels are at their best this time of year.”*  
 – The Saanich Year, 1993

## PREPARATION

- ❖ NOTE: Nettle cannot be eaten raw. Boiled or steamed nettle leaves taste very similar to spinach and can be used in many of the same ways (see below).
- ❖ Rinse spinach greens in cool water. Remove all tough stems and dead leaves.
- ❖ Spinach can be eaten **raw or cooked**. Cooked spinach reduces by about 75%.
- ❖ **Raw spinach** is great in salads or in sandwiches.
- ❖ **Cooked spinach** is very versatile and can add lots of nutrients to lasagna, pizza, casseroles, and many other dishes. Cooked spinach is very good on its own, sautéed with a bit of garlic.
- ❖ To maintain the most nutrition, rinse spinach but do not pat dry. Put into fry pan while still damp and cook as desired.

## NUTRITION INFORMATION

- ❖ Spinach, Nettle and other leafy greens are an excellent source of Vitamins A, C, K, folate and a good source of Potassium and Iron.
- ❖ Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.
- ❖ Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia.
- ❖ Spinach contains oxalic acid that can inhibit the absorption of calcium.

# SPINACH THREE WAYS

## HEALTHIER MR. NOODLES\*

- ½ package Asian noodles
- 1 can salmon, tuna or chicken
- 2 low-sodium vegetable bouillons; OR 4 cups low-salt vegetable stock (see the Tip Sheet in May for how to make your own vegetable stock)
- 1 can mixed vegetables OR 2 bunches fresh spinach or steamed nettle
- 1 tablespoon green onion flakes OR 1 bunch green onions, chopped
- 1 teaspoon parsley flakes OR ½ bunch fresh parsley, washed and chopped

DIRECTIONS: Boil water or stock in a medium-sized pot. Add bouillon to water if using. If using fresh greens and green onions, add now to cook. Add Asian noodles and cook for about 2-3 minutes. Turn off the heat and add the fish and parsley. Mix to combine.

## SPINACH SALAD WITH BERRIES & NUTS

- 1-2 bunches spinach, washed and trimmed
- ½ cup favorite nuts (sliced almonds, walnuts, pine nuts, etc.)
- ½ cup favorite berries (strawberries, blueberries, blackberries, etc.)
- 2 cloves garlic, minced
- 1 teaspoon sugar
- 2 tablespoons oil, such as canola or olive
- 3 teaspoons vinegar (Balsamic, wine, white, apple cider, raspberry, etc.)
- Salt and pepper

DIRECTIONS: Break the spinach into small pieces and put into a bowl. In a small container with a lid, mix together the garlic, sugar, vinegar, oil and a pinch of salt and pepper. Shake to combine, and pour over greens. Toss the salad and then top with the nuts and berries.

## EASY SPINACH LASAGNA

- 1 tablespoon oil, such as canola or olive
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 lb. lean or extra lean ground beef or turkey
- 1-2 bunches spinach or nettles, washed and trimmed, steamed
- 10 lasagna noodles, uncooked and broken in half
- 2 cans of tomatoes; OR 2 cups whole tomatoes, chopped
- ½ cup water
- 1 tablespoon dried oregano; 3 tablespoons fresh oregano
- 1 cup ricotta or cottage cheese
- ½ cup Parmesan cheese, grated

DIRECTIONS: Preheat oven to 350F. Heat oil in a small fry pan and cook onions and garlic. Then add meat to brown. Transfer this mixture to a large baking dish and mix together with rest of ingredients except the cheeses. Cover and bake for 40 minutes, stirring occasionally. Extra water may be needed to prevent sticking. Uncover and drop large spoonfuls of ricotta cheese over the lasagna. Sprinkle Parmesan over the top and let it melt briefly.

CROCKPOT

RAW

BAKED

# HEALTHIER MR. NOODLES\*



SPINACH

## INGREDIENTS

½ package Asian noodles

1 can salmon, tuna or chicken

2 low-sodium vegetable bouillons; OR 4 cups low-salt vegetable stock (see “May” for a recipe on how to make your own vegetable stock)

1 can mixed vegetables OR 2 bunches fresh spinach or steamed nettle

1 tablespoon green onion flakes OR 1 bunch green onions, chopped

1 teaspoon parsley flakes OR ½ bunch fresh parsley, washed and chopped

### TIPS

*This recipe can be used with any leftover meat. Try it with chicken, pork or beef.*

## DIRECTIONS

1. Boil water or stock in a medium-sized pot.
2. Add bouillon to water if using.
3. If using fresh greens and green onions, add now to cook.
4. Add Asian noodles and cook for about 2-3 minutes.
5. Turn off the heat and add the salmon and parsley.
6. Mix to combine.

## NUTRITION TIPS

- ❖ Regular Mr. Noodles has unhealthy trans fats in it and is low in vitamins and minerals.
- ❖ This homemade version is almost as quick to make and it is nutritious and delicious!
- ❖ Canned salmon with bones is a good source of calcium. It is also a protein food and a good source of Omega-3 Fatty Acids, which are important in brain health.

Recipe adapted from: Fiona Devereaux, 2004 Best Buys for The Big Grocery Shop: Great Tasting and Healthy Cooking Ideas for You and Your Family.

# ONION



APRIL

*...Onion, like garlic and chives, belong to the Lily family. It is not known when or where onions were first cultivated, only that they have been used for food and medicine for thousands of years...*

## STORAGE

- ❖ Dried bulb onions will **store for several months** in a cool, dry, ventilated place. Warmth and moisture will cause sprouting.
- ❖ Store cut onions tightly wrapped in plastic in the refrigerator to avoid the onion smell from transferring to other food.
- ❖ Do not store onions near potatoes, as they cause spoilage.

*“This is the season where good weather is the norm and these warm days can bring sudden thunder and lightning storms. Our people would now spend more time on and around the water. ... (This is the moon for) ... gathering bullheads from under the rocks ... this is also a time for harvesting seaweed.” – The Saanich Year, 1993*

## PREPARATION

- ❖ Cut the top and bottom off the onion, using a sharp knife and a cutting board. Carefully remove the outer paper-like skin. Chop or slice as desired.
- ❖ To reduce the fumes that cause your eyes to burn, chill the onions in the refrigerator, and use a very sharp knife.
- ❖ Onions are very versatile, and are often the basis of any good dish. You can use them in almost any dish with success.
- ❖ The longer onions cook (over a low flame), the sweeter they become. To caramelize onions, cook in a pan over low heat for 10 minutes or more until they become brown and sweet.

## NUTRITION INFORMATION

- ❖ Onions contain moderate amounts of Vitamin C and Quercetin – both antioxidants.
- ❖ Quercetin is a flavonoid that also acts like an antioxidant. Antioxidants help prevent cell and tissue damage that could cause tissue damage.

# ONIONS THREE WAYS

CROCKPOT

## EASY CHICKEN & RICE CASSEROLE\*

2 cans chicken OR 1 cup leftover chicken or turkey  
2 cups water  
2 low-salt chicken bouillon cubes OR 4 cups low-salt chicken broth  
1 1/3 cup long grain brown rice  
1 can mushroom pieces, drained OR 1 cup fresh mushrooms, chopped  
1 can peas, drained OR 1 cup fresh or frozen peas  
1 can corn, drained OR 1 cup frozen corn  
2 tablespoons onion flakes OR 2 large onions, chopped and sautéed  
1/2 teaspoon thyme  
1/2 teaspoon rosemary

DIRECTIONS: Preheat oven to 375F. Cook onions in frying pan for about 10 minutes until nicely brown. Meanwhile, boil 2 cups water and dissolve bouillon (or 4 cups broth). Mix all ingredients in a large bowl and then transfer into a casserole or crockpot. Bake, covered for 1 hour in the oven or 5-6 hours on high in a crockpot until rice is done.

RAW

## HEALTHY SEVEN LAYER DIP

1 large red onion, chopped very finely  
1 bunch green onions, washed and chopped  
1/2 cup grated cheddar cheese  
1/2 cup low-fat plain yogurt or sour cream  
1 avocado, de-pitted and sliced  
1 large tomato, chopped  
1 can beans (refried beans, kidney beans, or black beans)

DIRECTIONS: Gather all ingredients, and then assemble as desired in a glass serving dish. Beans usually go well on the bottom, but the combinations are limitless! Serve with pretzels, raw vegetables or baked tortilla chips.

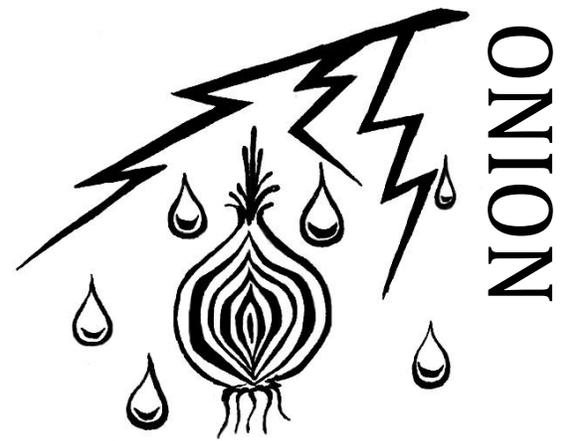
BAKED

## EVERYTHING BUT THE KITCHEN SINK OATMEAL COOKIES\*

1/2 cup soft butter	1 teaspoon cinnamon
1 cup brown sugar	1/2 teaspoon baking soda
1 egg	2 1/2 cups rolled oats
1/4 cup water	OPTIONAL: 1/2 cup coconut; 1/2 cup raisins;
1/2 cup whole wheat flour	1/4 cups walnut pieces; 1/2 cup chocolate chips;
1/2 cup white flour	1/4 cup sunflower seeds

DIRECTIONS: Preheat oven to 375F. Beat the butter and sugar, and then beat in the egg and water. In a separate bowl, mix the flour, cinnamon and baking soda together. Add this to the butter mixture and beat well. Now gently stir in any of the rest of the optional ingredients. Drop the dough by tablespoons into a greased cookie sheet. Bake 8-10 min.

# EASY CHICKEN & RICE CASSEROLE



## INGREDIENTS

2 cans chicken OR 1 cup leftover chicken or turkey  
2 cups water  
2 low-salt chicken bouillon cubes OR 4 cups low-salt chicken broth  
1 1/3 cup long grain brown rice  
1 can mushroom pieces, drained OR 1 cup fresh mushrooms, chopped  
1 can peas, drained OR 1 cup fresh or frozen peas  
1 can corn, drained OR 1 cup frozen  
2 Tablespoons onion flakes OR 2 large onions, chopped and sautéed  
½ teaspoon thyme  
½ teaspoon rosemary

## TIPS

*This recipe takes just minutes to throw together, but it takes over an hour to bake so try and pop it in the oven before your kids start to get hungry. The smell of it cooking will stimulate their appetites!*

*This is a great way to use leftover chicken. Replace canned chicken with leftover chicken cut into bite sized pieces.*

## DIRECTIONS

1. Preheat oven to 375F.
2. Cook onions in frying pan for about 10 minutes until nicely brown.
3. Meanwhile, boil 2 cups water and dissolve bouillon (or use 4 cups broth).
4. Mix all ingredients in a large bowl and then transfer into a casserole or crockpot.
5. Bake, covered for 1 hour in the oven or 5-6 hours on high in a crockpot until rice is done.

## NUTRITION TIPS

- ❖ Serve this meal with a half plate of vegetables and a glass of milk for a complete meal.

Recipe Adapted from: Dietitians of Canada, Cook Great Food 2001, Roberta Rose.

# EVERYTHING BUT THE KITCHEN SINK OATMEAL COOKIES



## INGREDIENTS

½ cup soft butter  
1 cup brown sugar  
1 egg  
¼ cup water  
½ cup whole wheat flour  
½ cup white flour  
½ teaspoon baking soda  
1 teaspoon cinnamon  
2 ½ cups rolled oats  
½ cup coconut (OPTIONAL)  
½ cup raisins (OPTIONAL)  
½ cup chocolate chips (OPTIONAL)  
¼ cups walnut pieces (OPTIONAL)  
¼ cup sunflower seeds (OPTIONAL)

## DIRECTIONS

1. Preheat oven to 375F.
2. Beat the butter and sugar, and then beat in the egg and water.
3. In a separate bowl, mix the flours, cinnamon and baking soda together.
4. Add this to the butter mixture and beat well.
5. Now stir in any or all of the optional ingredients with a wooden spoon.
6. Drop the cookie dough by tablespoons into a greased cookie sheet.
7. Bake 8-10 minutes.

## NUTRITION TIPS

- ❖ The dried fruit in these cookies make them not only a tasty treat, but a healthy snack that your kids will enjoy as well.

### TIPS

*NOTE: This recipe requires one egg and ½ cup butter or non-hydrogenated margarine.*

*All of the measuring and stirring in this recipe is a great opportunity to get kids in the kitchen learning about baking!*

# GARLIC



MAY

## STORAGE

- ❖ Garlic is a bulb that is traditionally planted in the fall and sends up tender shoots in the spring. These **garlic shoots are edible**, and should be stored in a plastic bag in the refrigerator for up to 2 weeks.
- ❖ In the autumn, the **garlic bulbs** are harvested and should be **kept in a cool, dry place**. Properly stored garlic can be kept for us to three months.
- ❖ You can also buy **peeled garlic** in bulk. You can refrigerate or freeze peeled garlic in an airtight container.

*“During (this) moon our people travelled to family locations to harvest camas bulbs, which was a source of starch in our diet. Camas plots had two main purposes (1) to harvest the blue camas bulb, and (2) to gather the fresh gull eggs while had been laid in the fields where the camas grew.” – The Saanich Year, 1993*

## PREPARATION

- ❖ **Garlic bulbs have 4-10 individual cloves.**
- ❖ In order to peel and prepare garlic, separate the cloves and take off the paper skin. An easy way to do this is to lay one clove on its side on a cutting board and press down with the edge of a knife. This releases some garlic oil, and separates the skin. Simply take off the skin and cut off the bottom.
- ❖ **Garlic can be used raw or cooked.** Use **Raw** in salad dressings, spreads & dips, or rub raw garlic on chicken or fish before cooking.
- ❖ Use **cooked** in soups, stews, sauces or stir fries. Garlic **burns very easily**, and should only be cooked for about 1 minute in a fry pan to cook.
- ❖ You can also **roast** garlic whole in the oven. See recipe on reverse.

## NUTRITION INFORMATION

- ❖ Garlic contains alliin and allicin, two sulfur compounds with a mild antibiotic activity.
- ❖ These compounds have been shown to reduce the growth of certain bacteria in the body and may aid in reducing cholesterol and risk of cancer.

# GARLIC THREE WAYS

CROCKPOT

## CHICKEN STROGANOFF\*

2 cups broad egg noodles  
1 can low-sodium cream of chicken soup  
1 can peas, drained OR 1 cup fresh or frozen peas  
2 tablespoons onion flakes OR 1 small onion, diced  
1 teaspoon parsley flakes OR ¼ cup fresh parsley, minced  
¼ teaspoon garlic powder OR 2 cloves fresh garlic, minced  
1 can chicken, drained & flaked  
¼ cup skim milk powder +  
½ cup water OR ½ cup milk  
¼ teaspoon black pepper  
1 can mushrooms, drained OR  
1 cup fresh mushrooms, cut

**DIRECTIONS:** In a large pot, cook egg noodles until just tender. Drain and set aside. In a small bowl, mix together the dried spices, skim milk powder and water (or just milk). Transfer to a saucepan and mix in the flaked chicken, drained mushrooms and diced onions (if using). Cook on medium heat, stirring occasionally until the mixture is bubbling. Carefully mix in noodles and serve. If using a crockpot, mix all of the ingredients together including the dry egg noodles. Cook on low heat for 3-4 hours.

RAW

## HEALTHY STIR FRY

3-4 cups of your favorite vegetables (celery, peppers, carrots, broccoli, etc.), cut thinly  
2-3 cloves garlic, minced  
1 small onion, minced  
1 tablespoon oil (canola, olive, etc.)  
1 - 1 inch cube fresh ginger root, peeled and minced or grated  
2 Tablespoons dark soy sauce  
2 Tablespoons fish sauce

**DIRECTIONS:** Gather all of your ingredients together. Heat the oil in a large fry pan until very hot and then add the onion and cook 1-2 minutes. Add the garlic and ginger and cook 30 seconds. Then, add the vegetables and the two sauces. Cook on high for 5-6 minutes until the vegetables are just tender. Taste and adjust seasoning if necessary. Serve immediately over brown rice, quinoa, couscous, or whole wheat noodles.

BAKED

## ROASTED GARLIC

4-5 whole heads of garlic  
¼ cup oil (canola, olive, etc.)  
Salt and pepper to taste

**DIRECTIONS:** Preheat oven to 350F. Cut the top ¼ inch off the heads of the garlic to expose the tips of all of the cloves. Place garlic cut-side up in a small baking dish, and drizzle oil over the top so that some of the oil drips down into the garlic. Sprinkle with salt and pepper and cover tightly with aluminum foil. Bake about 45-60 minutes, or until the garlic skins are golden brown and the cloves are very tender. Let cool, and then squeeze garlic from the skins. You can use this “paste” for garlic bread, mixed into mashed potatoes, or spread on pizza. You can also freeze the paste in covered ice cube trays for up to 6 months.

# CHICKEN STROGANOFF\*



## INGREDIENTS

2 cups broad egg noodles  
1 can mushrooms, drained OR 1 cup mushrooms, cut  
1 can low-sodium cream of chicken soup  
1 can chicken, drained & flaked  
1 can peas, drained OR 1 cup fresh or frozen peas  
 $\frac{1}{4}$  cup skim milk powder +  $\frac{1}{2}$  cup water OR  $\frac{1}{2}$  cup milk  
2 tablespoons onion flakes OR 1 small onion, diced  
1 teaspoon parsley flakes OR  $\frac{1}{4}$  cup fresh parsley, minced  
 $\frac{1}{4}$  teaspoon black pepper  
 $\frac{1}{4}$  teaspoon garlic powder OR 2 cloves fresh garlic, minced

## DIRECTIONS

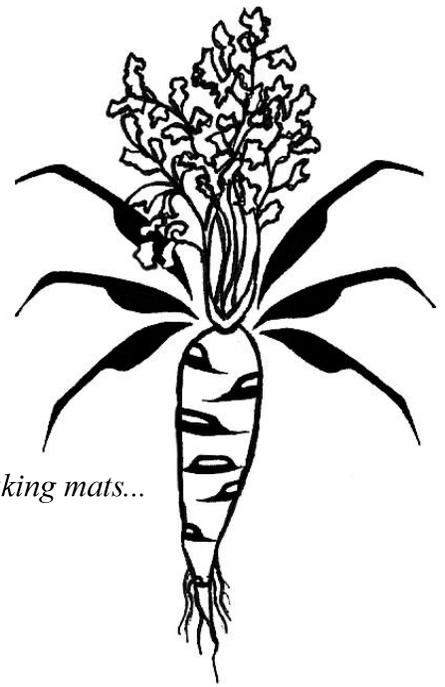
1. In a large pot, cook egg noodles until just tender. Drain and set aside.
2. In a small bowl, mix together the dried spices, skim milk powder and water (or just milk).
3. Transfer to a saucepan and mix in the flaked chicken, mushrooms and diced onions (if using).
4. Cook on medium heat, stirring occasionally until the mixture is bubbling. Carefully mix in noodles and serve.
5. If using a crockpot, mix all of the ingredients together including the dry egg noodles. Cook on low heat for 3-4 hours.

## NUTRITION TIPS

- ❖ Skim milk powder boosts the nutrition in this classic comfort dish.
- ❖ Serve it with a half plate of salad for a balanced meal.

# CARROT

JUNE



... the women gathered camas roots, wild carrots and rushes for making mats...  
([www.bcheritage.ca](http://www.bcheritage.ca))

## STORAGE

- ❖ You can use the tops and bottoms of carrots. **If you buy carrots with leafy tops, remove immediately** and store separately.
- ❖ Green carrot **tops can be stored in a damp cloth** in the refrigerator drawer, and will last 5 days.
- ❖ Orange carrot **bottoms can be stored in a bag** in the refrigerator drawer, and can keep for a month or longer.
- ❖ To **freeze carrots**, slice ¼ inch rounds and blanch in boiling water for 5 minutes. Immediately soak in cold water and pack in freezer bags.

*“Warm summer breezes and dry weather are most evident during (this) season. ...Swanson’s Thrush (the ripener of the summer berries) arrives. His song puts colour into the berries and the wild strawberries and salmon berries begin to ripen. ...Trading catches from all the salmon runs begin... and (we) paid homage to the salmon with a very special song...” - The Saanich Year, 1993*

## PREPARATION

- ❖ **Carrot tops** can be used like parsley and added to salads or soups.
- ❖ **Carrot bottoms** should be scrubbed well to remove all of the dirt.
- ❖ It is **not always necessary to peel carrots**, as Vitamin A and trace minerals are located close to the surface, and peeling may remove these nutrients. Peeling is only necessary for removing damaged or very dirty areas.
- ❖ **Raw** carrots are delicious and make a great snack on the go or on a salad.
- ❖ Carrots can also be **cooked** in a variety of ways. They make a great addition to stews, soups and even cakes and muffins.

## NUTRITION INFORMATION

- ❖ Carrots are an excellent source of Vitamin A, which is important for vision, growth and development, skin health and immune function.

# CARROTS THREE WAYS

CROCKPOT

## CARROT GINGER SOUP

2 pounds carrots, washed, peeled if necessary and cut into 1 inch pieces  
4 cups water OR 4 cups low-salt chicken broth  
1 tablespoon oil (canola, olive, etc.)  
1 medium onion, diced  
2 tablespoons fresh ginger root, peeled and grated OR 1-1/2 teaspoon ginger powder  
1/2 teaspoon cinnamon and 1/2 teaspoon nutmeg (OPTIONAL)  
Salt and pepper to taste

DIRECTIONS: Place the carrots in a large pot and add the water or broth. Meanwhile, add oil to a frying pan and brown the onions for 10 minutes. When the carrots are tender, add the onions and ginger and cook for about 20 minutes, stirring occasionally. Transfer to a blender or use an immersion blender and blend until smooth. Transfer back to pot, add spices and taste for salt and pepper. If using a crockpot, add all of the raw ingredients plus cooked onion and cook on low for 3-4 hours. Blend as above and add spices. Enjoy with some plain yogurt on top!

RAW

## RAW CARROTS WITH HUMMUS

2 cups canned chickpeas, drained (Note: can use other beans, such as pinto or navy)  
1/4 cup lemon juice  
1 teaspoon salt  
2 garlic cloves, roughly chopped  
1 tablespoon olive oil  
1/3 cup tahini or peanut butter (OPTIONAL)  
1 pinch paprika (OPTIONAL)  
1/2 bunch fresh parsley (OPTIONAL)

DIRECTIONS: Combine all of the ingredients in the work bowl of a food processor and blend until smooth. Taste to adjust seasoning and transfer to a serving bowl. Sprinkle with paprika and/or parsley if desired. Serve with fresh carrot sticks – Delicious!

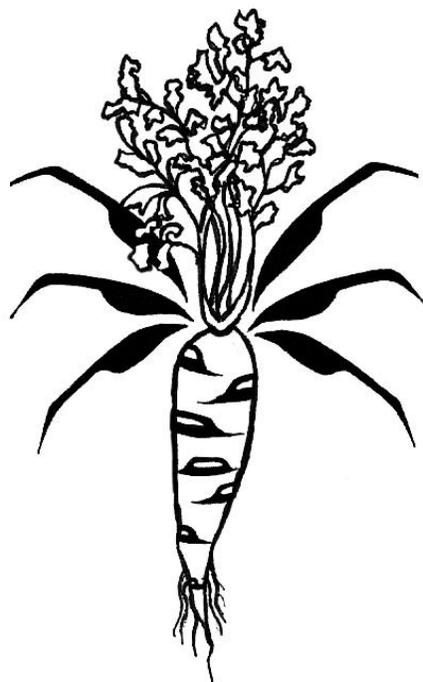
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## CARROT MUFFINS\*

1 cup white flour	1/2 teaspoon baking soda
1/3 cup whole wheat flour	1/2 teaspoon baking powder
1/4 cup white sugar	1/2 cup cold water
1/2 cup brown sugar	3 tablespoons skim milk powder
2/3 cup rolled oats	1 egg
1/2 cup raisins	1/2 cup shredded coconut
1/2 cup chopped walnuts	3 large carrots, washed and grated
1/2 cup melted butter OR 1/2 cup oil OR 1/2 cup applesauce	

DIRECTIONS: Preheat oven to 400F. Grease 12 large muffin tins, and set aside. In a large bowl, mix together flours, sugars, oats, baking powder, baking soda, nuts and raisins. In a separate bowl, whisk together milk powder with water, and then add egg and oil. Pour the wet ingredients into the dry and stir gently. Mix in carrots and coconut, and then spoon evenly into muffin tins. Bake for 15-20 minutes until the tops are golden brown.

# CARROT MUFFINS\*



## INGREDIENTS

1 cup white flour  
½ teaspoon baking soda  
1/3 cup whole wheat flour  
½ teaspoon baking powder  
¼ cup white sugar  
½ cup cold water  
½ cup brown sugar  
3 tablespoons skim milk powder  
2/3 cup rolled oats  
1 egg  
½ cup raisins  
½ cup shredded coconut  
½ cup chopped walnuts  
3 large carrots, washed and grated  
½ cup melted butter OR ½ cup oil OR ½ cup applesauce

## DIRECTIONS

1. Preheat oven to 400F.
2. Grease 12 large muffin tins, and set aside.
3. In a large bowl, mix together flours, sugars, oats, baking powder, baking soda, nuts and raisins.
4. In a separate bowl, whisk together milk powder with water, and then add egg and oil.
5. Pour the wet ingredients into the dry and stir gently.
6. Mix in carrots and coconut, and then spoon evenly into muffin tins.
7. Bake for 15-20 minutes until the tops are golden brown.

## NUTRITION TIPS

- ❖ Add dried fruit and nuts to other muffins to add nutrition.
- ❖ Serve these muffins with a glass of milk for a nutritious snack that contains food from three of the four food groups.

### NOTES

*You will need ½ cup butter OR ½ cup oil OR ½ cup applesauce as well as 1 egg for this recipe.*

*These muffins make a great snack or a healthy, quick breakfast.*

# TOMATO



JULY

## STORAGE

- ❖ Do not refrigerate tomatoes. Cold temperatures cause tomatoes to lose their flavour and texture.
- ❖ Store **fresh** tomatoes out of direct sunlight, and consume within a few days.
- ❖ If your tomatoes are **green or not completely ripe**, store on a sunny windowsill to promote ripening.
- ❖ If your tomatoes are **over-ripe and very soft**, you can store in the refrigerator for a few days to prolong their life!
- ❖ Tomatoes are very easy to can, and is a great way to preserve the summer harvest!
- ❖ Another great way to preserve tomatoes is to roast them in the oven and then freeze.

*"This is the dry weather season... and the season for humpback salmon fishing. This season was especially marked by large family, village and neighboring village gatherings, including (memorial potlatches). Potlatching enabled the more fortunate to share and distribute goods with those less fortunate than themselves."*

*- The Saanich Year, 1993*

## PREPARATION

- ❖ **Ripe tomatoes are delicious raw.** They are best served simply - Slice, wedge, or dice; sprinkle with chopped fresh herbs, drizzle with oil and serve!
- ❖ **Tomatoes are very good cooked.** You can cook them with the skins on, or remove the skin. To remove the skin, cut an "x" on the bottom of the tomato and place in boiling water for 2-3 minutes. Then, transfer to a bowl of cool water and carefully slip off the skins. You can also **de-seed tomatoes** by cutting in half and gently squeeze while pulling out the seed mass with your fingers.
- ❖ To cook tomatoes, leave the skins on or take off. Then, chop to desired thickness and add to your favorite stew, chili, soup or pasta dish!

## NUTRITION INFORMATION

- ❖ Tomatoes contain the carotenoid beta-carotene, a substance that is converted to Vitamin A in the body.
- ❖ They also contain the antioxidants lycopene and Vitamin C. Antioxidants help prevent cell and tissue damage that could cause damage. Cooking tomatoes increases the amount of lycopene available to the body.
- ❖ Vitamin C is important for our immune system and helps our body to absorb iron.

# TOMATOES THREE WAYS

CROCKPOT

## HOMEMADE TOMATO SAUCE\*

2 large cans whole tomatoes, chopped and juice saved OR 8 large tomatoes, peeled & chopped  
¼ cup onion flakes OR 1 large onion, chopped  
1 teaspoon garlic powder OR 1-2 cloves fresh garlic, minced  
4 tablespoons oil (canola, olive, etc.)  
1 tablespoon Italian Seasoning OR ¼ cup fresh basil + 1 Tablespoon fresh oregano, chopped

DIRECTIONS: In a large skillet heat oil and brown onion for about 10 minutes. Then add the garlic and cook for 30 seconds until you can smell the garlic. Then, add the chopped tomatoes and cook for about 20 minutes until the tomatoes have cooked through and the liquid has reduced. Add the Italian Seasoning (or fresh basil and oregano), and salt and pepper to taste. If using a crockpot, brown onions and garlic and add to the crockpot with other ingredients. Cook on low for 2-3 hours. Enjoy over pasta, on your own homemade pizza, or as a base for casseroles or lasagna.

RAW

## FRESH CUT SALSA

3 whole tomatoes, chopped  
1 small onion, diced OR 1 bunch green onions, diced  
1 bunch fresh parsley and/or basil, washed and chopped  
½ green pepper, washed and chopped  
2 tablespoons oil (canola or olive)  
1 tablespoon lime juice  
1 jalapeño, washed, deseeded and minced (OPTIONAL)  
salt and pepper to taste

DIRECTIONS: Mix all chopped vegetables in a work bowl and then drizzle on the oil and lime juice. Toss and adjust for salt and pepper. Enjoy with baked tortilla chips!

BAKED

## EASY PIZZA DOUGH\*

1 cup whole wheat flour	1 ¼ teaspoon instant yeast
2 cups all-purpose flour	¾ cup warm water (same temperature as bath water)
½ teaspoon sugar	2 tablespoons oil
¼ teaspoon salt	

DIRECTIONS: In a small bowl, put in the warm water and sprinkle the yeast on top. Leave for 10 minutes until the yeast becomes frothy and the water cloudy. In another large bowl, mix together the flours, sugar and salt. Then, add the yeast and oil and mix with a wooden spoon. Turn the dough out onto a floured countertop and kneed for 5 minutes. Place in a large greased bowl and cover with a damp cloth. Let stand in oven or warm place for about 1 hour until the dough has doubled in size. Punch dough down and then roll out into a 12" pizza. Let sit for about 10 minutes and then spread on homemade tomato sauce (above) and top with cheese and favorite veggies. Cook in a 450F oven for 15 minutes until bubbly.

# HOMEMADE TOMATO SAUCE\*



TOMATO

## INGREDIENTS

2 large cans whole tomatoes, chopped and juice saved  
OR 8 large tomatoes, peeled & chopped

¼ cup onion flakes OR 1 large onion, chopped

1 teaspoon garlic powder OR 1-2 cloves fresh garlic, minced

4 Tablespoons oil (canola, olive, etc.)

1 tablespoon Italian Seasoning OR ¼ cup fresh basil + 1 Tablespoon fresh oregano, chopped

## DIRECTIONS

1. In a large skillet heat oil and brown onion for about 10 minutes.
2. Then add the garlic and cook for 30 seconds until you can smell the garlic.
3. Then, add the chopped tomatoes and cook for about 20 minutes until the tomatoes have cooked through and the liquid has reduced.
4. Add the Italian Seasoning (or basil and oregano), and salt and pepper to taste.
5. If using a crockpot, brown onions and garlic and add to the crockpot with other ingredients. Cook on low for 2-3 hours.

## NUTRITION TIPS

- ❖ Enjoy homemade tomato sauce as a healthy addition to pasta, on your own homemade pizza, or as a base for casseroles or lasagna.

# TOMATO

## EASY PIZZA DOUGH\*



### INGREDIENTS

1 ¼ teaspoon instant yeast

¾ cup warm water (same temperature as bath water)

1 cup whole wheat flour

2 cup all purpose flour

2 Tablespoons oil

½ teaspoon sugar

¼ teaspoon salt

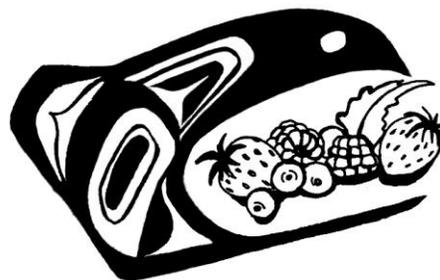
### DIRECTIONS

1. In a small bowl, put in the warm water and sprinkle the yeast on top. Leave for 10 minutes until the yeast becomes frothy and the water cloudy.
2. In another large bowl, mix together the flours, sugar and salt. Then, add the yeast and oil and mix with a wooden spoon.
3. Turn the dough out onto a floured countertop and kneed for 5 minutes.
4. Place in a large greased bowl and cover with a damp cloth. Let stand in oven or warm place for about 1 hour until the dough has doubled in size.
5. Punch dough down and then roll out into a 12" pizza.
6. Let sit for about 10 minutes and then spread on homemade tomato sauce (July Recipe) and top with cheese and favorite veggies.
7. Cook in a 450F oven for 15 minutes until bubbly.

### NUTRITION TIPS

- ❖ Add your favorite vegetables such as red peppers, cherry tomatoes, caramelized onions, etc. to your pizza to create your very own dinner!

# BERRIES



## STORAGE

- ❖ There are many berries that ripen in this month, including blueberries, blackberries, Saskatoon, salal and others.
- ❖ **Choose berries** that are dry, clean, plump, bright and deeply coloured.
- ❖ Avoid berries that are soft, mushy or dull.
- ❖ Berries are best stored **unwashed** in the refrigerator for 2-3 days. **Rinse just before using.**
- ❖ Remove any damaged or moldy berries to prevent the spread of mold.
- ❖ Berries are very easy to **freeze**. Wash and place on a cookie sheet in the freezer. Once frozen, transfer to a freezer bag.

*“This moon marks the arrival of the coho salmon. As the weather cools, the rains come and the forest is renewed once again and deer hunting begins. This is a good month to harvest the hog fennel which is used in a variety of Indian medicines.” While the men hunt salmon, the women gathered and dried saskatoon, salal and other berries that ripened in this month.” – The Saanich Year, 1993*

## PREPARATION

- ❖ Fresh berries are best enjoyed as close to picking as possible, and can be enjoyed on their own, or on a green salad or fruit salad.
- ❖ Berries are also a wonderful addition to fruit smoothies or popsicles.
- ❖ Berries that have been frozen are great for cooking, and make great additions to muffins, pies, crisps, crumbles or jam.
- ❖ You can also use berries that have been frozen in smoothies. See the recipe on the other side!
- ❖ It is very easy to make freezer jam from berries, with sugar and pectin to thicken the juice. Look for “Freezer Jam” pectin in the store for more information.

## NUTRITION INFORMATION

- ❖ All berries contain high amounts of Vitamin C and fiber.
- ❖ Vitamin C is important for immune responses, wound healing and iron absorption.
- ❖ Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation.

# BERRIES THREE WAYS

CROCKPOT

## JANINE'S CORN CHOWDER

2 tablespoons butter  
1 small onion, diced  
2 tablespoons flour (OPTIONAL)  
1 (28 oz) can of tomatoes, with their juice  
2 potatoes, cleaned and diced  
1 carrot, peeled and diced  
2 stalks celery, washed and diced  
2 cubes low-sodium bouillon  
1 cup of warm milk (OPTIONAL)  
2 cans of kernel corn, drained  
2 tsp of Italian spice mixture  
Jar/can of salmon  
Salt and Pepper to taste

DIRECTIONS: Melt the butter in large saucepan, add onion and cook until soft. Add flour to onions and margarine and stir until the onions are well coated. Add tomatoes, potatoes, carrots, celery and soup stock to the onion mixture and boil gently for 15 mins. If using, warm up milk (do not boil) and pour into tomato mixture. Then, add corn, spices and salmon. Finally, add any additional spices, and salt and pepper to taste. Makes 4-6 servings.

RAW

## BERRY SMOOTHIE

1 cup favorite berries (blackberries, strawberries, blueberries, etc.)  
2 cups favorite milk beverage (soy milk, cow milk, yoghurt) OR Juice  
¼ cup favorite protein (peanut butter, cottage cheese, skim milk powder, tofu)  
Sweetener to taste (Honey, sugar, artificial sweetener)  
OPTIONAL: 1-2 tablespoon "extra's" (wheat germ, ice cream, vanilla extract, molasses, etc.)

DIRECTIONS: Mix the above together in a food processor or blender until smooth. Enjoy 1 ½ cups at a time.

NOTE: Recipe adapted from *Food Skills for Families; Aboriginal Families: Participant's Handbook, 2010; pp.44*

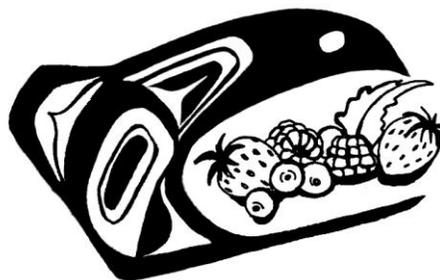
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## BERRY CRISP\*

2 cups favorite berries (blackberries, strawberries, Saskatoon, salal, salmon, etc.) OR 2 cans berries in water, drained  
2 tablespoons flour  
¼ cup sugar (OPTIONAL)  
6 tablespoons butter, cut into small chunks  
¼ cup brown sugar  
2/3 cup flour (white and/or whole wheat)  
½ cup rolled oats  
¼ teaspoon salt  
½ teaspoon nutmeg  
1 teaspoon cinnamon (OPTIONAL)

DIRECTIONS: Preheat oven to 375F. Mix the berries together with the flour and sugar (if using) in a shallow, ovenproof dish & set aside. In another bowl, mix together the brown sugar, flour, oats, salt, nutmeg and cinnamon (if using). Then, drop in the butter pieces and mix in with your fingers or two forks until you have a coarse, crumbly mixture. Then, spread the crisp topping over the berries and bake for about 45 minutes until the berries are bubbling.

# BERRY CRISP\*



## INGREDIENTS

2 cups favorite berries (blackberries, strawberries, Saskatoon, salal, salmon, etc.) OR 2 cans berries in water, drained

2 tablespoons flour

¼ cup sugar (OPTIONAL)

2/3 cup flour (white and/or whole wheat)

¼ cup brown sugar

¼ teaspoon salt

½ teaspoon nutmeg

1 teaspoon cinnamon (OPTIONAL)

6 tablespoons butter, cut into small chunks

½ cup rolled oats

### TIPS

*This is a great recipe for the summer and can be enjoyed with any and all of your favorites berries. You can also add apples and/or pears to the crisp to make it less juicy and easier to serve.*

*Enjoy with low-fat vanilla yogurt for a special dessert!*

## DIRECTIONS

1. Preheat oven to 375F.
2. Mix the berries together with the flour and sugar (if using) in a shallow, ovenproof dish & set aside.
3. In another bowl, mix together the brown sugar, flour, oats, salt, nutmeg and cinnamon (if using).
4. Then, drop in the butter pieces and mix in with your fingers or two forks until you have a coarse, crumbly mixture.
5. Then, spread the crisp topping over the berries and bake for about 45 minutes until the berries are bubbling.

# CORN



## STORAGE

- ❖ Corn is best eaten fresh, as after harvest the natural sugars begin to turn into starch
- ❖ Store corn in the refrigerator with the husks on
- ❖ Frozen corn is a great vegetable to have on hand in the freezer. To freeze corn, blanch the whole cob in boiling water for 3-5 minutes and then rinse under cold water. Either remove kernels from cobs and lay flat on a cookie sheet to freeze or freeze the cobs whole.

*“The rainy weather returns and the winds have become unpredictable. The creeks and rivers rise enough for dog salmon to spawn.... Dog salmon was easily dried or smoked and was the last of the preserves to be stored away. The Langford area was excellent for cranberries and blueberries and grouse hunting.”*

*- The Saanich Year, 1993*

## PREPARATION

- ❖ Strip off the husks and silk and rinse the corn under cool water to remove any clinging silky threads.
- ❖ To cook, **boil for 6-8 minutes** or steam for 10 minutes. Once cooked, you can rinse under cool water to stop the sugars from turning into starch. This will make the corn taste sweeter. You can **enjoy corn plain**, or with butter/margarine.
- ❖ **Fresh corn can also be enjoyed raw.** Cut off the kernels and sprinkle them on a salad or add to salsa. **To cut off the kernels**, hold the cob up at an angle over a cutting board. Using a sharp knife, cut down away from you, taking off strips of kernels. Rotate the cob until all of the kernels have been removed.
- ❖ You can also **oven roast or BBQ** corn. Gently peel back the husk and remove the silk. Then, set on a hot BBQ or in a 450F oven for about 10 minutes. Rotate every couple of minutes until brown. Carefully remove the husk and enjoy!

## NUTRITION INFORMATION

- ❖ Corn is a good source of plant proteins, but is deficient in some of the essential amino acids your body needs to make its own protein. Beans, other vegetables or dairy can provide the missing amino acids and make a complete protein meal.
- ❖ Corn is high in folate. A healthy diet with enough folate may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal cord.

# CORN THREE WAYS

CROCKPOT

## HOMEMADE CHILI WITH CORN & BEANS\*

1 tablespoon vegetable oil  
1 pound ground turkey OR 2 packages tofu  
1 tablespoon onion flakes OR 1 large onion, chopped  
1 (15 oz) can black or kidney beans, rinsed  
1 (16 oz) can corn, drained OR 1 cup fresh or frozen corn  
¼ teaspoon garlic powder OR 2 cloves garlic, chopped  
1 teaspoon ground cumin  
½ teaspoon black pepper  
2 tablespoons chili powder  
1 can (598 ml) diced tomatoes  
OPTIONAL: Peppers, celery,  
or grated carrot

DIRECTIONS: In a large saucepan, heat the oil and add the oil, turkey, onion, chili powder, cumin, black pepper and garlic. Cook until turkey is well browned, stirring frequently to break up meat. Stir in the tomatoes, beans, corn and all other optional veggies to taste. Heat to a boil, and then reduce the heat to low and simmer for 30 minutes. If using a crockpot add all raw ingredients and cook on low for 5 hrs.

## COLOURFUL CORN SALAD

2 cups cooked or canned black beans, rinsed and drained  
2 cups fresh corn kernels, blanched OR 2 cups canned corn, unsalted and sugar free  
2 tomatoes, washed and diced  
½ red sweet pepper, washed and diced  
½ green pepper, washed and diced  
4 green onions, diced  
3 tablespoons cilantro or basil, minced  
2 tablespoons red wine vinegar  
3 tablespoons oil (canola, olive)  
½ teaspoon ground cumin  
½ teaspoon chili powder  
Salt & pepper to taste

DIRECTIONS: Combine all ingredients in a large bowl about 1 hour before serving time and allow the flavours to blend together. Adjust salt and pepper seasoning & enjoy!

Adapted from: [www.recipes.epicurean.com](http://www.recipes.epicurean.com) (2/24/2012)

## CORN BREAD\*

1 cup all purpose flour or whole wheat flour (or combination of both)  
1 cup yellow cornmeal  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 cup fresh or frozen corn kernels  
1 cup buttermilk OR 1 cup milk + 1 Tablespoon lemon juice  
1 egg  
¼ cup honey  
¼ cup maple syrup  
3 tablespoons oil

DIRECTIONS: Preheat oven to 400F. Grease 8x8" baking pan. Combine all of the dry ingredients in one large bowl, all of the wet ingredients in another bowl, and keep the whole corn kernels separate in another bowl. Gradually whisk the wet ingredients into the dry ingredients, and then slowly stir in the whole corn. Pour into pan and cook for 20 minutes until golden brown. Let cool before cutting.

RAW

BAKED

# HOMEMADE CHILI WITH CORN & BEANS\*



CORN

## INGREDIENTS

1 tablespoon vegetable oil  
1 pound ground turkey OR 2 packages tofu  
1 tablespoon onion flakes OR 1 large onion,  
chopped  
2 tablespoons chili powder  
1 teaspoon ground cumin  
½ teaspoon ground black pepper  
¼ teaspoon garlic powder OR 2 cloves garlic,  
chopped  
1 can (598 ml) of chopped tomatoes  
1 (15 oz) can black or kidney beans, rinsed  
1 (16 oz) can corn, drained OR 1 cup fresh or  
frozen corn  
OPTIONAL: chopped peppers, chopped celery or  
grated carrot

## TIPS

*Did you know that rinsing beans before cooking with them helps get rid of the starch that causes gas?*

## DIRECTIONS

1. Make this dish in on the stove in a stockpot or in a crockpot.
2. If using a stockpot, heat the oil and then add the turkey, onion, chili powder, cumin, black pepper and garlic.
3. Cook until turkey is well browned, stirring frequently to break up meat.
4. Stir the tomatoes, beans, corn and any other optional veggies into the saucepan.
5. Heat to a boil, then reduce the heat to low and simmer for 30 minutes.
6. If using a crockpot add all ingredients and cook on low for 5 hours.

## NUTRITION TIPS

- ❖ Beans are a meat alternative. They contain iron and fibre and are low in fat.
- ❖ Adding a tomato salsa to this dish will add Vitamin C and help your body use the iron from the beans.
- ❖ Serve this dish with Colourful Corn Salad and/or the Corn Bread for a complete meal.

# CORN

## CORN BREAD\*



### INGREDIENTS

1 cup all purpose flour or whole wheat flour (or combination of both)  
1 cup yellow cornmeal  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 egg  
¼ cup honey  
3 tablespoons oil  
¼ cup maple syrup  
1 cup buttermilk OR 1 cup milk + 1 tablespoon lemon juice  
1 cup fresh, frozen or canned corn kernels

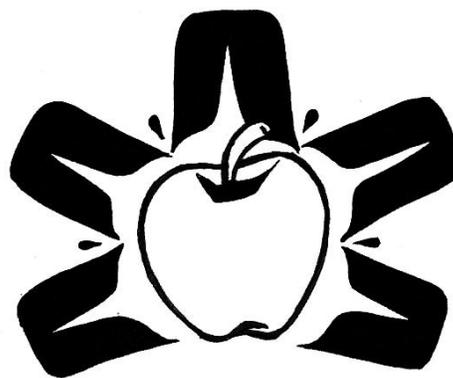
### TIPS

*You will need 1 cup buttermilk OR 1 cup milk + 1 tablespoon lemon juice as well as 1 egg for this recipe.*

### DIRECTIONS

1. Preheat oven to 400F.
2. Grease 8x8" baking pan.
3. Combine all of the dry ingredients in one large bowl, all of the wet ingredients in another bowl
4. Keep the whole corn kernels separate in another bowl.
5. Gradually whisk the wet ingredients into the dry ingredients, and then slowly stir in the whole corn.
6. Pour into pan and cook for 20 minutes until golden brown.
7. Let cool before cutting.

# APPLES



## STORAGE

- ❖ The Pacific Northwest has a wonderful climate for growing apples, and many varieties are grown right in our own backyards!
- ❖ Choose apples that are firm and smooth to the touch.
- ❖ **Apples will last in the refrigerator for several months.**
- ❖ To prevent cut apples from turning brown, dip them in a bath of water and lemon juice.

*"This moon marks the end of Summer and the beginning of cooler weather. The longer, cooler nights can lead to frost on the leaves and the ground.... Seals and sea lions were hunted in the San Juan Islands. Cod fishing tapers off toward the end of this moon and grouse hunting ceases. Preparations were made for the Fall deer and elk hunts."*

*- The Saanich Year, 1993*

## PREPARATION

- ❖ **Apples make great snacks for lunches or on the go.** Be sure to wash apples before eating. Some apples that have been shipped from a far distance may have a wax applied to them. You can wash this off with a bit of soap and water.
- ❖ Apples can be **enjoyed raw or cooked**. Typically, sweet apples hold their shape when cooking, and tart apples break down and turn into mush. When making a pie, it is always a good idea to combine sweet and tart apples to form "mortar" and "bricks" within your pie.
- ❖ Apples that may be getting soft can always be made into applesauce. Simply cut into small pieces and put in a saucepan with a bit of water. Cook over low heat until mushy, and then add your favorite spices (cinnamon, nutmeg or allspice).
- ❖ Dehydrate apples by slicing them thinly and putting in the oven on low for several hours. Apples should still be pliable when they come out of oven.

## NUTRITION INFORMATION

- ❖ Apples are an excellent source of Vitamin C and fibre.
- ❖ Vitamin C is important for our immune systems, wound healing and Iron absorption.
- ❖ Fibre appears to reduce the risk of developing various chronic conditions.
- ❖ Apples also contain quercetin, a phytochemical. This may protect against some types of cancer and heart disease.

# APPLES THREE WAYS

CROCKPOT

## APPLE CINNAMON RAISIN OATMEAL\*

3 ½ cups water  
½ teaspoon ground cinnamon  
2 cups old fashioned rolled oats  
1 apple, chopped  
½ cup raisins  
¼ teaspoon sugar (OPTIONAL)  
Assorted nuts & seeds (OPTIONAL)

DIRECTIONS: In a saucepan add water and cinnamon and bring to a boil. Stir in oats and chopped apple and return to a boil. Reduce heat and cook about 5 minutes until the liquid is absorbed. Let stand for several minutes, then stir in raisins, and optional nuts and enjoy. This oatmeal can be made ahead and put in a crockpot on low for several hours to serve over time.

RAW

## APPLES WITH YOGURT AND CINNAMON DIP

1-3 different kinds of apples, washed and sliced  
1 teaspoon lemon juice  
½ cup water  
1 cup vanilla yogurt  
1 teaspoon cinnamon or nutmeg (or combination of both)

DIRECTIONS: Mix together the lemon juice and water in a bowl and dip in the sliced apples to make sure they don't turn brown. Then, in a small bowl mix together the yogurt, cinnamon and nutmeg. Cover and refrigerate for 1-2 hours to mix flavours. Serve with the apple slices as a healthy snack or dessert.

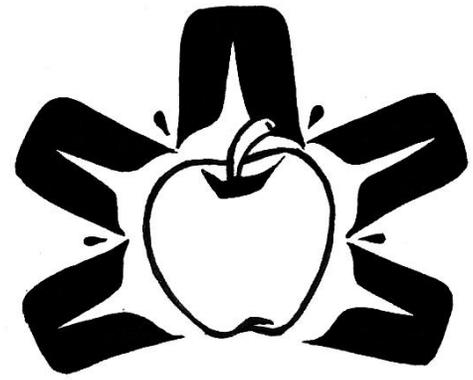
BAKED

## SIMPLE PEANUT BUTTER COOKIES

1 cup peanut butter  
1 cup white sugar  
1 egg

DIRECTIONS: Preheat the oven to 350F. In a medium bowl, combine the three ingredients until smooth. Drop by the teaspoon onto ungreased cookie sheet and cook for 8 minutes. Makes 12 cookies.

# APPLE CINNAMON RAISIN OATMEAL\*



APPLE

## INGREDIENTS

3 ½ cups water

½ teaspoon ground cinnamon

2 cups old fashioned rolled oats

1 apple, chopped

½ cup raisins

¼ teaspoon sugar (OPTIONAL)

Assorted nuts & seeds (OPTIONAL)

## TIPS

*You will need an apple for this recipe.*

*Before serving, top this oatmeal with milk and enjoy!*

## DIRECTIONS

7. In a saucepan add water, sugar, and cinnamon and bring to a boil.
8. Stir in oats and chopped apple and return to a boil.
9. Reduce heat and cook about 5 minutes until the liquid is absorbed.
10. Let stand for several minutes, then stir in raisins and optional nuts and enjoy.
11. This oatmeal can be made ahead and put in a crockpot on low for several hours to serve over time.

## NUTRITION TIPS

- ❖ Oatmeal is a great, inexpensive source of iron and fibre, what a nutritious way to start your day!

# SQUASH



## STORAGE

- ❖ Winter squash comes in many varieties including pumpkin, acorn, spaghetti, delicata and butternut.
- ❖ All winter squash is **good for storing for several months** in a dry, dark, well-ventilated place, such as a root cellar or cold garage.
- ❖ Once cut, wrap in plastic and store in the refrigerator. **Cut squash will keep about 1 week.**

*“The days become cooler. Travelling in our food gathering territory is now very limited. ... Most foods are now in storage for the Winter and fishing was done only close to village sites. ... Winter fires are lit and this is the beginning of our Winter gatherings.” “People settled down for Winter and enjoyed the stores of food they had gathered.”*  
- The Saanich Year, 1993

## PREPARATION

- ❖ Some winter squash can be eaten with their skins on, such as delicata. Others, you can only eat the soft flesh inside, such as spaghetti squash.
- ❖ You can **peel raw squash, remove the seeds and cut into chunks. You can also easily bake the whole squash with their skin on**, being sure to poke a few holes in the outside like a baked potato. Bake at 350F for about 30-60 minutes until a fork can be inserted easily. Cool, cut in half, remove the seeds and scoop out the flesh for use in soups, pies or casseroles.
- ❖ **Winter squashes vary greatly in texture and taste.** It is best to experiment with the various kinds to know what each is like.
- ❖ One of the easiest (and fun for the kids) squashes to prepare is spaghetti squash. Simply bake whole as above and cut in half lengthwise. Then, using a fork, gently scrape out the flesh. Put these squash “strings” in a bowl and mix with a bit of butter, salt, pepper and enjoy!

## NUTRITION INFORMATION

- ❖ Winter squash is a good source of Vitamin A, Vitamin C and potassium.
- ❖ Vitamin A is important for vision, growth and development and immunity.
- ❖ Diets containing food that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke.

# SQUASH THREE WAYS

CROCKPOT

## HEARTY VEGETABLE LENTIL & BARLEY SOUP\*

1 cup dried lentils  
½ cup pot barley  
2 tablespoons onion flakes, or ½ whole onion  
½ teaspoon black pepper  
1 teaspoon Italian Seasoning OR 2 tablespoon fresh basil + 2 tablespoon fresh oregano  
1 can mixed vegetables OR 1 ½ cups winter squash, peeled & cubed  
3 cubes low sodium vegetable bouillon  
6 cups water  
1 can diced tomatoes OR 1 lg. tomato  
1 can tomato paste

DIRECTIONS: Put lentils, barley, onion, herbs, pepper, bouillon and water in a large stockpot. Bring to a boil, and then simmer for about 20 minutes. Add the tomato, tomato paste and vegetables. Simmer for another 15 minutes or until the lentils and barley are tender. If cooking in a crockpot, combine all of the ingredients and cook on low for 5-6 hours.

RAW

## BAKED WINTER SQUASH

1-3 various winter squash (i.e. butternut, acorn, delicata)  
2 tablespoons brown sugar per squash OR 2 tablespoons maple syrup per squash  
1 tablespoon oil per squash  
Spices (cinnamon, nutmeg, allspice, pumpkin pie mix) - OPTIONAL

DIRECTIONS: Preheat oven to 350F. Wash the outside of each squash under warm water and then carefully cut each squash in half. Scoop out the seeds and place face-up on a baking dish. On each ½ squash, drizzle 1 tablespoon sugar or maple syrup, ½ tablespoon oil, and sprinkle any spices on top. Pour about ¼ inch of water in the bottom of the baking sheet so that the squash steam in the oven. Bake 45-60 minutes until the squash becomes soft. Enjoy as a side dish or slice up and enjoy cold as part of a winter salad.

BAKED

## LIZZ'S PUMPKIN MUFFINS\*

1 cup white all purpose flour  
½ cup whole wheat flour  
½ cup sugar  
1 teaspoon baking soda  
¼ teaspoon baking powder  
3 ½ teaspoons pumpkin spice mix  
1 (14 oz.) can pumpkin puree OR 1 ½ cup cooked pumpkin, pureed  
½ cup vegetable oil OR ½ cup applesauce  
1 egg  
¼ cup walnuts (optional)  
½ cup raisins (optional)

DIRECTIONS: Preheat oven to 350F. Grease 12 muffin tins. In a large bowl, mix together flours, sugar, baking powder, baking soda and spice mix. In another bowl, beat the egg and add the oil and pumpkin puree. Add the wet ingredients to the dry and stir until just mixed. Gently stir in the walnuts and raisins if using. Pour evenly into the muffin tins, and bake for 20-25 minutes until a knife inserted in the center comes out clean.

# HEARTY VEGETABLE LENTIL & BARLEY SOUP\*



## INGREDIENTS

1 cup dried lentils  
½ cup pot barley  
3 cubes low sodium vegetable bouillon  
6 cups water  
2 tablespoons onion flakes, or ½ whole onion  
½ teaspoon Italian Seasoning OR 2 tablespoons  
fresh basil + 2 tablespoons fresh oregano  
½ teaspoon black pepper  
1 can diced tomatoes OR 1 large tomato  
1 can tomato paste  
1 can mixed vegetables OR 1 ½ cups winter  
squash, peeled & cubed

## TIPS

*Dried lentils and barley do not need to be soaked before cooking. They cook quickly, are nutritious, delicious and inexpensive.*

## DIRECTIONS

1. Put water, lentils, barley, onion, herbs, pepper and bouillon in a large stockpot.
2. Bring to a boil, and then simmer for about 20 minutes.
3. Add tomatoes, tomato paste, and vegetables. Simmer for another 15 minutes or until the lentils and barley are tender.
4. If cooking in a crockpot, combine all of the ingredients and cook on low for 5-6 hours.

## NUTRITION TIPS

- ❖ Serve this soup with Bannock or your favorite bread and a glass of milk for a complete meal.

# SQUASH

## LIZZ'S PUMPKIN MUFFINS\*



### INGREDIENTS

- 1 cup white all purpose flour
- ½ cup whole wheat flour
- ½ cup sugar
- ¼ teaspoon baking powder
- 1 teaspoon baking soda
- 1 egg
- ½ cup vegetable oil OR ½ cup applesauce
- 1 (14 oz.) can pumpkin puree or 1 ½ cup cooked pumpkin, pureed
- 3 ½ teaspoons pumpkin spice mix
- ¼ cup walnuts (optional)
- ½ cup raisins (optional)

### TIPS

*You will need ½ cup vegetable oil OR ½ cup applesauce plus one egg for this recipe.*

*Lizz's Muffins were a big hit at the Victoria Native Friendship Centre. We have added nuts and raisins to boost the nutrition in these delicious snacks, but you can leave these ingredients out, or even add your own flair to these versatile muffins!*

### DIRECTIONS

1. Preheat oven to 350F.
2. Grease 12 muffin tins.
3. In a large bowl, mix together flours, sugar, baking powder, baking soda and spice mix.
4. In another bowl, beat the egg and add the oil and pumpkin puree.
5. Add the wet ingredients to the dry and stir until just mixed.
6. Gently stir in the walnuts and raisins if using.
7. Pour evenly into the muffin tins, and bake for 20-25 minutes until a knife inserted in the center comes out clean.

# CABBAGE



## STORAGE

- ❖ Store cabbage in the refrigerator drawer in a **loose plastic bag**.
- ❖ **Head cabbage** (red or white) will last at least a month in the refrigerator.
- ❖ **Savoy** or other cabbages with loose heads will last 1-2 weeks.

*“This is the most important time of the year for spiritual and cultural activities. Our ...people are involved in Winter ceremonies and our Elders tell legends and use stories to teach children the right way to live. ... Because we are rich with stored food we had more time to prepare for future harvests. ... (We) collected shellfish during the night tides, (And) ducks and geese were netted or speared.” – The Saanich Year, 1993*

## PREPARATION

- ❖ Although cabbages differ in colour and texture, they can all be prepared similarly.
- ❖ To prepare, wash outside and peel away any damaged leaves. Then chop, cut into chunks or use the leaves whole for stuffed cabbage leaves.
- ❖ Cabbage can be eaten raw or cooked. **To eat raw**, cut into four quarters and carefully remove the tough core. Then, cut thinly or use the food processor to shred the leaves. Cabbage can be a colourful and crunchy addition to a salad.
- ❖ Cabbage can be **cooked in a variety of ways**, including boiled, steamed, baked, sautéed, pickled or stuffed. A basic way to cook is to shred and fry in a pan with butter or oil. Cook for a few minutes until it wilts. Overcooking can cause an off taste and smell.
- ❖ To stuff the leaves, immerse the entire head in boiling water for a few minutes,

## NUTRITION INFORMATION

- ❖ Cabbage is an excellent source of Vitamin K and C.
- ❖ Vitamin K is involved in blood clotting, and an essential nutrient.
- ❖ Vitamin C is important in immune response and wound healing. Since cooking destroys much of the active Vitamin C, cabbage would be most nutritious when eaten raw or cooked lightly.

# CABBAGE THREE WAYS

CROCKPOT

## HEARTY RICE SKILLET\*

- ¾ cup brown rice
- 1 cup water
- 1 can kidney beans
- 1 can diced tomatoes OR 1 large tomato
- 1 can mixed vegetables OR 1 ½ cups fresh vegetables (chopped cabbage, carrots, squash)
- ½ teaspoon dried OR 2 tablespoons fresh thyme
- 1 can low-salt condensed tomato soup
- ½ cup slivered almonds

DIRECTIONS: In a large skillet or fry pan add the rice and water. Cover and simmer for 30 minutes. Stir in the beans, tomatoes, vegetables, thyme, and simmer for an additional 15-20 minutes until the rice is tender. Stir in tomato soup and heat through. Before serving, stir in almonds, and sprinkle with cheese or hot sauce (if desired). If cooking with a crockpot, add all ingredients together and cook on low for 6 hours.

RAW

## COLESLAW FIT FOR COMPANY

- |   |                             |
|---|-----------------------------|
| 4 cups cabbage, finely grated               | ½ cup plain yogurt          |
| 2 large carrots, grated                     | ½ cup light mayonnaise      |
| ½ cup red onion, finely chopped             | 3 tablespoons cider vinegar |
| 2 medium apples, diced                      | 1 tablespoon honey or sugar |
| ¼ cup seeds (sunflower, pumpkin, pine nuts) | Salt & pepper to taste      |
| ½ cup celery, finely chopped                |                             |

DIRECTIONS: Mix together the yogurt, mayo, vinegar, and honey in a small bowl. Combine all of the other ingredients in a large bowl and toss with half of the dressing. Taste and add more if needed. Season with salt and pepper if desired.

Recipe adapted from: Food Skills for Families: Aboriginal Families, Canadian Diabetes Association, pp.87

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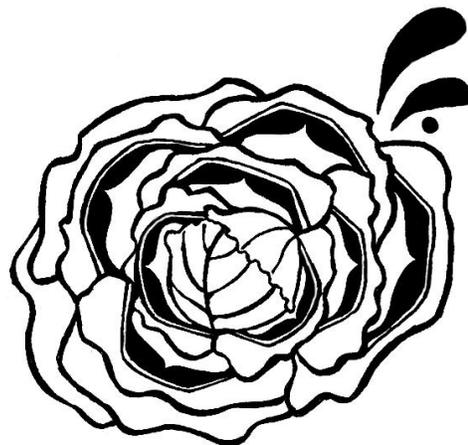
## GINGERSNAPS WITH MOLASSES

- |   |                                    |
|---|------------------------------------|
| 2 cups all purpose flour                              | ¾ cup butter (at room temperature) |
| 1 ½ teaspoon baking soda                              | 2 eggs                             |
| 1 teaspoon cinnamon                                   | ¼ cup blackstrap molasses          |
| ½ teaspoon salt                                       | 1 cup sugar                        |
| 1 tablespoon fresh ginger, grated OR 2 teaspoon dried |                                    |

DIRECTIONS: Preheat oven to 350F. In one bowl, combine flour, baking soda, cinnamon and salt. In another bowl, beat (with an electric beater) together the butter and sugar until combined. Then, beat in the eggs, molasses and ginger until combined. Add the flour, and beat on low until just combined. Form into balls or just drop on greased cookie sheet. Cook for 15 minutes or until just lightly brown. Makes 3 dozen cookies.

Recipe adapted from: <http://www.marthastewart.com/353211/gingersnaps> (March 20, 2013)

# HEARTY RICE SKILLET\*



## INGREDIENTS

$\frac{3}{4}$  cup brown rice

1 cup water

1 can kidney beans

1 can diced tomatoes OR 1 large tomato

1 can mixed vegetables OR 1  $\frac{1}{2}$  cups fresh vegetables (chopped cabbage, carrots, squash)

$\frac{1}{2}$  teaspoon dried OR 2 Tablespoons fresh thyme

1 can low-salt condensed tomato soup

$\frac{1}{2}$  cup slivered almonds

## DIRECTIONS

1. In a large skillet or fry pan add the rice and water.
2. Cover and simmer for 30 minutes.
3. Stir in the beans, tomatoes, vegetables, thyme, and simmer for an additional 15-20 minutes until the rice is tender.
4. Stir in tomato soup and heat through.
5. Before serving, stir in almonds, and sprinkle with cheese or hot sauce (if desired).
6. If cooking with a crockpot, add all ingredients together and cook on low for 6 hours.

## NUTRITION TIPS

- ❖ Almonds are an excellent source of protein, Vitamin E, Magnesium and Calcium. They can be added to rice dishes or in baking for a nutritious crunch!