

eat localcaledon

SCHOOL NEWSLETTER

SO WHAT IS "EATING LOCALLY" ANYHOW?

Eating Locally means to eat food that is grown by local farmers or is made by local food makers, such as bakeries, jam-makers, or dairies.

When eating locally, try to choose foods that are grown close to your home. Choose foods that are grown in Caledon or the surrounding area. Even better, grow a vegetable garden and eat food right from your backyard. Or choose food that is grown within Ontario.

TRYING TO EAT LOCALLY? HERE ARE SOME IDEAS...

- Visit local farmers & u-picks for local fruits, vegetables and herbs.
- Buy eggs, meats & fish from local farmers.
- Buy honey and maple syrup that is made locally.
- Buy bread from a local bakery.
- Look for the Foodland Ontario label in the grocery store.
- Visit one of Caledon's two farmers' markets (Inglewood on Wednesdays or Bolton on Thursdays).
- Make jam using local berries during berry season.
- Try new recipes that use local foods.
- Plant a garden and eat vegetables and herbs from your own backyard.
- Preserve local produce when it is in season (freeze, can, dry) to eat later in the year.

GREAT REASONS TO EAT LOCALLY INCLUDE:

- 🌱 **It tastes better!** Local food is fresher and tastier. Ever tried sweet corn right after it is picked?
- 🌱 **It is healthier!** Local food has fewer additives and preservatives because it is not being transported long distances. Also, studies have shown that many fruits and vegetable are most nutritious shortly after being picked.
- 🌱 **You are supporting small local farmers!** By buying from local farmers and food producers, you are helping to keep farmers and food producers in business. This strengthens the community for all of us!
- 🌱 **You are taking a BITE Out of Climate Change!** Eating more locally is a simple action that you and your family can do to help fight climate change. Lots of harmful greenhouse gas emissions are produced when food is transported long distances. Local foods travel much shorter distances from the farm to the table than imported foods, and therefore have a much smaller "carbon footprint". When you eat locally you are helping to cut down on greenhouse gas emissions and are taking a bite out of climate change!

AND NOW IT'S TIME FOR A WINTERLICIOUS MEAL!

Here are the recipes that Grade 5 students are cooking at selected schools across Caledon this winter in the Eat Local Caledon workshops. Try some of these recipes at home to see how easy and delicious it is to cook and eat locally, even in the winter! Enjoy and have fun in the kitchen!

Quick & Easy Cabbage Salad

Servings: 6

*2 cups finely cut **local** cabbage*
Freshly squeezed lemon to taste
1 Tbsp. olive oil
Salt & Pepper to taste

1. Combine all ingredients in a salad bowl and serve.

Carrot & Parsnip Soup

Servings: 6-8

3 Tablespoons olive oil
*3 **local** onions*
*4 sliced, large **local** Carrots*
*2 sliced, large **local** Parsnips*
*2 peeled and chopped **local** Apples*
1/4 cup chopped fresh dill
2-1/2 cups (chicken or vegetable stock)
1 tsp granulated sugar
*4-5 cups **local** milk*
salt and pepper
dill sprigs

1. In a soup pot, heat the olive oil over medium heat. Add onions, carrots, parsnips and apples and cook about 5 minutes, stirring often. Cover, reduce heat to low and cook 10 minutes to soften vegetables.
2. Stir in dill, stock and sugar, bring to a boil, reduce heat to medium-high, cover pot and simmer until vegetables are very tender (approximately 15 to 20 minutes).
3. Remove soup from heat. Add milk and allow to cool slightly. Puree the soup using a hand-held blender (or in batches using a blender or food processor)
4. Season to taste with salt and pepper. Garnish with dill sprigs and serve.

Garlic Bread

*1 (1 pound) loaf **local** bread*
*5 Tablespoons **local** butter, softened*
2 teaspoons extra virgin olive oil
*3 cloves **local** garlic, crushed*
1 teaspoon dried oregano
salt and pepper to taste
1 cup parmesan cheese

1. Preheat the oven broiler. Cut the bread in half horizontally.
2. In a small bowl, mix butter, olive oil, garlic, oregano, salt and pepper. Spread the mixture evenly on the bread. Sprinkle parmesan on top.
3. Place the bread open-side up under the broiler for approximately 2 minutes, or until slightly brown. Check frequently to make sure they do not burn.
4. Remove from broiler, cut into slices and serve.

Butternut Squash Mac 'N Cheese

Servings: 6

1 local butternut squash
3 local garlic cloves
1 cup vegetable broth
1.5 cups local milk
Pinch of nutmeg
Pinch of cayenne pepper
1 tsp. salt
Pinch of black pepper
1 lb elbow macaroni
1 cup cheddar cheese, grated
2 Tbsp. parmesan

1. Peel, scoop seeds and cut the squash. Grate the cheddar cheese. Peel and chop garlic.
2. Combine squash, garlic, vegetable broth and milk in a medium saucepan. Bring to a boil, turn the stove heat down to medium and let simmer until the squash is tender (approximately 20 minutes).
3. Meanwhile, bring a pot of water to a boil and cook macaroni pasta according to package directions (approx. 8 minutes).
4. Remove the squash mixture from the stove and mash the contents with a potato masher. Stir in the nutmeg, cayenne pepper, salt & pepper.
5. Combine the pasta and squash mixture. Stir in the cheddar and parmesan cheeses and it is ready to serve.

Maple Apple Crisp

5 local apples - peeled, cored, and sliced
3/4 cup local maple syrup
1/2 cup all-purpose flour
1/2 cup rolled oats
1/2 cup brown sugar
1 pinch salt
1/2 cup local butter, softened

1. Preheat oven to 375 degrees F (190 degrees C).
2. Peel, core and slice the apples. Place the apples in an 8x8 inch baking pan. Toss apples with maple syrup.
3. In a separate bowl, mix together flour, oats, sugar, and salt. Cut in butter until mixture is crumbly. Sprinkle mixture evenly over apples.
4. Bake in preheated oven for 35 minutes, until topping is golden brown. Serve warm or at room temperature.