

APPLE  
CELERY  
GROUND CHERRIES  
BROCCOLI  
CRANBERRIES  
BLUEBERRIES  
CELERIAC  
ASPARAGUS  
SWISS CHARD  
CANTALOUPE  
EGGPLANT  
TURNIP  
CUCUMBER  
MAPLE SYRUP  
RADISHES  
FENNEL  
GRAPES  
CORN  
ZUCCHINI  
PEAS  
PARSNIP  
POTATOES  
PEAR  
WATERMELON  
BEANS  
LEEEKS  
SNOW PEAS  
ONION  
SWEET POTATOES  
SPINACH  
FROZEN VEGETABLES  
RUTABAGA  
GREEN ONIONS  
LETTUCE  
ENDIVE  
TOMATOES  
GARLIC  
BELL PEPPERS  
PUMPKIN  
MUSHROOMS  
BEETS  
JERUSALEM ARTICHOKE  
CAULIFLOWER  
PARNIPS  
CARROTS  
RASPBERRIES  
FRESH HERBS  
RHUBARB  
SQUASH  
STRAWBERRIES

# 50 recipe cards

local fruits and  
vegetables on the  
menu





## BENEFITS

Because they are as old as the world...  
but as good as ever!

Eaten since prehistory, apples are one of the top fruits consumed in the world. Over 7,500 varieties are known to exist.

Because they're the apple of your eye!

There are so many ways to enjoy apples. Indeed, they go perfectly in just about anything: compotes, tarts, pies, puddings, doughnuts, turnovers, muffins, sauce, salads, you name it! Treat yourself!



## WHY EAT LOCAL?

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## APPLE AND CHEDDAR WRAP

Portion: 1  10 min

### Ingredients

- 1 whole-wheat tortilla (medium size)
- 85 ml (1/3 cup) grated apple
- 65 ml (1/4 cup) grated cheddar cheese

### Directions

1. Sprinkle the grated apple and cheese on the tortilla.
2. Roll the tortilla and cut into 3.

Source: Cooking for Autonomy, Lester B. Pearson Board, 2012-2013



## APPLE AND CINNAMON QUINOA

Portions: 4 to 6  10 min  15 min

### Ingredients

1. 3 medium apples, peeled, finely diced
2. 60 ml (2 tbsp) non-hydrogenated margarine
3. 5 ml (1 tsp) ground cinnamon
4. 15 to 30 ml (1 to 2 tbsp) honey or maple syrup
5. 250 ml (1 cup) cooked quinoa
6. 125 ml (1/2 cup) raisins (optional)

### Directions

1. Melt the margarine in a pan. Add the apples and cinnamon and cook about 5 min or until the apples are tender.
2. Add the remaining ingredients and mix.

Source: Kristina Parsons, RD



### TIP!



Choose the right variety of apple for your needs. If you want to eat a fresh apple, choose a variety that's firm, juicy and fragrant. To accompany a salad, opt for a crisp and tart variety. When cooking with them, look for apples with a texture that remains firm.



## BENEFITS

**Because it's exotic, but local at the same time!**

Grown in over 60 countries, asparagus is on the "Clean Fifteen" list of vegetables having the lowest pesticide residues.

**For its delicate taste and many beneficial properties!**

The Greeks and Romans recognized the sacred, biological and pharmaceutical virtues of asparagus. And its gastronomical qualities have survived the ages. Cook your asparagus al dente to make the most of its colour, texture and taste. And if you're wondering about white asparagus, it's the same vegetable, but grown underground, away from light. It's more tender than green asparagus and has a milder flavour.

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## ASPARAGUS AND STRAWBERRY SALAD

Portions: 2 to 3  15 min

### Ingrédients

- 12 asparagus stalks, cut into ribbons using a peeler
- 6 strawberries, sliced
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) lemon juice
- 30 ml (2 tbsp) chives, finely chopped
- Salt and pepper to taste

### Directions

1. Combine the asparagus and strawberries in a salad bowl.
2. Whisk together the remaining ingredients in a small bowl. Add to the asparagus and strawberries and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD

### TIP!

Choose asparagus with firm, crisp, bright-green stalks, tightly closed tips, and no signs of rust.



## ASPARAGUS MINI QUICHES

Portions: 12 mini quiches  10 min  15 to 20 min

### Ingrédients

- 10 asparagus stalks, thinly sliced
- 10 ml (2 tsp) olive oil
- 2 cloves garlic, chopped
- 10 ml (2 tsp) fresh thyme
- 80 ml (1/3 cup) goat cheese (or other cheese, according to taste)
- 2 eggs
- 125 ml (1/2 cup) milk
- 12 mini pie crusts

### Directions

1. Preheat oven to 190°C (375°F).
2. In a frying pan, sauté the asparagus, garlic and thym approximately 3 to 5 min.
3. Divide the asparagus mixture and the goat cheese evenly between the mini pie crusts.
4. In a bowl, whisk together the eggs and milk. Divide this mixture between the mini pie crusts (about 15 ml/1 tbsp per quiche).
5. Bake in the oven 15 min.

### Note

Use a muffin pan and toaster oven to make things simpler and reduce cooking time. This is an ideal method for mini quiches and can also be used for recipes such as lentil bread, French bread, crustless salmon pâté, fruit crisp, etc.

Source: Julie Strecko, RD



## BENEFITS

### Because there are so many varieties!

It's true, there are yellow, green and purple beans, Roman beans, string beans, and the list goes on. Crunchy or creamy in texture, they can be eaten hot or cold and make a great side dish with fruits, vegetables, cheeses and meats.

### Because they're high in nutrients!

In addition to being a good source of potassium and folic acid, fresh beans also contain vitamins C and A and magnesium, among others.



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## BEAN, TOMATO AND HALLOUMI SALAD

Portions: 2 to 3  15 min

### Ingredients

- 500 ml (2 cups) green and yellow beans, cut into 1-cm sections
- 250 ml (1 cup) tomatoes, diced
- 125 ml (1/2 cup) halloumi cheese, diced (or other cheese)
- 1 glove garlic, chopped
- Fresh basil, chopped, to taste
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) red wine vinegar

### Directions

1. Mix together the first 5 ingredients in a bowl.
2. Prepare the vinaigrette and incorporate into the first mixture.

Source: Julie Strecko, RD



## SAUTÉED BEANS AND TOMATOES

Portions: 3 to 4  10 min  15 min

### Ingredients

- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 80 ml (1/3 cup) onion, chopped
- 1 L (4 cups) yellow and green beans, cut in half
- 1 tomato, diced
- Fresh herbs to taste

### Directions

1. Sauté the garlic and onion in the oil (about 5 min).
2. Add the tomatoes and beans. Cook about 10 min, stirring occasionally, or until desired doneness.
3. Season to taste.

Source: Julie Strecko, RD



## BONUS - PREPARING BEANS

Large beans are often stringy. Before cooking them, cut or snap off both ends of the bean and remove the string. That way, it won't get stuck between your teeth!





## BENEFITS

### Because they add colour to your life!

Beets are versatile and go beautifully in many dishes. Whether red, yellow or white, they can be added to salads, desserts, soups, grilled dishes, marinades... What's more, beet greens can be eaten raw or cooked just like spinach and are high in potassium and several other nutrients.

### Because they are so useful!

There are different varieties of beet besides the garden variety. For example, the fodder beet is used as livestock feed while the sugar beet is converted to make sugar or alcohol. In addition to its culinary uses, the beet is also used as a natural colouring agent and can even be converted into bioethanol!

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## BEET, TURNIP AND RED CABBAGE SALAD

Portions: 3 to 4  15 min

### Ingredients

- 375 ml (1 1/2 cup) cooked grated beets
- 250 ml (1 cup) grated turnip
- 500 ml (2 cups) red cabbage cut into strips
- 80 ml (1/3 cup) pumpkin seeds (optional)
- 7.5 ml (1/2 tbsp) olive oil
- 15 ml (1 tbsp) apple cider vinegar
- Salt and pepper to taste

### Directions

Combine all the ingredients in a salad bowl and toss.

Source: Recipe inspired by [equiterre.org/solution/recettes](http://equiterre.org/solution/recettes)



### TIP!

Beet juice can leave dark stains on your fingers. Remove it by rubbing with a bit of lemon juice.

### COOKED BEETS!

**ON THE STOVETOP:** Place the beets in a pot and cover with water. Cover the pot and boil until beets are tender (about 1 hour).

**IN THE OVEN:** Wrap the beets in aluminium foil and cook in the oven for 1 hour at 180°C (350°F).

**IN THE SLOW COOKER:** Place the beets whole in the slow cooker. Add 500 ml (2 cups) of water + 15 ml (1 tbsp) of vinegar. Cover and cook on high 4 to 5 hours. Peel the beets by simply removing the skin with gloves, rubbing them under cold water or using a knife.



## BEET HUMMUS

Portions: 2 cups  10 min  see text box

### Ingredients

- 375 ml (1 1/2 cup) cooked beets, diced
- 125 ml (1/2 cup) chickpeas
- 1 clove garlic, chopped
- 45 ml (3 tbsp) plain yogurt or ricotta cheese
- 15 ml (1 tbsp) tahini
- 5 ml (1 tsp) ground coriander
- 10 ml (2 tsp) ground cumin

### Directions

Combine all the ingredients in a blender or food processor and purée until smooth.

### Note

Serve with toasted pitas or raw vegetables.

Source: Julie Strecko, Dt.P.





## BENEFITS

**Because they add a splash of colour to your plate!**

All bell peppers start out green and change their colour, taste and texture during ripening. The red pepper is sweeter than the green pepper. Yellow and orange peppers are particularly tender and juicy. And lately, new varieties have been showing up on shelves in unique colours like purple, brown, white and black.

**More colour means more vitamins!**

All peppers are an excellent source of vitamin C and A, but the red ones have higher concentrations than the green ones. Even when cooked, bell peppers continue to offer substantial amounts of vitamins.



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## BELL PEPPER AND CHICK PEA SALAD

Portions: 4  15 min

### Ingredients

- 1 to 2 limes (juice and zest)
- 5 ml (1 tsp) cumin
- 5 ml (1 tsp) honey
- 60 ml (1/4 cup) olive oil
- 1 yellow pepper, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 500 ml (2 cups) canned chick peas, drained
- 60 ml (1/4 cup) fresh coriander, chopped
- Salt and pepper to taste

### Directions

- In a bowl, mix together the lime juice and zest, cumin, honey and olive oil.
- Add the remaining ingredients and toss to combine.
- Season to taste.

Source: Julie Strecko, RD



## CHEESE AND ROASTED RED PEPPER PASTA

Portions: 4  15 min  30 min

### Ingredients

- 2 red peppers, halved
- 120 ml (1/2 cup) goat cheese and/or ricotta cheese
- Salt and pepper to taste
- 300 to 400 g pasta of your choice

### Directions

1. Preheat the oven to broil. Broil the peppers until the skin blackens. Let cool. Peel and remove the seeds.
2. In the blender, purée the peppers and cheese.
3. Season to taste.
4. Cook the pasta al dente in boiling water.
5. Serve with the sauce.

Source: Julie Strecko, RD



### Tip!

The easiest way to drain chick peas is to use a strainer.

### BONUS - REMOVING THE SKIN FROM PEPPERS

Brush the peppers with olive oil and place on a baking sheet. Broil them in the oven for about 10 min (turn mid-way) until the skin blackens and blisters. Transfer them from the oven to a bowl and cover with plastic wrap. The steam will cause the skin to loosen. Peel and remove the seeds once the peppers are lukewarm.



## BENEFITS

### Because they're like little blue pearls!

Wild blueberries are an excellent source of antioxidants. In addition to being exquisitely delicious, they embellish a multitude of dishes and freeze very easily.

### Because they're part of our history!

While its twin, the bilberry, originated in Europe, the blueberry is native to North America. Over 60 million pounds of blueberries are harvested in Quebec each year, much to the delight of some 400 blueberry farmers. Eating blueberries is a great way to support local producers.



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## BLUEBERRY SMOOTHIE

Portions: 1 to 2  5 min

### Ingredients

- 125 ml (1/2 cup) plain soy milk
- 125 ml (1/2 cup) vanilla yogurt
- 125 ml (1/2 cup) fresh or frozen blueberries
- 1 banana, sliced
- 5 ml (1 tsp) maple syrup or honey

### Directions

Combine all the ingredients in a food processor and blend.

Source: Kristina Parsons, RD



### TIP!

Freeze blueberries in peak season to have them on hand for smoothies all year. Mix the frozen berries in a blender with milk and a little sugar to obtain the desired consistency and taste.



## BLUEBERRY OATMEAL PANCAKES

Portions: 4 to 6  10 min  3 min per pancake (12 pancakes)

### Ingredients

- 250 ml (1 cup) rolled oats
- 250 ml (1 cup) wheat our
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 30 ml (2 tbsp) sugar or maple syrup
- 1 pinch of salt
- 1 egg
- 375 ml (1 1/2 cup) milk
- 375 ml (1 1/2 cup) blueberries, fresh or frozen
- Blueberries, maple syrup, plain or vanilla yogurt (toppings)

### Directions

1. In a large bowl, combine the rolled oats, our, baking powder, baking soda, sugar and salt.
2. Add the egg and milk and combine using a whisk.
3. Add the blueberries.
4. In a non-stick pan, pour 60 ml (1/4 cup) of the pancake mix (brush the pan with canola oil if needed). Cook 1 to 2 min over medium heat. Turn the pancake and cook another 1 to 2 min.
5. Serve topped with maple syrup, yogurt and blueberries.

Source: Recipe inspired from the Dairy Farmers of Canada [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)





## BENEFITS

### Did you know...?

The word "broccoli" means branch in Latin, even though it's actually the unopened florets that we eat. Broccoli can be cooked in the same way as cauliflower and is delicious blanched, raw, or slightly cooked.

### Because it's so accommodating!

Broccoli takes only a few minutes to prepare. Once it's rinsed, dried and cut into florets, you can add it to any recipe that strikes your fancy!



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## BROCCOLI SALAD

Portions: 3 to 4  10 min

### Ingredients

- 4 cups of broccoli florets
- 60 ml (1/4 cup) Greek yogurt
- 15 ml (1 tbsp) coriander, chopped
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbsp) water
- 1 green onion, chopped
- 1 glove garlic, chopped
- Salt and pepper to taste

### Directions

1. Mix together all the ingredients for the vinaigrette, add the broccoli florets and toss to combine.
2. Season to taste.

Source: Julie Strecko, RD



### WASTE - REDUCTION TIP!

To avoid wasting the broccoli branch, cut it into julienne strips and eat it raw or boil or steam it and add it to your purées.

### SALT ALERT!

Fish sauce and soy sauce are both very high in sodium (salt). It's a good idea to choose a low-sodium version.



## BROCCOLI AND CHICKEN STIR FRY

Portions: 3 to 4  10 min  15 to 20 min

### Ingredients

- 350 g ground chicken
- 30 ml (2 tbsp) olive oil
- 4 gloves garlic, finely chopped
- 3 green onions, cut diagonally
- 1 broccoli, cut into florets (about 1.25 L or 5 cups)
- 1 red pepper, cut into strips
- 125 ml (1/2 cup) water
- Fish sauce and soy sauce to taste
- Fresh herbs to taste

### Directions

1. Brown the chicken in a pan about 5 min. Remove and set aside.
2. In the same pan, sauté the garlic and green onion in the oil 1 to 2 min.
3. Add the broccoli and peppers. Cook 10 to 15 min.
4. Add the cooked chicken and liquids. Cook another 5 min, or until the broccoli is cooked to your taste. If necessary, add a little water.

Source: Julie Strecko, RD





## BENEFITS

### Because supplies never run out!

Yes, indeed! Cauliflower is one of the few vegetables that you can eat all year long in Quebec. Enjoy!

### Because there's one for everyone's taste!

Kale, broccoli, cauliflower, Brussels sprouts, green cabbage, red cabbage, Savoy cabbage... there are just so many varieties!



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## CREAMY AND TRADITIONAL COLESLAW

Portions: 12 to 15  10 min

### Ingredients

- 1 L (4 cups) red cabbage, thinly sliced
- 2 L (8 cups) green cabbage, thinly sliced

### Traditional dressing

- 15 ml (1 tbsp) sugar
- 60 ml (1/4 cup) apple cider vinegar
- 60 ml (1/4 cup) canola oil
- 2.5 ml (1/2 tsp) garlic powder
- 2.5 ml (1/2 tsp) onion powder
- Salt and pepper to taste

### Creamy dressing

- 60 ml (1/4 cup) white vinegar
- 125 ml (1/2 cup) mayonnaise
- 15 ml (1 tbsp) white sugar
- 5 ml (1 tsp) relish
- 2.5 ml (1/2 tsp) Worcestershire sauce
- Salt and pepper to taste

### Directions

1. Shred the red and green cabbage. Mix together in a salad bowl.
2. Transfer half of the cabbage to a second salad bowl.
3. Mix together all the ingredients for the traditional dressing. Add to the first salad bowl and mix to combine.

Source: Marie-Pierre Drolet, RD



## CURRIED TOFU AND CABBAGE STIR FRY

Portions: 4  30 min  30 min

### Ingredients

- 2 gloves garlic, chopped
- 454 ml (2 cups) crumbled tofu
- 1 onion, thinly sliced
- 30 ml (2 tbsp) canola oil
- 500 ml (2 cups) green cabbage, thinly sliced
- 10 ml (2 tsp) cornstarch
- 60 ml (1/4 cup) water
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) honey
- 10 ml (2 tsp) curry powder
- 1 yellow pepper, seeds removed, diced

### Directions

1. In a large pan, brown the garlic, onion and crumbled tofu in the oil on high heat.
2. In a bowl, dissolve the cornstarch in the water. Add the soy sauce, honey and curry powder. Mix and set the sauce aside.
3. In another large pan, brown the cabbage in the oil on medium heat. Cook about 8 min, stirring frequently, until the cabbage is al dente. Keep warm.
4. Add the peppers and continue cooking until tender. Add the sauce and bring to a boil, stirring frequently. Add the tofu mixture and mix.
5. Serve over rice vermicelli.

Source: Marie-Pierre Drolet, RD

### TIP!

Cabbage is known for its bad odour. To reduce the unpleasant sulphur smell, opt for quick cooking and avoid leaving cabbage in the back of your fridge for too long. The older it is, the more it smells!





## BENEFITS

**Because even though it's a vegetable, we love it like a fruit!**

Despite its sweet fragrance and taste, the cantaloupe is actually a vegetable. It belongs in the family of Cucurbitaceae, just like zucchini and squash.

**Because it's simply delicious!**

Its tasty, fragrant flesh is just as good eaten on its own or used in a variety of dishes. It's perfect as a simple dessert or a light and fresh appetizer.



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## CANTALOUPE GAZPACHO

Portions: 2 to 3  10 min

### Ingredients

- 1/4 cantaloupe, cut into cubes
- 2 plum tomatoes, diced
- 1/3 English cucumber, diced
- 60 ml (1/4 cup) onion, diced
- 1 clove garlic, chopped (optional)
- 15 to 30 ml (1 to 2 tbsp) red wine vinegar or lemon juice
- Fresh herbs to taste (mint, basil)
- Salt and pepper

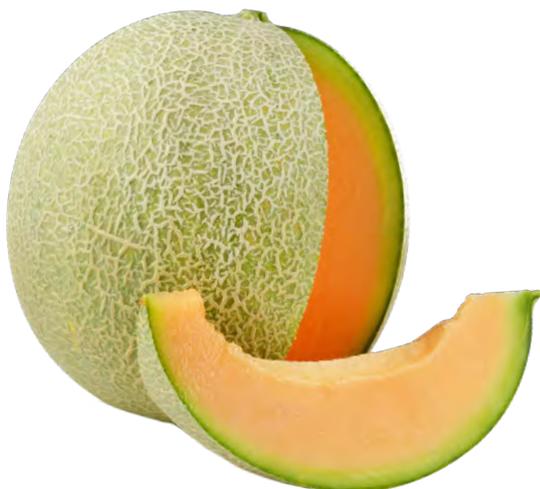
### Directions

1. Place all the ingredients in the food processor and blend to obtain the desired consistency.
2. Before serving, adjust the seasoning to your liking by adding vinegar, lemon juice, fresh herbs, tomato paste, etc.

### Note

If you don't have a food processor, you can convert this recipe into a salad or bruschetta and serve it with croutons.

Source: Julie Strecko, RD



## CANTALOUPE KETCHUP

Portions: 3  15 min  1 h 30

### Ingredients

- 1/2 cantaloupe, finely diced (500 ml or 2 cups)
- 3 to 4 tomatoes, diced (1 1/4 cup)
- 500 ml (2 cups) fruits of your choice (apples, pears, peaches), finely diced
- 1 onion, finely diced
- 2 celery stalks, finely diced
- 60 ml (1/4 cup) sugar
- 125 ml (1/2 cup) white vinegar
- 10 ml (2 tsp) salt
- 2.5 ml (1/2 tsp) ground coriander
- 2.5 ml (1/2 tsp) dry mustard
- 1.25 ml (1/4 tsp) pepper
- 1.25 ml (1/4 tsp) ground cinnamon
- 1.25 ml (1/4 tsp) ground ginger
- 1.25 ml (1/4 tsp) ground cloves

### Directions

1. Place all the ingredients in a large pot and mix.
2. Cover and cook over medium heat for approximately 1 hr 30 min, stirring occasionally.
3. Store in the fridge.

Source: Julie Strecko, RD



### BONUS - ROASTED MELON SEEDS

Like squash and pumpkin seeds, melon seeds can be roasted and added to your salads or appetizers!



## BENEFITS

### Because your eyes will thank you!

It's true! Carrots contain beta-carotene that is converted by the body to vitamin A, which is known to improve eyesight, particularly in the dark.

### To be trendy!

Carrots are one of the most popular vegetables in Quebec. This root vegetable is greatly appreciated in winter and is chock-full of vitamins and fibre. What's more, carrots now come in a variety of colours ranging from white to purple to different hues of orange and yellow.

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## CARROT AND BLUEBERRY SALAD

Portions: 4 to 6  15 min

### Ingredients

- 1.25 l (5 cups) grated carrots
- 250 ml (1 cup) blueberries (fresh or frozen)
- 2 green onions, finely chopped
- 45 ml (3 tbsp) lime juice
- 45 ml (3 tbsp) olive oil
- 7.5 ml (1/2 tbsp) maple syrup
- 2.5 ml (1/2 tsp) Dijon mustard
- 1.25 ml (1/4 tsp) ground coriander
- 1 garlic glove, chopped
- Salt and pepper to taste

### Directions

1. Place the first three ingredients in a salad bowl.
2. Whisk together the remaining ingredients, pour over the first mixture and toss to combine.

Source: Julie Strecko, RD



## LEMONY CARROT COOKIES

Portions: 14 cookies  15 min  10 to 12 min

### Ingredients

- 15 ml (1 tbsp) flax seeds
- 30 ml (2 tbsp) lemon juice
- 5 to 10 ml (1 to 2 tsp) lemon zest
- 60 ml (1/4 cup) chopped pecans (optional)
- 60 ml (1/4 cup) canola oil
- 60 ml (1/4 cup) brown sugar
- 325 ml (1 1/2 cup) grated carrots
- 5 ml (1 tsp) vanilla extract
- 125 ml (1/2 cup) rolled oats
- 125 ml (1/2 cup) flour
- 2.5 ml (1/2 tsp) baking soda
- 1.25 ml (1/4 tsp) salt
- 1.25 ml (1/4 tsp) ground cinnamon

### Directions

1. Preheat oven to 180°C (375°F).
2. Place all the ingredients in a bowl and mix well.
3. Using a spoon, form about 14 balls of dough and arrange them on a cookie sheet covered with wax paper.
4. Bake in the oven 10 to 12 min.

Source: Julie Strecko, RD



### Tip!

To make julienne sticks with carrots, use a peeler to make long ribbons. Cut each ribbon into two or three segments and cut them into julienne strips.



## BENEFITS

### Because it's not fussy!

Cauliflower is just as good raw as cooked. You can eat it in a salad, a flan, au gratin, fried in batter, etc. You'll have no trouble finding a recipe you like!

### Because it's ready for anything!

Whether white, orange, green or even purple, all cauliflower cooks quickly. All it needs is 5 to 15 minutes in a steamer or simmering water and presto! But avoid overcooking it, or it will lose its flavour and become mushy.



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## RAW CABBAGE TABBOULEH

Portions: 4  20 min

### Ingredients

- 1.25 L (5 cups) cauliflower, chopped
- 375 ml (1 1/2 cup) tomatoes, diced
- 250 ml (1 cup) parsley, finely chopped
- 125 ml (1/2 cup) red onion, chopped
- 2 gloves garlic, crushed
- 10 fresh mint leaves, finely chopped
- 45 ml (3 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil
- Sea salt and ground black pepper to taste

### Directions

1. Place the first five ingredients in a salad bowl.
2. Whisk together the lemon juice, olive oil, sea salt and ground black pepper.
3. Pour the dressing over the vegetables and mix, making sure the cauliflower is well coated.

### Note

This tabbouleh can also be served on a bed of couscous.

Source: Inspired by [mangersantebio.org](http://mangersantebio.org)

## WASTE - REDUCTION TIP!

If you only need the florets for your dish, keep the core and the outside leaves to use in soups.



## CAULIFLOWER AND LENTIL INDIAN SOUP

Portions: 8  15 min  25 to 30 min

### Ingredients

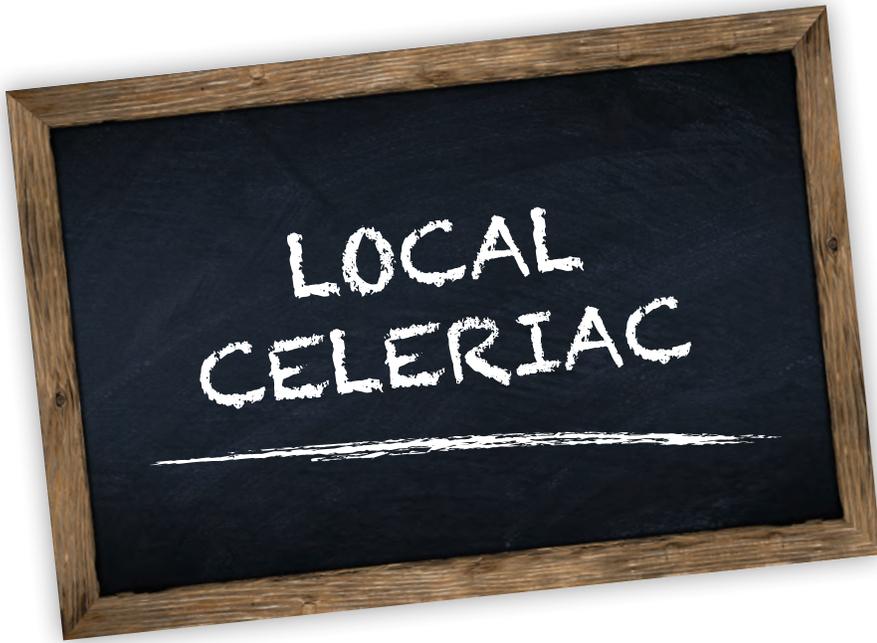
- 15 ml (1 tbsp) olive oil
- 1 onion, chopped
- 2 gloves garlic, minced
- 15 ml (1 tbsp) fresh ginger, minced
- 22.5 ml (1 1/2 tbsp) curry powder
- 22.5 ml (1 1/2 tbsp) ground coriander
- 15 ml (1 tbsp) cumin
- 1.5 L (6 cups) chicken broth
- 250 ml (1 cup) red lentils
- 2 L (8 cups) cauliflower, cut into florets (approx. 1 cauliflower)
- 1 carrot, diced
- 250 ml (1 cup) baby spinach, coarsely chopped
- Coriander to garnish

### Directions

1. In a saucepan, sauté the onion and garlic in the oil about 5 min.
2. Stir in the ginger, curry, ground coriander and cumin and cook for another 2 min.
3. Add the broth, lentils and cauliflower and simmer 15 to 20 min, or until the lentils and cauliflower are cooked. Add the spinach and cook for another 2 min.
4. Garnish with the fresh coriander and serve.

Source: Inspired by [thehappyfoodie.co.uk/recipes](http://thehappyfoodie.co.uk/recipes)





## BENEFITS

**Because true beauty comes from within!**

Celeriac may not be pretty on the outside, but on the inside its flesh is delicate and tasty. It can be cooked and mashed like potatoes.

**Celeriac is a delight!**

Descended from a celery variety native to the Mediterranean region, celeriac is an excellent winter vegetable because it keeps very well. It's great in a salad or purée, but be careful not to overcook it, as it'll become tasteless and mushy.



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## CELERIAC SALAD

Portions: 4 to 6  15 min

### Ingrédients

- 1 celeriac, peeled and grated (about 1.25 l or 5 cups)
- 3 oranges, supremed
- 2 green onions, finely chopped
- 30 ml (2 tbsp) fresh coriander, chopped
- Juice of one lemon (about 45 to 60 ml or 3 to 4 tbsp)
- 30 ml (2 tbsp) plain Greek yogurt
- 60 ml (1/4 cup) olive oil
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) honey
- 10 ml (2 tsp) cider vinegar
- 30 ml (2 tbsp) capers
- Salt and pepper to taste

### Directions

1. Place the first three ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients, drizzle the desired quantity on the first mixture and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



## CELERIAC PURÉE

Portions: 4 to 6  10 min  20 to 30 min

### Ingrédients

- 1 l (4 cups) celeriac, diced
- 500 ml (2 cups) potatoes, peeled and diced
- 2 cloves garlic, diced
- 15 ml (1 tbsp) non-hydrogenated margarine
- Onion salt and pepper to taste
- Fresh herbs to taste (parsley, thyme, ...)

### Directions

1. Place the celeriac, potato and garlic in a pot and cover with water. Bring to a boil and cook 20 to 30 min or until the vegetables are very tender.
2. Transfer the vegetables to a colander and drain. Return the vegetables to the pot and mash to form a purée.
3. Add the remaining ingredients and mix well.

Source: Julie Strecko, RD

### TIP!

To reduce the bitterness of raw celeriac, blanch it in salted water for 1 minute before preparing it.





## BENEFITS

**Because you can eat all of it: from the root to the leaves!**

Enjoy celery's crunchy stalks or add its leaves and the salt made from its root as a flavouring in soups and stews.

**Because it's a vegetable of champions!**

The ancient Greeks used celery leaves like laurel leaves, to crown athletes. The Romans used celery seeds as a seasoning.



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## FRUIT AND VEGGIE TUNA SALAD

Portions: 2 to 4 10 to 15 min

### Ingredients

- 2 cans of tuna from sustainable fisheries, drained
- 1 green onion, thinly sliced
- 1 green apple, diced (with the skin on)
- 45 to 60 ml (2 to 3 tbsp) dried cranberries
- 6 celery stalks, diced
- 1 Lebanese cucumber, diced
- 30 ml (2 tbsp) olive oil or canola oil
- 30 ml (2 tbsp) red wine vinegar
- Salt and pepper to taste

### Directions

1. Combine the tuna, fruits and vegetables in a salad bowl.
2. In a small bowl, whisk together the oil and vinegar and incorporate into the first mixture.
3. Season to taste.

### Note

For a more substantial meal, add a roll.

Source: Inspired by [nutrisimple.com/fr/recettes](http://nutrisimple.com/fr/recettes)



## CREAM OF CELERY

Portions: 4 15 min 10 min

### Ingredients

- 5 ml (1 tsp) olive oil
- 1 onion, chopped
- 1 to 2 cloves garlic, chopped
- 750 ml (3 cups) celery, finely chopped
- 1 potato, diced
- 500 ml (2 cups) chicken broth
- 250 ml (1 cup) milk
- Pepper to taste

### Directions

1. In a sauce pan, sauté the onion in the oil about 5 min.
2. Add the garlic, celery and potato. Mix and cook another 2 min.
3. Add the chicken broth and cook 1 min or until the vegetables are cooked.
4. Transfer the mixture to a blender, add the milk and purée until smooth.
5. Season to taste.

Source: Julie Strecko, RD



### TIP!

Dry celery leaves and use them as an aromatic herb. Lay them out on a grill or hang a bouquet of them in a dry, dark spot until they are completely dry.



## BENEFITS

### The “corn” of plenty!

Over 50 different varieties of sweet corn are grown in Quebec. The earliest varieties of corn are available starting in late June. Corn should be eaten as soon as possible after harvesting as it quickly loses flavour and nutritional value.

### Because it's one of our favourite culinary delights!

Even though it's often eaten as a vegetable, corn is actually a cereal. This vitamin-rich grain cereal is a staple in pâté chinois, at corn roasts, and even on an evening out at the movies!



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## SIMON'S CORN SALAD

Portions: 3 to 4 10 min

### Ingredients

- 500 ml (2 cups) frozen corn kernels
- 1 avocado, diced
- 250 ml (1 cup) cucumber, diced
- 250 ml (1 cup) kidney beans
- 1 green onion
- 8 Kalamata olives, finely chopped
- 30 ml (2 tbsp) lime juice
- 10 ml (2 tsp) rice vinegar
- 20 ml (4 tsp) olive oil
- Fresh coriander, to taste
- Salt and pepper to taste

### Directions

1. Combine the first 6 ingredients in a bowl.
2. Whisk together the lime juice, vinegar, and oil and pour over the first mixture. Toss to combine.
3. Add the fresh coriander and season to taste.

Source: Simon Deschamps (aged 8)



### TIP - REMOVING CORN KERNELS FROM A COB

Simply hold the raw or cooked cob upright and slide the blade of a knife from top to bottom to slice off the kernels. Watch your fingers though!



## CORN BURRITOS

Portions: 4 10 min 1 min

### Ingredients

- 375 ml (1 1/2 cup) frozen corn kernels
- 250 ml (1 cup) kidney beans
- 125 ml (1/2 cup) cooked rice
- 160 ml (2/3 cup) store-bought salsa
- 250 ml (1 cup) cheddar cheese, grated
- 4 to 6 large tortillas

### Directions

1. Combine the first 4 ingredients.
2. Spread 125 ml (1/2 cup) to 160 ml (2/3 cup) of the mixture on each tortilla, top with cheese and form into a roll.
3. Cook 1 min in the microwave and serve.

Source: Julie Strecko, RD





## BENEFITS

### To boost your immune system!

Cranberries are a great source of vitamins and antioxidants. They contain acids such as oxalic acid and citric acid, which give them their sour taste. Cranberries are said to be good for blood circulation, the skin and the digestive system.

### Because they keep for a long time!

Approximately 90% of Canadian cranberries come from Quebec. Easy to find and store, this nutrient-rich berry adds lovely colour to your dishes! Cranberries can be frozen for over a year, so you can have them on hand whenever you need them. And dried cranberries make a tasty and handy snack!



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## CRANBERRY GAZPACHO

Portions: 4  10 min

### Ingredients

- 500 ml (2 cups) fresh cranberries
- 500 ml (2 cups) cucumber, diced
- 500 ml (2 cups) tomato, diced
- 250 ml (1 cup) chicken broth
- Juice of one lime
- Fresh herbs to taste
- Salt and pepper to taste

### Directions

1. Combine all the ingredients in the blender and process to the desired consistency.
2. Season to taste

Source: Julie Strecko, RD



## CHICKEN AND CRANBERRY MEATBALLS

Portions: 24 meatballs  10 min  15 min

### Ingrédients

- 400 g chicken, chopped
- 80 to 125 ml (1/3 to 1/2 cup) dried cranberries
- 60 ml (1/4 cup) bread crumbs
- 80 ml (1/3 cup) green onions, finely chopped
- 15 ml (1 tbsp) soy sauce
- 5 to 10 ml (1 to 2 tsp) fresh ginger
- 1 egg
- 2 gloves garlic, finely chopped
- Pepper to taste

### Directions

1. Preheat the oven to 180°C (350°F).
2. Mix together all the ingredients in a bowl.
3. Shape into balls (about 24) and arrange on a parchment-lined baking sheet.
4. Cook in the oven for 15 to 20 min.

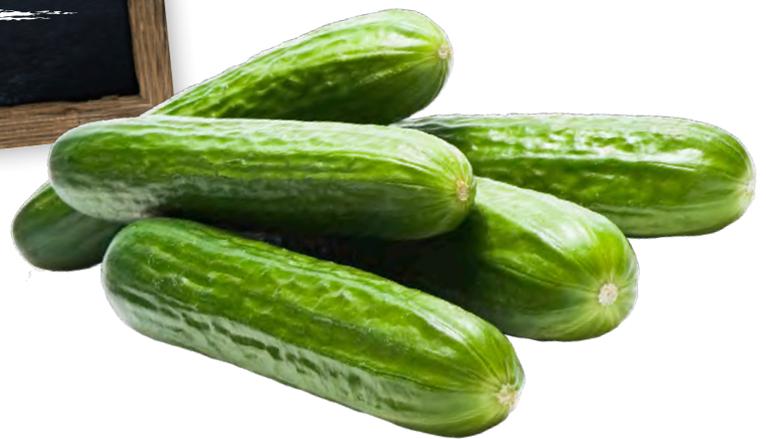
Source: Julie Strecko, RD



### TIP!

Cook cranberries in a small quantity of water in a covered pot to prevent splashing. The heat will make the berries expand and eventually pop.





## BENEFITS

### Because you don't even need to peel it!

When you eat cucumbers with their skin, your body absorbs even more nutrients and fibre. What about the pickle, you ask? It used to be that pickles were cucumbers that were harvested before full maturity. Today, different varieties are selected to produce either pickles or cucumbers.

### Because it's cool as a cucumber!

In fact, even with a hot sun beating down on your vegetable garden, the cucumber keeps its cool, with an internal temperature 6 to 8 degrees below that of the outside air. But that doesn't mean you can't savour it braised, sautéed or in a soup



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## CUCUMBER AND MINT SALAD

Portions: 3 to 4 10 min

### Ingredients

- 2 English cucumbers (750 ml or 3 cups), seeded and cut into half moons
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) olive oil
- 22.5 ml (1 1/2 tbsp) plain Greek yogurt
- Salt and pepper to taste
- Mint leaves, finely chopped, to taste

### Directions

1. Combine the lemon juice, oil, yogurt and mint.
2. Add the cucumbers and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD

### TIP!

Salting a cucumber: When preparing a cucumber salad, it's a good idea to salt the cucumber first to avoid an overly watery salad. Place your cut cucumber in a colander with a big pinch of salt and let sit for 30 min.



### COOKING WITH KIDS!

Worried about letting your kids handle a knife when helping you in the kitchen? Instead, suggest that they use a bread knife to cut a peeled cucumber or scissors to cut mint.



## SPRING ROLLS

Portions: 4 20 to 25 min 5 to 10 min

### Ingredients

- 50 ml (3 tbsp) rice vermicelli
- 8 rice paper wrappers
- 1 to 2 cucumbers, seeded and cut into julienne strips
- 1 carrot, grated
- 1/2 pepper, cut into thin strips
- 250 ml (1 cup) pollock, shrimp and/or chicken, chopped
- 4 to 6 lettuce leaves, chopped
- Fresh herbs: mint, basil, coriander

### Directions

1. Place the vermicelli in a bowl and cover with boiling water. Let sit 5 min, or until the noodles are cooked. Drain and cool under cold water. Set aside.
2. Immerse the rice wrappers one at a time in a bowl of hot water to soften (about 30 sec). Carefully lay them out on a damp cloth.
3. Garnish each wrapper with the desired filling: place all the ingredients in a line near the bottom of the sheet, leaving room on the sides.
4. To roll the rice paper, fold the bottom of the wrapper up over the filling, then fold in each side and continue to roll the rest of the sheet.
5. Repeat for each rice paper wrapper.
6. Serve the rolls with a bit of sauce (see note).

### Note

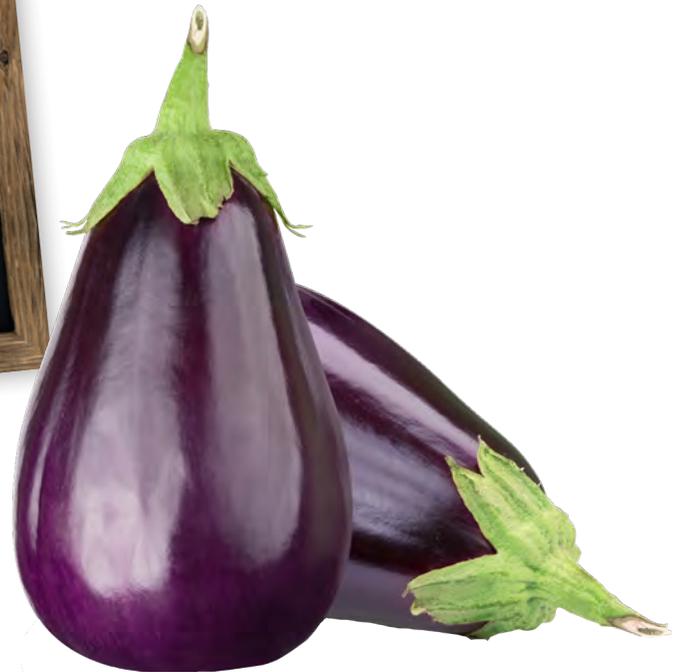
#### Creamy sauce

- 45 to 60 ml plain yogurt
- 15 ml hoisin sauce

#### Clear sauce

- 15 ml fish sauce
- 15 ml rice vinegar
- 15 ml lime juice
- 30 ml water
- 5 ml sugar
- 1 glove garlic, chopped

Source: Julie Strecko, RD



## BENEFITS

### A vegetable that's actually a berry!

The eggplant is a fruit native to India. It comes in a variety of colours and sizes; it can be as small as an egg or quite large. Look for an eggplant that's firm and heavy, with smooth, uniformly coloured skin.

### Because you get a lot out of cooking it!

Eggplant is delicious hot or cold. Whether stuffed, grilled, gratiné, puréed, or added to a ragout, brochette, or dip, it's a staple ingredient in Asian and Mediterranean cuisine. Great paired with garlic, oil, tomatoes, lemon and fresh herbs, eggplant is a true culinary delight.



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## EGGPLANT SALAD

Portions: 2 to 4  15 min

### Ingredients

- 750 ml (3 cups) eggplant, finely diced
- 375 ml (1 1/2 cup) green pepper, finely diced
- 1 green onion, chopped
- 30 ml (2 tbsp) lemon juice
- 1 glove garlic, finely chopped
- 30 ml (2 tbsp) olive oil
- Salt and pepper to taste

### Directions

1. Whisk together the lemon juice, garlic and olive oil in a bowl.
2. Add the remaining ingredients and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



## EGGPLANT MINI PIZZAS

Portions: 3 to 4  10 min  25 min

### Ingredients

- 8 eggplant slices (1 cm thick)
- 45 ml (3 tbsp) pizza sauce
- 8 tomato slices
- 375 ml (1 1/2 cup) grated mozzarella
- Fresh basil to taste

### Directions

1. Preheat the oven to 200°C (400°F).
2. Arrange the eggplant slices on a parchment-lined baking sheet. Bake 20 min in the oven.
3. Top each eggplant slice with a bit of tomato sauce, a tomato slice, fresh basil and mozzarella.
4. Cook another 5 min, or until the cheese is melted. Set the oven to broil and roast until the cheese is golden brown.

### Variation:

Use different ingredients to mix up the flavours: ricotta, garlic, tomato, basil, olives.

### Note

For added protein and less food waste, combine eggplant with left-over cooked meat or cheeses you have on hand (cheddar, ricotta, Parmesan, etc.).

Source: Julie Strecko, RD

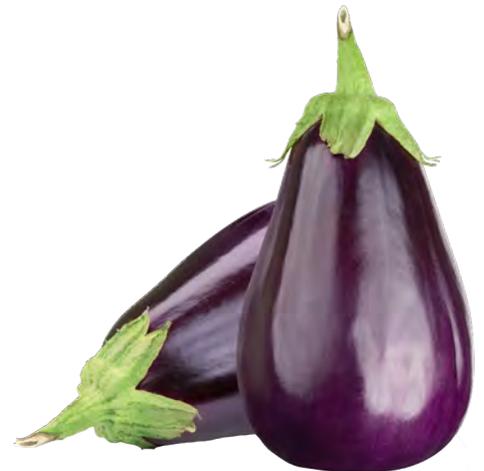
## COOKING WITH KIDS!

Letting the kids grate the cheese is a good way to get them involved in the kitchen.



### Tip!

Keep in mind that, like the avocado, eggplant's flesh turns black quickly once it's cut. Sprinkle it with lemon juice if you're not using it right away to avoid discoloration.





## BENEFITS

### Because it's so versatile!

There are many ways to enjoy this vegetable: it can be eaten raw, cooked, stuffed, sautéed, braised or gratiné. Let your culinary imagination run wild!

### Because it's loyal and reliable!

Once cultivated from October to May, the endive is now available year-round thanks to the new methods of storage and hydroponic culture developed by our local farmers.



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## ENDIVE, APPLE AND CRANBERRY SALAD

Portions: 2 to 4  10 min

### Ingredients

- 4 to 5 endives, coarsely chopped
- 2 apples, finely sliced
- 45 ml (3 tbsp) dried cranberries
- 15 ml (1 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 7.5 ml (1/2 tbsp) Dijon mustard
- 7.5 ml (1/2 tbsp) maple syrup

### Directions

1. In a salad bowl, mix together the endives, apples and cranberries.
2. In a small bowl, combine the remaining ingredients and pour the desired quantity over the salad. Toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



## ENDIVE AND PEAR APPETIZER

Portions : 16 appetizers  10 min  5 to 20 min

### Ingredients

- 16 whole endive leaves
- 500 ml (2 cups) chopped endives
- 500 ml (2 cups) pears, diced
- 22.5 ml (1 1/2 tbsp) non-hydrogenated margarine
- 22.5 ml (1 1/2 tbsp) maple syrup
- 10 ml (2 tsp) whole-grain mustard

### Directions

1. In a frying pan, melt the margarine and add the endives and pears. Cook 5 to 10 min, stirring occasionally, until the pears are cooked to your taste.
2. Add the maple syrup and mustard. Stir and cook another 2 min.
3. Spoon a bit of this mixture into each endive leaf and serve.

Source: Julie Strecko, RD

## COOKING WITH KIDS!

Let the kids spoon this tasty filling on the endive leaves.

### Tip!

The endive will keep up to a week in the fridge. Whether you're eating it raw or cooked, wait until the last minute to cut it, as the edges tend to brown quickly when exposed to air. It should always be used fresh, as it doesn't freeze well.

### DID YOU KNOW...?

When dried, ground and roasted, endive roots taste similar to coffee.





## BENEFITS

**Because it adds a burst of flavour to your dishes!**

On top of its nutritional qualities, fennel is extra crunchy when raw and has an almost creamy texture when cooked. Its unique flavour is reminiscent of anise, often leading people to confuse them. That's because both anise and fennel contain anethole.

**Because it's good from the bottom to the top!**

Everything about fennel is edible and delicious: from its leaves to its bulbs, to its stalks and seeds.



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## FENNEL, MELON AND FETA SALAD

Portions: 6  15 min

### Ingredients

- 250 ml (1 cup) red onion, thinly sliced
- 60 ml (1/4 cup) lime juice
- 1 L (4 cups) fennel bulbs, thinly sliced
- 375 ml (1 1/2 cup) cantaloupe, diced
- 375 ml (1 1/2 cup) honeydew melon, diced
- 375 ml (1 1/2 cup) watermelon, diced
- 250 ml (1 cup) feta, coarsely crumbled
- 5 ml (1 tsp) fennel seeds, crushed (optional)
- Pepper to taste

### Directions

1. Place the red onion slices in a large bowl, sprinkle with the lime juice and let soften for at least 5 min.
2. Add the remaining ingredients and season generously with pepper.
3. Mix and serve

Source: [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)



### Tip!

Fennel can be used like celery. You can eat its stalks raw in salads or braised. If they are too fibrous, use them to flavour your stocks. Fennel is a good match with fish.



## SALMON WITH OLIVE-FENNEL COMPOTE AND CHEDDAR

Portions: 4  20 min  30 min

### Ingredients

- 15 ml (1 tbsp) butter
- 1 onion, thinly sliced
- 750 ml (3 cups) fennel, thinly sliced
- 125 ml (1/2 cup) white wine
- 75 ml (1/3 cup) Kalamata olives, pitted
- 4 salmon filets from sustainable fisheries (150 g each)
- 5 ml (1 tsp) Italian herbs
- 125 ml (1/2 cup) Canadian cheddar, grated
- 30 ml (2 tbsp) fennel fronds, chopped
- Salt and pepper

### Directions

1. Preheat the oven to 220°C (425°F).
2. In a saucepan, melt the butter on medium heat and cook the onion and fennel for 5 minutes.
3. Add the wine, bring to a boil and cook covered for 10 minutes. Mix in the olives and season with pepper. Set aside and keep warm.
4. Meanwhile, place the salmon filets on a parchment-lined baking sheet. Season with Italian herbs, salt and pepper. Cook in the oven for 10 minutes. Top with cheese and cook for 5 more minutes or until desired doneness.
5. Serve the salmon on top of the olive-fennel compote, garnished with fennel fronds.

Source: [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)





## BENEFITS

**Because they are a great seasoning in so many dishes!**  
Adding fresh herbs to your cooking brings out many unique flavours and aromas. Chives, basil, rosemary, thyme, oregano, coriander, dill, parsley or mint: there's nothing like fresh herbs to please the taste buds!

**Because we prefer them over dried herbs!**  
Don't know what to do with your leftover herbs? Just freeze them in ice trays with water, stock or olive oil and add them to your sauces, salad dressings and stews all year long!

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## TABBOULEH

Portions: 3 to 4  15 min

### Ingredients

- 30 ml (2 tbsp) semolina or fine bulgur
- 500 ml (2 cups) tomatoes, diced
- 80 ml (1/3 cup) red onion, finely diced
- 1 large bunch (or 2 small bunches) flat parsley, chopped
- 30 ml (2 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil

### Directions

1. Combine the first 4 ingredients in a bowl.
2. In a small bowl, whisk the oil and lemon juice and pour over the first mixture to combine.

Source: Julie Strecko, RD

### Tip!

To bring out their full flavour, finely chop the herbs just before using them. Wash them at the last minute, but only if necessary. If you have only dried herbs in the cupboard, crush them in the palm of your hand before adding them to your dish.



## FALAFELS

Portions: 26 falafels  20 min  20 min

### Ingredients

- 250 ml (1 cup) dried chickpeas
- 1.25 ml (1/4 tsp) Cayenne pepper
- 2 gloves garlic
- 15 ml (1 tbsp) ground cumin
- 15 ml (1 tbsp) ground coriander
- 1.25 ml (1/4 tsp) salt
- 2.5 ml (1/2 tsp) baking soda
- 15 ml (1 tbsp) olive oil
- 45 ml (3 tbsp) water
- 125 ml (1/2 cup) fresh parsley, finely chopped
- 125 ml (1/2 cup) fresh coriander, finely chopped
- 125 ml (1/2 cup) onion, finely chopped

### Directions

1. Soak the chickpeas in a generous amount of water a day in advance.
2. Preheat the oven to 180°C (350°F). Line a baking sheet with parchment paper. Set aside.
3. Drain and rinse the chickpeas and purée them in the food processor.
4. Add the remaining ingredients and purée again to obtain a consistent paste.
5. Shape into balls using a 15-ml spoon and arrange on the baking sheet.
6. Bake in the oven for about 20 min, or until the falafels are slightly golden on the outside.

### Note

Serve with tzatziki (250 ml seeded cucumber, finely sliced + 500 ml plain Greek yogurt + 30 ml lemon juice + 15 ml olive oil + 2 gloves garlic, finely chopped + 30 ml mint or dill, finely chopped + salt and pepper to taste).

Source: Inspired from [nospetitsmangeurs.org/recettes/falafels](http://nospetitsmangeurs.org/recettes/falafels)



## BENEFITS

### Because they're a logical choice!

Frozen vegetables ensure a local supply of produce all year. They're an excellent choice in winter and they add variety to your menu.

### Because they don't come from the other side of the world!

Often frozen immediately after harvesting, frozen vegetables retain nearly all their nutrients. The same cannot be said of imported fresh fruits and vegetables, which lose a lot of their nutritional value during transport and handling.



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## SUMMER SALAD

Portions: 4 to 6  15 min

### Ingredients

- 500 ml (2 cups) frozen corn kernels
- 20 cherry tomatoes, quartered
- 1 green pepper, finely diced
- 1/2 English cucumber, finely diced
- 15 ml (1 tbsp) lime juice
- 7,5 ml (1/2 tbsp) olive oil
- 1 clove garlic, chopped
- 15 ml (1 tbsp) fresh coriander, chopped
- Salt and pepper to taste

### Directions

1. Mix together all the ingredients in a salad bowl.
2. Adjust the seasoning.

Source: Julie Strecko, RD

### TIP!

If you want to thaw your vegetables, move them to the fridge for a few hours or use the defrost feature in the microwave. But you can also cook them right out of the freezer!



## VEGGIE BURGER

Portions: 6 to 8  20 min  40 min

### Ingredients

- 750 ml (3 cups) California-style frozen vegetables
- 2 green onions, finely chopped
- 1 clove garlic, chopped
- 1 540 ml (19 oz) can of white beans, rinsed and drained
- 125 ml (1/2 cup) breadcrumbs
- 180 ml (3/4 cup) old cheddar cheese, grated
- Salt and ground pepper
- 15 to 30 ml (1 to 2 tbsp) olive oil
- 6 to 8 hamburger buns
- 8 lettuce leaves
- 16 dill pickle slices
- 2 tomatoes, sliced
- Condiments (mayonnaise, mustard, ketchup...)

### Directions

1. Preheat oven to 215°C (425°F).
2. In a pot, cook the vegetables in boiling salted water for 10 minutes or until tender.
3. In the meantime, purée the white beans along with the chopped green onions and garlic in a food processor. Transfer to a bowl.
4. Drain the vegetables in a colander and rinse under cold water to cool. Drain again.
5. In a food processor, process the vegetables into a coarse, but consistent, purée. Add to the white bean mixture.
6. Add breadcrumbs and cheese and season generously. Mix well.
7. Shape into about 8 patties and arrange on a baking sheet lined with parchment paper.
8. Baste with the oil and bake in the oven for 25 min. Turn and cook for another 10 to 15 min.
9. Heat the buns in the oven. Top each one with a patty, lettuce, pickles, tomatoes and condiments of your choice.

Source: Inspired from [arcticgardens.ca/en/recipes](http://arcticgardens.ca/en/recipes)



## BENEFITS

### It adds delicious flavour to your dishes!

Whether used fresh, powdered, crushed or puréed, garlic has no equal when it comes to enlivening your recipes. Store the bulbs in a cool, dry spot and keep peeled cloves covered in oil in the freezer.

### Even its stem is edible!

Commonly known as garlic scapes, the stems are a tasty substitute for green onions or chives. Choose plump, firm bulbs with unbroken skin and no signs of spotting or sprouting.



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## GARLIC DIP

Portion: 250 ml (1 cup)  10 min

### Ingredients

- 80 ml (1/3 cup) sour cream
- 160 ml (2/3 cup) plain yogurt
- 2 gloves garlic, chopped
- 10 ml (2 tsp) Dijon mustard
- 45 ml (3 tbsp) cucumber, finely chopped
- 30 ml (2 tbsp) fresh herbs (ex.: parsley, mint, thyme)

### Directions

1. Mix together all the ingredients in a small bowl.
2. Serve with raw veggies.

Source: Julie Strecko, RD



## ROASTED GARLIC AND EGGPLANT CAVIAR

Portions: 4  10 min  55 min

### Ingredients

- 1 large eggplant
- 2 heads of garlic
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) lemon juice (optional)
- Spices to taste (Cayenne pepper, cumin...)

### Directions

1. Preheat the oven to 180°C (350°F).
2. Prick the skin of the eggplant and place it on a baking sheet.
3. Cut off the tops of the heads of garlic. Place the heads on the baking sheet and drizzle with olive oil.
4. Bake in the oven for 55 min.
5. Let cool several minutes. Cut the eggplant in half. Scoop out the flesh with a spoon and place it in a blender.
6. Use your fingers to squeeze the garlic cloves out of their skins above the blender.
7. Add the lemon juice and blend.
8. Season to taste.

### Note

Serve with oven-toasted pita triangles.

Source: Julie Strecko, RD



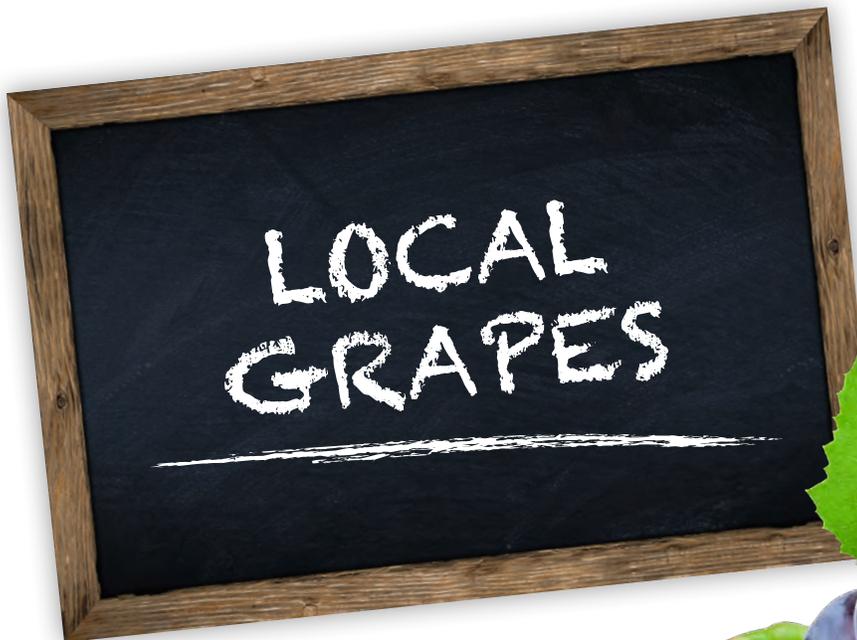
## COOKING WITH KIDS!



Make things fun for your kids by varying the shape of the vegetables. Use cookie cutters with turnips, sweet potatoes and rutabaga. Cut broccoli and cauliflower into florets.

### Tip!

Remove the green germ that is sometimes found in the middle of the clove. It can make the garlic difficult to digest and cause bad breath.



## BENEFITS

**For the many varieties grown in Quebec!**

There's the red, seedless variety, which is very sweet and excellent for juice. The white grape, with its slightly floral taste, and the green variety, which is delicious and mildly acidic, are both perfect for wine and juice. The dark-blue variety, reminiscent of black currants, makes a wonderful jelly. Whether wild or cultivated, liquid or solid, there are so many delicious ways to enjoy grapes!

**Because we've been eating them since prehistoric times!**

Native to south-west Asia, grapes are consumed the world over in many different ways: they are used to make juice and fermented to make alcoholic beverages like wine, cognac, and port. They can be eaten fresh as a snack or dried and added to pastries. Stuffed grape vine leaves are popular specialty in the Middle East!



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## GRAPE, FETA AND ARUGULA

Portions: 4  10 to 15 min

### Ingredients

- 1 L (4 cups) arugula or mixed lettuce leaves
- 30 seedless green grapes, halved
- 30 seedless red grapes, halved
- 125 ml (1/2 cup) feta cheese, crumbled
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) honey
- 45 ml (3 tbsp) olive oil
- 30 ml (2 tbsp) cider vinegar
- Salt and pepper to taste

### Directions

1. Arrange the lettuce and grapes in the serving plates or bowls. Top with the feta.
2. In a small bowl, mix together the mustard and honey. Gently whisk in the olive oil with a fork. Add the vinegar and season with salt and pepper.
3. Add the desired quantity of vinaigrette to the salad just before serving.

Source: Inspired from [lagodiche.fr/category/gourmandises](http://lagodiche.fr/category/gourmandises)

### TIP!

If your grapes have lost some of their firmness, pick them off the stem and put them in the freezer. They make a great frozen snack for the kids... and they're more nutritional than popsicles in summer!



## RAISIN BREAD

Portion: 1  10 min  
Wait time: 40 min  30 min

### Ingredients

- 1 package (10 ml or 2 tsp) instant dry yeast (fast-rising)
- 375 ml (1 1/2 cup) milk
- 30 ml (2 tbsp) margarine
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) salt
- 7.5 ml (1 1/2 tsp) ground cinnamon
- 875 ml (3 1/2 cups) all-purpose flour
- 375 ml (1 1/2 cup) raisins

### Directions

1. Mix together the milk, margarine, sugar, salt and cinnamon. Heat in the microwave 1 to 2 min. Transfer to the bowl of the electric mixer.
2. In another bowl, combine the flour and yeast.
3. Add 1 cup (250 ml) of the flour mixture to the liquid mixture. Beat on medium speed with the electric mixer for 1 min. Gradually add one cup (250 ml) more of the flour mixture, beating on medium speed for 3 min.
4. Add the raisins. Gradually stir in most of the remaining flour, until the dough forms a soft ball and no longer sticks to the sides of the bowl.
5. Knead the dough until smooth, elastic and no longer sticky (about 10 min), adding flour if necessary.
6. Cover with a damp cloth and let sit 10 min (or follow the instructions on the yeast package).
7. Shape the dough into a loaf. Place the loaf, seam side down, in a 2 L (9 x 5 x 3") lightly greased loaf pan.
8. Cover with a warm damp cloth and let the dough rise until it doubles in volume (30 to 40 min).
9. Bake on the lower rack of the oven at 190°C (375°F) for 30 to 40 min. Cover the bread with aluminum foil during the last 15 minutes of baking to prevent it from becoming too brown. Remove from the pan immediately and cool on a rack.

Source: Inspired from [fiveroses.ca](http://fiveroses.ca)



## BENEFITS

**Because they're an indispensable flavour ally in the kitchen!**

Like onions, chives and leeks, green onions add pep to nearly any dish. Raw or cooked, they are mainly used as a condiment rather than a stand-alone vegetable.

**Because you get the whole package!**

The white bulb can be used like an onion, while the green leaves can be used like chives to add a note of flavour and colour to dishes. Very popular in Asian cooking, green onions make a delicious garnish in everything from soups to dips to salads.



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## GREEN ONION AND MUSTARD VINAIGRETTE

Portion: 150 ml  5 min

### Ingredients

- 4 green onions, chopped
- 15 ml (1 tbsp) Dijon mustard
- 30 ml (2 tbsp) red wine vinegar
- 80 ml (1/3 cup) olive oil
- 2.5 to 5 ml (1/2 to 1 tsp) honey
- Salt and pepper to taste

### Directions

1. In a small bowl, combine the green onions, mustard, vinegar and honey.
2. Gradually add the oil and whisk with a fork.
3. Season to taste.

### Note

This vinaigrette is excellent over sliced tomatoes, grated carrots and cooked asparagus.

Source: Julie Strecko, RD



## GREEN ONION APPETIZERS

Portions: 34 appetizers  15 min  2 to 5 min

### Ingredients

- 350 g slice of fondue chicken meat
- 6 to 7 green onions
- 45 ml (3 tbsp) hoisin sauce

### Directions

1. Preheat the oven on broil.
2. Cut the green onions in half length-wise and cut into strips of about 10 cm.
3. Spread a little hoisin sauce on the chicken slices.
4. Roll up the green onions in the chicken slices to form little cigars.
5. Place on a baking sheet and broil for 2 to 5 min.

Source: Julie Strecko, RD



## COOKING WITH KIDS!

Letting your kids make the vinaigrette is a great way to introduce them to cooking.



### Tip!

To rid your hands of the smell of green onions after an intense cooking session, rub them with lemon juice or vinegar. Be careful if you have a cut though, as it may sting!



## BENEFITS

**Because they make an irresistible compote or jam!**

The ground cherry is a member of the same family as the tomato. Though not widely known or consumed, ground cherries have a subtle, delicate taste: sweet with a hint of tartness. Try them: you'll be glad you did!

**The ground cherry's real name is alkekengi!**

It also goes by the name Cape gooseberry and Chinese lantern. Here, it's called the ground cherry. Its Latin name *physalis* refers to the shape of the flower and comes from the Greek *phusan*, meaning "to puff out."



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## IN-SEASON FRUIT CUP

Portions: 4 15 min

### Ingredients

- 500 ml (2 cups) ground cherries, halved
- 250 ml (1 cup) honeydew melon, diced
- 250 ml (1 cup) grapes, halved
- 250 ml (1 cup) apples, diced
- 15 ml (1 tbsp) maple syrup
- 45 ml (3 tbsp) orange juice
- Fresh mint to taste

### Directions

Mix together all the ingredients in a bowl and serve.

or  
Layer the fruits in transparent cups or parfait glasses. Mix together the juice and maple syrup and pour over each fruit cup. Garnish with fresh mint.

### Variation

Don't hesitate to switch up the fruits depending on the season!

Source: Julie Strecko, RD



## TROUT FILETS WITH TOMATO AND GROUND CHERRY SALSA

Portions: 2 to 4 15 min  
Wait time : 30 to 60 min

5 to 10 min

### Ingredients

#### Ground cherry salsa

- 250 ml (1 cup) ground cherries, halved
- 250 ml (1 cup) cherry tomatoes, halved
- 30 ml (2 tbsp) red onion, finely chopped
- 30 ml (2 tbsp) fresh coriander, chopped
- 15 ml (1 tbsp) olive oil
- 45 ml (3 tbsp) lime juice
- Salt and pepper to taste

### Fish

- 2 trout filets from sustainable fisheries (200 g each)
- Olive oil to taste
- Salt and pepper to taste

### Directions

1. For the salsa: Mix together all the salsa ingredients in a bowl. Cover and set aside at room temperature for 30 to 60 min to allow flavours to combine.
2. Preheat the oven to 220°C (425°F).
3. Oil a baking sheet and place the trout filets on the sheet with the skin side down. Brush them with olive oil. Season with salt and pepper.
4. Cook in the oven 5 to 10 min or until the flesh is opaque and flakes easily with a fork. Serve topped with the salsa.

Source: Inspired from [fr.chatelaine.com/recettes](http://fr.chatelaine.com/recettes)

### Tip!

When choosing ground cherries, look for firm, shiny, uniformly coloured berries. If they're sold in their husk, it should be dry and brittle.





## BENEFITS

### Because it's an interesting substitute for potatoes!

The Jerusalem artichoke's unique flavour resembles that of the turnip and the artichoke, with a hint of hazelnut. It can be eaten raw like a radish, or it can be cooked and mashed or fried or added to a salad or soup.

### Because it's worth getting to know!

The Jerusalem artichoke is a root vegetable that deserves more of our attention. Choose artichokes with smooth, firm skin and avoid those that are starting to turn green or to sprout.



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## RAW JERUSALEM ARTICHOKES WITH A SUNNY DIP

Portions: 8  15 min Standing time: 30 min

### Ingredients

- 600 ml (2 1/2 cups) Jerusalem artichokes, brushed well under running water
- 30 ml (2 tbsp) lemon juice
- 180 ml (3/4 cup) plain yogurt
- 125 ml (1/2 cup) light sour cream
- 25 ml (5 tsp) dried cranberries, finely chopped
- 25 ml (5 tsp) unsweetened apple sauce
- 25 ml (5 tsp) red peppers, finely chopped
- 2.5 ml (1/2 tsp) curry powder
- 2.5 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) granulated white sugar

### Directions

1. Cut the Jerusalem artichokes into sticks and sprinkle them with the lemon juice to avoid discoloration.
2. Whisk together all the remaining ingredients in a bowl.
3. Refrigerate for 30 min before serving with the Jerusalem artichoke sticks.

Source: [nospetitsmangeurs.org/recettes](http://nospetitsmangeurs.org/recettes)



## JERUSALEM ARTICHOKE FRICASSÉE

Portions: 4  15 min  15 min

### Ingredients

- 1 L (4 cups) Jerusalem artichokes, washed and thinly sliced
- 15 ml (1 tbsp) olive oil
- 1 onion, thinly sliced
- 2 gloves garlic, finely chopped
- 90 ml (6 tbsp) fresh parsley, finely chopped
- Salt and nutmeg to taste.

### Directions

1. Boil water in a pot.
2. Immerse the Jerusalem artichokes in the boiling water and cook for 5 min. Drain and set aside.
3. While the Jerusalem artichokes cook, sauté the onion and garlic in a little olive oil until the onion is translucent.
4. Add the Jerusalem artichokes, parsley, salt and nutmeg to taste. Stir and cook another 2 min. Avoid overcooking the Jerusalem artichokes; they should be slightly crunchy.

Source: *Cuisiner les légumes oubliés du Québec*, Anne Samson, Modus Vivendi.



### TIP!

To prevent them from turning black once cut, soak your Jerusalem artichokes in lemon water. Since they are hard to peel, clean them well with a brush and cook them unpeeled. If you still want to peel them, it will be easier when they're still warm.





## BENEFITS

### Because it doesn't get cold feet!

Also known as curly kale, this vegetable is popular in Quebec because it's easy to grow and can tolerate temperatures as low as -15 degrees! It also comes in many colours, from light to dark green, to red, to bluish green.

### Because different is good!

Yes, and it is indeed different: kale is the only member of the cabbage family to have curly leaves that do not form a head. It also bears the closest resemblance to wild cabbage.



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## KALE SALAD

Portions: 4 15 min

### Ingredients

- 1.25 L (5 cups) kale leaves, chopped
- 250 ml (1 cup) mushrooms, sliced
- 250 ml (1 cup) celery and/or radishes, thinly sliced
- 1 green onion, chopped
- 30 ml (2 tbsp) rice vinegar
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) sesame oil
- Sesame seeds to taste
- Pepper to taste

### Directions

1. Combine the first 4 ingredients in a salad bowl.
2. Whisk together the vinegar, soy sauce and oils in a small bowl. Pour over the vegetable mixture and toss to combine.
3. Add the sesame seeds and pepper to taste.

### Variation

You can add 1 cup of cooked quinoa to this recipe.

Source: Julie Strecko, RD



## BONUS - KALE CHIPS!

In a bowl, mix kale leaves with a little olive oil and soy or tamarind sauce. Spread the kale in a single layer on a baking sheet. Bake in the oven at 150°C (300°F) for 15 to 20 min, or until the kale is crispy and still green.

\*If the kale blackens, that means it's overbaked and will taste slightly bitter. It's best to check on the leaves regularly and remove them from the oven as soon as they become crisp. Kale chips can be stored for about a week in a sealed container.



## LEMONY PASTA WITH KALE

Portions: 4 15 min 15 to 20 min

### Ingredients

- 2 L (8 cups) kale leaves
- 375 g (1 1/2 cup) long pasta
- 15 ml (1 tbsp) butter
- 1 small onion, thinly sliced
- 1 red pepper, thinly sliced
- 3 gloves garlic, chopped
- 10 ml (2 tsp) lemon zest
- 15 ml (1 tbsp) flour
- 310 ml (1 1/4 cup) 5% cream
- 30 ml (2 tbsp) lemon juice
- 30 ml (2 tbsp) grated Parmesan
- 1 pinch of ground nutmeg
- Salt and pepper to taste

### Directions

1. In a large pot of boiling salted water, cook the kale for about 3 min. Using a slotted spoon, transfer the kale to a colander to drain.
2. Bring the pot of water back to a boil and add the pasta. Cook according to package directions. Drain and return to pot.
3. In a frying pan, melt the butter over medium heat. Sauté the onion, red pepper and garlic for about 5 min. Add the kale and cook for about 3 min, stirring often. Add the lemon zest and salt and pepper to taste.
4. In a bowl, whisk the flour into the cream. Pour into the frying pan and bring to a simmer, stirring. Reduce heat and simmer, stirring, until slightly thickened (about 2 min).
5. Pour the sauce over the pasta and add the lemon juice, nutmeg, salt and pepper. Toss to coat and serve sprinkled with grated Parmesan cheese.

Source: [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)





## BENEFITS

The leek is a national symbol of Wales, but its true origin is actually uncertain!

Leek has a milder, sweeter taste than the onion. The white part of leeks is the most popular, but the green leaves are also edible. Give leeks a good cleaning to get rid of sand and dirt trapped between the leaves.

Because nothing goes to waste!

Keep the dark green tops that you trimmed before cooking your leeks and use them to add flavour to stocks or soups. They can also be finely chopped and added to a quiche or savoury tart.



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## LEEK-BASED SALAD DUO

Portions: 3 to 4 per salad  10 min per salad

### SALAD 1

#### Ingredients

- Juice of 1 to 2 lemons
- 500 ml (2 cups) leek, sliced
- 250 ml (1 cup) frozen peas
- 250 ml (1 cup) frozen Matane shrimp
- 2 oranges, supremed
- 15 ml (2 tbsp) olive oil
- Pepper to taste

### SALAD 2

#### Ingredients

- Juice of 2 lemons
- 750 ml (3 cups) leek, sliced
- 2 to 3 celery stems, sliced
- 2 apples, peeled and diced
- 15 to 30 ml (1 to 2 tbsp) olive oil
- Pepper to taste

#### Directions for each salad

1. In a bowl, combine the lemon juice and leeks. Let stand 10 to 15 min.
2. Add the remaining ingredients and let stand 5 to 10 min before serving (until the shrimp and peas are thawed).

Source: Julie Strecko, RD

### Tip!

Choose leeks that are straight and firm, with a nice green colour and no brown spots. You can store them for 2 weeks in the fridge, or 5 months in the freezer once cut into sections.



## COD WITH LEEKS AND POTATOES

Portions: 4 to 6  15 min  30 min

### Ingredients

- 5 potatoes, diced
- 6 slices prosciutto
- 1.25 L (5 cups) leeks, chopped
- 30 ml (2 tbsp) non-hydrogenated margarine
- 30 ml (2 tbsp) flour
- 500 ml (2 cups) milk
- 600 g cod filet from sustainable fisheries, cut into pieces (about 4 cm<sup>3</sup>)
- Pepper to taste

### Directions

1. In a saucepan, boil water and cook the potatoes 10 to 15 min, or until cooked but still slightly crisp. Drain and set aside.
2. In the microwave, cook the prosciutto slices on a plate between 2 paper towels for 1 min 30 sec, or until the prosciutto is slightly crispy. Set aside.
3. In a deep skillet or pot, sauté the leeks in the margarine for 5 to 10 min.
4. Add the flour and mix. Gradually stir in the milk. Cook another 3 to 5 min, stirring constantly, until the sauce thickens.
5. Add the cod and the potatoes. Continue cooking until the cod starts to fall apart when poked with a fork.
6. Serve in bowls topped with the crispy prosciutto.

### Note

Serve with pan-toasted bread slices.

Source: Julie Strecko, RD



## BENEFITS

### Because lettuce is what makes your salad a salad!

No, lettuce and salad are not the same thing: lettuce is a type of green leaf that's mixed with other ingredients to make a salad. Other types of leafy greens that go well in salads include mesclun, arugula and chicory.

### Because the more, the merrier!

The more diverse and colourful the salad, the higher its nutritional value... and the better its taste! In season, it's easy to mix things up by combining different types and colours of lettuce. And while you're at it, why not throw in a bit of fruit too?!



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## CUSTOM-MADE SALAD

Portions: 4  15 min

### Step 1

Choose a type of lettuce

#### Example

Romain, leaf, iceberg lettuce, etc.

### Step 2

Choose 2 or more vegetables and dice them.

#### Example

Concombre, oignon vert, tomate, poivron, radis, etc.

### Step 3

Choose the garnish of your choice (fruits and/or nuts and/or cheese).

#### Examples

- Diced fruit: apple, pear, strawberries, grapes, cranberries, etc.

AND/OR

- Chopped nuts: almonds, walnuts, pecans, etc.

AND/OR

- Cheese: grated, sliced, crumbled or cubed (old cheddar, Parmesan, feta, bocconcini, etc.)

### Step 4

Add a home-made vinaigrette.

#### Examples

- 30 ml (2 tbsp) mayonnaise + 10 ml (2 tsp) apple juice.

OR

- 60 ml (1/4 cup) olive oil + 15 ml (1 tbsp) maple syrup + 5 ml (1 tsp) Dijon mustard + 30 - 45 ml (2 to 3 tbsp) balsamic vinegar

Adjust quantities if you like your dressing more vinegary.

Source: Marie-Pierre Drolet, RD



## LETTUCE AND POTATO SOUP

Portions: 4 to 6  15 min  25 to 35 min

### Ingredients

- 1 onion, thinly sliced
- 1 leek, sliced
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, chopped
- 2 potatoes, peeled and diced
- 1 L (4 cups) lettuce leaves, sliced
- 1.5 L (6 cups) chicken or vegetable broth
- 30 ml (2 tbsp) chives or parsley, chopped, for garnish
- Salt and pepper to taste

### Directions

1. In a large saucepan, sauté the onion and leek in olive oil (about 5 min). Add the garlic and cook another 2 min.
2. Add the potatoes, lettuce and broth. Cover and simmer for 20 to 30 min, or until the potatoes are cooked.
3. Purée in the blender. Season to taste.
4. Garnish with the fresh herbs.

Source: Inspired from [cooking.nytimes.com](http://cooking.nytimes.com)

### COOKING WITH KIDS!

Making salads with kids is easy. Concocting the salad dressing helps them learn how to measure liquid ingredients. ([cuisinonsenfamille.ca](http://cuisinonsenfamille.ca)).



### WASTE-REDUCTION TIP!

Is your lettuce looking a bit wilted? Cut it into strips and add it to your soup at the end of cooking. The lettuce leaves will cook with the heat of the stock and impart a delicate aroma.



## BENEFITS

### They're in a class of their own!

Neither animal nor plant, the mushroom belongs to the fungi kingdom, which includes yeasts, moulds and lichen. But we eat it like any other vegetable - raw or cooked, in salads, stir fries, purées or soups.

### Did you know...?

The Greeks were the first to cultivate mushrooms, which were previously picked in the wild. It wasn't until the 17th century that the Western world followed suit.



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## MUSHROOM APPETIZERS

Portions: 20 appetizers  15 min

### Ingredients

- 1 package of mushrooms, finely chopped (250 ml or 1 cup)
- 2 green onions, finely chopped
- 60 ml (1/4 cup) parsley, finely chopped
- 22.5 ml (1 1/2 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 10 ml (2 tsp) Dijon mustard
- Salt and pepper to taste

### Directions

1. Combine the mushrooms, onions and parsley in a bowl.
2. In a small bowl, mix together the remaining ingredients and add this vinaigrette to the mushroom mixture, tossing to combine.
3. Season to taste.
4. Serve on toasted bread slices or small pitas.

Source: Julie Strecko, RD



### Tip!

Mushrooms should be cleaned just before preparing them to avoid discoloration. Clean them gently with a soft brush or damp cloth or quickly rinse under running water or in vinegar water. But don't let them soak, because they absorb water quickly.



## MUSHROOM AND CHEESE PASTA

Portions: 4  10 min  20 min

### Ingredients

- 45 ml (3 tbsp) butter
- 45 ml (3 tbsp) flour
- 250 ml (1 cup) milk
- 1/2 package button mushrooms (125 g or 1/2 cup), chopped
- 15 ml (1 tbsp) chicken broth concentrate
- 180 ml (3/4 cup) grated mozzarella
- 60 ml (1/4 cup) grated Parmesan
- Pepper to taste

### Directions

1. Melt the butter in a pan and sprinkle the flour on top.
2. Whisk to mix well.
3. Add the milk gradually, whisking constantly.
4. Add the cheeses and mushrooms gradually, continuing to whisk.
5. Season to taste.
6. Serve over pasta.

### Variations

1. Use different mushrooms and cheeses to vary the flavours.
2. Sauté an onion and the chopped mushrooms in a pan, add a drizzle of olive oil and fresh herbs (parsley, chives, etc.). Serve on the pasta of your choice.

Source: Marie-Pierre Drolet, RD





## BENEFITS

### Because you simply can't do without it!

This garden plant is one of the most universal flavouring ingredients. Indeed, onions are a staple in all kinds of dishes the world over.

### Because it keeps for a long time!

The shelf life of onions varies depending on the variety. The stronger the onion, the longer it will last. Yellow onions, the most common variety, will last for 2 to 3 months, but the red onion will only keep for 2 to 4 weeks. Instead of storing onions in the fridge, where their odour can spread to other food, hang them in a net in a dry, cool and well-ventilated area.



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## ONION AND ORANGE MOROCCAN SALAD

Portion: 4  15 min

### Ingredients

- 4 oranges, peeled with a knife and sliced
- 2 radishes, thinly sliced
- 125 ml (1/2 cup) red onion, thinly sliced
- 8 Kalamata olives, sliced
- Fresh basil, chopped, to taste
- 1 glove garlic, finely chopped
- 0.6 ml (1/8 tsp) paprika
- 1.25 ml (1/4 tsp) cumin
- 15 ml (1 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil

### Directions

1. Arrange the orange slices on a plate. Top with the radish slices, red onion, olives and basil.
2. Mix together the remaining ingredients in a small bowl and pour over the salad.

### Variation

Add a little feta cheese.

### Note

For a different texture, you can replace the orange slices with an orange supreme and use finely chopped onion.

Source: Julie Strecko, RD



## ONION AND MAPLE SYRUP CONFIT

Portions: 3 to 4  5 min  Approximately 15 min

### Ingredients

- 30 ml (2 tbsp) butter
- 3 to 4 onions, thinly sliced
- 125 ml (1/2 cup) maple syrup
- 1 sprig of fresh thyme
- Salt and pepper to taste

### Directions

1. Melt the butter in a saucepan.
2. Add the sliced onions and cook over medium heat until the onions turn golden brown, about 10 to 15 min.
3. Add the maple syrup and fresh thyme. Cook 2 min, stirring occasionally. Salt and pepper to taste.

### Note

Serve warm or cold with cheeses, in a sandwich or to accompany meat dishes.

Source: Inspired from [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)

### TIP!



Onions have a bad habit of letting off a gas when cut. To avoid tears and having to wear goggles when you cook, simply place the onion in the freezer for 15 minutes before cutting it.

### BONUS - ONION EN PAPILOTTE!

Peel the onion and cut an X on the top with a knife. Add a knob of butter, wrap in foil and place in the oven for 1 hour at 180°C (350°F).



## BENEFITS

### For its divinely sweet taste!

This fleshy root vegetable, similar to the carrot, is infused with a sweet aroma. Its unique flavour is reminiscent of hazelnuts. The parsnip becomes even sweeter when exposed to frost while still in the ground. The cold converts its starch to sugar.

### Because it's a force of nature!

Often neglected because it is associated with famine, this vegetable can be grown just about anywhere, in any conditions. Parsnips go great in all kinds of recipes, and are equally delicious steamed, boiled, grilled, braised or roasted.



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## PARSNIP SALAD

Portions: 2 to 3  10 min

### Ingredients

- 2 to 3 parsnips, grated
- 1 carrot, grated
- 1 apple, grated
- 5 ml (1 tsp) honey
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) olive oil
- 1 pinch Cayenne pepper
- Salt and pepper to taste
- Fresh herbs to taste (parsley, mint, coriander)

### Directions

1. Combine the first 3 ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and pour the desired quantity over the first mixture. Toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



## PARSNIP AND PEAR VELOUTÉ

Portions: 4  5 min  25 min

### Ingredients

- 1/2 onion
- 10 ml (2 tsp) olive oil
- 4 to 6 parsnips (2 to 3 cups), diced
- 1 to 2 pears (1 to 1 1/2 cup), diced
- 750 ml (3 cups) water
- 300 ml (1 1/4 cup) soft tofu
- Salt and pepper to taste

### Directions

1. In a large saucepan, sauté the onion in the oil 2 to 3 min, or until browned.
2. Add the parsnip, pear and water and cook 20 min.
3. Purée in the blender.
4. Add the tofu and blend again.
5. Season to taste.

Source: Julie Strecko, RD



### TIP!

For greater tenderness, choose parsnips that are firm, smooth and fairly small.





## BENEFITS

### Because they are so delicate!

Avoid storing pears too close together or in a sealed bag or container, as they give off a gas that speeds up the ripening process and can cause them to spoil. They're ready to eat when they just begin to soften near the stem.

### Because there are so many ways to enjoy them!

Delicious on its own, the pear can also accompany a wide variety of dishes, both sweet and savoury. Whether in a pie, drizzled with chocolate or paired with cheese, this fruit is always succulent!

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## PEAR HALVES TOPPED WITH POLLOCK

Portions: 4 10 min

### Ingredients

- 796 ml (1 can or 3 cups) pear halves, drained
- 227 g crab-flavoured pollock (1 package)
- 2 green onions
- 30 ml (2 tbsp) light Philadelphia cream cheese
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbsp) plain yogurt
- Salt and pepper to taste

### Directions

1. Arrange the pear halves on a platter.
2. Mix together the remaining ingredients in a bowl and scoop out a bit of this mixture to garnish each pear half.

Source: Julie Strecko, RD

### Custard

- 250 ml (1 cup) milk
- 2 egg yolks
- 30 ml (2 tbsp) sugar
- 1 pinch salt
- 5 ml (1 tsp) cornstarch
- 2.5 ml (1/2 tsp) vanilla extract

### Directions

1. Heat the milk in the microwave for 1 min.
2. In a double boiler, mix together the egg yolks, sugar, salt and cornstarch. Gradually add the milk while stirring. Cook gently while stirring constantly with a spoon, until the mixture thickens and coats the back of a spoon.
3. Add the vanilla, stir and let cool before serving. Store in the refrigerator.



## PEARS POACHED IN GRAPE JUICE

Portions: 6 to 8 60 min 30 to 35 min

### Ingredients

- 6 to 8 pears, peeled, halved and cored
- 500 ml (2 cups) grape juice
- 1 orange, sliced into rounds
- 1/2 lemon, sliced into rounds
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) water
- 1 cinnamon stick

### Directions

1. Combine all the ingredients in a large pot and bring to a boil.
2. Reduce the heat and simmer 15 min (or until the pears are tender). Remove the pears and set aside to let cool.
3. Remove the citrus fruits and cinnamon. Bring the cooking liquid to a boil for 15 to 20 min, or until syrupy, and then let cool.
4. Serve the pears with the syrup and custard (see box).

### Note

Pears aren't just for dessert. They're also delicious in mixed salads and pair perfectly with strong cheeses.

Source: *Saveurs et plaisir dans votre assiette!* Recipes and tips from Department of Nutrition graduates at the Université de Montréal, 2006.

## COOKING WITH KIDS!

To help children cut or peel round fruits safely, cut a small layer off the bottom to make a stable base.





## BENEFITS

### Because they provide a taste of home!

Peas have always been grown in Quebec, which currently has over 500 farmers and processors of this little green vegetable. Whether fresh, frozen or canned, green peas conserve their good flavour as well as their nutritional properties.

### Did you know...?

The Czech monk and botanist Gregor Mendel laid the foundation of the science of genetics by crossbreeding different varieties of peas. Even today, Mendel's laws of inheritance continue to define the principle of biological heredity!



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## PEA, APPLE AND RED PEPPER SALAD

Portions: 4 to 6  15 min

### Ingredients

- 750 ml (3 cups) peas (frozen or fresh)
- 375 ml (1 1/2 cup) apple, peeled and diced (about 2 apples)
- 250 ml (1 cup) red pepper, diced (about 1 pepper)
- 30 ml (2 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 1 clove garlic, finely chopped
- Salt and pepper to taste

### Directions

1. Place the pea, apples and red pepper in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and pour over the first mixture, tossing to combine.
3. Adjust the seasoning.

Source: Julie Strecko, RD



## MINTY PEA VELOUTÉ

Portions: 3 to 4  10 min  20 min

### Ingredients

- 15 ml (1 tbsp) olive oil
- 250 ml (1 cup) leeks, coarsely chopped
- 1 clove garlic, chopped
- 1 potato, peeled and diced (about 1 cup)
- 375 ml (1 1/2 cup) chicken broth
- 500 ml (2 cups) peas
- 12 mint leaves, coarsely chopped

### Directions

1. Heat the oil in a pot and sauté the leek and garlic for about 2 min.
2. Add the diced potato and chicken broth. Bring to a boil and cook for about 10 min or until the potato is tender.
3. Add the peas and mint and cook an additional 5 min.
4. Transfer to a food processor and purée until smooth.
5. Adjust the seasoning. Add liquid as needed.
6. Serve hot or cold.

Source: Julie Strecko, RD

### Tip!

To shell peas, break off the top end of the pod and pull the string down to open it. Slide your finger inside the pod to extract the peas.





## BENEFITS

### For their dependability and audacity!

Throughout history, potatoes have helped many countries fight famine. In 1995, it became the first vegetable to be grown in space, taking a ride aboard the NASA space shuttle Columbia 29.

### The French Resistance... to potatoes!

In the 18th century, Antoine Augustin Parmentier tried to introduce the potato to Europe, but the French were using it as hog feed! It wasn't until the potato found its way onto their king's table that the French finally accepted it!



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## POTATO SALAD WITH DILL AND LEMON

Portions: 5 to 6



### Ingredients

- 125 ml (1/2 cup) plain yogurt
- 60 ml (1/4 cup) mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- Zest of 1 lemon
- Juice of 1/2 lemon
- 10 small red potatoes, boiled\*, quartered
- 2 celery stems, finely chopped
- 3 green onions, finely chopped
- 60 ml (1/4 cup) fresh dill, chopped
- Salt and pepper to taste

### Note

Allow 10 to 15 min to cook the potatoes.

### Directions

1. In a large bowl, whisk together the yogurt, mayonnaise, mustard, lemon zest and juice.
2. Add the potatoes, celery, green onions and dill to the vinaigrette and gently combine.
3. Season to taste.

Source: Stéphanie Tremblay, RD



## POTATO AND OLD CHEDDAR FRITTATA

Portions: 5



65 min

### Ingredients

- 500 ml (2 cups) potatoes, peeled and sliced
- 180 ml (3/4 cup) green onions, chopped
- 8 eggs (extra-large size)
- 180 ml (3/4 cup) milk
- 5 ml (1 tsp) herbes de Provence
- Salt and pepper to taste
- 375 ml (1 1/2 cup) aged cheddar cheese, grated

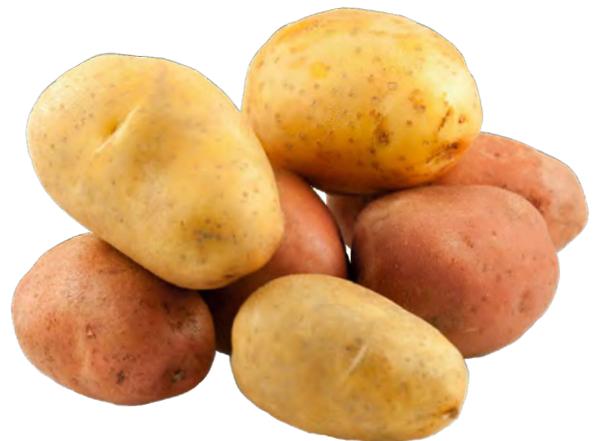
### Directions

1. Preheat the oven to 160°C (330°F).
2. Arrange the potato slices on the bottom of a lightly greased baking dish.
3. Bake uncovered in the oven until the potatoes are slightly cooked (about 20 min). Set aside.
4. Meanwhile, in a large bowl, combine the green onions, eggs, milk, herbes de Provence, salt and pepper.
5. Pour this mixture over the potatoes and top with the cheese. Bake uncovered in the oven for about 45 min, or until the middle of the omelette is firm.

Source: Inspired from nospetitsmangeurs.org

### TIP!

Potatoes can be eaten boiled, steamed, baked, roasted or mashed. You can even cook them in the microwave. Simply poke a few holes in a whole, unpeeled potato and cook for 3 to 5 min, depending on the size.





## BENEFITS

**Because the pumpkin is more than just a decoration!**

Its thick shell is great for carving scary faces at Halloween, but it's also known to last a very long time - up to 6 months when stored in a cool, dry place.

**Because every part of the pumpkin is good!**

Whether you're making a spicy pie, a creamy soup or a yummy jam, don't forget to collect the seeds from your pumpkin. Clean and dry them well and then roast the seeds in the oven at 190°C (375°F) for a few minutes. Add salt and/or spices for a tasty, nutritious snack or to add some crunch to your salads.



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## PUMPKIN MILKSHAKE

Portions: 4  5 min

### Ingredients

- 1.25 L (1 1/4 cup) pumpkin purée (home-made or canned)
- 500 ml (2 cups) milk or unsweetened almond milk
- 45 ml (3 tbsp) maple syrup
- 1 1/2 banana
- 5 ml (1 tsp) ground cinnamon
- 1.25 ml (1/4 tsp) ground nutmeg

### Directions

Purée all the ingredients in the blender until smooth.

Source: Kristina Parsons, RD



### TIP!

Thanks to its thick skin, the pumpkin makes an excellent recipient for your soups. Just be careful not to damage the skin when scooping out the flesh.



## PUMPKIN SPICE SNACKING CAKE

Portions: 12 to 16  15 min  40 min

### Ingredients

- 500 ml (2 cups) whole-wheat flour
- 250 ml (1 cup) all-purpose flour
- 125 ml (1/2 cup) unsalted pumpkin seeds, chopped (optional)
- 10 ml (2 tsp) ground cinnamon
- 10 ml (2 tsp) ground ginger
- 7.5 ml (1 1/2 tsp) baking powder
- 2.5 ml (1/2 tsp) salt
- 2.5 ml (1/2 tsp) baking soda
- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) packed brown sugar
- 2 eggs
- 250 ml (1 cup) pumpkin purée (home-made or canned)
- 160 ml (2/3 cup) plain yogurt
- 10 ml (2 tsp) vanilla extract
- 125 ml (1/2 cup) milk

### Directions

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix together the first 8 dry ingredients.
3. In another bowl, using an electric mixer, beat the butter, sugar and eggs until well blended; beat in the pumpkin, yogurt and vanilla extract.
4. Stir in dry ingredients alternating with the milk, making 3 additions of dry and 2 of milk, until just incorporated.
5. Spread the mixture on a baking sheet covered with wax paper.
6. Cook in the oven 35 to 40 min.

Source: [dairygoodness.ca/recipes](http://dairygoodness.ca/recipes)



## BENEFITS

### Because they come in 3 varieties!

The black radish is the largest and spiciest of all, with a deliciously sharp flavour. The most common variety is the red radish, which can be pinkish, red, two-toned or scarlet. The white radish, also known as the daikon or Japanese radish, is often mistaken for a turnip because of its size and weight. It can reach up to 1 m in length and weigh 1 kg.

### Because they're not just good raw!

Keep the radish's tops or leaves, chop them up and add them to your soups and omelettes. They also make a delicious velouté when cooked in a little water or stock with a potato and mixed at the end of cooking. White radishes can be sliced and cooked in soy sauce for a taste that will transport you to the Land of the Rising Sun.



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## RADISH AND CUCUMBER CONCASSÉ ON PITA

Portions: 3 to 4  15 min

### Ingredients

- 500 ml (2 cups) radishes, diced
- 375 ml (1 1/2 cup) cucumber, diced
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) lime juice
- Salt and pepper to taste
- Small pita breads or mini baguette

### Directions

1. Whisk together the oil and lime juice. Add the remaining ingredients (except for the pitas or bread) and mix to combine.
2. Eat as a topping on small pitas or toasted bread slices or alone as a salad.

### Variation

For a heartier recipe, add a can of drained tuna.  
If needed, add a little vinaigrette (olive oil, lime juice and plain yogurt).

Source: Delphine Deschamps (aged 5)



## RADISH SOUP

Portions: 4  10 min  20 min

### Ingredients

- 1 onion, chopped
- 15 ml (1 tbsp) olive oil
- 1.25 L (5 cups) radishes, sliced
- 250 ml (1 cup) potatoes, diced
- 750 ml (3 cups) chicken broth
- Salt and pepper to taste

### Directions

1. Sauté the onion in the oil.
2. Add the remaining ingredients and cook 20 min.
3. Transfer into the blender and purée.
4. Season to taste.

Source: Julie Strecko, RD

### Tip!

If you like your radishes less sharp, you can peel them. Arm yourself with patience though - it's a painstaking job!





## BENEFITS

### Because they're more than just good-tasting!

They're also good for the environment... and even our economy! Raspberry (and strawberry) cultivation employs over 15,000 people in Quebec each year. What's more, the environmentally friendly growing methods of our local farmers reduce water use as well as the use of pesticides and herbicides.

### Because they're synonymous with sweetness and happiness!

Raspberries are a deliciously tasty addition to many desserts and are also excellent in a coulis, syrup, jelly, jam, sherbet, and even wine.



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## RASPBERRY CHEESECAKE

Portion: 1 5 min

### Ingredients

- 1 low-fat graham cracker (about 16 g / 1/2 ounce)
- 30 ml (2 tbsp) ricotta cheese
- 30 ml (2 tbsp) plain Greek yogurt
- 5 ml (1 tsp) maple syrup
- 60 ml (1/4 cup) strawberries, fresh or frozen (thawed)

### Directions

1. Crumble the graham cracker in the bottom of a glass or small Mason jar.
2. In a small bowl, blend together the ricotta, yogurt and maple syrup. Pour over the cracker crumbs.
3. Top with whole or crushed strawberries.

Source: Julie Strecko, RD



### Tip!

Avoid washing raspberries under running water as they will become mushy and lose some of their taste. Wash them delicately and quickly just before eating them.



## WAFFLES WITH RASPBERRIES AND COULIS

Portion : 8 waffles 10 min 10 to 15 min

### Ingredients

#### Coulis

- 500 ml (2 cups) raspberries
- 30 ml (2 tbsp) sugar or maple syrup

#### Waffles

- 250 ml (1 cup) flour
- 15 ml (1 tbsp) flax seeds
- 7.5 ml (1 1/2 tsp) baking powder
- 37.5 ml (2 1/2 tbsp) sugar
- 2.5 ml (1/2 tsp) salt
- 1.25 ml (1/4 tsp) ground cinnamon
- 2 eggs
- 175 ml (3/4 cup) milk
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) raspberries, halved

### Directions

1. In a microwave-safe dish, mix together the sugar and raspberries. Cook 2 to 3 min. Purée and reserve.
2. For the waffles, mix together the dry ingredients in a bowl.
3. Add the eggs, milk, oil, vanilla and raspberries and mix well.
4. Cook the waffles (1/3 cup of dough) in a waffle iron or cook the mixture in a frying pan like pancakes.
5. Serve topped with the raspberry coulis.

### Variation for the coulis

#### No-Cook Raspberry Jam

1. Crush 500 ml (2 cups) of raspberries using a fork.
2. Add 30 ml (2 tbsp) maple syrup or sugar and 30 ml (2 tbsp) chia seeds. Mix.
3. Let stand for 10 minutes, stirring occasionally so that the chia grains don't stick together.

Source: Julie Strecko, RD



## BENEFITS

### Because it's full of surprises!

We treat it like a fruit, but rhubarb is actually a vegetable, belonging to the same family as sorrel and buckwheat. It is packed with fibre and vitamins.

### Because it keeps well!

Made into jam or marmelade, rhubarb can be enjoyed right away or frozen for future use in your recipes.

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## RHUBARB SALSA

Portions: 12  30 min

### Ingredients

- 500 ml (2 cups) frozen rhubarb, thawed and finely chopped
- 2 green onions, coarsely chopped
- 1/2 small red onion, coarsely chopped
- 1/2 large yellow pepper, seeded and coarsely chopped
- 1/2 orange pepper, seeded and coarsely chopped
- 125 ml (1/2 cup) fresh coriander, chopped
- 2 large tomatoes, chopped
- 10 ml (2 tsp) white sugar
- Juice of 1 lime
- Salt and pepper to taste
- Hot sauce to taste (optional)

### Directions

1. Press the thawed rhubarb to remove excess water. Finely chop the rhubarb and transfer to a large bowl.
2. Coarsely chop the green onions, red onion, yellow and orange peppers, coriander and tomatoes. Transfer to the bowl with the rhubarb.
3. Dissolve the sugar in the lime juice, add to the bowl with the rhubarb and mix. Season with salt, pepper and hot sauce to taste.

Source: Inspired from [allrecipes.com/recipe](http://allrecipes.com/recipe)



## COLD OATMEAL WITH RHUBARB AND STRAWBERRY JAM

Portions: 4  30 min  10 to 15 min

### Ingredients

- 500 ml (2 cups) frozen rhubarb, thawed and chopped
- 500 ml (2 cups) fresh strawberries, chopped
- 30 to 45 ml (2 to 3 tbsp) maple syrup
- 500 ml (2 cups) large flake oats
- 500 ml (2 cups) enriched vanilla-flavoured soy milk
- 250 ml (1 cup) vanilla yogurt
- 60 ml (1/4 cup) chia seeds

### Directions

1. Place the coarsely chopped thawed rhubarb and fresh strawberries in a large saucepan and add the maple syrup.
2. Bring to a boil, lower the heat and simmer for 10 to 15 min, until the rhubarb and strawberries turn into a purée. Remove from the stove and let cool.
3. In 4 small Mason jars, combine 125 ml (1/2 cup) oats, 125 ml (1/2 cup) soy milk, 60 ml (1/4 cup) yogurt and 15 ml (1 tbsp) chia seeds.
4. In each pot, add 60 ml (1/4 cup) of the jam to the top of the oat mixture. Refrigerate the left-over jam.
5. Close the Mason jars, let cool overnight and serve the next morning for a quick breakfast!

Source: Stéphanie Tremblay, RD



### TIP!

Rhubarb is a stringy fruit. Break the stalk in half and pull gently to remove the strings.





## BENEFITS

**Because it can surprise even the most discerning palate!**

Also known as "Swedish turnip," the rutabaga is prepared in the same way as potatoes: mashed, baked, fried, roasted or made into fries or chips, etc. Seasoned with a bit of nutmeg and chopped parsley, it's a pure delight!

**Because it's back in style!**

Long associated with privation and poverty, the rutabaga can today be found in the kitchen of the world's top chefs, a sweet revenge after years of ingratitude. The rutabaga is thought to have evolved from a cross between a turnip and kale.

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## RUTABAGA AND CARROT SALAD À L'ORANGE

Portions: 4 to 6  15 min

### Ingredients

- 1 l (4 cups) rutabaga, grated
- 500 ml (2 cups) carrots, grated
- 2 green onions, coarsely chopped
- 1 orange, diced
- 45 ml (3 tbsp) orange juice
- 15 ml (1 tbsp) white balsamic vinegar
- 60 ml (1/4 cup) olive oil
- 10 ml (2 tsp) maple syrup
- 5 ml (1 tsp) Dijon mustard
- 1 clove garlic, finely chopped
- Salt and pepper to taste

### Directions

1. Combine the first 4 ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and pour the desired quantity on the vegetables. Toss to combine.
3. Adjust the seasoning.

Source: Julie Strecko, RD



## RUTABAGA MAPLE SOUP

Portions: 4 to 6  10 min  30 min

### Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, coarsely chopped
- 1 celery stalk, coarsely chopped
- 1 l (4 cups) rutabaga, coarsely chopped
- 1.25 l (5 cups) chicken broth
- 30 ml (2 tbsp) maple syrup
- Salt and pepper to taste

### Directions

1. In a large pot, sauté the onion in the oil 2 to 3 min.
2. Add the vegetables and chicken stock and bring to a boil.
3. Let simmer 30 min or until the rutabaga is tender.
4. Transfer to a food processor and purée.
5. Add the maple syrup and mix.
6. Adjust the seasoning.

Source: Julie Strecko, Nutritionniste



### BONUS - FOR AN ORIGINAL PURÉE

Cook equal quantities of potatoes, carrots and rutabaga in a broth until tender. Drain, reserving the broth, and then purée, adding a little cream and stock to obtain the desired consistency.



## BENEFITS

### A legume in disguise!

No, the snow pea is not a vegetable - it's actually an immature legume. Crunchy and sweet, snow peas are picked when their seeds are barely formed, before the pod becomes too tough!

### Did you know...?

Snow peas are also called "mangetout" (the French word for "eat all") because you can eat the entire pod whole, either raw or cooked. Avoid overcooking when steaming or boiling them to preserve their crunch and nutrients.



## WHY EAT LOCAL?

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## ASIAN-STYLE SNOW PEAS

Portions: 4 15 min

### Ingredients

- 500 ml (2 cups) snow peas, julienned
- 500 ml (2 cups) yellow peppers, julienned
- 2 carrots, julienned
- 2 green onions, chopped
- 15 ml (1 tbsp) rice vinegar
- 5 ml (1 tsp) sugar
- 15 ml (1 tbsp) low-sodium soy sauce
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) sesame oil
- Sesame seeds to taste

### Directions

1. Place the first 4 ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients. Pour over the vegetables and toss.
3. Garnish with the sesame seeds.

Source: Julie Strecko, RD



## COUSCOUS WITH SNOW PEAS

Portions: 3 to 4 10 min 10 min

### Ingredients

- 250 ml (1 cup) couscous
- 250 ml (1 cup) snow peas, sliced diagonally
- 30 ml (2 tbsp) red onion, finely chopped
- 15 to 30 ml (1 to 2 tbsp) fresh mint, finely chopped
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 15 ml (1 tbsp) fresh ginger, grated
- 15 ml (1 tbsp) olive oil
- 250 ml (1 cup) chick peas (optional)
- 375 ml (1 1/2 cup) boiling water
- Salt and pepper to taste

### Directions

1. Place all the ingredients in a bowl and pour the boiling water over them. Cover and let cook 5 to 10 min.
2. Mix to combine. Adjust the seasoning. Can be served cold or warm.

### Variation

- Replace the chick peas with another type of legume, fish or cooked chicken.
- Top a tortilla with a little tzatziki, lettuce and the couscous mixture, roll and serve (suggestion from Simon, aged 8).

Source: Julie Strecko, RD

### Tip!

Greener than green! Vegetables tend to lose their colour during cooking. To maintain their vibrant colour, avoid overcooking and immerse them in ice water right out of the pot. This will preserve the chlorophyll responsible for their green colour.





## BENEFITS

### Did you know...?

When Catherine de Medici left Florence in 1533 to wed the King of France, she brought her cooks with her so they could prepare different recipes using her favourite vegetable, spinach. That's where the culinary term "à la Florentine" comes from!

### To reap all the benefits!

When you eat spinach, you get a multitude of nutritional elements! Spinach is one of the vegetables with the most pesticide residues, so choose organic if you can or make sure you wash it thoroughly.

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## ASIAN SPINACH SALAD

Portions: 3 to 4 15 min

### Ingredients

- 750 ml (3 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 250 ml (1 cup) mushrooms, sliced
- 30 ml (2 tbsp) raisins
- 30 ml (2 tbsp) cashews (optional)
- 2 shallots, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) soy sauce
- 5 ml (1 tsp) lemon juice
- Pepper to taste

### Directions

1. Whisk together the oil, soy sauce and lemon juice in a small bowl.
2. Combine the remaining ingredients in a salad bowl. Pour in the vinaigrette and toss to combine.

Source: Julie Strecko, RD



### BONUS - TURKISH SPINACH!

To make Turkish spinach, steam the leaves and drain them well. In a pan, sauté chopped onions in olive oil, add the spinach and cook for about 10 minutes. Add chopped garlic and yogurt and serve!



## LENTIL AND SPINACH DHAL

Portions: 4 5 min 20 min

### Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, finely chopped
- 2 gloves garlic, chopped
- 10 ml (2 tsp) fresh ginger, grated
- 10 ml (2 tsp) curry powder
- 5 ml (1 tsp) turmeric
- 250 ml (1 cup) red lentils
- 625 ml (2 1/2 cups) water
- 250 ml (1 cup) coconut milk
- 1 L (4 cups) baby spinach

### Directions

1. Sauté the onion, garlic and ginger in the oil for about 5 min.
2. Add the spices and lentils and sauté for about 1 min.
3. Add the water and coconut milk. Cook 20 min, stirring occasionally, until the lentils are cooked.
4. Coarsely chop the spinach and add it to the lentil mixture. Continue cooking for another 3 to 5 min. Add a little water if necessary for the desired consistency.

### Note

Serve with rice and/or toasted pita triangles.

Source: Julie Strecko, RD





## BENEFITS

### Cinderella's pumpkin carriage is not a myth!

A variety of squash known as Atlantic Giant produces the largest fruits in the world. Some have a diameter of over a metre and weigh up to 800 kg.

### For its longevity!

Pumpkins and some winter squash can be stored for months, or even the whole winter! Keep them in a well-ventilated, temperate place away from light and humidity.



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## FALL SQUASH SALAD WITH CRANBERRIES AND WALNUTS

Portions: 4  15 min

### Ingredients

- 750 ml (3 cups) acorn squash, grated
- 500 ml (2 cups) kale, coarsely chopped
- 2 green onions, finely sliced
- 125 ml (1/2 cup) dried cranberries, chopped
- 125 ml (1/2 cup) walnuts (optional)
- 60 ml (1/4 cup) fresh lemon juice
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) olive oil
- Salt to taste

### Directions

1. In a large bowl, mix together the squash, kale, green onions, cranberries and walnuts.
2. In a small bowl, combine the lemon juice, maple syrup and olive oil. Pour over the first mixture and toss.
3. Season to taste.

Source: Inspired from [mangersantebio.org](http://mangersantebio.org)

### Tip!

To help children peel squash safely, cut it into large pieces and use a vegetable peeler.



### BONUS - ROASTED SQUASH SEEDS!

Don't throw the seeds of the squash! Once you've cleaned and dried them, add some salt or spices and roast the seeds in the oven at 190°C (375°F). They're great as a snack or added to salads.



## APPLE AND SQUASH MUFFINS

Portions: 12 large muffins  15 min  15 to 20 min

### Ingredients

- 500 ml (2 cups) whole-wheat flour
- 180 ml (3/4 cup) sugar
- 15 ml (1 tbsp) baking powder
- 2.5 ml (1/2 tsp) salt
- 2.5 ml (1/2 tsp) ground cinnamon
- 2.5 ml (1/2 tsp) ground nutmeg
- 2 eggs, beaten
- 250 ml (1 cup) milk
- 60 ml (4 tbsp) oil
- 180 ml (3/4 cup) squash (butterkin or butternut), finely grated
- 60 ml (1/4 cup) apple, grated

### Directions

1. Place the rack in the middle of the oven. Preheat the oven to 200°C (400°F).
2. In a large bowl, combine the dry ingredients (flour, sugar, baking powder, salt, spices).
3. In another bowl, beat the eggs with the milk and oil. Add the grated squash and apple.
4. Add the dry ingredients and mix until the dough is just smooth.
5. Fill the cups of the muffin tin two-thirds full of batter.
6. Bake in the oven for 15 to 20 min, or until a toothpick inserted in the centre comes out clean.

### Variation

The squash and apple can be substituted with the following combinations:

#### Vegetable muffins

Add 250 ml (1 cup) of finely grated carrots or zucchini.

#### Berry surprise muffins

Add 5 ml (1 tsp) lemon zest.

Pour half of the dough in the muffin tin cups, add a layer of berries (blueberries, raspberries) and cover with the rest of the dough.

Source: Marie-Pierre Drolet, RD





## BENEFITS

### Because strawberry season is longer than you think!

Over 15 years ago, Quebec farmers discovered a wonderful secret: that it's possible to grow sweet and juicy strawberries right into fall. That means we can all enjoy Quebec strawberries from June to October!

### Because they're the queen of the forest fruits!

The term strawberry is derived from the Latin word fragare, meaning "to smell nice". It's a delicate and capricious queen, though, and must be handled with care. Highly perishable, it's best to store strawberries in the fridge, but never more than 2 or 3 days. They will keep better if they are loosely packed, unwashed and with the stem in.



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## STRAWBERRY LAYERED YOGURT

Portions: 4 10 min

### Ingredients

- 500 ml (2 cups) strawberries, cut into small cubes
- 5 ml (1 tsp) honey or maple syrup
- 2 mint leaves, chopped (optional)
- 250 ml (1 cup) granola (home-made or store-bought)
- 250 ml (1 cup) vanilla yogurt

### Directions

1. Combine the strawberries, honey (or maple syrup) and mint in a bowl.
2. Divide the strawberries, yogurt and granola between 4 glasses, alternating the ingredients to form layers.

Source: Julie Strecko, RD



## STRAWBERRY, APPLE AND PEAR CRISP

Portions: 6 to 8 10 min 25 to 30 min

### Ingredients

- 250 ml (1 cup) rolled oats
- 80 ml (1/3 cup) wheat our
- 60 ml (1/4 cup) brown sugar
- 60 ml (1/4 cup) non-hydrogenated margarine
- 500 ml (2 cups) strawberries, sliced
- 2 pears, peeled and sliced
- 1 apple, peeled and sliced
- 15 ml (1 tbsp) sugar
- 15 ml (1 tbsp) corn-starch
- 2.5 ml (1/2 tsp) ground cinnamon

### Directions

1. Preheat oven to 190°C (375°F).
2. Spread the fruits on the bottom of a 20 cm (8-inch) square baking pan
3. In a small bowl, combine the sugar, corn-starch and cinnamon. Add to the fruits and mix.
4. In another bowl, mix together the rolled oats, our, brown sugar and margarine. Spread mixture evenly on top of the fruits.
5. Bake in the oven 25 to 30 min or until the topping is slightly golden and the fruits are tender.

Source: Julie Strecko, RD



### TIP - AN EXCELLENT SOURCE OF VITAMIN C!

Whole strawberries keep their nutritional value better than cut ones because less of their surface is exposed to air. Adding a little lemon or apple juice can help reduce the loss of vitamin C.



## BENEFITS

**Because there are so many ways to enjoy them!**

This root vegetable is tropical in origin and can be prepared in a thousand different ways. Whether baked in a cake with cinnamon or cut up and fried with a bit of salt, sweet potatoes never cease to amaze!

**Sweet potatoes pass with flying colours!**

More than just an orange-coloured root, sweet potatoes come in nearly 500 different varieties: there are white ones, yellow ones and even purple ones! They add colour to any dish.



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## MINI PITAS STUFFED WITH SWEET POTATO AND SALMON

Portions: 20 appetizers  15 min

### Ingredients

- 1 sweet potato, grated (about 500 ml or 2 cups)
- 2 celery stems, cubed
- 60 ml (1/4 cup) onion, finely chopped
- 150 g (1 can) salmon (skinless, boneless), drained
- 60 ml (1/4 cup) coriander, chopped
- 60 ml (1/4 cup) plain Greek yogurt
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) water or lemon juice
- Zest of a half lemon
- 1 glove garlic, finely chopped
- Salt and pepper to taste
- 20 mini pitas

### Directions

1. In a large bowl, mix together the yogurt, mayonnaise, water or lemon juice, lemon zest and garlic.
2. Add the remaining ingredients and mix to combine.
3. Season to taste.
4. Top each mini pita with 30 ml (2 tbsp) of this mixture.

### Variation

You can also use this mixture to stuff cucumbers or other types of bread (ex.: tortillas). It also makes a good salad meal.

Source: Julie Strecko, RD



## LENTIL AND SWEET POTATO SHEPHERD'S PIE

Portions: 4 to 6  20 min  40 min

### Ingredients

- 3 sweet potatoes
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 1 onion, chopped
- 1/2 pepper, cubed
- 2 carrots, cubed
- 500 ml (2 cups) lentils, drained
- 75 ml (1/3 cup) vegetable broth
- 5 ml (1 tsp) curry powder
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground pepper
- Salt and paprika to taste

### Directions

1. Preheat oven to 180°C (350°F).
2. Boil the sweet potatoes and then purée them.
3. In a pan, sauté the onion, garlic, pepper and carrots in the oil for about 3 min.
4. Add the lentils, vegetable broth and spices. Mix well. Bring to a boil, then lower the heat and simmer 7 to 8 min, stirring occasionally.
5. Transfer the lentil mixture to an oven-proof square baking pan. Top with the sweet potato purée. Sprinkle with paprika and bake in the oven for 30 min.
6. Serve with a green salad or steamed broccoli.

Source: *Saveurs et plaisir dans votre assiette!*  
Recipes and tips from Department of Nutrition graduates at the Université de Montréal, 2006.



### Tip!

The skin of sweet potatoes is edible, so you don't need to peel them. Simply clean them well under running water with a brush.  
Note that sweet potatoes will keep for only 7 to 10 days when stored in a cool, dark place. Never store raw sweet potatoes in the fridge, as their flesh will harden!





## BENEFITS

### *It's surprising and bold!*

The leaves of Swiss chard can be prepared like spinach, making them a perfect substitute in your soups, stir-fries, gratins and many other dishes. Swiss chard can have green, red, yellow or white stems. The darker the stem, the sweeter it is!

### *It's an eco-friendly ally in your vegetable garden!*

Some gardeners use its leaves to make a tea that they spray on slow-growing or difficult plants.



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## SWISS CHARD AND LENTIL SALAD

Portions : 3 to 4  15 min

### Ingredients

- 750 ml (3 cups) Swiss chard leaves, chopped
- 3 green onions, chopped
- 500 ml (2 cups) canned lentils, drained and rinsed
- 250 ml (1 cup) celery, thinly sliced
- 45 ml (3 tbsp) lemon juice
- 45 ml (3 tbsp) olive oil
- 1 clove garlic, chopped
- Salt and pepper to taste

### Directions

1. Mix together all the ingredients in a salad bowl.
2. Season to taste.

### Vairation

For a slightly sweeter version, add a diced apple, 60 ml (1/4 cup) dried cranberries, 10 ml (2 tsp) Dijon mustard and 10 ml (2 tsp) maple syrup.

Source: Julie Strecko, RD



### TIP!

There's no waste with Swiss chard! You can keep the stems, chop them up and sauté them in a little olive oil, garlic and lemon juice for a delicious garnish for your pasta, rice or omelettes.



## SWISS CHARD QUESADILLAS

Portions : 4  15 min  20 min

### Ingredients

- 1 onion, finely chopped
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 1.25 L (5 cups) Swiss chard leaves (remove the stem before adding)
- 45 ml (3 tbsp) crumbled feta cheese
- 60 ml (4 tbsp) grated mozzarella
- 4 large whole-wheat tortillas

### Directions

1. In a pan, sauté the onion and garlic in the oil (about 5 min). Add the Swiss chard and cook another 5 min.
2. Spread the Swiss chard mixture and the cheeses on two tortillas. Cover with the remaining two tortillas.
3. In a frying pan, cook the filled tortillas about 3 min on each side until the cheese melts and the tortillas are nicely browned.
4. Cut each quesadilla into 8 slices and serve accompanied with guacamole, tzatziki, sour cream and/or salsa.

### Variation

The Swiss chard mixture can also be added to pasta with a bit of lemon juice and zest and a touch of olive oil.

Source: Julie Strecko, RD





## BENEFITS

### Because everybody's right about them!

Yes, tomatoes are both a fruit and a vegetable! From a botanical perspective, tomatoes are fruits, just like squash and cucumbers. But in the kitchen, they are used like vegetables!

### Because they're international!

Originally from South America, today, tomatoes are grown and prepared on every continent. Raw or cooked, it's a staple ingredient in Italian, Provençale, Greek, Spanish and, especially, Mexican cuisine.

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## BRUSCHETTA

Portions: 6 to 8  15 min

### Ingredients

- 10 plum tomatoes, seeded and finely diced
- 2 to 3 cloves garlic, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) balsamic vinegar
- Salt and pepper to taste
- Fresh herbs to taste (basil, coriander, parsley)

Variations (these other ingredients can be added, finely chopped, according to preference)

1. Feta cheese + olives + green onions + oregano
2. Dried tomatoes + marinated artichokes + parsley
3. Cantaloupe + cucumber + red onion + mint
4. Halloumi cheese + olives + basil

### Directions

Mix together all the ingredients in a bowl.

### Note

Serve with croutons or pitas.

Source: Julie Strecko, RD

### Tip!

Tomatoes can also be peeled and seeded before preparing them. Simply plunge them in boiling water for 15 to 30 seconds and the skin will come off easily once they cool.



## FRESH TOMATO TART

Portions: 4  10 min  30 to 40 min

### Ingredients

- Shortcrust pastry dough (home-made or store-bought)
- 3 tomatoes, cut into round slices
- 15 ml (1 tbsp) olive oil
- 125 g goat cheese (about 125 ml or 1/2 cup)
- 1 to 2 green onions, finely chopped
- Fresh herbs of your choice (thyme, chives, basil)
- Salt and pepper

### Directions

1. Roll out the pastry dough and line a 25-cm (9 to 10") pie plate.
2. Arrange the tomato slices on the bottom of the pie crust.
3. Drizzle with olive oil and add the green onions, salt, pepper and fresh herbs.
4. Top with the goat cheese.
5. Bake in oven 30 min or until the crust is crisp and golden and the goat cheese is slightly browned.

### Shortcut Pastry Dough (for 2 pie crusts)

#### Ingredients

- 375 ml (1 1/2 cup) unbleached flour
- 125 ml (1/2 cup) cold butter
- 2.5 ml (1/2 tsp) salt
- 1 egg
- 45 to 75 ml (3 to 5 tbsp) water

#### Directions

1. In a bowl, mix together the flour and salt.
2. Incorporate the butter using a pastry cutter or a food processor to obtain a crumbly texture.
3. Make a well in the centre and add the egg and water. Gradually incorporate the flour into the liquid to form a smooth dough. Avoid overmixing.
4. Let stand 30 min in the fridge.

Source: La Tablée des chefs  
equiterre.org/solution/recettes



## BENEFITS

### For its versatility!

This sweet-tasting root vegetable can be prepared in a variety of ways. Turnip greens are edible too. If you're daring, you can caramelize turnip in maple syrup to make a delicious dessert.

### To tell it apart once and for all!

The turnip is often confused with its cousin, the rutabaga. But, they only look alike: turnips have white flesh with a purple-tinged ring and coarse leaves, while rutabagas have yellowish flesh and smooth leaves.



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## DAZZLING MARINATED TURNIPS (CONDIMENT)

Portions: 8 to 10  10 min

### Ingredients

- 2 turnips, julienned
- 1 small cooked beet, julienned
- 180 ml (3/4 cup) rice vinegar
- 180 ml (3/4 cup) water
- 60 ml (1/4 cup) sugar
- 30 ml (2 tbsp) salt\*

### Directions

1. Cut the turnips and beet into julienne sticks. Place in a glass jar.
2. Add the other ingredients and mix to combine.
3. Make sure the liquid completely covers the vegetables.
4. Let stand 1 week before using.

### Variation

For a slightly different taste, use apple cider vinegar instead of rice vinegar.

### Note

This recipe calls for a large amount of salt to prolong the shelf life of the turnips. It makes a great side for your dishes and can replace pickles or pickled beets.

Source: Marie-Pierre Drolet, RD



## ROOT VEGGIE FRIES

Portions: 4  5 to 10 min  35 to 40 min

### Ingredients

- 1 sweet potato
- 2 turnips
- 15 to 30 ml (1 to 2 tbsp) olive oil
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) onion powder
- Salt and pepper to taste

### Directions

1. Preheat the oven to 180°C (350°F).
2. Cut the vegetables into sticks and place them in a bowl.
3. Add the oil and seasoning and mix to combine.
4. Arrange the vegetables on a baking sheet and cook for 35 to 40 min. Turn half-way through cooking.

Source: Marie-Pierre Drolet, RD

## WASTE-REDUCTION TIP!



Turnip greens can be prepared like spinach and eaten raw or cooked. They also make an excellent pesto. Wash 2 large handfuls of turnip greens and blend together with 30 g almonds, 1 garlic clove, 3 tablespoons lemon juice, 3 tablespoons olive oil and 3 tablespoons water. Simply add salt and pepper for a perfect pasta sauce.



## BENEFITS

### Because it lives up to its name!

Watermelon is made up of 92% water. There's nothing more refreshing than sinking your teeth into a nice, juicy slice of watermelon on a hot summer day!

### The watermelon, a sizable fruit!

Weighing up to 40 kg, the watermelon is thought to have originated in Africa and was introduced to the Americas during the Spanish conquest.



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## WATERMELON CAKE

Portions: 4  20 min

### Ingredients

- 1 watermelon
- 375 ml (1 1/2 cup) 35% whipping cream
- 250 ml (1 cup) vanilla Greek yogurt
- 125 ml (1/2 cup) plain cream cheese, softened
- 80 ml (1/3 cup) icing sugar
- 15 ml (1 tbsp) orange zest
- 2.5 ml (1/2 tsp) vanilla extract
- 1/2 honeydew melon
- 1/2 cantaloupe
- 125 ml (1/2 cup) blueberries
- 12 mint leaves

### Directions

1. Remove the rind from the watermelon. Cut two slices 5 cm (2") thick at the centre of the watermelon. Using a 15 cm (6") cookie cutter, cut out a circle from each slice. Set aside the rest of the watermelon.
2. Whip the cream with an electric mixer until peaks form. Add the cream cheese, yogurt, icing sugar, zest and vanilla. Continue whipping until creamy.
3. Using a melon baller, scoop out 12 balls from the honeydew melon. Repeat with the cantaloupe and the remaining watermelon.
4. Spread the cream cheese mixture on each round watermelon slice. Top with blueberries and the balls of watermelon, honeydew and cantaloupe. Layer the watermelon slices and decorate the cake with the mint leaves. Keep cool until ready to serve.

Source: Inspired from [pratico-pratiques.com/cuisine-et-nutrition/recettes](http://pratico-pratiques.com/cuisine-et-nutrition/recettes)

### Note

Watermelon-flavoured water

- 2 cups water
- 1/2 cup watermelon, cut into cubes

Mix together the water and watermelon cubes and serve.

Flavouring your water with fruits (melon, strawberries, raspberries, etc.) or vegetables (cucumber) gives it a little something extra. You can even add fresh herbs. But try to limit the use of citrus fruits (lemon, orange, lime, grapefruit) as they can affect your teeth. Also avoid commercial flavoured waters and liquid or powder flavours. A simple home-made recipe does the trick!



## WATERMELON AND GRILLED HALLOUMI SALAD

Portions: 3 to 4  5 min  10 min

### Ingredients

- 160 ml (2/3 cup) durum wheat couscous
- 500 ml (2 cups) watermelon, finely diced
- 60 ml (1/4 cup) red onion, finely chopped
- 45 ml (3 tbsp) lemon juice
- 250 ml (1 cup) halloumi, finely diced
- 15 to 30 ml (1 to 2 tbsp) fresh mint, finely chopped
- 15 to 30 ml (1 to 2 tbsp) fresh basil, finely chopped
- Pepper to taste

### Directions

1. In a saucepan, boil water and add the couscous. Cook about 5 min (or follow package instructions). Drain, rinse under cold water and transfer to a bowl.
2. Add the watermelon, red onion, lemon juice and fresh herbs.
3. In a frying pan, brown the diced halloumi about 3 to 5 min.
4. Add to the salad and mix to combine.
5. Season with pepper and serve while the halloumi is still warm.

### Note

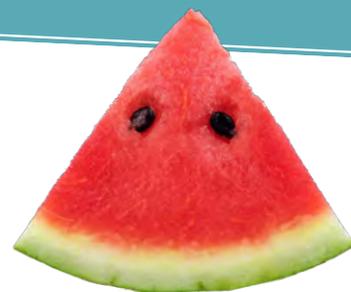
You can also add diced cucumber, tomato or other vegetables of your choice.

Source: Julie Strecko, RD

## DID YOU KNOW...?



Some Japanese farmers grow watermelons in glass boxes to give them a square shape, making it much easier to store them.





## BENEFITS

### Because it's so easy to grow!

Young seedlings transplanted in the garden will produce flowers and then ready-to-eat fruits in just a few days. Zucchini can be yellow or green and is delicious raw or cooked. It's also a very rich source of lutein and zeaxanthin, two antioxidants that help protect the retina.

### Because you can even eat its flowers!

Zucchini flowers can be prepared in many ways, including fried, stuffed or in an omelette. Not only are they tasty, but they brighten up your table in summer.

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## ZUCCHINI RIBBON SALAD

Portions: 4 to 6  15 min

### Ingredients

- 4 medium zucchinis, shaved into ribbons using a vegetable peeler
- 1 red pepper, thinly sliced
- 15 ml (1 tbsp) mint leaves, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) lemon zest
- 15 ml (1 tbsp) raspberry or red wine vinegar
- 10 ml (2 tsp) honey
- Salt and pepper to taste

### Directions

1. Place the zucchini, red pepper and mint in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and add to the rest mixture, tossing to combine.
3. Adjust the seasoning.

Source: Julie Strecko, RD



## ZUCCHINI OMELETTE

Portions: 4  10 min  15 min

### Ingredients

- 6 eggs
- 4 green onions, finely chopped
- 375 ml (1 1/2 cup) zucchini, diced
- 2 cloves garlic, chopped
- 15 ml (1 tbsp) soy sauce
- 45 ml (3 tbsp) milk
- 45 ml (3 tbsp) olive oil
- Salt and pepper

### Directions

1. Whisk together eggs, milk and a pinch of salt and pepper in a bowl.
2. In a large pan, heat the oil and sauté the garlic and zucchini for 3 min. Lower the heat, add the onions and cook 5 min. Add the soy sauce and mix well.
3. Add a little oil to the pan and pour in the whisked eggs. Cook on medium heat 3 to 4 min (push the edges of the omelette to the centre as they cook). Cover the pan and remove from heat.

Source: [fraichementpresse.ca/recettes](http://fraichementpresse.ca/recettes)

### BONUS - FOR YOUR SANDWICHES!



Fresh and crunchy, zucchini is delicious raw. Thinly slice four small zucchinis and mix with the juice of 1 lemon, 2 finely chopped garlic cloves and 2 tablespoons of olive oil. Add salt and pepper and let marinate at least 2 hours in the fridge. This mixture makes a tasty filling for your sandwiches.





## BENEFITS

### Because it hits the sweet spot!

More than just a symbol, maple syrup holds a special place in our hearts. A staple on Quebec tables, it's a perfect addition to your salad dressings, sauces, desserts, and even cocktails! It never ceases to amaze!

### Because it's 100% natural!

Maple syrup is a unique sweetening agent that contains no colouring or additives. It goes almost directly from the tree to our tables!



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## MAPLE VINAIGRETTE

Portions: 150 ml  5 min

### Ingredients

- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) whole grain mustard
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) water
- 45 ml (3 tbsp) olive oil
- 2 large tomatoes, chopped
- 10 ml (2 tsp) of sugar
- Lime juice
- Salt and pepper to taste
- Hot sauce to taste (optional)

### Directions

Whisk together all the ingredients.

Source: Simon Deschamps (aged 8)



## APPLE, PEAR AND MAPLE UPSIDE-DOWN MINI-CAKES

Portions: 10 to 12  15 min  15 to 20 min

### Ingredients

- 250 ml (1 cup) apples, diced
- 250 ml (1 cup) pears, diced
- 180 ml (3/4 cup) maple syrup
- 60 ml (1/4 cup) non-hydrogenated margarine
- 125 ml (1/2 cup) sugar
- 1 egg
- 180 ml (3/4 cup) whole-wheat flour
- 15 ml (1 tbsp) flax seeds (optional)
- 7.5 ml (1 1/2 tsp) baking powder
- 1 pinch salt
- 125 ml (1/2 cup) milk
- 2.5 ml (1/2 tsp) vanilla extract

### Directions

1. Preheat the oven to 180°C (350°F).
2. Grease and flour a 12-cup muffin pan or use a silicon pan.
3. Divide the apples and pears between the muffin cups.
4. Pour 15 ml (1 tbsp) maple syrup into each cup.
5. In a bowl, beat the margarine with the sugar. Add the egg, milk and vanilla and continue beating.
6. In a separate bowl, combine the flour, flax seeds, baking powder and salt. Add to the first mixture and stir to combine.
7. Divide the batter evenly among the muffin cups.
8. Bake in the oven 15 to 20 min.
9. Let cool a few minutes before serving.

Source: Julie Strecko, Nutritionniste



[equiterre.org/recipe-cards](http://equiterre.org/recipe-cards)



Commission  
scolaire  
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Cultivons l'avenir 2  
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