

In groups of 3 you will create a receipt focusing on local ingredients in the current season. The main ingredient in the dish must be a product grown in the current season and be the “star” of the dish.

1. Watch video clip: Why Eat Local & Zero Waste with the whole class
 - a. <https://www.nourishlife.org/2011/03/why-eat-local/>
 - b. <https://www.nourishlife.org/2011/03/in-season/>
2. Research and answer the following questions & be ready to discuss:
 - i. Cite your sources
 - b. If you were to eat only foods grown less than 150 miles from our town, what foods would you be able to eat?
 - c. What foods would you be unable to eat? How would the seasons affect your diet?
 - d. How can we implement food practices that are more sustainable? Provide examples.
 - e. Do you grow any of your own food?
 - f. Have you ever been to a farmers market?
 - g. Do you buy food from a CSA (community supported agriculture)?
 - h. What are the benefits and disadvantages of eating foods grown close to where you live?
 - i. How might time and distance from farm to market affect the taste and nutritional value of food?
3. Look on a map to see how far 150miles (240kms) radius is from THSS
 - a. <https://www.freemaptools.com/find-cities-and-towns-inside-radius.htm>
4. Look at the local seasonal guide & on a sheet of paper, note down what’s currently in season AND within 150 miles (240kms) radius of us
 - a. <https://bcfarmsandfood.com/whats-in-season/>

Part B

5. Using the local & seasonal guide & keeping within the 150 mile radius, choose a main ingredient to create a recipe where that ingredient is the star of your dish.
 - a. Incorporate other local and seasonal ingredients into you dish.
6. Write out a recipe for your dish using the attached recipe criteria sheet
 - a. Look at a previous recipe provided by the teacher if you want to see an example
7. Find out where you could locally purchase the ingredients in your dish & attach to assignment
 - a. Name of company/farm, address, contact information, foods they grow

Part C

1. Create a nutrition label for your recipe using the online calculator, print & attach it to your recipe
 - a. <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>
2. Calculate the kilometre breakdown of how far ***each*** ingredient in your recipe travelled to the plate & total kms-attach to assignment

Source of questions: https://www.nourishlife.org/pdf/Nourish_Curriculum_Guide.pdf

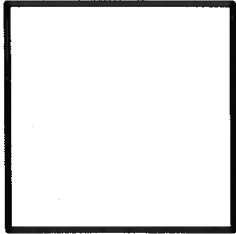
Name(s):
Class:

Foods
Recipe Criteria

Recipe Rubric/Criteria		
Areas Needing Support	Standard Criteria: Proficiency for this task	Advanced: Evidence of Exceeding Standards
	<ul style="list-style-type: none"> <input type="checkbox"/> Complete list of all necessary ingredients <input type="checkbox"/> Includes how each ingredient is prepared (diced, minced, etc) <input type="checkbox"/> Includes quantity of each ingredient needed in metric (ml) <input type="checkbox"/> Ingredient list items present in order of use in the recipe <input type="checkbox"/> Preparation method is written in the order the recipe needs to be prepared so all items are completed at the same time (eg: items that take longer to prepare done first) <input type="checkbox"/> Included the size and type of bowls, pots, pans, utensils etc. needed for preparing items <input type="checkbox"/> Included the temperature of the oven first, if baking <input type="checkbox"/> Included how items are cooked (baked, sauteed, fried, etc) & cooking times for all items <input type="checkbox"/> Include the number of people the recipe is for 	<ul style="list-style-type: none"> <input type="checkbox"/> Provide general recipe tips <input type="checkbox"/> Include which vitamins and minerals are predominant in recipe <input type="checkbox"/> Describe which cooking technique you need to apply for the recipe <input type="checkbox"/> Suggest complimentary garnishes <input type="checkbox"/> Suggest adaptations to recipe for different diets <input type="checkbox"/> Provide interesting historical information about ingredients <input type="checkbox"/> Provide a nutrition label for recipe

Name(s):
Class:

Foods
Recipe Criteria
Recipe Template:

<p><u>Title</u></p> <p><u>Ingredients:</u></p> <p><u>Preparation Method:</u></p> <ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10. 



GET LOCAL IN SOUTHWEST BC

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes	☐	☐	☐	☐	☐	☐	☐				☐	☐
Asparagus												
Beans	☐	☐	☐	☐	☐	☐					☐	☐
Beets	☐	☐	☐	☐	☐							
Broccoli												
Brussel Sprouts												
Cabbage - Green	☐											
Cabbage - Savoy & Red	☐	☐	☐									
Carrots	☐	☐										
Cauliflower												
Celery												
Chard-Swiss												
Corn												
Cucumbers		△	△	△	△	△	△	△	△			
Fennel (Bulb)												
Garlic	☐	☐	☐	☐	☐	☐					☐	☐
Kale												
Leeks												
Lettuce												
Mustard Greens												
Onions - Green												
Onions - Red & Yellow	☐	☐	☐	☐	☐	☐	☐					
Parsnips	☐	☐	☐									
Peas												
Peppers			△	△	△	△	△	△	△	△		
Potatoes - New												
Potatoes - Red, Russet, Yellow	☐	☐	☐	☐								
Potatoes - White	☐	☐	☐									
Pumpkin												☐
Radishes												
Rhubarb - Field												
Rutabagas	☐	☐	☐	☐								
Salad Greens												
Shallots	☐	☐	☐	☐					☐	☐	☐	☐
Spinach												
Squash - Summer									☐	☐		
Squash - Winter	☐	☐										
Tomatoes			△	△	△	△	△	△	△	△		
Turnips - White	☐	☐	☐									
Zucchini												

SEAFOOD	J	F	M	A	M	J	J	A	S	O	N	D
Clams												
Cod - Pacific												
Crab												
Crab - Dungeness												
Flounder/Sol - Pacific												
Hallibut - Pacific												
Lingcod												
Mussels												
Oysters - Pacific												
Prawns - Spot												
Sablefish (Black Cod)												
Salmon - Chinook, King, Spring												
Salmon - Chum												
Salmon - Coho (Northern)												
Salmon - Pink												
Salmon - Sockeye												
Sardines - Pacific												
Scallops												
Shrimp - Side Stripe												
Shrimp - West Coast												
Tuna - Albacore												

Note: Frozen Seafood is Available Year Round ☐

ETC.	J	F	M	A	M	J	J	A	S	O	N	D
Grains	☐	☐	☐	☐	☐	☐	☐				☐	☐
Honey	☐	☐	☐	☐	☐					☐	☐	☐
Mushrooms												
Nuts	☐	☐	☐	☐	☐	☐	☐	☐				☐

LEGEND

☐ Available Fresh △ Greenhouse Grown ☐ Stored/Dried/Frozen

General guide only. Availability can change due to weather. For more resources on local food and where to find it, visit www.farmfolkcityfolk.ca

FRUIT	J	F	M	A	M	J	J	A	S	O	N	D
Apples		☐	☐	☐	☐							
Apricots												
Blackberries												
Blueberries												
Cherries (pie)												
Crab Apples											☐	☐
Cranberries												
Currants												
Gooseberries												
Grapes												
Kiwi												
Melons												
Nectarines												
Peaches												
Pears												
Plums												
Prunes												
Quince												
Raspberries												
Saskatoon Berries												
Strawberries												

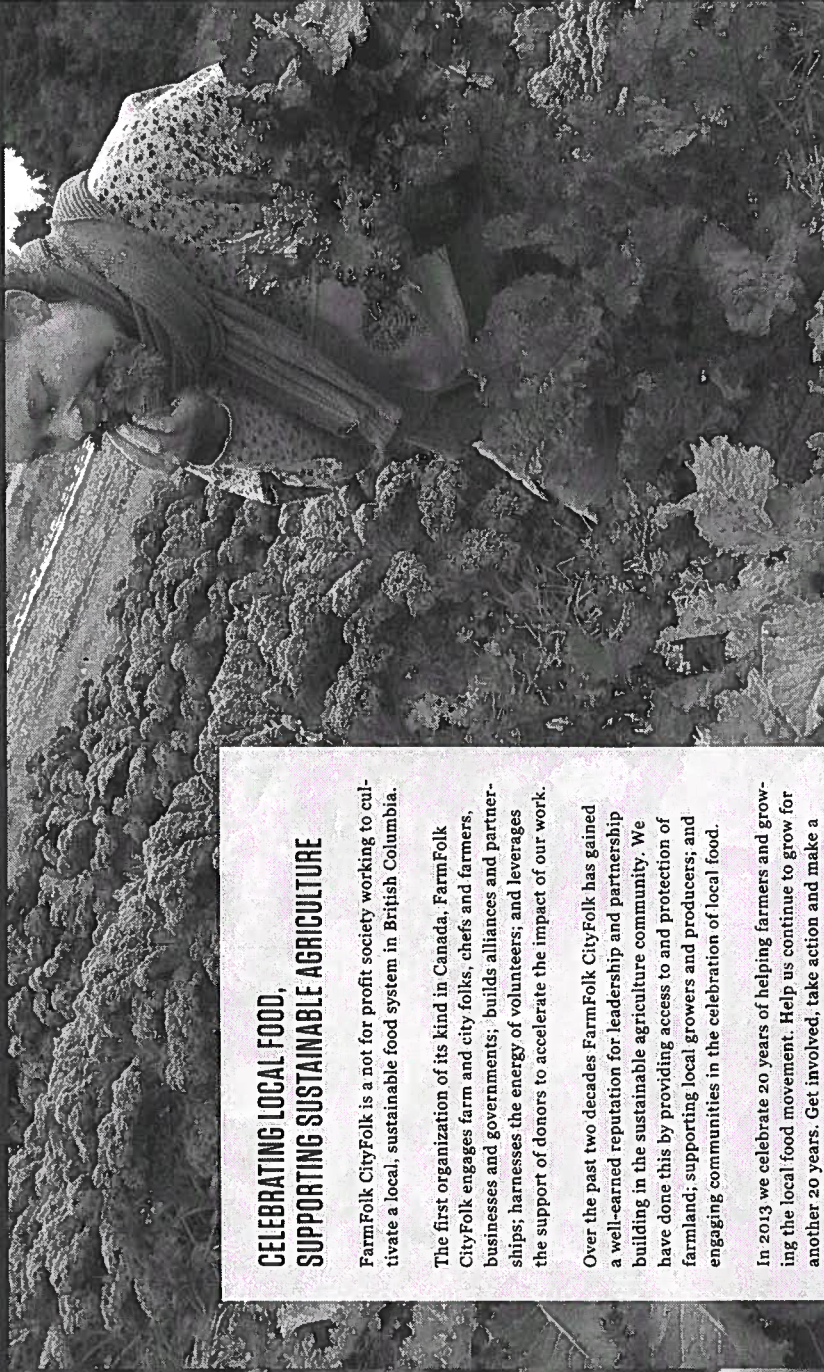
MEAT & DAIRY	J	F	M	A	M	J	J	A	S	O	N	D
Dairy Products												
Eggs												
Beef												
Buffalo												
Chicken												
Duck												
Goat												
Lamb												
Ostrich												
Pheasant												
Pork												
Rabbit												
Turkey												

Note: Frozen meat products are available year round.

HERBS	J	F	M	A	M	J	J	A	S	O	N	D
Bay Leaves												
Basil												
Chives												
Chives - Garlic												
Chervil												
Cilantro												
Dill - Leaf												
Dill - Seed												
Epazote												
Fennel - Leaf												
Fennel - Seed												
Lavender												
Lemon Grass												
Lemon Verbena												
Marjoram - Sweet												
Mints												
Oreganoes												
Parsleys												
Rosemarys												
Sages												
Savory - Summer												
Savory - Winter												
Sorrel												
Tarragon - French												
Thymes												

Note: Dried herbs are available year round ☐





GET LOCAL

When you sit down to eat, do you think about where your food was grown, how it was grown, or who grew it? Most of us eat with our eyes first, then inhale the aroma, anticipate the taste, and take a bite. But what if we considered the impact of our choices on our environment, our community, and our economy? As overwhelming as it sounds, it's time we started thinking more about food and agriculture.

The average North American meal travels 2,400 km to get from field to plate and contains ingredients from 6 countries – that's a lot of "food miles" causing greenhouse gas emissions.

When we buy local, the producer receives a higher percentage of our food dollar, which is circulated many times through our community strengthening our economy. Buying local food ensures access to healthier, more nutritious food for our families, and helps BC's 22,000 farms stay in business. When we buy local food, we're protecting farmland, supporting the next generation of farmers, and securing our food future.

Growing our awareness of what we eat brings control of our food system back home, where it belongs. Eating local starts when you make a commitment to buy local, seasonal, and sustainable. Use this chart as your guide and visit our website today for more resources on how to Get Local!

CELEBRATING LOCAL FOOD, SUPPORTING SUSTAINABLE AGRICULTURE

FarmFolk CityFolk is a not for profit society working to cultivate a local, sustainable food system in British Columbia.

The first organization of its kind in Canada, FarmFolk CityFolk engages farm and city folks, chefs and farmers, businesses and governments; builds alliances and partnerships; harnesses the energy of volunteers; and leverages the support of donors to accelerate the impact of our work.

Over the past two decades FarmFolk CityFolk has gained a well-earned reputation for leadership and partnership building in the sustainable agriculture community. We have done this by providing access to and protection of farmland; supporting local growers and producers; and engaging communities in the celebration of local food.

In 2013 we celebrate 20 years of helping farmers and growing the local food movement. Help us continue to grow for another 20 years. Get involved, take action and make a donation today!

"Something happens to people who plant seeds – it is impossible to watch something grow and flourish without getting a sense of the miracle of all life."

–Herb Barbolet, Founder of FarmFolk CityFolk

GET LOCAL IN SOUTHWEST BRITISH COLUMBIA

