



Strive for Five at School!

A Guide to Promoting Fruits and Vegetables

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Appendix A Website Sources

Appendix B Taste Testing

This guide has been brought to you through a partnership between the Annapolis Valley Health Promoting Schools Program "Making the Healthy Choice the Easy Choice" and the following:

**Armstrong Food Service
Community Health Boards of Annapolis Valley Health
Nova Scotia Department of Agriculture
Nova Scotia Department of Health Promotion and Protection**

Special acknowledgement is given to the following individuals and groups for their contributions to this resource:

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Acadia University, School of Nutrition and Dietetics
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Annapolis Valley Health public health staff, nutritionists, and dietitians
Colleen Joice, PDt.
Deborah Nicholson
Larry Phillips, MA
Members of the Annapolis Valley Health Promoting Schools Program Producer Supplier Committee
Nova Scotia Department of Education
Sheila Ferguson
Those preparing food in schools in the Annapolis Valley Regional School Board**

This guide may be used in whole or in part with consideration and acknowledgement of the source.

About Strive for Five at School!

About *Strive for Five at School!*

Welcome to *Strive for Five at School!*: A Guide to Promoting Fruits and Vegetables.

This guide has been developed for Health Promoting School teams and supporters. The intent is for school communities and teams to work together and use information from the guide to support fruit and vegetable consumption in all schools (i.e., from grades primary through 12).

What does *Strive for Five at School!* mean? It means finding ways to make it easy for students to consume at least five servings of fruits and vegetables at school each day.

Why promote *Strive for Five at School!*? Eating Well with Canada's Food Guide recommends that school-aged children consume five to eight servings of fruits and vegetables each day depending on their age. However, within the Atlantic provinces, 79 per cent of children eat fewer than the recommended minimum five servings of fruits and vegetables daily.¹ Since many students eat breakfast, lunch, and snacks at school, schools offer the perfect environment to encourage an increased consumption of fruits and vegetables.

This guide focuses on using local food products. But what does "local" mean? Foods produced within a certain number of kilometres of where you live? Foods produced in Nova Scotia? In the Maritimes?

"Local" food means different things to different people. Some food retailers consider any food item that can be shipped to their store within 24 hours to be "local." Thus, food labelled "local" may have travelled thousands of kilometres the day before. This information is viewed by many as misleading to the consumer.²

"Local" in this guide means products produced in your community. If you cannot find products from within your community, then look for products produced in your county and then province. Remember: community, county, province.³ At certain times of the year the availability of fresh produce in Nova Scotia may be limited. The Month-by-Month Promotional Calendar in this guide suggests using products produced locally and frozen.

Why eat local? For many reasons. It supports local farm families, which helps preserve farmland and keeps our local food supply more secure. It supports a cleaner environment. Food grown and sold locally travels a much shorter distance, using less fuel for transportation.⁴ Ultimately, the product will be fresher.

¹ D. Garriguet, 2006, *Nutrition: Findings from the Canadian Community Health Survey; Overview of Canadians' Eating Habits*, Statistics Canada Research Paper, No. 82-620-MIE, Vol. 2, pp. 2-9.

² Women's Institutes of Nova Scotia, "'Step Up to the Plate' and take the WI Buy Local Challenge," *Nova Scotia Agriculture, Projects and Programs*, May 14, 2007. <http://www.gov.ns.ca/agri/wi/projects/buylocal.shtml> (June 9, 2008).

³ Ibid.

⁴ Ibid.

Eating More Fruits and Vegetables Makes Healthier Kids

Eating more fruits and vegetables

- protects against chronic diseases, including heart disease, stroke, type 2 diabetes, and many cancers
- helps kids achieve a healthy weight—up to 37 per cent of boys and 45 per cent of girls in Nova Scotia are either overweight or at risk of becoming overweight¹
- improves nutrition—children who eat a good diet learn more effectively, resist infection better, and develop better bodies and brains than those who don't

This guide is intended to help you prepare and promote healthy recipes that focus on local fruits and vegetables, as well as share ideas with families through special events and newsletters. Preparing healthy food supports what the students are learning about food in school and encourages them to try new things.

Development Partners

Annapolis Valley Health Promoting Schools Program (AVHPSP)

The AVHPSP grew from a grassroots initiative started in 1997 by a group of parents. Initially, eight elementary and middle schools in the Annapolis Valley Regional School Board (AVRSB) took the opportunity to make it easier for their students to be more physically active and to eat nutritiously as ways to contribute to the prevention of chronic diseases. More schools are now involved. The hope is that all schools in the AVRSB will be Health Promoting Schools.

The vision of the AVHPSP includes the following principles:

- All students in the Annapolis Valley are more active and making healthier food choices more often.
- There is increased value of healthy lifestyles, which is mirrored by families and the community.
- There are strong partnerships, increased infrastructure, proper staffing, and ongoing funding.
- Effective support results in equitable and affordable healthy school programs.

The idea for this resource came from the Producer Supplier Committee of the AVHPSP. This committee includes partners from education, health promotion, agriculture, and the food-service industry, who have provided guidance, expertise, and resources.

¹ From *Healthy Eating Nova Scotia*, The Healthy Eating Action Group of the Nova Scotia Alliance for Healthy Eating and Physical Activity, in partnership with the Office of Health Promotion, March 2005.

Armstrong Food Service

Armstrong Food Service, established and located in Kingston, NS, is a local meat processor and full-service food distributor catering to the food-service industry in Nova Scotia.

Armstrong Food Service has been actively involved with the AVHPSP since its inception. With dietitians on staff, Armstrong Food Service has the capacity to participate in and support healthy-eating workshops on recipe costing and menu planning and has made a major contribution to the writing of this guide.

Nova Scotia Department of Agriculture Product and Quality Development

The Nova Scotia Department of Agriculture Product and Quality Development provides cost-shared industry support aimed at encouraging primary and secondary producers in the agriculture, aquaculture, and seafood industries to increase the production of new, value-added, and higher quality products by

- identifying and defining new, value-added product opportunities
- strengthening the capacity for developing new and value-added products
- reducing barriers to the commercialization of those products
- developing strategic linkages among industry participants

The Community Health Boards (CHBs) of Annapolis Valley Health

The CHBs of Annapolis Valley Health are committed groups of community volunteers who work to improve the health of their communities. The 2001 Health Authorities Act gave CHBs legislated roles in the health system, including

- developing profiles of the community that identify its strengths and challenges (e.g., the environment, education, employment)
- developing and maintaining an inventory of community-based services and programs
- developing and submitting a detailed community health plan to Annapolis Valley Health every three years, based on community consultation and evidence
- taking action at the community level to implement the CHB plan
- encouraging the community to get involved in health planning

Nova Scotia Department of Health Promotion and Protection

The Nova Scotia Department of Health Promotion and Protection is responsible for responding to emerging public health threats, preventing chronic disease and injury, and promoting health among Nova Scotians. Our programs address issues such as physical activity, healthy eating, addiction prevention and treatment, tobacco control, healthy sexuality, immunization, and environmental health. We're HPP—helping Nova Scotians to be healthier and safer.

How to Use This Guide

This guide is based on the school calendar: the ten months from September to June. Each month features at least two fruits and two vegetables available locally. We have included nutritional tips and fun facts for newsletters as well as ideas to promote the featured fruits and vegetables. The information was gathered from a variety of sources. **See Appendix A.**

Recipes for each featured fruit and vegetable

- were developed by a professional dietitian and were tested in a workshop setting by the staff who prepare food in the schools
- have minimal ingredients
- take minimal time to prepare
- recognize budget constraints within schools
- help schools provide food and beverages that meet the *Food and Nutrition Policy for Nova Scotia Public Schools*

Recipes include both small- and large-quantity versions. Small-quantity recipes are great to share with parents in school newsletters.

The following approach is suggested to adapt these ideas and recipes to suit your school:

- Week One – Promote the fruit or vegetable using the tools provided.
- Week Two – Taste-test a recipe with the students.
- Week Three – Send home the recipes tried with the students.
- Week Four – Feature the fruit or vegetable on the menu or as a “café special.”

Strive for Five at School! meets the Food and Beverage Standards for Nova Scotia Public Schools. The Food and Beverage Standards for Nova Scotia Public Schools are based upon Canada’s Food Guide to Healthy Eating. They provide nutrition criteria, suggestions, and detailed lists of healthy options that can help inform decisions about the food and beverages served and sold during the school day.

“Maximum Nutrition” items can be served or sold daily in schools. These items should make up about 70% of the food and beverage choices served or sold in schools.

- Food and beverages that are part of the four food groups of Canada’s Food Guide to Healthy Eating
- High in essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)
- Low in saturated and trans fats
- Contain little or no added salt, sugars, or artificial sweeteners
- Minimally processed

“Moderate Nutrition” items can be served or sold no more than 2 times per week or make up no more than 30% of choices at one location.

- Food and beverages that are part of the four food groups of Canada’s Food Guide to Healthy Eating
- Contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)
- Choose these items less often, as they may be lower in fibre and higher in fat, salt, sugar, artificial sweeteners and/or processing compared with items of Maximum Nutrition.

More information about nutrition criteria can be found at: http://www.ednet.ns.ca/healthy_eating/

Imperial-to-Metric Conversion Tables

Strive for Five at School! Recipes use both imperial and metric measures. For best results, when using *Strive for Five at School!* Recipes, it is recommended that you use one system or the other.

Imperial measures are listed to the left of the recipe ingredients and metric measures are listed to the right of the recipe ingredients.

Commonly Used Imperial to Metric Conversions in *Strive for Five at School!* Recipes:

Volume	
IMPERIAL	METRIC
1/2 tsp (teaspoon)	2 mL (millilitre)
1 tsp	5 mL
2 tsp	10 mL
1 tbsp (tablespoon)	15 mL
1/4 cup	50 mL
1/3 cup	75 mL
1/2 cup	125 mL
1 cup	250 mL
2 cups	500 mL
3 cups	750 mL
4 cups	1L (litre)

Weight	
IMPERIAL	METRIC
1 oz (ounce)	30 g (gram)
4 oz (1/4 pound)	120 g
8 oz (1/2 pound)	225 g
16 oz (1 pound)	454 g
2 pounds	908 g
2.2 pounds	1 kg (kilogram)

Temperature	
IMPERIAL (°F)	METRIC (°C)
300	150
325	165
350	175
375	190
400	205
425	220

Month-by-Month Promotional Calendar

Month	Seasonal Fruit and Vegetable Choices				
SEPTEMBER	BLUEBERRIES Blueberry & Maple Scones Rhubarb & Blueberry Crumble	PLUMS Plum Good Focaccia Firecracker Plums	PEACHES Macaroon-Stuffed Peaches Sassy Salsa Peaches	CAULIFLOWER Cauliflower with Curried Carrot Dip Cauliflower 'n' Cheddar Soup	CORN Corny Bean & Rice Salad Shepherd's Pie Fresh Corn on the Cob
OCTOBER	PEARS Gingersnap Baked Pears Maple Granola Bartlett Pears	PUMPKIN Polka-Dot Pumpkin Bars Pepita Harvest Pumpkin Bread	SPINACH Spectacular Garden Squares Spanakopita Triangles	BROCCOLI Marinated Broccoli & Cauliflower Salad Creamy Broccoli & Ham Casserole	
NOVEMBER	TABLE GRAPES Frozen Grapes & Sunshine Fruit Dip Chunky Cheese & Grapes	APPLES Sautéed Maple Apple Slices Apple & Rice Confetti Salad	CELERY Super-Zesty Salmon Cakes Celery & Broccoli Soup	BEETS Harvard Beets Hard to Beet Dip	
DECEMBER	CRANBERRIES Oatmeal Cranberry Cookies Cranberry Couscous	PEARS Honey Baked Pears Peachy Glazed Pears	CARROTS Power Gold Smoothies Spicy Asian Pork	CABBAGE Cabbage & Rutabaga Salad Crispy Chinese Coleslaw	
JANUARY	STRAWBERRIES Strawberry-Apple Salsa/Cinnamon Crisps Smooth & Simple Strawberry Dessert	RHUBARB Basic Rhubarb Sauce Rhubarb & Strawberry Compote	SQUASH Glazed Squash with Cranberry Sauce Winter Squash Casserole	TURNIP Glazed Turnip Scalloped Turnip & Apple	

Month	Seasonal Fruit and Vegetable Choices				
FEBRUARY	APPLES Baked Nova Scotia Apples Applesauce	RASPBERRIES Raspberry Sauce with Peach Melba Ruby Red Raspberry Smoothie	POTATOES Spicy Herbed Potatoes Baked Potatoes & Black-Bean Topping	PARSNIPS Oven-Roasted Parsnips & Potatoes Parsnip & Apple Casserole	
MARCH	BLUEBERRIES Blueberry Salsa Saucy Blueberry Topping	APPLES Glazed Apple Slices Apple Chicken Salad	MUSHROOMS Stuffed Tuna Mushroom Caps Crusty Homemade Vegetable Pizza	ONIONS Cheesy Mexican Enchiladas Onion Apple Compote	
APRIL	RASPBERRIES Three-Grain Raspberry Muffins Raspberry Fruit Medley	CRANBERRIES Cranberry Glazed Meatballs Crunchy Nova Scotia Honey Granola	TOMATOES Spicy Mexican Triangles Bruschetta	CORN Tex Mex Corn Muffins Chuckwagon Taco Pie	
MAY	APPLES Apple Bean Bake Nova Scotia Gingerbread with Apples	BLUEBERRIES Hearty Blueberry Muffins Slow Good Blueberry Spread	CUCUMBERS Cucumber Yogourt Maple Salad Tangy Cucumber Salad	LETTUCE Zesty Mesclun Salad Crispy Vegetable Salad	
JUNE	RHUBARB Rhubarb & Strawberry Smoothie Rhubarb Raspberry Muffins	STRAWBERRIES Baked In Strawberry Shortcake Sweet as Sunshine Smoothie	PEPPERS Roasted Red Pepper & Hummus Wraps Rainbow Pepper & Beef Stir-fry Roasted Red Peppers	ASPARAGUS Roasted Asparagus & Cherry Tomatoes	PEAS Peas-to-Penne Powerful Pea Soup Nova Scotia Vegetable Hodge Podge

Notes:

September

BLUEBERRIES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Blueberry & Maple Scones Rhubarb & Blueberry Crumble
PLUMS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Plum Good Focaccia Firecracker Plums
PEACHES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Macaroon Stuffed Peaches Sassy Salsa Peaches
CAULIFLOWER	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Cauliflower with Curried Carrot Dip Cauliflower 'n' Cheddar Soup
CORN	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Corny Bean & Rice Salad Shepherd's Pie Fresh Corn on the Cob

September: **BLUEBERRIES**

Nutritional Tips & Fun Facts for Newsletters

- Blueberries can last for up to 10 days covered in the refrigerator if kept dry.
- Long ago, blueberry skins were boiled with milk to make grey paint.
- Blueberries contain antioxidants. Antioxidants are compounds found in many fruits and vegetables. They act as disease fighters in our body.
- In the past, blueberries and their leaves and roots were used to treat coughs.
- In Japan wild blueberries are called “vision fruit” and are believed to promote good eyesight.
- Nova Scotia grows both wild blueberries and highbush blueberries. Wild blueberries are small and grow low to the ground. Highbush blueberries are larger and grow on tall bushes.
- The wild blueberry is Nova Scotia’s official berry.

Promotional Ideas

- Organize a blueberry-pancake breakfast. Invite families to join the students to celebrate. Nutrition breaks for the day could also contain blueberry snacks.
- Get the students to research the health benefits of blueberries. Use paper blueberries (made from construction paper) on which to record the information. Students can create a blueberry bush to display their findings.
- Create a blueberry mural with photographs, drawings, and magazine cut-outs of blueberry plants and foods that contain blueberries.

Blueberry & Maple Scones

**MODERATE
SMALL QUANTITY**

Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Preheat oven to 400°F

1 – 11" x 17" sheet pan

Yield: 12

Portion: 1 scone

Cost per serving: \$0.22

3/4 cup	all-purpose flour	175 mL
3/4 cup	whole-wheat flour	175 mL
2 tsp	baking powder	10 mL
2 tbsp	white granulated sugar	30 mL
1/4 tsp	salt	1 mL
1/4 cup	non-hydrogenated margarine	50 mL
1	egg, beaten	1
2 tbsp	maple syrup	30 mL
1/3 cup	buttermilk	75 mL
3/4 cup	blueberries, frozen	175 mL

- 1** In a mixing bowl, mix the all-purpose flour, whole-wheat flour, baking powder, sugar, and salt. Cut the margarine into the flour mix with a pastry blender or fork until the mixture looks like coarse crumbs.
- 2** In a separate bowl, beat the egg, maple syrup, and buttermilk.
- 3** Add the liquid mixture to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4** Dust the blueberries with a little flour to prevent the blue colour from spreading throughout the dough mixture. Gently fold the blueberries into the batter.
- 5** Turn the dough out onto a lightly floured surface and gently knead 10–12 times. Roll out the dough or pat it out with your hand to form a rectangle 1/2" (2 cm) thick. Cut into 6 evenly sized squares. Cut each square into 2 triangles.
- 6** Place on a baking sheet and bake for 12–15 minutes or until lightly browned.

Scone recipes have been handed down through generations of Nova Scotians. The ideal scone is made from just a few ingredients: eggs, milk, fat, and flour. Scones adapt well to different fruits, such as raisins or fresh or dried cranberries. This recipe, packed with blueberries, goes nicely at breakfast or snack time.

Blueberry & Maple Scones

MODERATE
LARGE QUANTITY

Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Preheat oven to 400°F

4 – 11" x 17" sheet pans

Yield: 48

Portion: 1 scone

Cost per serving: \$0.22

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
2 tbsp	baking powder	30 g
3/4 cup	white granulated sugar	150 g
1 tsp	salt	5 g
1 cup	non-hydrogenated margarine	250 g
3	eggs, beaten	3
3/4 cup	maple syrup	175 mL
1 1/2 cups	buttermilk	375 mL
3 cups	blueberries, frozen	450 g

- 1 In a mixing bowl, mix the all-purpose flour, whole-wheat flour, baking powder, sugar, and salt. Cut the margarine into the flour mix with a pastry blender or fork until the mixture looks like coarse crumbs.
- 2 In a separate bowl, beat the egg, maple syrup, and buttermilk.
- 3 Add the liquid mixture to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4 Dust the blueberries with a little flour to prevent the blue colour from spreading throughout the dough mixture. Gently fold the blueberries into the batter.
- 5 Turn the dough out onto a lightly floured surface and gently knead 10–12 times. Roll out the dough or pat it out with your hand to form a rectangle 1/2" (2 cm) thick. Cut into 24 evenly sized squares. Cut each square into 2 triangles.
- 6 Place on a baking sheet and bake for 12–15 minutes or until lightly browned.

Scone recipes have been handed down through generations of Nova Scotians. The ideal scone is made from just a few ingredients: eggs, milk, fat, and flour. Scones adapt well to different fruits, such as raisins or fresh or dried cranberries. This recipe, packed with blueberries, goes nicely at breakfast or snack time.

Rhubarb & Blueberry Crumble

MODERATE
SMALL QUANTITY

Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Preheat oven to 350°F

1 – 8" x 8" baking pan

Yield: 8

Portion: 1 piece

Cost per serving: \$0.59

Crumb Mixture

3/4 cup	oatmeal (large flake , not instant)	175 mL
3 tbsp	wheat germ	45 mL
3 tbsp	flax flour or flax meal	45 mL
1/4 cup	brown sugar, lightly packed	50 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 cup	non-hydrogenated margarine	50 mL

- 1 In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mix until it is well distributed and all the dry ingredients have been moistened.

Fruit Mixture

2 cups	rhubarb, frozen, cut into 1" pieces	500 mL
2 cups	blueberries, fresh or frozen	500 mL
1/3 cup	brown sugar, lightly packed	75 mL
1/2 tsp	cinnamon, ground	2 mL
1 tbsp	cornstarch	15 mL

- 1 In a second large bowl, combine the rhubarb and blueberries.
- 2 Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

Assembly

- 1 Spoon the fruit mixture evenly into the pan and sprinkle the crumb mixture evenly over the fruit.
- 2 Bake for 40–45 minutes or until the fruit is soft and golden. Cut into 8 portions.

Rhubarb mixes well with other fruits, giving a blend of flavours that tastes almost like a new fruit. This recipe is packed with rhubarb and blueberries and topped with a healthy crunchy topping that includes less-refined large flake oatmeal, wheat germ and flax flour. This recipe is an excellent source of antioxidants, vitamin E and fibre.

Rhubarb & Blueberry Crumble

MODERATE
LARGE QUANTITY

Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 piece

Cost per serving: \$0.59

Crumb Mixture

4 1/2 cups	oatmeal (large flake , not instant)	460 g
1 cup	wheat germ	65 g
1 cup	flax flour or flax meal	75 g
1 1/2 cups	brown sugar, lightly packed	227 g
2 tbsp	cinnamon, ground	15 g
1 1/4 cups	non-hydrogenated margarine	300 g

- 1 In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mix until it is well distributed and all the dry ingredients have been moistened.

Fruit Mixture

3 x 1 1/3-lb bags	frozen rhubarb, cut into 1" pieces	3 x 600-g bags
3 x 1 1/3-lb bags	blueberries, fresh or frozen	3 x 600-g bags
2 cups	brown sugar, lightly packed	300 g
1 tbsp	cinnamon, ground	7.5 g
1/2 cup	cornstarch	65 g

- 1 In a second large bowl, combine the rhubarb and blueberries.
- 2 Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

Assembly

- 1 Spoon the fruit mixture evenly into the three pans and sprinkle the crumb mixture evenly over the fruit.
- 2 Bake for 40–45 minutes or until the fruit is soft and golden. Cut each pan into 15 portions.

Rhubarb mixes well with other fruits, giving a blend of flavours that tastes almost like a new fruit. This recipe is packed with rhubarb and blueberries and topped with a healthy crunchy topping that includes less-refined large flake oatmeal, wheat germ and flax flour. This recipe is an excellent source of antioxidants, vitamin E and fibre.

Notes:

September: **PLUMS**

Nutritional Tips & Fun Facts for Newsletters

- A plum is a pitted fruit related to the nectarine, peach, and almond. These are all “drupes”: fruits that have a hard stone or pit surrounding their seeds.
- Plums are good eaten fresh, canned, or made into jams and jellies. They are a great source of vitamin A, vitamin C, potassium, and fibre. Plums are also rich in antioxidants, which are associated with a reduced risk of cancer.
- A prune is a dried plum. Prunes stimulate the bowels, an effect caused by the fruit’s skin.
- The skin of plums can be red, purple, blue-black, green, yellow, or amber. The flesh may be yellow, green, pink, or orange — a virtual rainbow.
- Plum pudding is a steamed or boiled pudding served at Christmas time in some cultures. But why is it called plum pudding when there are no plums in it? Plums were a popular ingredient for these puddings in medieval times, but during the 16th and 17th centuries, plums were often replaced by raisins.
- A ripe plum is rich in colour and may still have a slight whitish “bloom” on its skin. It should be firm but slightly soft at the tip.

Promotional Ideas

- The plump, juicy fruit called the plum gives us the expression “a plum,” meaning the best part of anything or a bonus, as in “That’s a plum job.” Get the students to search out other phrases that have the names of fruits and vegetables in them and to find out what they mean and their origin. Create a display of plum phrases in the cafeteria.
- Plums have been around for a long time. Have the students look up information on the history of plums or how they have made appearances in popular culture.(e.g., Professor Plum from the board game *Clue*[®]).

Plum Good Focaccia

MODERATE
SMALL QUANTITY

Adapted from the *Plum Tart* recipe at <http://www.ezplumrecipes.com>

Preheat oven to 375°F

1 – 14" pizza pan

Yield: 8

Portion: 1 piece

Cost per serving: \$0.61

Focaccia is pronounced foh-KAH-chee-ah. A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll it to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in salt and lower in fibre. Apple slices or canned and drained plums or peaches can be used for this recipe.

Dough

2/3 cup	all-purpose flour	150 mL
1/3 cup	whole-wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 tbsp	canola oil	15 mL

- 1 In a bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 In another bowl, combine the warm water, sugar, and oil. Add the liquid mixture to the flour mixture. Using a wooden spoon, stir until the dough comes together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Shape it into a ball.
- 4 Place the dough on a lightly greased pan and leave at room temperature until it has doubled in size.
- 5 Using your fingertips, spread the pizza dough to the outside edges of the pizza pan.

Plum Topping

1 lb	fresh red or yellow plums	454 g
2 tbsp	non-hydrogenated margarine, melted	30 mL
1/3 cup	brown sugar, lightly packed	75 mL
1 tsp	cinnamon, ground	5 mL
1/8 tsp	cloves, ground	1 mL
1/8 tsp	nutmeg, ground	1 mL
1/8 tsp	ginger, ground	1 mL

- 1 Brush the dough with the melted margarine.
- 2 Wash the plums. Cut each plum in half and remove the pit (stone). Place the plums on paper towels to blot up the excess juice. Cut each plum half into 3 pieces.
- 3 Combine the brown sugar, cinnamon, cloves, nutmeg, and ginger. Sprinkle half of the sugar/spice mixture over the focaccia dough.
- 4 Arrange the plums cut-side-up on top of the sugar/spice mixture. Sprinkle the rest of the sugar/spice mixture over the plums.
- 5 Bake for 20 minutes. Allow to cool before serving. Cut into 8 pieces.

Plum Good Focaccia

MODERATE
LARGE QUANTITY

Adapted from the *Plum Tart* recipe at <http://www.ezplumrecipes.com>

Preheat oven to 375°F

6 – 14” pizza pans

Yield: 48

Portion: 1 piece

Cost per serving: \$0.61

Focaccia is pronounced foh-KAH-chee-ah. A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll it to fit the pizza pans. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in salt and lower in fibre. Apple slices or canned and drained plums or peaches can be used for this recipe.

Dough

4 cups	all-purpose flour	454 g
2 cups	whole-wheat flour	270 g
3 tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	canola oil	75 mL

- 1 In a large bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 In another bowl, combine the warm water, sugar, and oil. Add the liquid mixture to the flour mixture. Using a wooden spoon, stir until the dough comes together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Cut into 6 even pieces and shape into balls.
- 4 Place the dough balls on the lightly greased pans and leave at room temperature until they have doubled in size.
- 5 Using your fingertips, spread the pizza dough to the outside edges of the pizza pans.

Plum Topping

6 lbs	fresh red or yellow plums	2.5 kg
3/4 cup	non-hydrogenated margarine, melted	175 mL
2 cups	brown sugar, lightly packed	300 g
2 tbsp	cinnamon, ground	15 g
3/4 tsp	cloves, ground	4 g
3/4 tsp	nutmeg, ground	4 g
3/4 tsp	ginger, ground	4 g

- 1 Brush each focaccia dough with 2 tbsp of the melted margarine.
- 2 Wash the plums. Cut each plum in half and remove the pit (stone). Place the plums on paper towels to blot up the excess juice. Cut each plum half into 3 pieces.
- 3 Combine the brown sugar, cinnamon, cloves, nutmeg, and ginger. Sprinkle half of the sugar/spice mixture over the focaccia dough.
- 4 Arrange 1 lb of the plums (about 30 slices) cut-side-up on top of the sugar-spice mixture. Sprinkle the rest of the sugar/spice mixture over the plums. Repeat for the remaining 5 focaccias.
- 5 Bake each focaccia for 20 minutes. Allow to cool before serving. Cut each focaccia into 8 pieces.

Firecracker Plums

**MODERATE
SMALL QUANTITY**

Adapted from the Firecracker recipe at <http://www.ezplumrecipes.com>

Yield: 8

Portion: 1 plum

Cost per serving: \$0.80

8	ripe plums	8
1/2 x 8-oz pkg	light cream cheese, softened	1/2 x 225-g pkg
2 tsp	orange juice	10 mL
1/4 cup	walnuts, chopped (optional)	50 mL

- 1** Wash the plums well and pat dry.
- 2** Mix the cream cheese, orange juice, and walnuts.
- 3** With a knife, cut along the crease of each plum, around the complete plum. With a hand on each side of the plum, twist slightly. The plum should divide in 2 and the seed should easily be removed.
- 4** Place 1 tbsp (15 mL) of the cream-cheese mixture on the flesh of half of each plum. Put the other plum half on top, like a sandwich. The cream-cheese mixture should ruffle out at the sides.

Plums grow throughout Nova Scotia in warm locations. Plums are ready for picking when they have good colour and yield slightly to pressure. They ripen at room temperature and can be kept covered in the refrigerator for up to five days. Plums are a good source of vitamin C, potassium, and dietary fibre.



Walnuts are optional. Avoid them in the case of any known NUT ALLERGY. Nuts add heart-healthy fat and protein as well as vitamins and minerals.

Firecracker Plums

**MODERATE
LARGE QUANTITY**

Adapted from the Firecracker recipe at <http://www.ezplumrecipes.com>

Yield: 48

Portion: 1 plum

Cost per serving: \$0.80

8 lbs	ripe plums	3.5 kg
3 x 8-oz pkgs	light cream cheese, softened	3 x 225-g pkgs
1/4 cup	orange juice	50 mL
1 1/2 cups	walnuts, chopped (optional)	200 g

- 1** Wash the plums well and pat dry.
- 2** Mix the cream cheese, orange juice, and walnuts.
- 3** With a knife, cut along the crease of each plum, around the complete plum. With a hand on each side of the plum, twist slightly. The plum should divide in 2 and the seed should easily be removed.
- 4** Place 1 tbsp (15 mL) of the cream-cheese mixture on the flesh of half of each plum. Put the other plum half on top, like a sandwich. The cream-cheese mixture should ruffle out at the sides.

Plums grow throughout Nova Scotia in warm locations. Plums are ready for picking when they have good colour and yield slightly to pressure. They ripen at room temperature and can be kept covered in the refrigerator for up to five days. Plums are a good source of vitamin C, potassium, and dietary fibre.



Walnuts are optional. Avoid them in the case of any known NUT ALLERGY. Nuts add heart-healthy fat and protein as well as vitamins and minerals.

Notes:

September: PEACHES

Nutritional Tips & Fun Facts for Newsletters

- Peaches come from the rose family. They are related to nectarines, plums, and other fruits that have a pit (stone) in their middle.
- Peaches must be picked **ONLY** after they are ripe. If picked too soon, they will stay hard and not ripen correctly.
- Peaches can vary in colour. Their skin can range from green to dark red and the flesh from white to yellow with red stains.
- Never plant a peach tree next to an almond tree. Peaches and almonds are related, so the pollen from the trees' flowers is easily crossed. This gives both the almonds and the peaches a bitter taste.
- Peaches were originally cultivated in China. They have since spread to many countries all over the world, including Canada and the United States.
- If you have a blender or food processor, try making your own peach and orange juice. Peel and remove the pits from 2 peaches. Cut the fruit into pieces and add 100 per cent orange juice. Blend. Keep adding the juice until the desired thickness is reached. Voila!

Promotional Ideas

- The word "peach" is used in many popular phrases. Get the students to research the different ways "peach" is used in popular language and have them make a list to post in the cafeteria (e.g., "peach fuzz" means the downy hair on a baby's head).
- The peach was named by the Greek philosopher Theophrastus. He thought the fruit came from Persia. Thus, he named the fruit for that area around 300 BC. Ask the students to find out what else was going on in the world in 300 BC.

Macaroon Stuffed Peaches

**MODERATE
SMALL QUANTITY**

Adapted from *Tuscan: A Culinary Journey of Discovery*, Pamela Gwyther

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 peach half

Cost per serving: \$0.84

4	large firm-fleshed fresh peaches	4
1 cup	coconut macaroon cookies	250 mL
2 tbsp	orange juice	30 mL
1/4 tsp	cinnamon, ground	1 mL
2 tsp	non-hydrogenated margarine, melted	10 mL

- 1** Wash the peaches well.
- 2** With a knife, cut into the peach flesh along the natural crease. Hold each half and twist the peach, dividing it into 2 halves, remove the stone. Scoop out a hole large enough for 1 tbsp of filling.
- 3** Place the macaroons in a food processor and mix until crumblike. They will be sticky and may form a ball. Stir in the orange juice and cinnamon.
- 4** Grease the pan with the melted margarine.
- 5** Fill each peach hollow with about 1 tbsp (15 mL) of the macaroon mixture. Press gently into the peach flesh. Put the peach halves in the pan, flesh-side-up.
- 6** Bake for 20–30 minutes, until the flesh is soft. Remove from the pan and serve on a small plate or in a small bowl.



Chopped nuts go well with the macaroon crumbs. If your student population is free of NUT ALLERGIES, try adding 3/4 cup (175 mL) of ground nuts, such as walnuts or almonds, to the macaroon mixture. This will enhance both the flavour and nutritional content of the recipe. (Please use ground nuts such as walnuts or almonds).

Macaroon Stuffed Peaches

**MODERATE
LARGE QUANTITY**

Adapted from *Tuscan: A Culinary Journey of Discovery*, Pamela Gwyther

Preheat oven to 350°F

6 – 9" x 13" baking pans

Yield: 48

Portion: 1 peach half

Cost per serving: \$0.84

24	large firm-fleshed fresh peaches	24
2 lbs (6 cups)	coconut macaroon cookies	1 kg
3/4 cup	orange juice	175 mL
1 tsp	cinnamon, ground	2.5 g
1/4 cup	non-hydrogenated margarine, melted	50 g

- 1** Wash the peaches well.
- 2** With a knife, cut into the peach flesh along the natural crease. Hold each half and twist the peach, dividing it into 2 halves, remove the stone. Scoop out a hole large enough for 1 tbsp of filling.
- 3** Place the macaroons in a food processor and mix until crumblike. They will be sticky and may form a ball. Stir in the orange juice and cinnamon.
- 4** Grease the pans with the melted margarine.
- 5** Fill each peach hollow with about 1 tbsp (15 mL) of the macaroon mixture. Press gently into the peach flesh. Put the peach halves on the pans, flesh-side-up.
- 6** Bake for 20–30 minutes, until the flesh is soft. Remove from the pans and serve on a small plate or in a small bowl.



Chopped nuts go well with the macaroon crumbs. If your student population is free of NUT ALLERGIES, try adding 3/4 cup (175 mL) of ground nuts, such as walnuts or almonds, to the macaroon mixture. This will enhance both the flavour and nutritional content of the recipe. (Please use ground nuts such as walnuts or almonds).

Sassy Salsa Peaches

**MODERATE
SMALL QUANTITY**

Adapted from *Cooking Light*, July 2007

Yield: 8

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.33

4	large firm-fleshed fresh peaches	4
1/2	red pepper, finely chopped	1/2
2 tbsp	green onion, chopped	30 mL
1 tbsp	parsley, chopped	15 mL
2 tsp	white granulated sugar	10 mL
2 tsp	lime juice	10 mL

- 1** Remove the skin from the peaches, following the instructions below.
- 2** Dice the peaches into uniform pieces.
- 3** Combine the remaining ingredients with the diced peaches.
- 4** Store in a large covered bowl until serving.

Removing the skin:

Cut a small slit in the upper portion of each peach skin. Place the peaches in a heat-safe bowl. Pour boiling water over the peaches to cover. Leave the peaches in the boiling water for 30 seconds. Remove the peaches with a slotted spoon and put them into cold water to stop the cooking process. Remove the peaches from the cold water and, using a small paring knife, pull the skin off. Begin at the top of the peach and pull downward.

This colourful mixture has eye appeal and flavour and is rich in antioxidants. It goes well on top of a lean hamburger or chicken strip or as a side dish with grains or beans.

This recipe also works well with canned peaches. Select canned peaches in their natural juice with no sugar added.

Sassy Salsa Peaches

**MODERATE
LARGE QUANTITY**

Adapted from *Cooking Light*, July 2007

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.33

24	large firm-fleshed fresh peaches	24
3	red peppers, finely chopped	3
3/4 cup	green onion, chopped	175 mL
1/4 cup	parsley, chopped	50 mL
1/4 cup	white granulated sugar	50 mL
1/4 cup	lime juice	50 mL

- 1** Remove the skin from the peaches, following the instructions below.
- 2** Dice the peaches into uniform pieces.
- 3** Combine the remaining ingredients with the diced peaches.
- 4** Store in a large covered bowl until serving.

Removing the skin:

Cut a small slit in the upper portion of each peach skin. Place the peaches in a heat-safe bowl. Pour boiling water over the peaches to cover. Leave the peaches in the boiling water for 30 seconds. Remove the peaches with a slotted spoon and put them into cold water to stop the cooking process. Remove the peaches from the cold water and, using a small paring knife, pull the skin off. Begin at the top of the peach and pull downward.

This colourful mixture has eye appeal and flavour and is rich in antioxidants. It goes well on top of a lean hamburger or chicken strip or as a side dish with grains or beans.

This recipe also works well with canned peaches. Select canned peaches in their natural juice with no sugar added.

Notes:

September: CAULIFLOWER

Nutritional Tips & Fun Facts for Newsletters

- Cauliflower comes from the Latin words "*caulis*," meaning "stalk", and "*floris*," meaning "flower".
- An acre of land can grow about 10,000 cauliflower plants. Much of the harvesting is still done manually. Once the plants are mature, three passes, or "cuts," are made over the fields in a 5–10-day period.
- Vitamin C is found not just in oranges but also in cauliflower. Cauliflower is also an excellent source of folic acid, potassium, and fibre.
- You can now get Nova Scotia-grown cauliflower with green, orange, and purple heads as well as the traditional white.
- Mark Twain described the cauliflower as a "cabbage with a college education."
- Cauliflower is a member of the cruciferous family of plants, which also includes broccoli, cabbage, and Brussels sprouts.
- Cauliflower, as its name implies, is a flower growing from a plant. The heavy green leaves that surround the head protect the flower buds from the sunlight. The lack of exposure to sunlight does not allow chlorophyll to develop. Therefore, colour is not produced and the head remains white.
- Most of the Nova Scotia-grown cauliflower is sold in the Maritimes. Nova Scotia produces about 100 hectares of cauliflower each year.

Promotional Ideas

- Print off copies of the crosswords at <http://www.dole5aday.com/HTML/Kids/Games%20&%20more/Crossword%20Puzzles%20Landing.html>. Place them on dinner trays or use them for a classroom activity. Other activities are also available on this website.
- Trivia question of the day: If one harvest worker can prepare 7 acres of cauliflower for market, how many workers will you need for 497 acres?
- Cauliflower works well in a stir-fry. Get the students to find out what other vegetables are good in a stir-fry and to search out some recipes from cookbooks and magazines.
- Try cauliflower florets in your school's favourite pasta dish instead of meatballs. This makes a nice vegetarian alternative to traditional meat pasta.

Cauliflower with Curried Carrot Dip

MAXIMUM
SMALL QUANTITY

Adapted from *Better Homes & Gardens: Healthy Snacks, 2007*

Yield: 8

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.18

3–4 cups	cauliflower	500 g
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- 1 Remove the outer leaves and wash the cauliflower well. Cut the florets at the base, where they meet the stalks. You can cut them again if you want pieces that are smaller. Cut off any brown colouration on the edges.
- 2 Arrange the pieces on a plate around a serving of Curried Carrot Dip (see below).

Curried Carrot Dip

Yield: 8 servings

Portion: 2 tbsp (30 mL)

Cost per serving: \$0.08

1 cup	carrots, sliced	250 mL
2 tbsp	onion, chopped	30 mL
1/2	garlic clove, minced	1/2
2 tsp	canola oil	10 mL
1 tsp	curry powder	5 mL
1/4 tsp	cumin, ground	1 mL
1/3 cup	white kidney beans	75 mL
pinch	salt	pinch

- 1 Cook the carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender.
- 2 In a small skillet, cook the chopped onion and minced garlic in the oil until soft but not brown. Stir in the curry powder and cumin.
- 3 Blend the carrots and the onion mixture in a food processor until smooth.
- 4 Place the mixture in a bowl.
- 5 Purée the white beans in a food processor until smooth. Add them to the bowl with the carrot/onion mixture. Mix well.
- 6 Cover and chill until ready to serve with the cauliflower.

Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.

This healthy combination of carrots and beans provides a good mix of protein from the beans and vitamin A and other micronutrients from the carrots. It serves well as a dip for vegetables or as a spread for Melba or whole-wheat toasts. Younger children may prefer a milder version with less curry powder. This mixture makes a nice alternative to hummus in the Roasted Red Pepper & Hummus Wraps recipe (see June recipes).

Cauliflower with Curried Carrot Dip

MAXIMUM
LARGE QUANTITY

Adapted from *Better Homes & Gardens: Healthy Snacks, 2007*

Yield: 48

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.18

2 lbs	cauliflower	3 kg
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- 1 Remove the outer leaves and wash the cauliflower well. Cut the florets at the base, where they meet the stalks. You can cut them again if you want pieces that are smaller. Cut off any brown colouration on the edges.
- 2 Arrange the pieces on a plate around a serving of Curried Carrot Dip (see below).

Curried Carrot Dip

Yield: 48 servings

Portion: 2 tbsp (30 mL)

Cost per serving: \$0.08

6 cups	carrot, sliced	1 kg
1	medium onion, chopped	1
2	garlic cloves, minced	2
1/4 cup	canola oil	50 mL
2 tbsp	curry powder	15 g
2 tsp	cumin, ground	5 g
1 x 19-oz can	white kidney beans	540 mL
1 tsp	salt	5 g

- 1 Cook the carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender.
- 2 In a small skillet, cook the chopped onion and minced garlic in the oil until soft but not brown. Stir in the curry powder and cumin.
- 3 Blend the carrots and the onion mixture in a food processor until smooth.
- 4 Place the mixture in a bowl.
- 5 Purée the white beans in a food processor until smooth. Add them to the bowl with the carrot/onion mixture. Mix well.
- 6 Cover and chill until ready to serve with the cauliflower.

Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.

This healthy combination of carrots and beans provides a good mix of protein from the beans and vitamin A and other micronutrients from the carrots. It serves well as a dip for vegetables or as a spread for Melba or whole-wheat toasts. Younger children may prefer a milder version with less curry powder. This mixture makes a nice alternative to hummus in the Roasted Red Pepper & Hummus Wraps recipe (see June recipes).

Cauliflower 'n' Cheddar Soup

**MODERATE
SMALL QUANTITY**

Adapted from Dairy Goodness at <http://www.dairygoodness.ca/en/consumers/food/recipes/all/0800/958.htm?recipeid=958>

Yield: 12

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.43

1 tbsp	canola oil	15 mL
1 tbsp	non-hydrogenated margarine	15 mL
1/2 cup	onion, chopped	125 mL
3–4 cups	cauliflower, chopped (1 small or 1/2 medium)	500 g
2 cups	water	500 mL
1/4 tsp	chicken bouillon powder	1 mL
1 x 12-oz can	1% evaporated milk	1 x 370-mL can
2 cups	1% milk	500 mL
1/4 tsp	pepper	1 mL
1 1/2 cups	low-fat cheddar cheese, grated	375 mL

- 1 Melt the non-hydrogenated margarine with the oil in a soup pot over low heat. Add the onion and sauté until soft.
- 2 Wash and chop the cauliflower and add to the onion.
- 3 Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
- 4 For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
- 5 Add the evaporated milk and 1% milk and blend well. Take care not to let the soup boil, as the milk will separate.
- 6 Serve in bowls with 2 tbsp (15 g) of the grated cheddar cheese sprinkled on top. Add a whole-wheat roll for a complete meal.

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

This vegetable/milk combination may be prepared as a smooth soup or as a chunkier version, if desired. A variety of vegetables, fresh or frozen, may be substituted for the cauliflower. Peas, carrots, broccoli, or a mixture such as carrots with parsnips all make tasty versions of this recipe.

Cauliflower 'n' Cheddar Soup

**MODERATE
LARGE QUANTITY**

Adapted from Dairy Goodness at <http://www.dairygoodness.ca/en/consumers/food/recipes/all/0800/958.htm?recipeid=958>

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.43

1/4 cup	canola oil	50 mL
1/4 cup	non-hydrogenated margarine	50 mL
2 cups	onion, chopped	500 mL
6 lbs (15 cups)	cauliflower, chopped (3 small or 2 medium)	2.5 kg
8 cups	water	2 L
1 tsp	chicken bouillon powder	3.5 g
4 x 12-oz cans	1% evaporated milk	4 x 370-mL cans
4 cups	1% milk	1 L
1 tsp	pepper	5 g
1 1/2 lbs	low-fat cheddar cheese, grated	750 g

- 1 Melt the non-hydrogenated margarine with the oil in a soup pot over low heat. Add the onion and sauté until soft.
- 2 Wash and chop the cauliflower and add to the onion.
- 3 Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
- 4 For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
- 5 Add the evaporated milk and 1% milk and blend well. Take care not to let the soup boil, as the milk will separate.
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This vegetable/milk combination may be prepared as a smooth soup or as a chunkier version, if desired. A variety of vegetables, fresh or frozen, may be substituted for the cauliflower. Peas, carrots, broccoli, or a mixture such as carrots with parsnips all make tasty versions of this recipe.

Notes:

September: CORN

Nutritional Tips & Fun Facts for Newsletters

- As soon as corn is picked, its sugar begins to change to starch, which reduces its natural sweetness. Corn will lose 25 per cent or more of its sugar within 24 hours after harvesting, so try and buy it straight from the farm.
- Corn, or maize as it is sometimes called in other parts of the world, is native to the Americas. It spread to the rest of the world after the arrival of European explorers and settlers.
- Corn has many uses, depending on the variety. Examples include cornmeal used in polenta and tortillas, corn syrup, popcorn, and animal feed and silage. Colourful ornamental corn is often used in autumn decorating. Today corn is being used to make the fuel ethanol.
- The first popcorn machine was invented by Charles Cretors in 1885.
- The portion size for popcorn sold at the cinema in the 1950s was about three cups. Today it may be as large as 21 cups.
- The average ear of sweet corn has 800 kernels arranged in 16 rows.
- Corn on the cob, or sweet corn, is full of vitamin B6, vitamin C, niacin, thiamine, folate, the antioxidants lutein and zeaxanthin, and protein. Lutein is good for healthy vision and a healthy cardiovascular system.

Promotional Ideas

- Corn on the Cob Day: Organize a corn boil with your community. Promote dental health at the same time by providing floss.
- Consider planting ornamental corn, which could be used for making seasonal crafts.
- Check out this website for possible ideas to adapt for curriculum outcomes using a popcorn theme: http://www.education-world.com/a_lesson/lesson/lesson324.shtml.
- To make perfect corn on the cob: Husk the corn, removing all strands. Bring an ample amount of water to a boil in a large pot. Add a pinch of table sugar. Add the corn and turn the heat to medium. Boil until plump and tender, 3–5 minutes. Serve hot.

Corny Bean & Rice Salad

MAXIMUM
SMALL QUANTITY

Adapted from the Black Bean and Rice Salad recipe in *Canadian Living*

Yield: 8

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.30

1 cup	water	375 mL
3/4 cup	long-grain white rice	175 mL
1/2 cup	black beans	125 mL
1/2 cup	kernel corn	125 mL
1/4 cup	red onion, diced	50 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green pepper, finely chopped	50 mL
1	garlic clove, minced	1
1/4	jalapeno pepper, seeded and minced (optional)	1/4

- 1 In a saucepan, bring the water to a boil. Add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 20–30 minutes. Let cool.
- 2 Add the beans, corn, red onion, red and green peppers, garlic, and jalapeno pepper to the rice. Toss to combine.

Vinaigrette

2 tbsp	canola oil	30 mL
1 tbsp	lime juice	15 mL
1/2 tsp	Dijon mustard	2 mL
pinch	salt	pinch
pinch	pepper	pinch

- 1 Whisk together the oil, lime juice, mustard, salt, and pepper.
- 2 Pour the vinaigrette over the rice/bean/corn mixture. Toss again.

NOTE: The jalapeno pepper is optional, as it may make the mixture too hot for younger students.

This simple salad can be served with a whole-wheat roll or it can easily be transformed into a heated wrap, called a chimichanga. Simply place 1/3 cup of the rice/bean/corn mixture in the middle of a nine-inch wrap and fold in the sides and tuck in the ends. Lay the filled wrap on a baking sheet and bake in a 375°F oven for 20 minutes. Serve on a plate with a tablespoon of salsa on the top.

Corny Bean & Rice Salad

MAXIMUM
LARGE QUANTITY

Adapted from the Black Bean and Rice Salad recipe in *Canadian Living*

Yield: 40

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.30

6 cups	water	1.5 L
3 cups	long-grain white rice	750 mL
3 x 19-oz cans	black beans	3 x 540-mL cans
2 x 12-oz cans	kernel corn	2 x 336-mL cans
1 1/2 cups	red onion, diced	375 mL
1 cup	red pepper, finely chopped	250 mL
1 cup	green pepper, finely chopped	250 mL
6	garlic cloves, minced	6
1	jalapeno pepper, seeded and minced (optional)	1

- 1 In a saucepan, bring the water to a boil. Add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 20–30 minutes. Let cool.
- 2 Add the beans, corn, red onion, red and green peppers, garlic, and jalapeno pepper to the rice. Toss to combine.

Vinaigrette

3/4 cup	canola oil	175 mL
1/2 cup	lime juice	125 mL
2 tbsps	Dijon mustard	30 mL
3/4 tsp	salt	4 g
3/4 tsp	pepper	4 g

- 1 Whisk together the oil, lime juice, mustard, salt, and pepper.
- 2 Pour the vinaigrette over the rice/bean/corn mixture. Toss again.

NOTE: The jalapeno pepper is optional, as it may make the mixture too hot for younger students.

This simple salad can be served with a whole-wheat roll or it can easily be transformed into a heated wrap, called a chimichanga. Simply place 1/3 cup of the rice/bean/corn mixture in the middle of a nine-inch wrap and fold in the sides and tuck in the ends. Lay the filled wrap on a baking sheet and bake in a 375°F oven for 20 minutes. Serve on a plate with a tablespoon of salsa on the top.

Shepherd's Pie

MAXIMUM
SMALL QUANTITY

Adapted from BBC Food recipes at <http://www.bbc.co.uk/food>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 15

Portion: 1 square

Cost per serving: \$0.69

Topping

1 lb	parsnips	454 g
1 lb	potatoes	454 g
3 tbsp	non-hydrogenated margarine	45 mL
2/3 tsp	salt	3 mL
1/4 tsp	pepper	1 mL

Filling

1	large onion, chopped	1
2 tsp	canola oil	10 mL
1 lb	lean ground beef	454 g
1 x 10-oz bag	matchstick carrots	1 x 280-g bag
1 1/2 cups	lentils, drained	375 mL
3 tbsp	tomato paste	45 mL
1 tbsp + 1 tsp	all-purpose flour	15 g
1 cup	low-salt beef or vegetable broth	250 mL
1	bay leaf	1
1/3 tsp	thyme	3 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	salt	5 g
1/3 tsp	pepper	2 g
1 x 14-oz can	kernel corn	1 x 420-mL can

Topping

- 1 Simmer the parsnips in salted water (1/4 tsp/1 mL) until tender, about 15–20 minutes. Drain the parsnips and mash with a potato masher.
- 2 Simmer the potatoes in salted water (1/4 tsp/1 mL) until tender, about 20 minutes. Drain the potatoes and mash with a potato masher.
- 3 Combine the parsnips, potatoes, margarine, remaining salt, and pepper. Blend well with a beater to make a smooth mixture to spread over the meat mixture.

Filling

- 1 In a large pan, heat the oil. Add the ground beef and sauté until no longer pink. Add the onion and the carrots and sauté.
- 2 Stir the lentils and tomato paste into the meat mixture. Stir in the flour. Add the broth, bay leaf, thyme, Worcestershire sauce, salt, and pepper and mix well.
- 3 Evenly distribute the meat mixture over the pan. Spread the can of corn over the meat in the pan. Slightly press the corn into the meat mixture.
- 4 Spread the potato/parsnip mixture evenly over the corn/meat mixture.
- 5 Bake for 45–50 minutes, until slightly browned.
- 6 Cut the pan into 15 servings for young children or 9 servings for older children.

Shepherd's Pie

MAXIMUM
LARGE QUANTITY

Adapted from BBC Food recipes at <http://www.bbc.co.uk/food>

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 square

Cost per serving: \$0.69

Topping

3 lbs	parsnips	1.4 kg
3 lbs	potatoes	1.4 kg
1/2 cup	non-hydrogenated margarine	125 g
2 tsp	salt	10 g
1 tsp	pepper	5 g

Filling

1 lb	onions, chopped	454 g
2 tbsp	canola oil	30 mL
3 lbs	lean ground beef	1.4 kg
3 x 10-oz bags	matchstick carrots	3 x 280-g bags
2 x 19-oz cans	lentils, drained	2 x 540-mL cans
5 1/2 oz	tomato paste	156 mL
1/4 cup	all-purpose flour	30 g
3 cups	low-salt beef or vegetable broth	750 mL
3	bay leaves	3
1 tsp	thyme	5 g
1 tbsp	Worcestershire sauce	15 mL
3 tsp	salt	15 g
1 tsp	pepper	5 g
3 x 14-oz cans	kernel corn	3 x 420-mL cans

Topping

- 1 Simmer the parsnips in salted water (1/4 tsp/1 mL) until tender, about 15–20 minutes. Drain the parsnips, and mash with a potato masher.
- 2 Simmer the potatoes in salted water (1/4 tsp/1 mL) until tender, about 20 minutes. Drain the potatoes, and mash with a potato masher.
- 3 Combine the parsnips, potatoes, margarine, remaining salt, and pepper. Blend well with a beater to make a smooth topping to spread over the meat mixture.

Filling

- 1 In a large pan, heat the oil. Add the ground beef and sauté until no longer pink. Add the onions and carrots and sauté.
- 2 Stir the lentils and tomato paste into the meat mixture. Stir in the flour. Add the broth, bay leaves, thyme, Worcestershire sauce, salt, and pepper and mix well.
- 3 Evenly distribute the meat mixture over the 3 pans. Spread 1 can of corn over the meat in each pan. Slightly press the corn into the meat mixture.
- 4 Spread the potato/parsnip topping evenly over the corn/meat mixture.
- 5 Bake for 45–50 minutes, until slightly browned.
- 6 Cut each pan into 15 servings for young children or 9 servings for older children.

Fresh Corn on the Cob

MAXIMUM
SMALL QUANTITY

Adapted from *The All New, All Purpose Joy of Cooking*, Marion Rombauer, Ethan Becker and Irma Rombauer

Yield: 8

Portion: 1 cob

Cost per serving: \$0.69

8	fresh ears of sweet corn	8
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- 1 Husk the corn and remove the silks. Do not worry about removing all the silks as they can be easily removed once the corn has been heated.
- 2 Bring a large pot of unsalted water to a boil. (Salt may toughen the corn.)
- 3 Drop the ears of fresh corn into the pot of boiling water, 1 by 1. The cooking time starts once the water is boiling. Boil the corn until plump and tender, 3-5 minutes. Generally, fresh sweet corn is naturally sweet and does not need to be boiled more than 3 minutes.
- 4 Remove the corn from the water with tongs. Pile the cobs on a tray or platter and serve.

Be sure the corn is fresh. Its leaves should be green and pliable. The silk should be dry, not soggy. Avoid buying corn with the husks removed. It is probably old. The husk keeps it fresher.

Cook fresh corn within 24 hours of purchase.

Overcooking toughens the corn.

Do not salt the water. Salt will toughen the corn.

Fresh Corn on the Cob

**MAXIMUM
LARGE QUANTITY**

Adapted from *The All New, All Purpose Joy of Cooking*, Marion Rombauer, Ethan Becker and Irma Rombauer

Yield: 48

Portion: 1 cob

Cost per serving: \$0.69

48	fresh ears of sweet corn	48
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- 1** Husk the corn and remove the silks. Do not worry about removing all the silks as they can be easily removed once the corn has been heated.
- 2** Bring a large pot of unsalted water to a boil. (Salt may toughen the corn.)
- 3** Drop the ears of fresh corn into the pot of boiling water, 1 by 1. The cooking time starts once the water is boiling. Boil the corn until plump and tender, 3-5 minutes. Generally, fresh sweet corn is naturally sweet and does not need to be boiled more than 3 minutes.
- 4** Remove the corn from the water with tongs. Pile the cobs on a tray or platter and serve.

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October

PEARS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Gingersnap Baked Pears Maple Granola Bartlett Pears
PUMPKIN	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Polka-Dot Pumpkin Bars Pepita Harvest Pumpkin Bread
SPINACH	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Spectacular Garden Squares Spanakopita Triangles
BROCCOLI	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Marinated Broccoli & Cauliflower Salad Creamy Broccoli & Ham Casserole

October: PEARS

Nutritional Tips & Fun Facts for Newsletters

- Pears are members of the rose family and are related to the apple and the quince. Pears generally have a large round bottom that tapers toward the top. Depending on the variety, their paper-thin skin can be yellow, green, brown, red, or a combination of these colours. Like apples, pears have a core that features several seeds.
- Pear trees can live for 100 years, but they are usually replaced in orchards after 30 to 40 years.
- Pears originate from southeast Europe and western Asia. They are now grown all over the world in countries with a moderate climate.
- Called the “gift of the gods” by Homer in *The Odyssey*, pears were also considered a luxury in the court of Louis XIV of France.
- Pears are a great source of fibre and vitamin C. Like all fruits and vegetables, they are cholesterol- and sodium-free.
- Pears ripen best off the tree; left to ripen on the tree, they can become gritty. To ripen pears, cover and store them at room temperature. To speed up ripening, add one or two ripe apples to a bag full of pears; the apples will produce additional ethylene gas to speed up the ripening process.

Promotional Ideas

- Find out the names of the pear varieties grown here in Nova Scotia.
- Paint a pair of pears! Get creative: Ask the students to paint, draw, or create an identical pair of pears that have a personality all their own.
- Plan a trip to your local farm market to see pear-picking in action.

Gingersnap Baked Pears

MODERATE
SMALL QUANTITY

Adapted from Recipe Source at <http://www.recipesource.com>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 pear half

Cost per serving: \$0.49

4	large firm-fleshed fresh pears (canned pears can be used)	4
1 cup	gingersnap crumbs	250 mL
1 tbsp	non-hydrogenated margarine, melted	15 mL
2 tbsp	orange juice	30 mL
1/4 tsp	ginger, ground	1 mL
1 cup	apple juice	250 mL

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of the crumb mixture.
- 2 Mix the gingersnap crumbs with the melted margarine and orange juice. Fill each pear hollow with about 2 tbsp (30 mL) of the crumb mixture; press it gently into the pear flesh. Place the pear halves in the pan, flesh-side-up.
- 3 Mix the ginger with the apple juice and pour it into the pan.
- 4 Bake for 20–30 minutes, until the flesh is soft.
- 5 Remove the pear halves from the pan with a slotted spoon and serve them on a small plate.

This speedy recipe combines the flavour of fresh Nova Scotia pears and ginger cookies. Select firm fresh pears. To test for ripeness, apply gentle pressure near the base of the stem. If it yields slightly, it is ripe. Select Clapp, Bartlett, Bosc, or Anjou pear varieties.



Chopped nuts go well with the gingersnap crumbs. Nuts add flavour and crunch along with a variety of nutrients. Adding 2 tbsp (30 mL) of ground nuts, such as walnuts or almonds, to the gingersnap mixture will enhance the flavour and nutrient value of this recipe. Before adding nuts, be sure that your student population is free of NUT ALLERGIES. (Please use ground nuts such as walnuts or almonds.)

Gingersnap Baked Pears

**MODERATE
LARGE QUANTITY**

Adapted from Recipe Source at <http://www.recipesource.com>

Preheat oven to 350°F

6 – 9" x 13" baking pans

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.49

24	large firm-fleshed fresh pears (canned pears can be used)	24
1 lb	gingersnap crumbs	454 g
1/4 cup	non-hydrogenated margarine, melted	50 g
1/2 cup	orange juice	125 mL
1 tsp	ginger, ground	2.5 g
6 cups	apple juice	1.5 L

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of the crumb mixture.
- 2 Mix the gingersnap crumbs with the melted margarine and orange juice. Fill each pear hollow with about 2 tbsp (30 mL) of the crumb mixture; press it gently into the pear flesh. Place the pear halves in the pans, flesh-side-up.
- 3 Mix the ginger with the apple juice and evenly distribute it among the pans.
- 4 Bake for 20–30 minutes, until the flesh is soft.
- 5 Remove the pear halves from the pans with a slotted spoon and serve them on a small plate.

This speedy recipe combines the flavour of fresh Nova Scotia pears and ginger cookies. Select firm fresh pears. To test for ripeness, apply gentle pressure near the base of the stem. If it yields slightly, it is ripe. Select Clapp, Bartlett, Bosc, or Anjou pear varieties.



Chopped nuts go well with the gingersnap crumbs. Nuts add flavour and crunch along with a variety of nutrients. Adding 2 tbsp (30 mL) of ground nuts, such as walnuts or almonds, to the gingersnap mixture will enhance the flavour and nutrient value of this recipe. Before adding nuts, be sure that your student population is free of NUT ALLERGIES. (Please use ground nuts such as walnuts or almonds.)

Maple Granola Bartlett Pears

**MODERATE
SMALL QUANTITY**

Adapted from California Pears at <http://www.calpear.com>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 pear half

Cost per serving: \$0.92

4	large firm-fleshed fresh pears	4
2 tbsp	non-hydrogenated margarine	30 mL
1 cup	granola	250 mL
1/4 cup	maple syrup	50 mL
8	cranberries, fresh or frozen (for garnish)	8

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of granola.
- 2 Grease the pan with 1 tsp (5 mL) of the margarine.
- 3 Fill each pear hollow with about 2 tbsp (30 mL) of granola; press it gently into the pear flesh. Place the pear halves in the pan, flesh-side-up.
- 4 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pan.
- 5 Bake for 30–45 minutes, until the flesh is soft. The cooking time will depend on the ripeness of the pears.
- 6 Remove the pear halves from the pan with a slotted spoon and serve them on a small plate; garnish with a fresh or frozen cranberry.

Generally, pears are picked before they are ripe. To facilitate ripening, pears should be kept at room temperature. Once a pear is ripe, it may be stored in the refrigerator for up to one week. Baked pear recipes work best with pears that are not fully ripe, as the cooking process softens the fruit.

This high-fibre recipe combines the flavour of fresh Nova Scotia pears with crunchy granola. Select firm fresh pears; Nova Scotia Bartlett and Clapp pears both work well with this recipe. The Bartlett variety is locally available from September to late December, while the Clapp variety is available from August to November. Crunchy Nova Scotia Honey Granola (see April recipes) is a main ingredient in this recipe.

Maple Granola Bartlett Pears

**MODERATE
LARGE QUANTITY**

Adapted from California Pears at <http://www.calpear.com>

Preheat oven to 350°F

6 – 9" x 13" baking pans

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.92

24	large firm-fleshed fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
6 cups	granola	1.5 L
1 1/2 cups	maple syrup	375 mL
48	cranberries, fresh or frozen (for garnish)	48

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of granola.
- 2 Use 1 tbsp (15 mL) of the margarine to grease the pans.
- 3 Fill each pear hollow with about 2 tbsp (30 mL) of granola; press it gently into the pear flesh. Distribute the pear halves in the pans, flesh-side-up.
- 4 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pans.
- 5 Bake for 30–45 minutes, until the flesh is soft. The cooking time will depend on the ripeness of the pears.
- 6 Remove the pear halves from the pans with a slotted spoon and serve them on a small plate; garnish with a fresh or frozen cranberry.

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Notes:

October: PUMPKIN

Nutritional Tips & Fun Facts for Newsletters

- Botanically, the pumpkin is a fruit, since it is a plant part that grows from a flower; however, it is widely regarded as a vegetable.
- Native Americans called pumpkins “isquotm squash.”
- Colonists would slice the top off a pumpkin, remove the seeds, and fill the inside with milk, spices, and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Using pumpkins as lanterns at Halloween is based on an ancient Celtic custom brought to America by Irish immigrants. All Hallows Eve, October 31, marked the end of the old Celtic calendar year, and on that night hollowed-out turnips, beets, and rutabagas with candles inside them were placed on windowsills and porches. They were thought to welcome home the spirits of deceased ancestors and to ward off evil spirits and a restless soul called “Stingy Jack,” hence the name “jack-o’-lantern.”
- The largest pumpkin on record weighed 1502 pounds (666 kg). The scientific name for this type of pumpkin is *Cucurbita maxima*.
- The largest pumpkin pie ever made was over five feet (1.5 m) in diameter and weighed over 350 pounds (158 kg). It used 80 pounds (36 kg) of cooked pumpkin, 36 pounds (16 kg) of sugar, and 12 dozen eggs and took six hours to bake.
- Pumpkins are orange because they contain massive amounts of lutein and alpha- and beta-carotene. These nutrients turn to vitamin A in the body.
- Pumpkin seeds are a great source of iron, zinc, essential fatty acids, potassium, and magnesium and make a tasty snack.

Promotional Ideas

- Have a pumpkin-carving contest. Invite parents and make it an evening of family fun. Keep the seeds and roast them for a healthy snack.
- Attend the Windsor–West Hants Pumpkin Festival held every October. Visit the Howard Dill pumpkin patch, see the pumpkin weigh-in, and cheer on the competitors in the Pumpkin Regatta on Lake Pesaquid. For details go to <http://www.worldsbiggestpumpkins.com> or visit the town of Windsor website at <http://www.townofwindsor.ns.ca>.

Polka-Dot Pumpkin Bars

MAXIMUM
SMALL QUANTITY

Adapted from *Better Homes & Gardens, Healthy Living and Snacks, 2007*

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 24

Portion: 1 bar

Cost per serving: \$0.14

3/4 cup	whole-wheat flour	175 mL
1/2 cup	all-purpose flour	125 mL
1/4 cup	flax flour or flax meal	50 mL
1/2 cup	white granulated sugar	125 mL
1 1/2 tsp	baking powder	7 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 tsp	salt	1 mL
1 1/2 cups	pumpkin, canned	375 mL
2	eggs	2
1/2 cup	canola oil	125 mL
3 tbsp	skim milk	45 mL
1 cup	chopped cranberries, fresh or frozen	250 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1 In a large bowl, combine the 3 flours, sugar, baking powder, baking soda, cinnamon, and salt.
- 2 In a medium bowl, combine the pumpkin, eggs, oil, and milk.
- 3 Add the pumpkin mixture to the flour mixture and stir just until combined. Fold in the chopped cranberries.
- 4 Lightly grease the sheet pan with the margarine. Spread the mixture thinly over the pan.
- 5 Bake 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut into 24 bars.

This combination of whole-wheat and flax flours with pumpkin and cranberries makes a healthy treat that is great at mealtime or as a grab-and-go snack. For extra nutrition, crunch, and eye appeal, try sprinkling 1/4 cup (50 mL) of sunflower seeds over the top of the batter before placing it in the oven.

Polka-Dot Pumpkin Bars

MAXIMUM
LARGE QUANTITY

Adapted from *Better Homes & Gardens, Healthy Living and Snacks, 2007*

Preheat oven to 350°F

2 – 11" x 17" sheet pans

Yield: 48

Portion: 1 bar

Cost per serving: \$0.14

1 1/2 cups	whole-wheat flour	180 g
1 cup	all-purpose flour	115 g
1/2 cup	flax flour or flax meal	30 g
1 cup	white granulated sugar	200 g
3 tsp	baking powder	15 g
3/4 tsp	baking soda	3 g
1 tsp	cinnamon, ground	2.5 g
1/2 tsp	salt	2 g
3 cups (22 oz)	pumpkin, canned	750 mL
4	eggs	4
3/4 cup	canola oil	175 mL
1/3 cup	skim milk	75 mL
2 cups	chopped cranberries, fresh or frozen	200 g
2 tsp	non-hydrogenated margarine	10 mL

- 1 In a large bowl, combine the 3 flours, sugar, baking powder, baking soda, cinnamon, and salt.
- 2 In a medium bowl, combine the pumpkin, eggs, oil, and milk.
- 3 Add the pumpkin mixture to the flour mixture and stir just until combined. Fold in the chopped cranberries.
- 4 Lightly grease the sheet pans with the margarine. Spread the mixture evenly and thinly over the pans.
- 5 Bake 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut each pan into 24 bars.

This combination of whole-wheat and flax flours with pumpkin and cranberries makes a healthy treat that is great at mealtime or as a grab-and-go snack. For extra nutrition, crunch, and eye appeal, try sprinkling 1/4 cup (50 mL) of sunflower seeds over the top of the batter before placing it in the oven.

Pepita Harvest Pumpkin Bread

**MODERATE
SMALL QUANTITY**

Adapted from *Pumpkin & Squash*, Elaine Elliot and Virginia Lee

Preheat oven to 350°F

1 – 5" x 9" loaf pan

Yield: 12

Portion: 1 slice

Cost per serving: \$0.15

1/2 cup	whole-wheat flour	125 mL
1/3 cup	all-purpose flour	75 mL
2 tbsp	flax flour or flax meal	30 mL
2/3 tsp	baking powder	4 mL
2/3 tsp	baking soda	4 mL
1 tsp	cinnamon, ground	5 mL
pinch	salt	pinch
3/4 cup	pumpkin, canned	175 mL
1	egg	1
1/3 cup	canola oil	75 mL
1/2 cup	white granulated sugar	125 mL
1/4 cup	pumpkin seeds, chopped	50 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1** In a bowl, combine the 3 flours, baking powder, baking soda, cinnamon, and salt.
- 2** In another bowl, combine the pumpkin, egg, oil, and sugar.
- 3** With a mixer on low speed, add the flour mixture to the pumpkin mixture. Mix until well combined. Fold in the chopped pumpkin seeds.
- 4** Lightly grease the loaf pan with the margarine. Spread the mixture in the loaf pan.
- 5** Bake 40–45 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut into 12 slices.

Pumpkin seeds, also known as “pepitas,” are flat and dark green. Kids love their crunch, chewiness, and taste. Pumpkin seeds should be stored in an airtight container in the refrigerator. They may stay edible for several months but seem to lose their peak freshness after about one to two months.

Pepita Harvest Pumpkin Bread

MODERATE
LARGE QUANTITY

Adapted from *Pumpkin & Squash*, Elaine Elliot and Virginia Lee

Preheat oven to 350°F

3 – 5" x 9" loaf pans

Yield: 36

Portion: 1 slice

Cost per serving: \$0.15

1 1/2 cups	whole-wheat flour	210 g
1 cup	all-purpose flour	132 g
1/2 cup	flax flour or flax meal	35 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
1 tbsp	cinnamon, ground	7.5 g
1/2 tsp	salt	2 g
2 1/2 cups	pumpkin, canned	625 mL
3	eggs	3
1 cup	canola oil	250 mL
1 1/2 cups	white granulated sugar	300 g
1/2 cup	pumpkin seeds, chopped	60 g
1 tbsp	non-hydrogenated margarine	15 mL

- 1 In a large bowl, combine the 3 flours, baking powder, baking soda, cinnamon, and salt.
- 2 In a medium bowl, combine the pumpkin, eggs, oil, and sugar.
- 3 With a mixer on low speed, add the flour mixture to the pumpkin mixture. Mix until well combined. Fold in the chopped pumpkin seeds.
- 4 Lightly grease each loaf pan with 1 tsp (5 mL) of the margarine. Spread the mixture evenly over the 3 loaf pans.
- 5 Bake 40–45 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut each loaf into 12 slices.

Pumpkin seeds, also known as “pepitas,” are flat and dark green. Kids love their crunch, chewiness, and taste. Pumpkin seeds should be stored in an airtight container in the refrigerator. They may stay edible for several months but seem to lose their peak freshness after about one to two months.

Notes:

October: SPINACH

Nutritional Tips & Fun Facts for Newsletters

- Spinach is thought to have originated in ancient Persia, today called Iran.
- Our name for spinach is derived from the Persian word "*ispanai*," meaning "green hand," which later became "*spanachia*" (Latin).
- Spinach was used by medieval artists as a green pigment and is still used today to make green non-toxic body paint.
- Three different types of spinach are generally available. Savoy has crisp, creased curly leaves that have a springy texture; smooth-leaf has flat, unwrinkled, spade-shaped leaves; and semi-savoy is similar in texture to savoy but not as crinkled in appearance.
- Popeye, a cartoon character, supposedly made himself super strong by eating spinach. Apart from being a good source of iron, it also provides the body with vitamins A and C, potassium, and folacin, helping to protect against osteoporosis, heart disease, colon cancer, and arthritis.
- Nova Scotia-grown spinach is usually available from June to October. *Vita-Bite* is the brand name of a locally grown spinach that you may find in the grocery stores.
- Raw spinach has a mild, slightly sweet taste that is great in salads. Once cooked, its flavour becomes stronger and more acidic.
- When choosing spinach, look for fresh, crisp leaves with a solid colour. Wash thoroughly before use.

Promotional Ideas

- Thinking of making a salad? What about using spinach as an alternative to lettuce? Get high-school students to look at <http://www.moonlightweb.ca/vitabite/spinach.html> and compare the nutritional value of spinach to that of lettuce.
- If the students are involved in projects related to marketing and promotion, get them to come up with ideas to increase the consumption of spinach in the cafeteria.

Spectacular Garden Squares

MODERATE
SMALL QUANTITYAdapted from *Eating by the Seasons*, Ecology Action Centre, Halifax**Preheat oven to 350°F****1 – 9" x 13" baking pan****Yield: 15****Portion: 1 square****Cost per serving: \$0.71**

1/4 cup	non-hydrogenated margarine	50 mL
1/2 cup	green onion, finely chopped	125 mL
3	eggs	3
1 cup	all-purpose flour	250 mL
1 cup	1% milk	250 mL
1/2 tsp	salt	2 mL
1 tsp	baking powder	5 mL
1/2 lb	fresh spinach	250 g
2 cups	low-fat cheddar cheese, grated	500 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1 Melt 1/4 cup (50 mL) of margarine in a small pan. Add the green onion and sauté until soft.
- 2 In a bowl, beat the eggs; add the sautéed onion, flour, milk, salt, and baking powder. Mix well.
- 3 Lightly grease the pan with 1 tsp (5 mL) of margarine. Spread the spinach and cheese evenly over the pan.
- 4 Pour the liquid mixture evenly over the spinach and cheese, so it is all covered.
- 5 Bake for about 35 minutes and cut into 15 squares.

This spinach and egg/cheese combination goes well at any time of the day; it's great for lunch, and leftovers can be eaten at breakfast. Eggs, cheese, and milk provide good sources of protein; add a whole-wheat roll and you have a complete meal.

Spinach is traditionally a sign of spring; however, due to greenhouses and effective storage systems, we are fortunate to have an abundant year-round supply of spinach. A rich source of vitamin A, iron, and vital antioxidants, it is a welcome addition to any menu.

Spectacular Garden Squares

MODERATE
LARGE QUANTITYAdapted from *Eating by the Seasons*, Ecology Action Centre, Halifax**Preheat oven to 350°F****3 – 9" x 13" baking pans****Yield: 45****Portion: 1 square****Cost per serving: \$0.71**

3/4 cup	non-hydrogenated margarine	175 mL
1 1/2 cups	green onion, finely chopped	375 mL
9	eggs	9
3 cups	all-purpose flour	400 g
3 cups	1% milk	750 mL
2 tsp	salt	10 g
1 tbsp	baking powder	15 g
1 1/2 lbs	fresh spinach	750 g
2 lbs	low-fat cheddar cheese, grated	900 g
1 tbsp	non-hydrogenated margarine	15 mL

- 1 Melt 3/4 cup (175 mL) of margarine in a medium pan. Add the green onion and sauté until soft.
- 2 In a large bowl, beat the eggs; add the sautéed onion, flour, milk, salt, and baking powder. Mix well.
- 3 Lightly grease each pan with 1 tsp (5 mL) of margarine. Spread the spinach and cheese evenly over the pans.
- 4 Pour the liquid mixture evenly over the spinach and cheese, so it is all covered.
- 5 Bake for about 35 minutes and cut each pan into 15 squares.

This spinach and egg/cheese combination goes well at any time of the day; it's great for lunch, and leftovers can be eaten at breakfast. Eggs, cheese, and milk provide good sources of protein; add a whole-wheat roll and you have a complete meal.

Spinach is traditionally a sign of spring; however, due to greenhouses and effective storage systems, we are fortunate to have an abundant year-round supply of spinach. A rich source of vitamin A, iron, and vital antioxidants, it is a welcome addition to any menu.

Spanakopita Triangles

MAXIMUM
SMALL QUANTITYAdapted from *Maxi-Cuisine*, August–September 2007**Preheat oven to 350°F****1 – 11" x 17" sheet pan, lightly greased****Yield: 8****Portion: 2 triangles****Cost per serving: \$0.97**

1 tsp	canola oil	5 mL
1	medium onion, chopped	1
2	garlic cloves	2
1/2 lb	fresh spinach	225 g
1/2 lb	feta cheese	225 g
1 tsp	dill, dried	5 mL
1/4 tsp	pepper	2 mL
8 x 6-inch	whole-wheat tortillas	8 x 15-cm

- 1 Heat the oil in a large frying pan, add the chopped onion, and cook until soft.
- 2 Peel the garlic, chop finely, and add to the onion mixture.
- 3 Stir in the spinach. It will be a very large volume, but it will shrink down or wilt to 1–2 cups after 1–2 minutes.
- 4 Crumble the feta cheese. Once the spinach has shrunk down, stir the feta into the spinach/onion mixture; add the dill and pepper. If the mixture seems watery, simmer slightly to evaporate the extra liquid.
- 5 Place 1/4 cup (50 mL) of the spinach/feta mixture in the centre of each tortilla, fold in from the bottom and the top, and fold in from the 2 sides. Place the tortillas seam-side-down on the pans.
- 6 Bake for 15–20 minutes, until the tortillas are golden brown. Cool slightly and cut each square into triangles.

This combination provides a source of protein, vegetable, and whole grain. It can be eaten as a snack or as a complete meal and is a great choice for vegetarians. Leftover triangles freeze very well.

Feta cheese is white and is usually formed into square cakes. It can range from soft to semi-hard, with a tangy, salty flavour that can range from mild to sharp. Feta is delicious crumbled over salads. Spinach and feta cheese are both produced in the Annapolis Valley.

Spanakopita Triangles

**MAXIMUM
LARGE QUANTITY**

Adapted from *Maxi-Cuisine*, August–September 2007

Preheat oven to 350°F

5 – 11" x 17" sheet pans, lightly greased

Yield: 40

Portion: 2 triangles

Cost per serving: \$0.97

2 tbsp	canola oil	30 mL
1 lb	onions, chopped	500 g
8	garlic cloves	8
3 lbs	fresh spinach	1.5 kg
2 lbs	feta cheese	908 g
1 tbsp	dill, dried	10 g
1 tsp	pepper	5 g
40 x 6-inch	whole-wheat tortillas	40 x 15-cm

- 1 Heat the oil in a large frying pan, add the chopped onion, and cook until soft.
- 2 Peel the garlic, chop finely, and add to the onion mixture.
- 3 Stir in the spinach. It will be a very large volume, but it will shrink down or wilt to about 4–6 cups after 2–3 minutes.
- 4 Crumble the feta cheese. Once the spinach has shrunk down, stir the feta into the spinach/onion mixture; add the dill and pepper. If the mixture seems watery, simmer slightly to evaporate the extra liquid.
- 5 Place 1/4 cup (50 mL) of the spinach/feta mixture in the centre of each tortilla, fold in from the bottom and the top, and fold in from the 2 sides. Place the tortillas seam-side-down on the pans.
- 6 Bake for 15–20 minutes, until the tortillas are golden brown. Cool slightly and cut each square into 2 triangles.

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Notes:

October: BROCCOLI

Nutritional Tips & Fun Facts for Newsletters

- Broccoli is a member of the Brassicaceae family of plants, which also includes cauliflower, kale, cabbage, rutabaga, Brussels sprouts, and turnip.
- The word “broccoli” comes from the Latin word *brachium* and Italian *braccio* meaning “arm.”
- Broccoli heads are actually groups of buds that are almost ready to flower; each group of buds is called a floret.
- Broccoli contains a variety of nutrients, including folate; calcium; potassium; and vitamins A, K, and C.
- New research suggests that broccoli is especially good for the stomach and may protect against lung cancer.
- Nova Scotia produces over 250 hectares of broccoli. Most of it is grown in the Annapolis Valley by producers such as Randsland Farms.
- Freezing is the best way to preserve broccoli. Before freezing, it needs to be blanched (immersed briefly in boiling water) to stop toughening and nutrient loss while in the freezer.

Promotional Ideas

- Plant a pretend garden. Hide cut-out pictures of broccoli and other vegetables. Send the students on a scavenger hunt to find the pictures to “plant” their gardens. When the students get back, have them glue their gardens on paper. Get student leaders to help with this activity.
- If 250 hectares of broccoli are grown in Nova Scotia, what would that look like? Explain what a hectare is and find something in everyday life to help people visualize what it looks like (e.g., a hectare is about the same size as a football field).

Marinated Broccoli & Cauliflower Salad

**MAXIMUM
SMALL QUANTITY**

Adapted from a school recipe

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.43

2 cups	broccoli	500 mL
1 cup	cauliflower	250 mL
1/2 cup	carrots, grated	125 mL
1/3 cup	raisins	75 mL
1/2 cup	mayonnaise, light	125 mL
1/3 cup	cider vinegar	75 mL
1/4 cup	white granulated sugar	50 mL

- 1 Wash the broccoli, cauliflower, and carrots well. Separate the broccoli and cauliflower into bite-sized florets. Grate the carrots. If available, use packaged grated carrots.
- 2 Combine the broccoli, cauliflower, carrots, and raisins in a large bowl.
- 3 In another bowl, combine and whisk together the mayonnaise, cider vinegar, and sugar.
- 4 Pour the salad dressing over the vegetables, cover with plastic wrap, and refrigerate for at least a couple of hours.

Everyone seems to have a version of this recipe. The recipe may be varied according to your students' tastes. Sunflower seeds (2 tbsp/30 mL) or chopped red or green onions (2 tbsp/30 mL) blend well with the other ingredients.

Marinated vegetables are a great way to prepare vegetables ahead of time for main meals or lunches. New, unique flavours develop as the sweet and tart flavours of the salad dressing merge with the distinctive flavours of the broccoli and cauliflower. This is an extremely healthy choice.

1 head of broccoli = about 1 lb (500 g), or 4 cups

1 head of cauliflower = about 3 lbs (1.5 kg), or 4 cups

Marinated Broccoli & Cauliflower Salad

**MAXIMUM
LARGE QUANTITY**

Adapted from a school recipe

Yield: 45

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.43

3 lbs	broccoli	1.5 kg
3 lbs	cauliflower	1.5 kg
1 lb (3 cups)	carrots, grated	500 g
2 cups	raisins	300 g
3 cups	mayonnaise, light	750 mL
2 cups	cider vinegar	500 mL
1 cup	white granulated sugar	250 mL

- 1 Wash the broccoli, cauliflower, and carrots well. Separate the broccoli and cauliflower into bite-sized florets. Grate the carrots. If available, use packaged grated carrots.
- 2 Combine the broccoli, cauliflower, carrots, and raisins in a large bowl.
- 3 In another bowl, combine and whisk together the mayonnaise, cider vinegar, and sugar.
- 4 Pour the salad dressing over the vegetables, cover with plastic wrap, and refrigerate for at least a couple of hours.

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1 head of broccoli = about 1 lb (500 g), or 4 cups

1 head of cauliflower = about 3 lbs (1.5 kg), or 4 cups

Creamy Broccoli & Ham Casserole

MAXIMUM
SMALL QUANTITY

Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

casserole dish

Yield: 8

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

2 1/2 cups	pasta (penne, fusilli, or macaroni)	625 mL
2 cups	broccoli florets, frozen	500 mL
1 cup	Toupie-style ham, diced	250 mL
1/2 cup	cream cheese, light	125 mL
1/2 cup	1% milk	125 mL
1/4 tsp	pepper	1 mL

- 1** Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard). At the same time, place the ham in a second large pot filled with water and boil while the pasta is cooking.
- 2** Meanwhile, whisk the cream cheese and milk together in a bowl until smooth. Season with the pepper.
- 3** Add the frozen broccoli to the pasta and cook for 4 minutes longer. Drain.
- 4** Drain the water from the ham, dice, and add to the pasta and broccoli.
- 5** In the casserole dish, combine the pasta, ham, and broccoli with the milk/cream-cheese mixture.
- 6** The casserole may be served immediately or held in the oven to keep warm until serving.
NOTE: The mixture will become less creamy as it sits in the oven.

Fresh broccoli can be used for this recipe, but it will need to be cooked separately while the pasta is cooking.

Toupie-style ham is a ready-to-serve ham; however, it is high in salt. This recipe does not need any additional salt.

This casserole also works well with tuna, salmon, or chicken.

Creamy Broccoli & Ham Casserole

**MAXIMUM
LARGE QUANTITY**

Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

large roasting pan

Yield: 40

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

2 lbs	pasta (penne, fusilli, or macaroni)	1 kg
10 cups	broccoli florets, frozen	1 kg
1 lb	Toupie-style ham, diced	454 g
2 1/2 cups	cream cheese, light	625 g
2 1/2 cups	1% milk	625 mL
1 tsp	pepper	5 g

- 1** Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard). At the same time, place the ham in a second large pot filled with water and boil while the pasta is cooking.
- 2** Meanwhile, whisk the cream cheese and milk together in a bowl until smooth. Season with the pepper.
- 3** Add the frozen broccoli to the pasta and cook for 4 minutes longer. Drain.
- 4** Drain the water from the ham, dice, and add to the pasta and broccoli.
- 5** In the large roasting pan, combine the pasta, ham, and broccoli with the milk/cream-cheese mixture.
- 6** The casserole may be served immediately or held in the oven to keep warm until serving.
NOTE: The mixture will become less creamy as it sits in the oven.

Fresh broccoli can be used for this recipe, but it will need to be cooked separately while the pasta is cooking.

Toupie-style ham is a ready-to-serve ham; however, it is high in salt. This recipe does not need any additional salt.

This casserole also works well with tuna, salmon, or chicken.

November

TABLE GRAPES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Frozen Grapes & Sunshine Fruit Dip Chunky Cheese & Grapes
APPLES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Sautéed Maple Apple Slices Apple & Rice Confetti Salad
CELERY	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Super-Zesty Salmon Cakes Celery & Broccoli Soup
BEETS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Harvard Beets Hard to Beet Dip

November: TABLE GRAPES

Nutritional Tips & Fun Facts for Newsletters

- People have been cultivating grapes for over 8,000 years. They grow on vines, which today are set up on a trellis system to keep them off the ground and to allow easier access.
- Grapes come in many varieties, but there are two main types: wine grapes, used for juice and wine production, and table grapes, intended for consumption while they are fresh. All table grapes are picked by hand.
- Fresh table grapes come in three basic colours: green (sometimes called white), red, and blue-black. Black grapes are dried to make raisins, and white grapes are dried to make sultanas.
- Table grapes are a good source of potassium, vitamin C, and phytochemicals. Phytochemicals and antioxidants play an important role in reducing the risk of many cancers and heart disease.
- Commercial grape production is relatively new in Nova Scotia and tends to be in areas that have a longer frost-free growing season, above-average heat, and milder winters (the Annapolis Valley, Bridgewater, and Malagash areas). The Kentville Research Station is developing new varieties of grapes that are more frost resistant.
- Always store grapes in the refrigerator. Wash them before serving.

Promotional Ideas

- Take a class trip to a local vineyard to learn about how grapes grow and how they are picked.
- Instead of a wine-and-cheese tasting, do grapes and cheese. To make a great snack, add a few whole-grain crackers.
- Get the students to research which table-grape varieties are grown here in Nova Scotia and to do a taste test.
- Have the students do research about where in the world grapes are grown and how different climates affect different varieties of grapes.

Frozen Grapes & Sunshine Fruit Dip

MAXIMUM
SMALL QUANTITY

Adapted from *Connecticut Cooks for Kids*, Ellen L. Shanley, Colleen A. Thompson, and Susan S. Fiore

cookie sheet

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.83

1 1/2 lbs	green or red grapes	700 g
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- 1 Rinse and wash the grapes well. Drain and pat dry. The grapes should be fairly dry before freezing.
- 2 Place on a cookie sheet in 1/2-cup (125-mL) clusters (1 serving) or as loose grapes.
- 3 Place the cookie sheet in the freezer. Freeze.
- 4 Serve the frozen grapes alone or with Sunshine Fruit Dip (see below).

Sunshine Fruit Dip

Yield: 8

Portion: 1/4 cup (50 mL)

1 1/2 cups	2% vanilla yogourt	375 mL
1/4 cup	frozen orange juice concentrate (thawed)	50 mL
1/2 tsp	cinnamon, ground	2 mL
1 tbsp	honey, liquid	15 mL

- 1 Mix all the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with frozen grapes or with any fruit of your choice.

Frozen grapes are a great healthy treat to replace sugary Popsicles and ice cream treats. They have a wonderful, almost candy-like texture. Even picky kids enjoy them. The darker grapes are very sweet.

Frozen Grapes & Sunshine Fruit Dip

**MAXIMUM
LARGE QUANTITY**

Adapted from *Connecticut Cooks for Kids*, Ellen L. Shanley, Colleen A. Thompson, and Susan S. Fiore

cookie sheets

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.83

10 lbs	green or red grapes	4.5 kg
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- 1 Rinse and wash the grapes well. Drain and pat dry. The grapes should be fairly dry before freezing.
- 2 Place on a cookie sheet in 1/2-cup (125-mL) clusters (1 serving) or as loose grapes.
- 3 Place the cookie sheet in the freezer. Freeze.
- 4 Serve the frozen grapes alone or with Sunshine Fruit Dip (see below).

Sunshine Fruit Dip

Yield: 48

Portion: 1/4 cup (50 mL)

8 cups	2% vanilla yogourt	2 L
1 cup	frozen orange juice concentrate (thawed)	250 mL
2 tsp	cinnamon, ground	5 g
1/4 cup	honey, liquid	50 mL

- 1 Mix all the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with frozen grapes or with any fruit of your choice.

Frozen grapes are a great healthy treat to replace sugary Popsicles and ice cream treats. They have a wonderful, almost candy-like texture. Even picky kids enjoy them. The darker grapes are very sweet.

Chunky Cheese & Grapes

**MAXIMUM
SMALL QUANTITY**

Adapted from Champions for Change at <http://www.cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.58

1 lb	green or red grapes	454 g
1/4 lb	cheddar cheese, light	110 g

- 1** Rinse and wash the grapes well. Drain and pat dry.
- 2** Cut the cheese into small cubes. Each 1/4 lb (110 g) of cheese will provide about 1 cup (250 mL) of cheese cubes.
- 3** Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of 1/3 cup (75 mL) of grapes and 2 tbsp (30 mL) of cheese cubes.

Try substituting other types of cheese for the cheddar. Mozzarella, Colby, and Monterey Jack are mild-flavoured cheeses that most children enjoy. Cheese is a major source of saturated fat in the Canadian diet. Try selecting light cheeses rather than full-fat cheeses. Look for the percentage of milk fat (MF) on the cheese package. Regular cheddar cheese contains about 31% fat, while light cheeses contain 17% fat. Selecting cheeses such as partially skimmed mozzarella also provides a lower fat content.

This combination makes an excellent snack at any time of the day. Whole seedless red or green grapes work best for this quick-to-prepare recipe. Large grapes should be cut in half to prevent choking, especially when served to young children. A good snack is one that is chewed and swallowed easily.

Chunky Cheese & Grapes

**MAXIMUM
LARGE QUANTITY**

Adapted from Champions for Change at <http://www.cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>

Yield: 45

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.58

6 lbs	green or red grapes	2.5 kg
1 1/2 lbs	cheddar cheese, light	600–700 g

- 1** Rinse and wash the grapes well. Drain and pat dry.
- 2** Cut the cheese into small cubes. Each 1 1/2 lbs (600 g) of cheese will provide about 5 cups of cheese cubes.
- 3** Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of 1/3 cup (75 mL) of grapes and 2 tbsp (30 mL) of cheese cubes.

Try substituting other types of cheese for the cheddar. Mozzarella, Colby, and Monterey Jack are mild-flavoured cheeses that most children enjoy. Cheese is a major source of saturated fat in the Canadian diet. Try selecting light cheeses rather than full-fat cheeses. Look for the percentage of milk fat (MF) on the cheese package. Regular cheddar cheese contains about 31% fat, while light cheeses contain 17% fat. Selecting cheeses such as partially skimmed mozzarella also provides a lower fat content.

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Notes:

November: **APPLES**

Nutritional Tips & Fun Facts for Newsletters

- Archaeological evidence shows that people have been eating apples for 750,000 years. The charred remains of apples have been found in prehistoric campsites from many countries, including Switzerland.
- Crabapples are the ancestor of many apples grown today. Crabapples are hard and very tart but make excellent jams and jellies. Just don't eat them raw unless you want a stomach ache.
- The famous tale of Johnny Appleseed is actually true. John Chapman travelled all over the Midwestern United States and was responsible for many tree plantings.
- The acid content in apples makes them a natural mouth freshener.
- Many varieties of apples are grown in the Annapolis Valley. Most are harvested between August and late October or early November.
- Apples are a traditional accompaniment for many meat dishes. They make an excellent topping for pork, in particular.
- Add applesauce to quick breads or muffins to reduce the amount of fat used. For best flavour and texture, substitute half the amount of fat or oil the recipe calls for with applesauce. For example, if a recipe lists 1 cup of oil, use 1/2 cup of oil and 1/2 cup of applesauce.

Promotional Ideas

- Have an apple-tasting day at your school. Get a few different varieties of local apples and cut them up for the students to sample. Poll them to see which one is their favourite.
- Apples are a good source of vitamins and minerals. Get the students to check out the vitamins and minerals in other fruits and vegetables and to compare them to apples.
- Have a fall fair where the students can play games involving fruit, such as bobbing for apples.

Sautéed Maple Apple Slices

MAXIMUM
SMALL QUANTITY

Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.40

1/2 cup	apple juice	125 mL
2 tsp	cornstarch	10 mL
2 lbs	apples	1 kg
2 tsp	lemon juice	10 mL
1/3 cup	maple syrup	75 mL
2 tsp	non-hydrogenated margarine	10 mL

- 1 Blend the apple juice and cornstarch in a measuring cup, making sure that all the cornstarch is dissolved and is not lumpy.
- 2 Core and slice the apples; they do not need to be peeled. Place the apple slices in the pan.
- 3 Toss the apples with the lemon juice to prevent browning. You may want to do this as you slice them, depending on the apple variety as some brown more quickly than others.
- 4 Bake for 10–15 minutes. Remove from the oven and add the maple syrup. Bake for another 10–15 minutes.
- 5 Stir in the apple juice/cornstarch mixture. Dot with the margarine. Stir well.
- 6 Bake an additional 15 minutes, until the sauce is slightly thickened and transparent. Stir gently to distribute the glaze over all the apple slices.

This apple-slice dessert is a nice contrast to applesauce. Adding the maple syrup during the baking ensures that the apples keep their form and do not become mushy. A crisp and firm Cortland apple, which is more resistant to browning, is a good choice for this recipe. For a speedier version, use ready-sliced apples.

What could be better than the taste of apple pie without all the work? This dish is a special treat with frozen yogourt. For real apple-pie flavour, add a sprinkle of cinnamon to the apples.

Sautéed Maple Apple Slices

**MAXIMUM
LARGE QUANTITY**

Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Preheat oven to 350°F

5 – 9" x 13" baking pans

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.40

1 1/2 cups	apple juice	375 mL
1/4 cup	cornstarch	40 g
12 lbs	apples	5.5 kg
1/4 cup	lemon juice	50 mL
2 1/4 cups	maple syrup	550 mL
1/3 cup	non-hydrogenated margarine	75 g

- 1** Blend the apple juice and cornstarch in a measuring cup, making sure that all the cornstarch is dissolved and is not lumpy.
- 2** Core and slice the apples; they do not need to be peeled. Place the apple slices in the baking pans.
- 3** Toss the apples with the lemon juice to prevent browning. You may want to do this as you slice them, depending on the apple variety as some brown more quickly than others.
- 4** Bake for 10–15 minutes. Remove from the oven and add the maple syrup. Bake for another 10–15 minutes.
- 5** Stir in the apple juice/cornstarch mixture. Dot with the margarine. Stir well.
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What could be better than the taste of apple pie without all the work? This dish is a special treat with frozen yogurt. For real apple-pie flavour, add a sprinkle of cinnamon to the apples.

Apple & Rice Confetti Salad

**MODERATE
SMALL QUANTITY**

Adapted from Food Network.com at <http://www.foodnetwork.com>

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.18

3/4 cup	brown rice	175 mL
1	apple	1
1/4 cup	red pepper, finely chopped	50 mL
1/4 bunch	green onions, chopped	50 mL
1/4 cup	celery, finely chopped	50 mL
2 tbsp	parsley, chopped	30 mL
8	lettuce leaves	8

Vinaigrette

2 tbsp	canola oil	30 mL
2 tbsp	cider vinegar	30 mL
2 tsp	lemon juice	10 mL
1/4 tsp	cinnamon, ground	1 mL
1/4 tsp	salt	1 mL
1/4 tsp	pepper	1 mL

- 1 In a saucepan, bring 2 cups (500 mL) of water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 35–40 minutes. Let cool.
- 2 Wash the apple, remove the core, and dice into small pieces.
- 3 Chop the red pepper, green onions, celery, and parsley.
- 4 In a large bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley.
- 5 Combine the vinaigrette ingredients in a jar and shake well until slightly thickened. Stir into the rice mixture. Cool.
- 6 Wash and dry the lettuce. For each serving, place 1/2 cup (125 mL) of the rice salad on a small bed of lettuce.

Mix red apples with green peppers or green apples with red peppers to enhance the confetti effect. Either way, the brightly coloured vegetables and apple pieces enhance the eye appeal of this dish.

For a complete main-dish combo, try adding 1/2 cup (125 mL) of cooked diced chicken to this mixture. Serve with a small whole-wheat roll, and you have a complete high-fibre healthy meal.

Apple & Rice Confetti Salad

**MODERATE
LARGE QUANTITY**

Adapted from Food Network.com at <http://www.foodnetwork.com>

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.18

4 cups	brown rice	480 g
3	apples	3
1	red pepper, finely chopped	200 g
1 bunch	green onions, chopped	75 g
1 cup	celery, finely chopped	200 g
1/4 cup	parsley, chopped	50 mL
1 head	lettuce	1 head

Vinaigrette

1/2 cup	canola oil	125 mL
1/2 cup	cider vinegar	125 mL
2 tbsp	lemon juice	30 mL
1 tsp	cinnamon, ground	2.5 g
3/4 tsp	salt	4 g
3/4 tsp	pepper	4 g

- 1 In a saucepan, bring 10 cups (2.5 L) of water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 35–40 minutes. Let cool.
- 2 Wash the apple, remove the core, and dice into small pieces.
- 3 Chop the red pepper, green onions, celery, and parsley.
- 4 In a large bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley.
- 5 Combine the vinaigrette ingredients in a jar and shake well until slightly thickened. Stir into the rice mixture. Cool.
- 6 Wash and dry the lettuce. For each serving, place 1/2 cup (125 mL) of the rice salad on a small bed of lettuce.

Mix red apples with green peppers or green apples with red peppers to enhance the confetti effect. Either way, the brightly coloured vegetables and apple pieces enhance the eye appeal of this dish.

For a complete main-dish combo, try adding 1/2 cup (125 mL) of cooked diced chicken to this mixture. Serve with a small whole-wheat roll, and you have a complete high-fibre healthy meal.

Notes:

November: CELERY

Nutritional Tips & Fun Facts for Newsletters

- Celery is from the same family as carrots, parsley, fennel, and caraway.
- Celery is also grown for its seeds, which yield a volatile oil used in the perfume and pharmaceutical industries. Celery seeds can be used as a flavouring or spice, as whole seeds, or ground and mixed with salt as celery salt.
- Foley artists, people who match live sound effects to the action of the picture in films, have been known to break stalks of celery into a microphone to simulate the sound of breaking bones.
- Celery has many important nutrients, including, fibre, vitamins A and C, and potassium.
- Make “ants on a log.” Spread your celery with peanut butter and top with raisins.
- Add celery leaves and sliced celery stalks to soups, stews, casseroles, and stir-fries.
- When choosing celery, look for crisp, green stalks. It should store, unwashed, in the refrigerator for up to two weeks. Wash it before serving.

Promotional Ideas

- Play the What Is It? food game. Get the students to take close-up pictures of fruits and vegetables (e.g., the skin or peeling, an inside slice) or cut them from old magazines. Put up a display and see who can guess them all.
- Place tent cards on the cafeteria tables with questions about celery on one side and the answers on the back.
- Did you know that if you put a stalk of celery in a glass with food colouring and water, the celery will change colour? Provide a variety of coloured-water samples or allow the students to mix their own colour in a jar. Cut one end of the celery, insert it in the jar and watch it change. Discuss why this happens.

Super-Zesty Salmon Cakes

MAXIMUM
SMALL QUANTITY

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 5

Portion: 1 cake

Cost per serving: \$0.60

1 x 7-oz can	salmon, drained and flaked	1 x 228-g can
1	eggs, lightly beaten	1
1 tsp	canola oil	5 mL
1 tbsp	lemon juice	15 mL
1/3 cup	celery, finely chopped	75 mL
1/2 cup	cornflake crumbs, finely crushed	125 mL

- 1 In a bowl, mix together the salmon, egg, oil, lemon juice, celery, and 1/3 cup (75 mL) of the cornflake crumbs.
- 2 Form the mixture into 2 1/2" (6-cm) cakes by lightly packing into a 1/3 cup (75 mL) measure. Spread a piece of plastic wrap on the counter, sprinkle with about 2 tbsp (30 mL) of the remaining crumbs, turn the measure onto the plastic wrap, tap to release the salmon cake, and press into the crumbs. Continue making the cakes, adding more crumbs as necessary. Sprinkle the tops of the cakes with the remaining crumbs.
- 3 Lightly grease the pan with a thin film of oil. Place the cakes in the pan.
- 4 Bake for 5 minutes, turn, and bake for 5 minutes more.

Salmon and celery make a healthy combination. Canada's dietary guidelines recommend two servings of fish a week, notably fatty fish such as salmon, since it is a recognized source of omega-3 fatty acids, which are known to play a role in the prevention of chronic diseases and to enhance children's learning and behaviour.

Although celery is available throughout the year, you will enjoy the best taste and quality of this vegetable during the months when it is available locally. This recipe can be served with a small whole-wheat roll as a salmon burger, and the flavour goes well with Cucumber Yogourt Maple Salad (see May recipes).

Super-Zesty Salmon Cakes

**MAXIMUM
LARGE QUANTITY**

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 30

Portion: 1 cake

Cost per serving: \$0.60

6 x 7-oz cans	salmon, drained and flaked	6 x 228-g cans
6	eggs, lightly beaten	6
1/4 cup	canola oil	50 mL
1/3 cup	lemon juice	75 mL
2 cups	celery, finely chopped	500 mL
3 cups	cornflake crumbs, finely crushed	300 g

- 1 In a bowl, mix together the salmon, egg, oil, lemon juice, celery, and 2 cups (250 mL) of the cornflake crumbs.
- 2 Form the mixture into 2 1/2" (6-cm) cakes by lightly packing it into a 1/3 cup (75 mL) measure. Spread a piece of plastic wrap on the counter, sprinkle with about 1/2 (125 mL) of the remaining crumbs, turn the measure onto the plastic wrap, tap to release the salmon cake, and press into the crumbs. Continue making the cakes, adding more crumbs as necessary. Sprinkle the tops of the cakes with the remaining crumbs.
- 3 Lightly grease the pans with a thin film of oil. Place the cakes in the pan.
- 4 Bake for 5 minutes, turn, and bake for 5 minutes more.

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Celery & Broccoli Soup

MAXIMUM
SMALL QUANTITY

Adapted from *Chowders, Bisques and Soups*, Elaine Elliot and Virginia Lee

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.44

2 1/2 cups	water	675 mL
1/2 tsp	chicken bouillon powder	2 mL
1/2 lb	broccoli, chopped	250 g
1/3 cup	onion, chopped	75 mL
1 cup	celery, chopped	250 mL
1/2 x 12-oz can	1% evaporated milk	1/2 x 370-mL can
1/2 tsp	pepper	2 mL
1/2 x 8-oz pkg	cream cheese, light	1/2 x 225-g pkg

- 1 In a saucepan, combine the water and bouillon. Add the broccoli, onion, and celery. Bring to a boil, reduce the heat to medium, cover, and simmer until the vegetables are soft, about 15–20 minutes.
- 2 Purée the soup; watch for small threads of celery.
- 3 Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with the pepper. Stir.
- 4 Just before serving, add the cream cheese to the soup mixture. Stir until well blended.
- 5 Serve in bowls or mugs.

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

Choose celery that looks crisp and snaps easily when pulled apart. It should be relatively tight and compact. The leaves should be pale to bright green in colour and free from yellow or brown patches.

Add a whole-wheat roll or a slice of bread to this easy-to-make high-fibre soup and you have a complete meal. Dried tarragon (1/2 tsp/2 mL) adds a unique flavour to the celery/broccoli combination.

Celery & Broccoli Soup

**MAXIMUM
LARGE QUANTITY**

Adapted from *Chowders, Bisques and Soups*, Elaine Elliot and Virginia Lee

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.44

12 cups	water	3 L
4 tsp	chicken bouillon powder	13 g
3 lbs	broccoli, chopped	1.5 kg
1 lb	onion, chopped	500 g
2 lbs	celery, chopped	1 kg
3 x 12-oz cans	1% evaporated milk	3 x 370-mL cans
3 tsp	pepper	15 g
2 x 8-oz pkgs	cream cheese, light	2 x 225-g pkgs

- 1 In a saucepan, combine the water and bouillon. Add the broccoli, onion, and celery. Bring to a boil, reduce the heat to medium, cover, and simmer until the vegetables are soft, about 15–20 minutes.
- 2 Purée the soup; watch for small threads of celery.
- 3 Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with the pepper. Stir.
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Add a whole-wheat roll or a slice of bread to this easy-to-make high-fibre soup and you have a complete meal. Dried tarragon (1/2 tsp/2 mL) adds a unique flavour to the celery/broccoli combination.

Notes:

November: **BEETS**

Nutritional Tips & Fun Facts for Newsletters

- Pulverized beets are often used as a colouring agent. They help retain the redness of tomato sauce in frozen pizzas and turn regular lemonade into pink lemonade.
- The pigment that gives beets their rich, purple-crimson colour is called betacyanin and is also a powerful cancer-fighting agent. Beets are one of the few vegetables that provide this health-promoting pigment.
- Beets are high in folate, fibre, iron, potassium, manganese, and vitamin C. They boast the highest natural sugar content of any vegetable. Their relative, the sugar beet, accounts for roughly 30 per cent of sugar production in the world.
- Don't forget the leaves! Often known as beet greens, the leaves are edible too. Beets were cultivated in prehistoric times for their leaves. The early Romans ate the tops, reserving the roots for medicinal purposes.
- Fun ways to use beets
 - Grate beets over your salad to add colour and taste.
 - Add chunks of beets to oven-roasted vegetables.
 - Add a piece of beet to juice to make a fun new colour and add a sweet taste.
 - Sauté beets with other root veggies for a pleasant stir-fry.
 - Marinate beets in olive oil and herbs.
 - "Beet" the cold by adding this colourful vegetable to stews.

Promotional Ideas

- Get the students to create their own "Beet BEAT," a rap or rhythmic rhyme about beets. Have the students perform their compositions on the morning announcements to promote the sale of beet items.
- Create your own online word puzzle (see <http://www.superkids.com/aweb/tools/words/search/>) using words related to beets, and print these off to give to the students.
- The colour of beets can be modified during cooking. Experiment with these suggestions. Adding an acidic ingredient, such as lemon juice or vinegar, will brighten the colour, while an alkaline substance, such as baking soda, will often cause them to turn a deeper purple. Salt will blunt beets' colour, so add it only at the end of cooking, if needed.

Harvard Beets

MODERATE
SMALL QUANTITY

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Preheat oven to 350°F

1 – 8" x 8" baking pan

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.26

4 cups (2 x 14-oz cans)	cooked beets (or canned)	1 L (2 x 398-mL cans)
1/4 cup	white granulated sugar	50 mL
2 tbsp	cornstarch	30 mL
pinch	salt	pinch
1/4 tsp	thyme	1 mL
	pepper, to taste	
1/4 cup	unsweetened orange juice	50 mL
1 cup	water (or the reserved juice from the canned beets)	250 mL
2 tsp	non-hydrogenated margarine	10 mL

- 1** If the beets are large, cut them into slices or cubes.
- 2** In a saucepan, mix the sugar, cornstarch, salt, thyme, and pepper. Add the orange juice and water or beet juice. Stir until the mixture is smooth and there are no visible lumps of cornstarch.
- 3** Cook the cornstarch mixture until it thickens.
- 4** Place the beets in the pan, pour the cornstarch mixture over the top, and bake for 20 minutes to allow the beets to absorb the flavour of the cornstarch mixture.
- 5** Stir in the margarine just before serving.

Beets are probably something that you remember your grandparents eating. It's time to introduce children to the round red variety that is most common in Nova Scotia.

Harvard Beets combine a thickened sweet-and-sour sauce with sliced or small whole beets. They may be served as a side dish with any sandwich, wrap, or entree selection.

Harvard Beets

**MODERATE
LARGE QUANTITY**

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Preheat oven to 350°F

3 – 8" x 8" baking pan

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.26

15 lbs (12 x 14-oz cans)	cooked beets (or canned)	7 kg (12 x 398-mL cans)
1 1/2 cups	white granulated sugar	300 g
1/2 cup	cornstarch	65 g
1 tsp	salt	5 g
1 tsp	thyme	5 g
	pepper, to taste	
1 1/2 cups	unsweetened orange juice	375 mL
4 cups	water (or the reserved juice from the canned beets)	1 L
1/2 cup	non-hydrogenated margarine	125 g

- 1** If the beets are large, cut them into slices or cubes.
- 2** In a saucepan, mix the sugar, cornstarch, salt, thyme, and pepper. Add the orange juice and water or beet juice. Stir until the mixture is smooth and there are no visible lumps of cornstarch.
- 3** Cook the cornstarch mixture until it thickens.
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Hard to Beet Dip

**MODERATE
SMALL QUANTITY**

Adapted from *Recettes de filles*, Marabout Chef

Yield: 10

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.25

2 x 14-oz cans	beets, sliced	2 x 398-mL cans
1	garlic clove	1
1/4 cup	plain 1% yogourt	50 mL
2 tbsp	sesame-seed paste (tahini)	30 mL
1 tbsp	lemon juice	15 mL
1/2 tsp	salt	2 mL
	pepper, to taste	

- 1 Drain the beets. Remove the skin from the garlic clove.
- 2 Place the beets, garlic, yogourt, tahini, lemon juice, salt, and pepper in a food processor. Process until the mixture is smooth and well blended.
- 3 Serve in 1/4-cup (50-mL) servings. Carrot sticks, celery sticks, and apple slices go well with this dip mixture.

Tahini is a paste made from ground sesame seeds and is a common ingredient in Middle Eastern countries. It is an optional ingredient in this recipe.

Hard to Beet Dip

**MODERATE
LARGE QUANTITY**

Adapted from *Recettes de filles*, Marabout Chef

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.25

8 x 14-oz cans	beets, sliced	8 x 398-mL cans
4	garlic cloves	4
3/4 cup	plain 1% yogourt	175 mL
1/2 cup	sesame-seed paste (tahini)	125 mL
1/4 cup	lemon juice	50 mL
2 tsp	salt	10 g
	pepper, to taste	

- 1 Drain the beets. Remove the skin from the garlic clove.
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December

CRANBERRIES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Oatmeal Cranberry Cookies Cranberry Couscous
PEARS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Honey Baked Pears Peachy Glazed Pears
CARROTS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Power Gold Smoothies Spicy Asian Pork
CABBAGE	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Cabbage & Rutabaga Salad Crispy Chinese Coleslaw

December: CRANBERRIES

Nutritional Tips & Fun Facts for Newsletters

- Cranberries contain hippuric acid as well as other compounds that aid in stopping E. coli bacteria from sticking to the intestinal walls.
- Cranberries are often used to help prevent and treat urinary tract infections.
- Native peoples used cranberries to draw poison out of arrow wounds. As well, they crushed cranberries into a paste and mixed it with dried meat to preserve it longer.
- Early settlers picked wild cranberries by hand. Hand scoops were introduced with commercial cultivation, and today cranberries are picked by machine.
- William MacNeil planted Canada's first cranberry bog in Nova Scotia in 1870.
- Cranberries are a good source of vitamin C and fibre. As well, they are thought to help prevent kidney stones, maintain good oral health, fight heart disease, lower bad cholesterol, raise good cholesterol, and prevent cancer.
- Since cranberries have a tart (sharp) taste, they are usually cooked before they are eaten. However, overcooking will make them bitter.

Promotional Ideas

- What a great season to have cranberries around! Have a popcorn-and-cranberry stringing party. Just use thread, a needle, popcorn, and cranberries. The students can take their garlands to decorate their trees at home or they can be used to decorate the school tree (or other areas of the school).
- Fill a jar with cranberries. Get the students to guess how many berries are in the jar and to put their guesses with their names into a box to win a prize.
- Make presents to take home to parents. Fill a small jar with cranberries and place a small candle in the centre. Put on the lid and tie the jar with a festive ribbon.
- Did you know there is a cranberry bog in the Annapolis Valley? Plan a field day in which the students can go and learn how this fruit is grown and produced.

Oatmeal Cranberry Cookies

**MODERATE
SMALL QUANTITY**

Adapted from *The Canadian Living Light and Healthy Cookbook*, Margaret Fraser

Preheat oven to 350°F

2 – 11" x 17" sheet pans, lightly greased

Yield: 30

Portion: 1 cookie

Cost per serving: \$0.07

1/2 cup	non-hydrogenated margarine	125 mL
1/2 cup	white granulated sugar	125 mL
1/2 cup	brown sugar, lightly packed	125 mL
1	egg	1
1 cup	whole-wheat flour	250 mL
1 cup	rolled oats	250 mL
1/4 cup	wheat germ	50 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1 cup	chopped cranberries, fresh or frozen	250 mL

- 1 In a large bowl, cream the margarine with the 2 sugars; beat in the egg.
- 2 In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in the cranberries.
- 3 Drop by tablespoons onto the sheet pans. (Be sure to get 30 cookies from this recipe.) Flatten slightly with a wet fork.
- 4 Bake for about 12 minutes or until lightly golden.

Cookie Tips

Cookies should be of a uniform thickness and size so they will bake in the same amount of time.

Sheet pans (cookie sheets) with little or no sides will allow the cookies to bake more quickly.

A sheet pan should be either cool or at room temperature when the cookie dough is placed on it, so the dough does not start to melt, affecting the cookies' shape and texture.

Oatmeal Cranberry Cookies

**MODERATE
LARGE QUANTITY**

Adapted from *The Canadian Living Light and Healthy Cookbook*, Margaret Fraser

Preheat oven to 350°F

4 – 11" x 17" sheet pans, lightly greased

Yield: 60

Portion: 1 cookie

Cost per serving: \$0.07

1 cup	non-hydrogenated margarine	250 g
1 cup	white granulated sugar	200 g
1 cup	brown sugar, lightly packed	150 g
2	eggs	2
2 cups	whole-wheat flour	240 g
2 cups	rolled oats	200 g
1/2 cup	wheat germ	30 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
2 cups	chopped cranberries, fresh or frozen	200 g

- 1 In a large bowl, cream the margarine with the 2 sugars; beat in the eggs.
- 2 In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in the cranberries.
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Cranberry Couscous

MAXIMUM
SMALL QUANTITY

Adapted from *Canadian Living Magazine*, November 2003

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.31

1	medium onion	1
2	celery stalks	2
2	garlic cloves	2
1 tbsp	canola oil	15 mL
1/2 tbsp	rosemary	7 mL
1/4 tsp	salt	1 mL
1/4 tsp	pepper	1 mL
1 1/2 cups	cranberry juice	375 mL
1 cup	regular couscous	250 mL
1/4 cup	cranberries, dried	50 mL

- 1 Chop the onion and celery. Remove the skins from the garlic cloves and chop or mince.
- 2 On a stovetop over medium heat, cook the onion, celery, garlic, and rosemary in the oil until softened (10–15 minutes). Stir often. Add the salt and pepper.
- 3 Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from the heat. Cover and let stand until the couscous has absorbed all the liquid.
- 4 Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries.

For a unique presentation, spoon the couscous into a 1/2 cup (125 mL) measure, pack, and then turn out onto plates. Garnish the top with a sprinkle of dried rosemary.

Couscous is inexpensive and nutritious. It is usually made from wheat. It is commonly used in Africa and the Mediterranean region.

Cranberry Couscous

**MAXIMUM
LARGE QUANTITY**

Adapted from *Canadian Living Magazine*, November 2003

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.31

6	medium onions	6
1 bunch	celery	1 bunch
12	garlic cloves	12
1/2 cup	canola oil	125 mL
3 tbsp	rosemary	15 g
1 tsp	salt	5 g
1 tsp	pepper	5 g
8 cups	cranberry juice	2 L
6 cups	regular couscous	1 kg
1 cup	cranberries, dried	170 g

- 1 Chop the onions and celery. Remove the skins from the garlic cloves and chop or mince.
- 2 On a stovetop over medium heat, cook the onions, celery, garlic, and rosemary in the oil until softened (10–15 minutes). Stir often. Add the salt and pepper.
- 3 Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from the heat. Cover and let stand until the couscous has absorbed all the liquid.
- 4 Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries.

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Couscous is inexpensive and nutritious. It is usually made from wheat. It is commonly used in Africa and the Mediterranean region.

Notes:

December: PEARS

Nutritional Tips & Fun Facts for Newsletters

- You can't depend on colour to tell if a pear is ready to eat, as different varieties turn different colours. Instead, apply pressure near the base of the stem. If it gives slightly, it is ripe.
- A relative of the pear, the quince, can only be eaten cooked, unlike its sweet cousin. Quince are very popular in Spain, where they are made into marmelo, which is similar to our citrus marmalade.
- Other countries that cultivate pears on a large scale are Japan, the United States, Turkey, Argentina, and Australia.
- The codling moth is an insect that attacks pears as they ripen. Only every second generation of these moths will attack pears.
- Pears are a good source of nutrients such as riboflavin. They also contain fibre, most of which is in the skin.
- Two popular pear varieties grown in the Annapolis Valley are Clapp and Bartlett pears. Clapp pears are medium to large and have a green-yellow colour with a reddish tinge. They are very sweet. Bartlett pears are a favourite for canning and making desserts because they have a rich, buttery flavour. These pears are darker and smaller than Clapp pears.

Promotional Ideas

- Have the students construct a large pear tree out of construction paper. Get them to find pictures of pears and then write the names of the different varieties of pear and where they are found in the world on the pictures. Put the pictures on the tree and display it in the cafeteria.
- Get the students to research the way a pear gets from the farm to our tables. Have them perform a "pear-ody" skit to present the information to their classmates.
- Cut fresh pears and other hard fruits and vegetables in half. Spread paint on the inside faces of the foods and then press them onto paper to make a painting. You can carve the surfaces to make even more interesting patterns.

Honey Baked Pears

MAXIMUM
SMALL QUANTITY

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 whole pear

Cost per serving: \$0.88

2 tbsp	non-hydrogenated margarine	30 mL
3 tbsp	honey, liquid	45 mL
3 tbsp	apple juice	45 mL
1 tsp	candied ginger, chopped	5 mL
pinch	ginger, ground	pinch
8	large, firm-fleshed fresh pears	8
1 tbsp	fresh lemon juice	15 mL
8	frozen raspberries or strawberries (for garnish)	8

- 1 Melt the margarine. Stir in the honey, apple juice, candied ginger, and ground ginger. Evenly distribute the mixture over the pan.
- 2 Wash the pears well. Peel each pear. Slice the bottom so it will stand upright without falling over. Remove the core through the bottom of the pear. (This will enable the baking juices to penetrate the pear flesh.) Try to keep the stems on the pears. NOTE: It is important that the pears do not turn brown. After you peel and core each pear, place it in a large bowl of water to which the lemon juice has been added.
- 3 Place the whole pears in the pan. Each pear should stand upright on its own.
- 4 Cover the pan with aluminum foil to keep the pears from drying out. Put the pan into the preheated oven. Remove from the oven every 20 minutes and baste the pears with the pan juices. Continue baking until the flesh is soft (50–60 minutes). The baking time will vary according to the ripeness of the fruit.
- 5 Stand each pear upright on a small plate. Spoon any remaining juices from the pan over the whole pears and garnish each with a frozen raspberry or strawberry.

Make sure the pears are well covered with the pan juices; this will prevent them from turning brown. Leftover cooled pears make a great grab-and-go snack.

Honey Baked Pears

MAXIMUM
LARGE QUANTITY

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 48

Portion: 1 whole pear

Cost per serving: \$0.88

3/4 cup	non-hydrogenated margarine	175 g
1 cup	honey, liquid	250 mL
1 cup	apple juice	250 mL
2 tbsp	candied ginger, chopped	30 mL
1/2 tsp	ginger, ground	1 g
48	large, firm-fleshed fresh pears	48
3/4 cup	fresh lemon juice	175 mL
48	frozen raspberries or strawberries (for garnish)	48

- 1 Melt the margarine. Stir in the honey, apple juice, candied ginger, and ground ginger. Evenly distribute the mixture over the pans.
- 2 Wash the pears well. Peel each pear. Slice the bottom so it will stand upright without falling over. Remove the core through the bottom of the pear. (This will enable the baking juices to penetrate the pear flesh.) Try to keep the stems on the pears. NOTE: It is important that the pears do not turn brown. After you peel and core each pear, place it in a large bowl of water to which the lemon juice has been added.
- 3 Place the whole pears in the pans. Each pear should stand upright on its own.
- 4 Cover the pans with aluminum foil, to keep the pears from drying out. Put the pans into the preheated oven. Remove from the oven every 20 minutes and baste the pears with the pan juices. Continue baking until the flesh is soft (50–60 minutes). The baking time will vary according to the ripeness of the fruit.
- 5 Stand each pear upright on a small plate. Spoon any remaining juices from the pans over the whole pears and garnish each with a frozen raspberry or strawberry.

Make sure the pears are well covered with the pan juices; this will prevent them from turning brown. Leftover cooled pears make a great grab-and-go snack.

Peachy Glazed Pears

**MODERATE
SMALL QUANTITY**

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 pear half

Cost per serving: \$0.72

4	large, firm-fleshed fresh pears	4
2 tbsp	non-hydrogenated margarine	30 mL
3 tbsp	peach jam	45 mL
1 tbsp	brown sugar	15 mL
1/3 cup	raspberries, frozen	75 mL

- 1** Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 1 whole frozen raspberry.
- 2** Melt the margarine. Stir in the peach jam and brown sugar. Evenly distribute the mixture over the pan.
- 3** Place the pear halves in the pan flesh-side-down. Bake for 30–40 minutes, until the flesh is soft.
- 4** Place each pear half on a small plate, flesh-side-up. Spoon any remaining pan juices over the pear halves. Garnish each pear half with a frozen raspberry placed in the core hollow.

Fresh pears are ideal for this recipe, and with the skin on they are very high in fibre. Canned pears can be substituted for fresh pears. Purchase pears that have been canned in their own juice or the juice of another fruit (such as apple juice) rather than in sugar syrup. Drain the pears before using and decrease the baking time by 15–20 minutes.

Nova Scotia Bartlett and Clapp pears both work well with this tasty and quick-to-prepare recipe. Watch the frozen raspberry thaw and melt into the warm pear, giving a burst of raspberry flavour that is sure to please the taste buds of both younger and older children.

Peachy Glazed Pears

**MODERATE
LARGE QUANTITY**

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Preheat oven to 350°F

3 – 11" x 17" sheet pans

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.72

24	large, firm-fleshed fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
1 cup	peach jam	250 mL
1/2 cup	brown sugar	75 g
2 cups	raspberries, frozen	200 g

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 1 whole frozen raspberry.
- 2 Melt the margarine. Stir in the peach jam and brown sugar. Evenly distribute the mixture over the pans.
- 3 Place the pear halves on the pans flesh-side-down. Bake for 30–40 minutes, until the flesh is soft.
- 4 Place each pear half on a small plate, flesh-side-up. Spoon any remaining pan juices over the pear halves. Garnish each pear half with a frozen raspberry placed in the core hollow.

Fresh pears are ideal for this recipe, and with the skin on they are very high in fibre. Canned pears can be substituted for fresh pears. Purchase pears that have been canned in their own juice or the juice of another fruit (such as apple juice) rather than in sugar syrup. Drain the pears before using and decrease the baking time by 15–20 minutes.

Nova Scotia Bartlett and Clapp pears both work well with this tasty and quick-to-prepare recipe. Watch the frozen raspberry thaw and melt into the warm pear, giving a burst of raspberry flavour that is sure to please the taste buds of both younger and older children.

Notes:

December: **CARROTS**

Nutritional Tips & Fun Facts for Newsletters

- The first carrots were white, purple, and yellow. The Dutch developed orange carrots in the 1600s. The old-fashioned varieties are making a comeback; look for them at your grocery store or farm market.
- The world's largest carrot, weighing 19 pounds (8.614 kg), was grown in Palmer, Alaska, by John Evans in 1998.
- Carotene, a vitamin A precursor, is abundant in the carrot and gives this vegetable its characteristic orange colour. Carrots are rich in dietary fibre, antioxidants, and minerals.
- Over 800 hectares of carrots are grown in Nova Scotia, mainly in the Annapolis Valley and Colchester and Cumberland Counties.
- Unpeeled carrots should be kept unwashed in a cool, preferably dark, place or in the refrigerator. Peeled, cut carrots must be stored in the refrigerator or eaten within four hours of being prepared.

Promotional Ideas

- Encourage the students to write their own carrot poems. For example: What can help you see in the dark; While going for your "5-10-a-day" mark? They're fun to eat because they crunch; And you can have them with your lunch. CARROTS. Munch a bunch.
- Carrot and Cucumber Tic-Tac-Toe: Slice carrots and cucumbers into circles and use these to play tic-tac-toe.
- Provide a serving of cut carrots on the side with the daily special.

Power Gold Smoothies

MAXIMUM
SMALL QUANTITY

Adapted from *Fruits & Veggies: More Matters* at <http://www.5aday.org/>

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

2 cups	carrots, grated	500 mL
1/2 cup	pineapple juice, unsweetened	125 mL
3/4 cup	apple juice	175 mL
3/4 cup	orange juice	175 mL
2 tsp	honey, liquid	10 mL
1 cup	2% vanilla yogourt	250 mL
1/3 cup	ice cubes	75 mL
	raisins or dried cranberries (for garnish)	

- 1 Place the grated carrots in a pot with 1 tbsp (15 mL) water; stir over low heat until the carrots are soft. This step will result in a smoothie with a smoother consistency; it will also bring out the flavour of the carrots.
- 2 Combine the pineapple juice, apple juice, and orange juice in a large bowl. Place the cooked carrots with enough juice to cover in the blender and blend until all the carrots are smooth. Add to the juice mixture.
- 3 Blend the honey, yogourt, and ice cubes in the blender until smooth. Mix with the carrot/ juice mixture.
- 4 Pour into glasses and top with a few raisins or dried cranberries.

This healthy combination makes a great snack or beverage at mealtime.

Smoothies work best if the liquid is added before the fruits or vegetables; in the case of this recipe, place the fruit juice in a blender and then add the carrots to the juice.

Power Gold Smoothies

**MAXIMUM
LARGE QUANTITY**

Adapted from *Fruits & Veggies: More Matters* at <http://www.5aday.org/>

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

3 lbs (10 cups)	carrots, grated	1.5 kg
2 1/2 cups	pineapple juice, unsweetened	625 mL
4 cups	apple juice	1 L
4 cups	orange juice	1 L
1/4 cup	honey, liquid	50 mL
6 cups	2% vanilla yogourt	1.5 L
2 cups	ice cubes	500 mL
	raisins or dried cranberries (for garnish)	

- 1 Place the grated carrots in a pot with 1/4 cup (50 mL) water; stir over low heat until the carrots are soft. This step will result in a smoothie with a smoother consistency; it will also bring out the flavour of the carrots.
- 2 Combine the pineapple juice, apple juice, and orange juice in a large bowl. Place the cooked carrots with enough juice to cover in the blender and blend until all the carrots are smooth. Add to the juice mixture.
- 3 Blend the honey, yogourt, and ice cubes in the blender until smooth. Mix with the carrot/ juice mixture.
- 4 Pour into glasses and top with a few raisins or dried cranberries.

This healthy combination makes a great snack or beverage at mealtime.

Smoothies work best if the liquid is added before the fruits or vegetables; in the case of this recipe, place the fruit juice in a blender and then add the carrots to the juice.

Spicy Asian Pork

**MODERATE
SMALL QUANTITY**

Adapted from The Herald-Mail at http://www.herald-mail.com/?module=displaystory&story_id=169951&edition_id=1893&format=html

Preheat oven to 375°F

1 – 9" x 13" baking pan

Yield: 10

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.82

1 tsp	canola oil	5 mL
1/2 lb	thin lean pork strips	225 g
1/3 cup	hoisin sauce	75 mL
1/4 cup	frozen orange juice concentrate, thawed	50 mL
1/4 tsp	ginger, ground	2.5 g
2 1/2 cups	bean sprouts, washed	625 mL
2 1/2 cups	carrots, grated	625 mL
2	green onions, chopped	2
1/4 lb	spaghetti	110 g

- 1 Place the oil in the pan and distribute the pork strips in a single layer over the pan. Bake for about 20 minutes, until no longer pink. Cool.
- 2 In a bowl, combine the hoisin sauce, orange juice concentrate, and ginger. Add the bean sprouts, carrots, green onions, and cooked pork strips. Toss well to coat.
- 3 In a large pot, bring 4 cups (1 L) of water to a boil. Add the spaghetti and cook 10 minutes until al dente (firm but not hard).
- 4 Drain the spaghetti and combine with the pork mixture.

Asian flavours are popular with kids, especially teens. This tangy combo is enhanced by both the crunch and taste of the bean sprouts, which are high in protein, vitamin C, and folacin.

Spicy Asian Pork

**MODERATE
LARGE QUANTITY**

Adapted from The Herald-Mail at http://www.herald-mail.com/?module=displaystory&story_id=169951&edition_d=1893&format=html

Preheat oven to 375°F

3 – 9" x 13" baking pans

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.82

1 tbsp	canola oil	15 mL
2 1/2 lbs	thin lean pork strips	1 kg
1 1/4 cups	hoisin sauce	300 mL
3/4 cup	frozen orange juice concentrate, thawed	175 mL
1 tsp	ginger, ground	2.5 g
3 lbs (10 cups)	bean sprouts, washed	1.5 kg
3 lbs (10 cups)	carrots, grated	1.5 kg
1 bunch	green onions, chopped	1 bunch
1 lb	spaghetti	454 g

- 1 Place the oil in the pans and distribute the pork strips in a single layer over the pans. Bake for about 20 minutes, until no longer pink. Cool.
- 2 In a bowl, combine the hoisin sauce, orange juice concentrate, and ginger. Add the bean sprouts, carrots, green onions, and cooked pork strips. Toss well to coat.
- 3 In a large pot, bring 1 1/4 gallons (5 L) of water to a boil. Add the spaghetti and cook 10 minutes until al dente (firm but not hard).
- 4 Drain the spaghetti and combine with the pork/hoisin mixture.

Asian flavours are popular with kids, especially teens. This tangy combo is enhanced by both the crunch and taste of the bean sprouts, which are high in protein, vitamin C, and folacin.

Notes:

December: **CABBAGE**

Nutritional Tips & Fun Facts for Newsletters

- Cabbage comes in a variety of colours, including white, red, and purple.
- Russians eat about seven times more cabbage than the average North American.
- Cabbage is an excellent source of vitamin C and a very good source of fibre, vitamin B6, folate, manganese, potassium, and omega-3 fatty acids. It's also a good source of vitamin A, thiamine (vitamin B1), riboflavin (vitamin B2), calcium, magnesium, and protein.
- Sauerkraut is preserved cabbage and is still quite popular on the South Shore of Nova Scotia, where many German families settled.
- About 150 hectares of cabbage are grown in Nova Scotia.
- Cabbage is inexpensive, tolerates the cold well, and is easy to grow, and you'll get a few meals out of a head. What a great, nutritious way to get a bang for your buck.
- To get your maximum vitamins from cabbage, avoid buying shredded or cut cabbage and go for a whole head. The nutrients tend to leach out once the cells have been broken.

Promotional Ideas

- Check out this website for fun trivia, colouring pages, and ideas on cabbage:
<http://www.cheriestihler.com/cc1.html>.
- Search out the term "cabbage" in different languages. How many can you come up with? Find out about the ways in which cabbage is used in cooking in different countries.
- Cabbage comes from the Cruciferae family of plants, so named for their cross-shaped flowers. Go online and find more fruits and vegetables that are named for their shape or flower and make a fact sheet to inform the students.
- Cabbage is used in many traditional dishes, such as corned beef and cabbage, which is served on St. Patrick's Day. Have the students research other cultural dishes that use cabbage as a main ingredient.

Cabbage & Rutabaga Salad

MAXIMUM
SMALL QUANTITY

Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 8

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.25

2 cups	yellow turnip (rutabaga), peeled and grated	500 mL
1/2	onion, chopped finely or minced	1/2
1/2 cup	carrots, grated	125 mL
3/4 cup	red or green cabbage, thinly sliced	175 mL
1	medium apple, diced	1
1/2 tsp	salt	2 mL

Dressing

3 tbsp	canola oil	45 mL
1 tbsp	white vinegar	15 mL
1 tbsp	balsamic vinegar	15 mL
1 tsp	honey, liquid	5 mL
1/2 tsp	celery seeds	2 mL
	pepper, to taste	

- 1 Mix the turnip, onion, carrots, cabbage, and apple. Sprinkle with the salt.
- 2 Blend the oil, vinegars, and honey in a blender. Stir in the celery seeds and add pepper, to taste.
- 3 Immediately pour the dressing onto the prepared vegetables and mix.

If time is limited, use ready-sliced apples, packaged grated carrots, and shredded cabbage to reduce the preparation time of this recipe.

Wash turnip well before peeling. Generally, turnip is peeled a little thicker than other vegetables. Turnip may be cut into fingers or chunks or diced. It may be boiled in water, roasted in the oven, or grated as in this multicoloured salad recipe.

Cabbage & Rutabaga Salad

MAXIMUM
LARGE QUANTITY

Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.25

2 lbs (9 cups)	yellow turnip (rutabaga) (about 2 small), peeled & grated	1.4 kg
1/2 lb	onion, chopped finely or minced	200 g
1 lb (3 cups)	carrots, grated	500 g
1 1/2 lbs (6 cups)	red or green cabbage, thinly sliced	650 g
3	medium apples, diced	3
3 tsp	salt	15 g

Dressing

3/4 cup	canola oil	175 mL
1/4 cup	white vinegar	50 mL
1/4 cup	balsamic vinegar	50 mL
1 tbsp	honey, liquid	15 mL
2 tbsp	celery seeds	30 mL
	pepper, to taste	

- 1 Mix the turnip, onion, carrots, cabbage, and apples. Sprinkle with the salt.
- 2 Blend the oil, vinegars, and honey in a blender. Stir in the celery seeds and add pepper, to taste.
- 3 Immediately pour the dressing onto the prepared vegetables and mix.

If time is limited, use ready-sliced apples, packaged grated carrots, and shredded cabbage to reduce the preparation time of this recipe.

Wash turnip well before peeling. Generally, turnip is peeled a little thicker than other vegetables. Turnip may be cut into fingers or chunks or diced. It may be boiled in water, roasted in the oven, or grated as in this multicoloured salad recipe.

Crispy Chinese Coleslaw

MODERATE
SMALL QUANTITY

Source: From an old friend many years ago

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.17

1/2	small cabbage	1/2
1 stalk	broccoli	1 stalk
2	green onions, chopped	2
1 tbsp	sesame seeds, toasted	15 mL
1 cup	crispy steam-fried noodles	250 mL

Vinaigrette

3 tbsp	canola oil	45 mL
1 tsp	sesame oil	5 mL
2 tbsp	white vinegar	30 mL
2 tsp	white granulated sugar	10 mL
1 1/2 tsp	chicken bouillon powder	7 mL

- 1 Chop the cabbage and broccoli into chunky pieces. (Chopping in a food processor works well.)
- 2 Mix the cabbage, broccoli, green onions, and sesame seeds.
- 3 Combine the vinaigrette ingredients in a large jar; shake well, until slightly thickened. Stir into the cabbage/broccoli/green onion mixture just before serving.
- 4 Stir the crispy steam-fried noodles into the salad mixture or, if desired, sprinkle on top.

The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

To toast sesame seeds, place them in a wide frying pan and heat over medium heat, shaking the pan occasionally. Remove the seeds when they darken and become fragrant.

Cabbage and broccoli belong to the Cruciferae family of vegetables and are noted for their high content of healthy bioactive components, which play an important role in the prevention of chronic disease.

Crispy Chinese Coleslaw

MODERATE
LARGE QUANTITY

Source: From an old friend many years ago

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.17

4–6 lbs	cabbage	2.5 kg
1 lb (1 bunch)	broccoli	500 g (1 bunch)
1 bunch	green onions, chopped	1 bunch
1/2 cup	sesame seeds, toasted	40 g
6 cups	crispy steam-fried noodles	180 g

Vinaigrette

1 cup	canola oil	250 mL
2 tbsp	sesame oil	30 mL
3/4 cup	white vinegar	175 mL
1/4 cup	white granulated sugar	50 g
3 tsp	chicken bouillon powder	10 g

- 1 Chop the cabbage and broccoli into chunky pieces. (Chopping in a food processor works well.)
- 2 Mix the cabbage, broccoli, green onions, and sesame seeds.
- 3 Combine the vinaigrette ingredients in a large jar; shake well, until slightly thickened. Stir into the cabbage/broccoli/green onion mixture just before serving.
- 4 Stir the crispy steam-fried noodles into the salad mixture or, if desired, sprinkle on top.

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To toast sesame seeds, place them in a wide frying pan and heat over medium heat, shaking the pan occasionally. Remove the seeds when they darken and become fragrant.

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January

- STRAWBERRIES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Strawberry-Apple Salsa / Cinnamon Crisps
Smooth & Simple Strawberry Dessert
- RHUBARB** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Basic Rhubarb Sauce
Rhubarb & Strawberry Compote
- SQUASH** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Glazed Squash with Cranberry Sauce
Winter Squash Casserole
- TURNIP** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Glazed Turnip
Scalloped Turnip & Apple

January: **STRAWBERRIES**

Nutritional Tips & Fun Facts for Newsletters

- Did you know that strawberries are the only fruit with their seeds on the outside? Technically a strawberry is not really a fruit or a berry but a flower. Strawberries are a member of the rose family.
- Strawberries are naturally sweet and juicy as well as nutritious. They are high in vitamin C and are a good source of fibre. Did you know that strawberries contain the most vitamin C per serving out of blackberries, blueberries, raspberries, and strawberries? One half-cup (125 mL) of strawberries contains two grams of fibre.
- Strawberries are an excellent source of antioxidants, which play an important role in fighting cancer and other chronic diseases.
- Besides being healthy, strawberries are a very versatile fruit. They can be used in baked goods, salads, beverages (fruit smoothies), dipped in yogurt, or eaten all by themselves.
- Over 50 per cent of eight-year-old children pick the strawberry as their favourite fruit.

Promotional Ideas

- Have the students take a close look at a strawberry. The outside flesh is covered with tiny seeds. Let the students fill out a ballot to guess how many seeds are on the outside of just one strawberry. If they guess 200, they are correct. There are 200 tiny seeds on every strawberry. A prize can be given, such as the strawberry feature of the month, or you could contact your local frozen-strawberry distributors for possible donations.
- Do you want to print colour photos of strawberries for a display?
Go to <http://www.ars.usda.gov/is/graphics/photos/fruitsimages.new.htm>.

Strawberry-Apple Salsa/Cinnamon Crisps

MAXIMUM
SMALL QUANTITY

Adapted from *Cook Great Food*, Dietitians of Canada

Strawberry-Apple Salsa

Yield: 10

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

2 cups	whole strawberries, frozen	500 mL
2	medium apples, cored and diced	2
1/4 cup	honey, liquid	50 mL
	zest from 1 orange (carefully wash the orange beforehand)	

- 1 Spread the strawberries on a large sheet pan to thaw for about 30 minutes.
- 2 In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

This tangy fruit-salsa mix goes well with both sweet and savoury dishes. It makes a delicious topping for vanilla-flavoured yogourt or with Cinnamon Crisps (recipe below). Serve it with chicken fingers instead of ketchup, which is very high in sodium.

The soil and climate of the Annapolis Valley are perfect for strawberry fields and apple orchards.

Cinnamon Crisps

Adapted from *Cook Great Food*, Dietitians of Canada

MODERATE
SMALL QUANTITY

Preheat oven to 425°F

1 – 11" x 17" sheet pan, non-stick

Yield: 10

Portion: 5–6 pieces

Cost per serving: \$0.10

4 x 9-inch	whole-wheat tortillas	4 x 22-cm
1 tbsp	white granulated sugar	15 mL
1/2 tsp	cinnamon, ground	2 mL

- 1 Mix the sugar and cinnamon together.
- 2 Brush the tortillas with water; sprinkle with the sugar/cinnamon mixture. Cut each tortilla into 16 pieces (4 x 16 = 64 pieces).
- 3 Bake for about 5 minutes, until golden and crisp.

Pitas may be used instead of tortillas.

Strawberry-Apple Salsa/Cinnamon Crisps

**MAXIMUM
LARGE QUANTITY**

Adapted from *Cook Great Food*, Dietitians of Canada

Strawberry-Apple Salsa

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

2 x 1 1/3-lb bags	whole strawberries, frozen	2 x 600-g bags
8	medium apples, cored and diced	8
1 cup	honey, liquid	250 mL
	zest from 2 oranges (carefully wash the oranges beforehand)	

- 1 Spread the strawberries on a large sheet pan to thaw for about 30 minutes.
- 2 In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

This tangy fruit-salsa mix goes well with both sweet and savoury dishes. It makes a delicious topping for vanilla-flavoured yogourt or with Cinnamon Crisps (recipe below). Serve it with chicken fingers instead of ketchup, which is very high in sodium.

The soil and climate of the Annapolis Valley are perfect for strawberry fields and apple orchards.

Cinnamon Crisps

Adapted from *Cook Great Food*, Dietitians of Canada

**MODERATE
LARGE QUANTITY**

Preheat oven to 425°F

Yield: 40

2 – 11" x 17" sheet pans, non-stick

Portion: 5–6 pieces

Cost per serving: \$0.10

16 x 9-inch	whole-wheat tortillas	16 x 22-cm
1/4 cup	white granulated sugar	50 mL
2 tsp	cinnamon, ground	5 g

- 1 Mix the sugar and cinnamon together.
- 2 Brush the tortillas with water; sprinkle with the sugar/cinnamon mixture. Cut each tortilla into 16 pieces (16 x 16 = 256 pieces).
- 3 Bake for about 5 minutes, until golden and crisp.

Pitas may be used instead of tortillas.

Smooth & Simple Strawberry Dessert

**MAXIMUM
SMALL QUANTITY**Adapted from *Cook Great Food*, Dietitians of Canada**Yield: 10****Portion: 1/3 cup (75 mL)****Cost per serving: \$0.59**

6 cups	whole strawberries, frozen	1.5 L
1 cup	2% plain yogourt	250 mL
1/4 cup	cornstarch	50 mL
1/2 cup	apple juice	125 mL

- 1 Thaw the frozen strawberries. Mash slightly. Mix with the yogourt.
- 2 Blend the cornstarch into the apple juice until it resembles a smooth paste.
- 3 Slowly bring the strawberry/yogourt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.
- 4 Cool and serve in individual serving dishes.

Smooth & Simple Strawberry Dessert

**MAXIMUM
LARGE QUANTITY**Adapted from *Cook Great Food*, Dietitians of Canada**Yield: 40****Portion: 1/3 cup (75 mL)****Cost per serving: \$0.59**

5 x 1 1/3-lb bags	whole strawberries, frozen	5 x 600-g bags
4 cups	2% plain yogourt	1 L
1 cup	cornstarch	120 g
2 cups	apple juice	500 mL

- 1 Thaw the frozen strawberries. Mash slightly. Mix with the yogourt.
- 2 Blend the cornstarch into the apple juice until it resembles a smooth paste.
- 3 Slowly bring the strawberry/yogourt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.
- 4 Cool and serve in individual serving dishes.

Notes:

January: RHUBARB

Nutritional Tips & Fun Facts for Newsletters

- Did you know that rhubarb is actually a vegetable although it is often used in food as a fruit? In the United States until the 1940s it was considered a vegetable. It was reclassified as a fruit when US customs officials, baffled by this foreign food, decided it should be classified according to the way it is eaten.
- Rhubarb is a great source of calcium, vitamin C, and fibre.
- The leaves of rhubarb contain high amounts of oxalic acid, a toxic and potentially deadly poison. Only the stalks of rhubarb are edible.
- Rhubarb originated in Asia, where it was initially used for medicinal purposes. Chinese doctors used it to reduce fever and cleanse the body. Rhubarb has also been used to treat bacterial infections, constipation, and urinary tract infections.
- Rhubarb has a tart flavour so is generally served sweetened and cooked.

Promotional Ideas

- As a homework assignment have the students look up information on the climate and growing season of rhubarb.
- Rhubarb is a plant that is available in many different varieties. On the morning announcements have the students volunteer to announce a different variety and use of rhubarb each morning for a week.
- Information on rhubarb can be found at <http://www.rhubarbinfo.com/rhubarb-varieties.html>.
- Have the students in your class make up a poem or song about rhubarb and then have the staff members vote for the most creative piece of writing. Award a prize to the winning student. The prize could be a free serving of the featured recipe.

Basic Rhubarb Sauce

**MODERATE
SMALL QUANTITY**

Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 8–10

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.32

5 cups	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	1.25 L
1/4 cup	water	50 mL
2/3 cup	white granulated sugar	150 mL
1/4 tsp	cinnamon, ground	1 mL
1/4 tsp	ginger, ground	1 mL

- 1 Put the rhubarb, water, and sugar into a large saucepan and cover.
- 2 Simmer over low heat until tender, about 30 minutes, stirring every 10 minutes until all the pieces are soft and it has a stew-like appearance. Watch that the mixture does not scorch on the bottom of the pan.
- 3 Cool the rhubarb mixture slightly and add the spices.

This colourful sauce goes well over a serving of plain or frozen yogurt or served simply with a dollop of plain yogurt on top.

Rhubarb sauce is best stewed on the stove, but it can be prepared in the oven. Combine the rhubarb, water, and sugar in an ovenproof pan, cover, and bake at 350°F for 45 minutes, stirring every 15 minutes. Cool slightly and add the spices.

Leftover rhubarb sauce can be frozen or used in Rhubarb & Strawberry Smoothies or Rhubarb Raspberry Muffins (see June recipes).

Basic Rhubarb Sauce

**MODERATE
LARGE QUANTITY**

Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.32

5 x 1 1/3-lb bags	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	5 x 600-g bags
1 cup	water	250 mL
3 cups	white granulated sugar	600 g
2 tsp	cinnamon, ground	5 g
1 tsp	ginger, ground	2.5 g

- 1 Put the rhubarb, water, and sugar into a large saucepan and cover.
- 2 Simmer over low heat until tender, about 30 minutes, stirring every 10 minutes until all the pieces are soft and it has a stew-like appearance. Watch that the mixture does not scorch on the bottom of the pan.
- 3 Cool the rhubarb mixture slightly and add the spices.

This colourful sauce goes well over a serving of plain or frozen yogurt or served simply with a dollop of plain yogurt on top.

Rhubarb sauce is best stewed on the stove, but it can be prepared in the oven. Combine the rhubarb, water, and sugar in an ovenproof pan, cover, and bake at 350°F for 45 minutes, stirring every 15 minutes. Cool slightly and add the spices.

Leftover rhubarb sauce can be frozen or used in Rhubarb & Strawberry Smoothies or Rhubarb Raspberry Muffins (see June recipes).

Rhubarb & Strawberry Compote

**MODERATE
SMALL QUANTITY**

Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 10–12

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.41

5 cups	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	1.25 L
1/2 cup	orange juice	125 mL
3/4 cup	brown sugar, lightly packed	175 mL
2 tsp	cinnamon, ground	10 mL
1/4 tsp	ginger, ground	1 mL
3 cups	whole strawberries, frozen	300 g

- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon, and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

This compote can be layered with yogurt to make a healthy dairy/fruit combination. Alternate the layers of the yogurt and the compote mixture twice, top with a few oat flakes, and you have an instant parfait.

Rhubarb & Strawberry Compote

**MODERATE
LARGE QUANTITY**

Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.41

4 x 1 1/3-lb bags	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	4 x 600-g bags
1 1/2 cups	orange juice	375 mL
3 cups	brown sugar, lightly packed	454 g
2 tsp	ground cinnamon	5 g
1 tsp	ground ginger	2.5 g
2 x 1 1/3-lb bags	whole strawberries, frozen	2 x 600-g bags

- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon, and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

This compote can be layered with yogurt to make a healthy dairy/fruit combination. Alternate the layers of the yogurt and the compote mixture twice, top with a few oat flakes, and you have an instant parfait.

Notes:

January: SQUASH

Nutritional Tips & Fun Facts for Newsletters

- Did you know that squash was originally cultivated for its seeds?
- The word “squash” comes from the Narragansett Native American word “*askutasquash*”, which means “eaten raw or uncooked.”
- Pumpkins, gourds, and other varieties of squash are all members of the Cucurbitaceae family, which also includes cucumbers, gherkins, and melons.
- Squash is an excellent source of vitamin A and also contains fibre, vitamin C, vitamin B6, vitamin B1, and folate.
- A Nova Scotia autumn harvest is characterized by roadside markets overflowing with various types of squash. Thirty years ago, only four main varieties of winter squash were grown in Nova Scotia gardens: acorn, buttercup, butternut, and hubbard. Now there are many new varieties, each with its own special characteristics.
- Buttercup squash has a characteristic dry texture with a sweet nutty flavour and goes well with two other Nova Scotia favourites: maple syrup and cranberries.

Promotional Ideas

- Snack idea: Did you know that winter-squash seeds make a great snack? With more protein than nuts and healthy fat, they’re an ideal choice to beat the munchies. Simply dry or roast them in the oven for a few minutes; eat them plain or season to taste. This snack idea will have students asking for squash seeds at home. Make them available in your cafeteria by contacting your local squash supplier for seeds.
- Place fun facts about squash on the blackboard or bulletin board in the cafeteria.
- Put a squash on display in the cafeteria and have each student guess how many seeds are inside the squash. Put a ballot box beside the squash and have each student write down their name and guess. Have student volunteers count how many seeds there actually are.

Glazed Squash with Cranberry Sauce

MODERATE
SMALL QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

1 – 11 " x 17 " sheet pan

Yield: 8

Portion: 1 slice

Cost per serving: \$0.20

1	medium buttercup squash	1
1 tbsp	maple syrup	15 mL
1 tsp	non-hydrogenated margarine	5 mL
1/3 tsp	nutmeg, ground	2 mL
pinch	salt	pinch

Cranberry Sauce

Yield: 8

Portion: 1 tbsp (15 mL)

2 cups	cranberries, fresh or frozen	500 mL
1/2 cup	water	125 mL
1/4 cup	orange juice	50 mL
1/2 cup	brown sugar	125 mL
1/2 tsp	cinnamon, ground	2 mL

- 1 Cut the squash in half and clean out the seeds. Cut each half into 4 pieces. One squash should yield 8 pieces, each about 1 1/2"–2" (4–5-cm) wide. Depending on the size of the squash, you may be able to get more pieces per squash. Grease the sheet pan with some margarine. Arrange the squash skin-side-down on the sheet pan. Cover with foil and bake for 10 minutes.
- 2 Meanwhile, mix together the maple syrup, margarine, nutmeg, and salt in a saucepan. Cook over a low heat until the butter just melts. Remove the foil from the squash and baste generously with the maple-syrup glaze. Bake for an additional 60 minutes, or until the squash is tender, basting with the glaze 2–3 times during the cooking period.
- 3 Combine the ingredients for the cranberry sauce and simmer until the cranberries break open.
- 4 Serve each piece of squash (skin-side-down) spread with 1 tbsp (15 mL) of cranberry sauce.

For a speedier version of this recipe, canned whole-cranberry sauce may be substituted for the prepared cranberry sauce.

Glazed Squash with Cranberry Sauce

MODERATE
LARGE QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

3 – 11 " x 17 " sheet pans

Yield: 48

Portion: 1 slice

Cost per serving: \$0.20

6	medium buttercup squash	6
1/2 cup	maple syrup	125 mL
2 tbsp	non-hydrogenated margarine	30 mL
1 tsp	nutmeg	5 g
1/2 tsp	salt	2 mL

Cranberry Sauce

Yield: 48

Portion: 1 tbsp (15 mL)

1 x 12-oz bag	cranberries, fresh or frozen	1 x 340-g bag
3/4 cup	water	175 mL
1/2 cup	orange juice	125 mL
3/4 cup	brown sugar	100 g
1 tsp	cinnamon, ground	2.5 g

- 1 Cut the squash in half and clean out the seeds. Cut each half into 4 pieces. One squash should yield 8 pieces, each about 1 1/2"–2" (4–5-cm) wide. Depending on the size of the squash, you may be able to get more pieces per squash. Grease the sheet pans with some margarine. Arrange the squash skin-side-down on the sheet pans. Cover with foil and bake for 10 minutes.
- 2 Meanwhile, mix together the maple syrup, margarine, nutmeg, and salt in a saucepan. Cook over a low heat until the butter just melts. Remove the foil from the squash and baste generously with the maple-syrup glaze. Bake for an additional 60 minutes, or until the squash is tender, basting with the glaze 2–3 times during the cooking period.
- 3 Combine the ingredients for the cranberry sauce and simmer until the cranberries break open.
- 4 Serve each piece of squash (skin-side-down) spread with 1 tbsp (15 mL) of cranberry sauce.

For a speedier version of this recipe, canned whole-cranberry sauce may be substituted for the prepared cranberry sauce.

Winter Squash Casserole

MAXIMUM
SMALL QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

1 – 8" x 8" baking pan

Yield: 8

Portion: 1 3" (7.5-cm) piece

Cost per serving: \$0.22

1 tbsp	non-hydrogenated margarine	15 mL
2 lbs	fresh squash (this will make 2 cups of squash)	500 mL
1/8 tsp	cinnamon, ground	1 mL
1/8 tsp	nutmeg, ground	1 mL
1/2 cup	thick, unsweetened applesauce	125 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
8	apple slices (for garnish)	8

- 1 Lightly grease the pan with 1 tsp (5 mL) of the margarine.
- 2 Prepare the fresh squash as below.
- 3 Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
- 4 Season with the salt and pepper and blend thoroughly.
- 5 Spoon into the pan and bake for 40–45 minutes. Cut into 8 portions. If desired, garnish each serving with a small apple slice.

Mashed squash can be prepared ahead of time. Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

Fresh cut-and-peeled squash may be available at local farm markets.

Winter Squash Casserole

MAXIMUM
LARGE QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

1/2 cup	non-hydrogenated margarine	125 g
9 lbs	fresh squash	4 kg
3/4 tsp	cinnamon, ground	2 g
3/4 tsp	nutmeg, ground	5 g
3 cups	thick, unsweetened applesauce (1 large jar)	750 mL
2 tsp	salt	10 g
	pepper, to taste	
45	apple slices (for garnish)	45

- 1 Lightly grease each pan with 1 tsp (5 mL) of the margarine.
- 2 Prepare the fresh squash as below.
- 3 Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
- 4 Season with the salt and pepper and blend thoroughly.
- 5 Spoon into the pans and bake for 40–45 minutes. Cut each pan into 15 portions. If desired, garnish each serving with a small apple slice.

Mashed squash can be prepared ahead of time. Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

Fresh cut-and-peeled squash may be available at local farm markets.

Notes:

January: **TURNIP**

Nutritional Tips & Fun Facts for Newsletters

- The vegetable we call a “turnip” in Nova Scotia is known as a “rutabaga” in other parts of North America. These round, firm root vegetables are both members of the mustard family and may be used interchangeably in most recipes.
- Turnips and rutabagas have a different number of chromosomes. The rutabaga, which has 38 chromosomes, is believed to be a cross between a cabbage (18 chromosomes) and a turnip (20 chromosomes).
- Most turnips (*Brassica rapa*) are white-fleshed, and most rutabagas (*Brassica napus*) are yellow-fleshed, but there are also white-fleshed rutabagas and yellow-fleshed turnips.
- Turnip is a biennial, which generally forms seeds in the second year or even late in the fall of the first year, if planted early in the spring.
- Turnips grow wild in Siberia and have been eaten since prehistoric times.
- Turnips were part of the staple diet of the early pioneers. The yellow varieties of today are milder and more mellow than earlier varieties, and this has contributed to their increased popularity.
- Rutabagas are called “swedes” in Great Britain.
- Cultivars of turnip that provide both greens and roots include the Purple Top White Globe, Just Right, and Tokyo Market. The Shogoin is grown exclusively for greens. Cultivars of rutabaga include the American Purple Top, Altasweet, and Laurentian.
- Turnips are a great source of fibre, vitamin C, vitamin B6, folate, and potassium.
- Turnip tops are nutritious and are often eaten as cooked greens.

Promotional Ideas

- Have a contest in the lunchroom whereby the students have to guess why the top of the turnip is purple and the bottom is white. Post a picture on a bulletin board so that the students can visualize the colour differences. Provide a ballot box and paper for the students to record their answers on and place them in the ballot box. Answer: The top of the turnip will sometimes be purple or green in colour because turnips grow with their tops just above ground — sunlight causes the colour change. Award a small prize to the student who guesses the correct answer.
- Find out how to grow turnips by going to <http://www.urbanext.uiuc.edu/veggies/turnip1.html>.

Glazed Turnip

MAXIMUM
SMALL QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 slice (1/2 cup or 125 mL)

Cost per serving: \$0.26

2 lbs	turnip	1 kg
2/3 cup	apple juice or apple cider	150 mL
2 tbsp	honey, liquid	30 mL
1/4 tsp	ginger, ground	1 mL
1/4 tsp	salt	1 mL
	pepper, to taste	

- 1 Peel and slice the turnip into 1/2" (1.25-cm) slices. Cut the slices to a size that would be suitable for a serving.
- 2 Boil the turnip for at least 10 minutes, until it is just tender. Do not overcook or the slices will break when transferred to the pan.
- 3 Meanwhile, simmer the apple juice or cider in a pot to reduce the amount to 1/2 cup (125 mL). Add the honey and ginger and simmer for 2 minutes. Add the salt and pepper.
- 4 Transfer the turnip slices to the pan. Evenly distribute the apple juice/honey mixture over the turnip slices.
- 5 Bake for about 5 minutes on each side or until the slices appear glazed.

In the Acadian tradition, glazed turnip was served with fresh strawberries for dessert or as a vegetable in the main course. To make this dish more colourful, substitute carrots for one half of the turnip. This recipe goes well with baked beans (canned) or prepared chicken strips.

Glazed Turnip

MAXIMUM
LARGE QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 slice (1/2 cup or 125 mL)

Cost per serving: \$0.26

12 lbs	turnip	5 kg
4 cups	apple juice or apple cider	1 L
1 cup	honey, liquid	250 mL
1 tsp	ginger, ground	2.5 g
1 tsp	salt	5 g
	pepper, to taste	

- 1 Peel and slice the turnips into 1/2" (1.25-cm) slices. Cut the slices to a size that would be suitable for a serving
- 2 Boil the turnip for at least 10 minutes, until it is just tender. Do not overcook or the slices will break when transferred to the pans.
- 3 Meanwhile, simmer the apple juice or cider in a pot to reduce the amount to 3 cups (750 mL). Add the honey and ginger and simmer for 2 minutes. Add the salt and pepper.
- 4 Transfer the turnip slices to the pans. Evenly distribute the apple juice/honey mixture over the turnip slices.
- 5 Bake for about 5 minutes on each side or until the slices appear glazed.

In the Acadian tradition, glazed turnip was served with fresh strawberries for dessert or as a vegetable in the main course. To make this dish more colourful, substitute carrots for one half of the turnip. This recipe goes well with baked beans (canned) or prepared chicken strips.

Scalloped Turnip & Apple

MODERATE
SMALL QUANTITY

Adapted from *The Laura Secord Canadian Cook Book*

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 8

Portion: 1 piece

Cost per serving: \$0.22

1 1/2 lbs	turnip	750 g
2 tsp	non-hydrogenated margarine	10 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
2	medium apples	2
1/4 cup	brown sugar, lightly packed	50 mL
1/4 tsp	cinnamon, ground	1 mL

- 1 Peel and dice the turnip. In a large pot, boil the turnip until tender.
- 2 Mash the turnip with a potato masher and add the margarine, salt, and pepper.
- 3 Wash, core, and slice the apples with an apple slicer. Ready-sliced apples will speed up the preparation time.
- 4 Mix the brown sugar and cinnamon in a bowl. Add the apple slices and toss.
- 5 Lightly grease the pan. Arrange layers of the mashed turnip and apple slices over the pan, beginning and ending with a turnip layer.
- 6 Bake for 1 hour and cut into 8 portions.

The key to successful cooking of vegetables is to make sure that they still taste fresh after cooking. Generally, vegetables should be cooked only until a fork penetrates without too much force.

Fresh turnip should be washed well and cut into thick slices and peeled. Cutting the slices into smaller cubes will ensure faster cooking. Turnip needs to boil for 10–15 minutes.

Turnip can simply be served mashed. Its flavour may be enhanced by the addition of onion, parsley, paprika, or a dash of cayenne.

The teaming up of apples and turnip in this recipe makes an unbeatable combination that also goes well with chicken strips.

Scalloped Turnip & Apple

MODERATE
LARGE QUANTITY

Adapted from *The Laura Secord Canadian Cook Book*

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

10 lbs	turnip	4.5 kg
1/3 cup	non-hydrogenated margarine	75 g
3 tsp	salt	15 g
	pepper, to taste	
3 lbs	apples	1.2 kg
1 cup	brown sugar, lightly packed	150 g
1 tsp	cinnamon, ground	2.5 g

- 1 Peel and dice the turnips. In a large pot, boil the turnip until tender.
- 2 Mash the turnip with a potato masher and add the margarine, salt, and pepper.
- 3 Wash, core, and slice the apples with an apple slicer. Ready-sliced apples will speed up the preparation time.
- 4 Mix the brown sugar and cinnamon in a bowl. Add the apple slices and toss.
- 5 Lightly grease the pans. Arrange layers of the mashed turnip and apple slices over the pans, beginning and ending with a turnip layer.
- 6 Bake for 1 hour and cut each pan into 15 portions.

The key to successful cooking of vegetables is to make sure that they still taste fresh after cooking. Generally, vegetables should be cooked only until a fork penetrates without too much force.

Fresh turnip should be washed well and cut into thick slices and peeled. Cutting the slices into smaller cubes will ensure faster cooking. Turnip needs to boil for 10–15 minutes.

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February

APPLES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Baked Nova Scotia Apples Applesauce
RASPBERRIES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Raspberry Sauce with Peach Melba Ruby Red Raspberry Smoothies
POTATOES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Spicy Herbed Potatoes Baked Potatoes & Black-Bean Topping
PARSNIPS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Oven-Roasted Parsnips & Potatoes Parsnip & Apple Casserole

February: **APPLES**

Nutritional Tips & Fun Facts for Newsletters

- All by themselves, apples offer a quick, convenient, carry-it-with-you-any-time snack that's loaded with vitamins and flavour.
- Apples by nature are dull skinned and are shiny only if waxed or polished. There are some varieties of apples (e.g., Golden Russet or Cox's Orange Pippin) that will never have a shiny finish.
- Ever wonder where the Adam's apple got its name? It's said that a piece of the "forbidden fruit" that tempted Adam and Eve got stuck in Adam's throat, leaving his descendants to live with a lump in the front of their necks for all eternity.
- Our ancestors dried apples so that they could be enjoyed year-round. Dried apples were used as snacks and for apple pies.
- Scientific researchers are discovering new reasons to eat "an apple a day." Phytochemicals found in apples may fight some types of cancers, help reduce cholesterol damage, and promote healthy lungs.
- Apples turn brown soon after being sliced. If you want them to stay white, sprinkle them with lemon juice.

Promotional Ideas

- If your school is fortunate enough to be near an apple orchard, schedule a short day trip for your students, not only to enjoy a unique learning experience but also to take in the visual and olfactory delights an orchard provides. While you're there, support your local growers with the purchase of a bushel basket of apples. Get the students to find out what a bushel weighs and the origin of the term.
- Have the students make a family tree. Each family member will be represented by an apple cut-out. On the apple, have them write the name of the family member and their relationship to the relative.
- Contest: Have the students come up with sayings for apples (e.g., "the apple of my eye"). The students who come up with a saying can have their names entered to win a prize.
- Visit <http://www.nsapples.com> for more promotional ideas.

Baked Nova Scotia Apples

**MODERATE
SMALL QUANTITY**

Adapted from *Food for Fifty*, Grace Shugart, Mary Molt, and Maxine Wilson, 7th edition

Preheat oven to 375°F

1 – 9" x 13" baking pan

Yield: 6

Portion: 1 apple

Cost per serving: \$0.34

6	apples suitable for baking (see notes below)	6
1/2 cup	brown sugar, lightly packed	125 mL
1 1/2 tsp	cinnamon, ground	7 mL
1/2 cup	apple juice	125 mL

- 1 Select 6 apples of about the same size and wash well.
- 2 Core each apple; this works best with an apple corer, if you have one. Arrange the apples in the pan.
- 3 Mix the brown sugar and cinnamon. Evenly fill the empty core of each apple, about 1 tbsp (15 mL) per apple. Any extra sugar/cinnamon mixture may be added to the apple juice. Pour the apple juice around the apples.
- 4 Bake, uncovered, for about 45–60 minutes. Baste with the juices every 15 minutes. The apples should be cooked only until they are slightly puffed and tender. Check after 30 minutes; the cooking time will vary according to the ripeness of the fruit.
- 5 Allow the apples to stand for 5–10 minutes before serving.

The Annapolis Valley produces many varieties of delicious apples. Each variety is unique in its colour, shape, taste, and texture. Both Cortland and Gravenstein apples are excellent choices for baking. Cortland apples are characterized by a striped or blushed red colour while their flesh is white, low-acidic, non-browning, juicy, crisp, and sweet. Gravenstein apples are a blushed red colour with a striped yellow background, while their flesh is firm, creamy, white, juicy, tart, and aromatic. A McIntosh apple is not suited for baking but is a great choice for snacking.

You can find more information on Nova Scotia apples at <http://www.nsapples.com>.

Baked Nova Scotia Apples

**MODERATE
LARGE QUANTITY**

Adapted from *Food for Fifty*, Grace Shugart, Mary Molt, and Maxine Wilson, 7th edition

Preheat oven to 375°F

3 – 9" x 13" baking pans

Yield: 50

Portion: 1 apple

Cost per serving: \$0.34

50	apples suitable for baking (see notes below)	50
3 cups	brown sugar, lightly packed	500 g
1/4 cup	cinnamon, ground	30 g
4 cups	apple juice	1 L

- 1 Select 50 apples of about the same size and wash well.
- 2 Core each apple; this works best with an apple corer, if you have one. Arrange the apples in the pans.
- 3 Mix the brown sugar and cinnamon. Evenly fill the empty core of each apple, about 1 tbsp (15 mL) per apple. Any extra sugar/cinnamon mixture may be added to the apple juice. Pour the apple juice around the apples.
- 4 Bake, uncovered, for about 45–60 minutes. Baste with the juices every 15 minutes. The apples should be cooked only until they are slightly puffed and tender. Check after 30 minutes; the cooking time will vary according to the ripeness of the fruit.
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You can find more information on Nova Scotia apples at <http://www.nsapples.com>.

Applesauce

**MODERATE
SMALL QUANTITY**

Adapted from the Nova Scotia Fruit Growers' Association, Kentville, NS

Yield: 8–10

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.32

3 lbs	apples	1.5 kg
3/4 cup	water	175 mL
1/4 tsp	cinnamon, ground	1 mL
pinch	nutmeg, ground	pinch
1/4 cup	white granulated sugar	50 mL

- 1** Wash the apples thoroughly. If you do not have a food mill, peel and core the apples.
- 2** Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
- 3** Cover the saucepan, bring the water to a boil, lower the heat, and simmer until the apples are soft.
- 4** Pass the softened apples through a food mill to remove the peel and core, or mash with a potato masher.
- 5** Add the sugar to the applesauce.

Use Cortland, Gravenstein, or Jonagold apples for best results.

Add the sugar at the end of the cooking process. Heating the water and apple mixture allows the apple cell walls to soften, resulting in a sauce. Adding sugar to the cooking water will cause the apples to keep their shape and prevent the sauce from forming.

A food mill is a mechanical household appliance that traditionally was found in most Nova Scotia kitchens. It quickly purées and strains at the same time. If you do not have a food mill, you will need to peel and core the uncooked apples and, once they are cooked, mash them with a potato masher. This will result in a chunkier applesauce.

Applesauce is tasty and nutritious as a snack or dessert by itself. Try topping it with a few pieces of Crunchy Nova Scotia Honey Granola (see April recipes) to boost the fibre content. Applesauce adds flavour to savoury dishes. It mixes well with cottage cheese and makes a nice accompaniment to chicken strips. Use extra applesauce for Hearty Blueberry Muffins (see May recipes) or Winter Squash Casserole (see January recipes).

Applesauce

**MODERATE
LARGE QUANTITY**

Adapted from the Nova Scotia Fruit Growers' Association, Kentville, NS

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.32

15 lbs	apples	7 kg
4 cups	water	1 L
1 tsp	cinnamon, ground	2.5 g
1/2 tsp	nutmeg, ground	3 g
1 cup	white granulated sugar	200 g

- 1** Wash the apples thoroughly. If you do not have a food mill, peel and core the apples.
- 2** Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
- 3** Cover the saucepan, bring the water to a boil, lower the heat, and simmer until the apples are soft.
- 4** Pass the softened apples through a food mill to remove the peel and core, or mash with a potato masher.
- 5** Add the sugar to the applesauce.

Use Cortland, Gravenstein, or Jonagold apples for best results.

Add the sugar at the end of the cooking process. Heating the water and apple mixture allows the apple cell walls to soften, resulting in a sauce. Adding sugar to the cooking water will cause the apples to keep their shape and prevent the sauce from forming.

A food mill is a mechanical household appliance that traditionally was found in most Nova Scotia kitchens. It quickly purées and strains at the same time. If you do not have a food mill, you will need to peel and core the uncooked apples and, once they are cooked, mash them with a potato masher. This will result in a chunkier applesauce.

Applesauce is tasty and nutritious as a snack or dessert by itself. Try topping it with a few pieces of Crunchy Nova Scotia Honey Granola (see April recipes) to boost the fibre content. Applesauce adds flavour to savoury dishes. It mixes well with cottage cheese and makes a nice accompaniment to chicken strips. Use extra applesauce for Hearty Blueberry Muffins (see May recipes) or Winter Squash Casserole (see January recipes).

Notes:

February: RASPBERRIES

Nutritional Tips & Fun Facts for Newsletters

- Did you know there are over 200 varieties of raspberries?
- The raspberry itself is made up of numerous connecting drupelets (individual sections of fruit, each with its own seed) surrounding a hollow core in the middle.
- Most likely native to Asia, wild raspberries have been eaten since prehistoric times.
- Raspberries used to be called “hindberries.” They were considered a delicacy until the middle of the 19th century.
- Eat one cup (250 mL) of plump, juicy raspberries and you’ll have eaten two servings of fruit.
- Raspberries are jam-packed with antioxidants which help fight against cancer and other chronic diseases.
- Raspberries are an excellent source of vitamin C, folate, and fibre. Just one cup (250 mL) of raspberries contains over six grams of fibre and 40 per cent of the vitamin C that we require in a day.

Promotional Ideas

- Colouring contest: Elementary students will love this activity. The following link is to a colouring sheet on raspberries: <http://216.255.136.121/FoodService/pdfs/35raspbe.pdf>. Put a raspberry recipe on the colouring page so that when the artwork goes home, parents benefit from the activity too. The possibilities are endless.
- Have the students do a search to see if there are farms nearby where they can go to pick raspberries in the summer. Horticulture Nova Scotia is a great place to start: <http://www.hortns.com>.
- “Did you know” facts for raspberries, found at <http://216.255.136.121/ReferenceCenter/Encyclopedia/Raspberry/index.jsp>, can be put onto a poster.

Raspberry Sauce with Peach Melba

**MODERATE
SMALL QUANTITY**

Adapted from *Cook Great Food*, Dietitians of Canada

Raspberry Sauce

Yield: 8

Portion: 2 tbsp (30 mL)

Cost per serving: \$0.21

2 cups	raspberries, frozen	500 mL
3 tbsp	white granulated sugar	45 mL
1 tbsp	cornstarch	15 mL

- 1 Semi-thaw the frozen raspberries and place in a strainer over a bowl to allow the juice to drain through. Reserve the raspberry juice (about 1 cup/250 mL) and place in a saucepan. This step may be done the day before.
- 2 Combine the sugar and cornstarch; stir into the cold juice until all the sugar and cornstarch have dissolved. There should be no sign of lumps.
- 3 Cook over medium heat until the mixture comes to a soft boil. Reduce heat and simmer for 1 minute to remove the starch taste.
- 4 Chill until serving.

Raspberry Sauce is a tasty treat any time and goes well over plain, vanilla, or frozen yogourt. It also makes a nice addition to applesauce or rhubarb sauce. For an old-time favourite, try making Peach Melba as follows.

Peach Melba

Yield: 8

Portion: 1 peach half

Cost per serving: \$0.44

1 x 28-oz can	peach halves, in own juice, drained	1 x 796-mL can
1/2 cup	low-fat vanilla yogourt	125 mL
1 cup	Raspberry Sauce (see above)	250 mL

- 1 For each serving, place 1 peach half on a serving dish. Add 1 tbsp (15 mL) of the yogourt in the pit hollow and top with 2 tbsp (30 mL) of the raspberry sauce.

Raspberry Sauce with Peach Melba

**MODERATE
LARGE QUANTITY**

Adapted from *Cook Great Food*, Dietitians of Canada

Raspberry Sauce

Yield: 50

Portion: 2 tbsp (30 mL)

Cost per serving: \$0.21

3 x 1 1/3-lb bags	raspberries, frozen	3 x 600-g bags
1 cup	white granulated sugar	200 g
1/2 cup	cornstarch	60 g

- 1 Semi-thaw the frozen raspberries and place in a strainer over a bowl to allow the juice to drain through. Reserve the raspberry juice (about 6 cups/1.5 L) and place in a saucepan. This step may be done the day before.
- 2 Combine the sugar and cornstarch; stir into the cold juice until all the sugar and cornstarch have dissolved. There should be no sign of lumps.
- 3 Cook over medium heat until the mixture comes to a soft boil. Reduce heat and simmer for 1 minute to remove the starch taste.
- 4 Chill until serving.

Raspberry Sauce is a tasty treat any time and goes well over plain, vanilla, or frozen yogourt. It also makes a nice addition to applesauce or rhubarb sauce. For an old-time favourite, try making Peach Melba as follows.

Peach Melba

Yield: 50

Portion: 1 peach half

Cost per serving: \$0.44

4 x 28-oz cans	peach halves, in own juice, drained	4 x 796-mL cans
3 cups	low-fat vanilla yogourt	750 mL
6 cups	Raspberry Sauce (see above)	1.5 L

- 1 For each serving, place 1 peach half on a serving dish. Add 1 tbsp (15 mL) of the yogourt in the pit hollow and top with 2 tbsp (30 mL) of the raspberry sauce.

Ruby Red Raspberry Smoothie

**MODERATE
SMALL QUANTITY**

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 8–10

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.35

1 cup	raspberries, frozen	250 mL
1 cup	strawberries, frozen	250 mL
1 cup	1% milk	250 mL
1/4 cup	white granulated sugar	50 mL
2 tbsp	wheat germ	30 mL
1 cup	ice cubes	250 mL
	raspberries or blueberries, frozen (for garnish)	

- 1** Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
- 2** Combine the raspberries, strawberries, milk, sugar, wheat germ, and ice cubes and blend in a blender or food processor.
- 3** Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Ruby Red Raspberry Smoothie

**MODERATE
LARGE QUANTITY**

Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.35

5 cups	raspberries, frozen	900 g
5 cups	strawberries, frozen	900 g
4 cups	1% milk	1 L
1 cup	white granulated sugar	200 g
1/2 cup	wheat germ	35 g
4 cups	ice cubes	1 L
	raspberries or blueberries, frozen (for garnish)	

- 1** Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
- 2** Combine the raspberries, strawberries, milk, sugar, wheat germ, and ice cubes and blend in a blender or food processor.
- 3** Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Notes:

February: POTATOES

Nutritional Tips & Fun Facts for Newsletters

- Potatoes are the world's fourth most important food staple after wheat, corn, and rice.
- Did you know that the edible part of the potato plant grows underground? It is known as a tuber. All other parts of the potato are poisonous, due to the presence of the alkaloid solanine, which acts as a natural defence against predators.
- Mr. Potato Head was created in Rhode Island in 1952 and was the first toy to be advertised on television.
- Potato in French is "*pomme de terre*." Potato in Spanish is "*patata*."
- Potatoes contain vitamin C, vitamin B6, folate, magnesium, and thiamine. Remember to eat the potato skin as it contains lots of nutrients, including iron, calcium, zinc, phosphorus, B vitamins, and fibre.
- To achieve the perfect baked potato, with a crisp skin and flaky texture, it is recommended that you use mature baking-type potatoes such as the Russet. Make sure that the skin has an even brown tone without a greenish colour. When baking large numbers of potatoes at one time, choose potatoes with uniform shapes and sizes; they'll cook more evenly and be done at the same time.
- There is a potato variety called Nova Scotia Blue.

Promotional Ideas

- Create a display of potato varieties (e.g., Superior, Yukon Gold, All Blue). Can the students find a Nova Scotia Blue potato to display?
- Feeling more creative? Have the students create potato art, make their own potato people, or do potato printing. Put their artworks on display.
- Have the students fill out a crossword puzzle at http://216.255.136.121/MusicAndPlay/Play/P_CrosswordPuzzles.jsp and give a prize to the first student who completes the crossword correctly.
- For information on all things potato, check out the Potato Museum, <http://www.potatomuseum.com>, which explores "where it came from, how it has evolved, what its impact is on the world, and what its potential may be."
- Potatoes are all about starch and water; the cooking method controls the reaction between the two. Have the students research and do an experiment to see which type of potatoes is best for baking. The answer is Russet. See <http://busycooks.about.com/od/howtocook/a/potatoscience.htm> for more information.

Spicy Herbed Potatoes

**MODERATE
SMALL QUANTITY**

Adapted from a recipe from a friend

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 8

Portion: 6–8 pieces (1 potato)

Cost per serving: \$0.18

8	potatoes, suited for baking	8
1 tbsp	non-hydrogenated margarine	15 mL
2 tbsp	canola oil	30 mL
1 tbsp	Spiced Herb Mixture (see below)	15 mL

- 1 Wash the potatoes. Cut each potato in half lengthwise; then cut each half into about 6–8 lengthwise slices.
- 2 Melt the margarine and mix with the oil. Mix with the potatoes. Make sure that all the potato slices are covered with the margarine/oil mixture.
- 3 Spread out the potatoes in the pan, only 1 layer deep.
- 4 Bake until lightly brown (about 40 minutes). Remove from the oven and sprinkle 1 tbsp (15 mL) of the spiced herb mixture over the potatoes; mix in the herbs and bake for 20 minutes longer.

Spiced Herb Mixture

3 tbsp	salt	45 mL
5	medium garlic cloves, peeled	5
2 tsp	paprika	10 mL
2 tsp	chili powder	10 mL
1 tsp	pepper, freshly ground	5 mL
1 tsp	turmeric	5 mL
1 tsp	poultry seasoning	5 mL
1/2 tsp	celery seeds	2 mL
1/2 tsp	dill seeds	2 mL
1/2 tsp	mustard powder	2 mL
1/2 tsp	ginger, ground	2 mL
1/2 tsp	onion powder	2 mL

- 1 Place the salt and garlic cloves in a food processor and process until smooth. Be sure to measure the salt carefully. Transfer to a bowl and add the remaining spices and herbs and mix well. This recipe makes 6 tbsp (90 mL). It may be doubled or tripled and stored in the refrigerator for future use.

This recipe will definitely be a hit with teenagers; leftover potatoes may be refrigerated and heated up the next day. Yukon Gold and Russet potatoes work well for this recipe.

Spicy Herbed Potatoes

**MODERATE
LARGE QUANTITY**

Adapted from a recipe from a friend

Preheat oven to 350°F

3 – 11" x 17" sheet pans

Yield: 48

Portion: 6–8 pieces (1 potato)

Cost per serving: \$0.18

15 lbs	potatoes, suited for baking	7 kg
6 tbsp	non-hydrogenated margarine	90 mL
3/4 cup	canola oil	175 mL
6 tbsp	Spiced Herb Mixture (see below)	90 mL

- 1 Wash the potatoes. Cut each potato in half lengthwise; then cut each half into about 6–8 lengthwise slices.
- 2 Melt the margarine and mix with the oil. Mix with the potatoes. Make sure that all the potato slices are covered with the margarine/oil mixture.
- 3 Spread out the potatoes in the pans, only 1 layer deep.
- 4 Bake until lightly brown (about 40 minutes). Remove from the oven and sprinkle 2 tbsp (30 mL) of the spiced herb mixture over each pan of potatoes; mix in the herbs and bake for 20 minutes longer.

Spiced Herb Mixture

3 tbsp	salt	45 mL
5	medium garlic cloves, peeled	5
2 tsp	paprika	10 mL
2 tsp	chili powder	10 mL
1 tsp	pepper, freshly ground	5 mL
1 tsp	turmeric	5 mL
1 tsp	poultry seasoning	5 mL
1/2 tsp	celery seeds	2 mL
1/2 tsp	dill seeds	2 mL
1/2 tsp	mustard powder	2 mL
1/2 tsp	ginger, ground	2 mL
1/2 tsp	onion powder	2 mL

- 1 Place the salt and garlic cloves in a food processor and process until smooth. Be sure to measure the salt carefully. Transfer to a bowl and add the remaining spices and herbs and mix well. This recipe makes 6 tbsp (90 mL). It may be doubled or tripled and stored in the refrigerator for future use.

This recipe will definitely be a hit with teenagers; leftover potatoes may be refrigerated and heated up the next day. Yukon Gold and Russet potatoes work well for this recipe.

Baked Potatoes & Black-Bean Topping

MAXIMUM
SMALL QUANTITY

Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Preheat oven to 375°F

1 – 11" x 17" sheet pan

Yield: 6

Portion: 1 potato half

Cost per serving: \$0.32

2 lbs	baking potatoes	1 kg
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- 1 Grease the sheet with canola oil.
- 2 Cut each potato in half lengthwise. Lay the potato halves face-side-down on the sheet pan.
- 3 Bake for 45 minutes to an hour, until a fork inserts easily into the centre.

Black-Bean Topping

Yield: 6

Portion: 2 tbsp (15 mL)

1/2 cup	canned black beans, rinsed and drained	125 mL
1/4 cup	medium salsa	50 mL
1/4 tsp	coriander, ground	1 mL
2/3 cup	cheddar cheese, grated	150 mL

- 1 Heat the beans and salsa. Stir in the coriander.
- 2 Top each potato with 2 tbsp (15 mL) of the bean/salsa mixture and 1 tbsp (30 mL) of the cheese.

Any potato can be baked, but for the perfect baked potato, with a flaky texture, use a mature baking-type potato such as the Russet. Make sure that the skin has an even brown tone without a greenish colour.

Black beans are a healthy choice as a meat alternative. They are high in protein and fibre and a good source of other nutrients.

Baked Potatoes & Black-Bean Topping

**MAXIMUM
LARGE QUANTITY**

Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Preheat oven to 375°F

4 – 11" x 17" sheet pans

Yield: 48

Portion: 1 potato half

Cost per serving: \$0.32

15 lbs	baking potatoes	7.5 kg
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- 1 Grease the sheet pans with canola oil.
- 2 Cut each potato in half lengthwise. Lay the potato halves face-side-down on the sheet pans.
- 3 Bake for 45 minutes to an hour, until a fork inserts easily into the centre.

Black-Bean Topping

Yield: 48

Portion: 2 tbsp (15 mL)

4 cups (2 x 19-oz cans)	black beans, rinsed and drained	1 L (2 x 540-mL cans)
2 cups	medium salsa	500 mL
2 tsp	coriander, ground	10 mL
3 cups	cheddar cheese, grated	360 g

- 1 Heat the beans and salsa. Stir in the coriander.
- 2 Top each potato with 2 tbsp (15 mL) of the bean/salsa mixture and 1 tbsp (30 mL) of the cheese.

Any potato can be baked, but for the perfect baked potato, with a flaky texture, use a mature baking-type potato such as the Russet. Make sure that the skin has an even brown tone without a greenish colour.

Black beans are a healthy choice as a meat alternative. They are high in protein and fibre and a good source of other nutrients.

Notes:

February: **PARSNIPS**

Nutritional Tips & Fun Facts for Newsletters

- Parsnips are members of the parsley family. Other members of this family include carrots, fennel, dill, and celery.
- The name comes from a Latin word for “forked” plus the “-nip” ending because it was assumed to be a kind of turnip.
- Parsnips contain potassium, fibre, and vitamin C and are a good source of folate. Did you know that 1/2 cup (125 mL) of cooked parsnips contains three grams of fibre and one gram of protein?
- Parsnips may look like white carrots, but they have a very different flavour. It is often described as nutty, spicy, or peppery.
- Much of the flavour compounds of the parsnip are to be found under the skin; this is why many recipes call for parsnips to remain unpeeled.
- Did you know that in the past in some countries parsnips were used in sweet dishes, such as cakes and jams, before sugar was widely available?
- Size matters, and in this case, small to medium is better. Avoid limp, shrivelled, or spotted parsnips and reach instead for those that are well shaped and firm.

Promotional Ideas

- In the cafeteria, ask the students to name a vegetable that resembles a parsnip. Place the answers in a collection box. If they come up with the answer “carrot,” then congratulate them and give them a free serving of the featured parsnip recipe.
- Ask the students to research the best growing season and climate for parsnips and why. Answer: The first frost of the year converts the starch in parsnips to sugar and gives them a pleasantly sweet flavour.
- On lunch tables or on trays that go to the classroom, include the following fun fact for the students to read while they are eating. “Europeans in the Middle Ages liked to eat parsnips during Lent because of their flavour and ability to satisfy hunger during periods of time when they didn’t eat meat.”

Oven-Roasted Parsnips & Potatoes

MAXIMUM
SMALL QUANTITY

Adapted from *Great Potatoes: A Cook's Guide to Over 150 Delicious Recipes*, Kathleen Sloan-MacIntosh

Preheat oven to 400°F

1 – 11" x 17" sheet pan

Yield: 6

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.37

1 lb	potatoes, medium	454 g
1/2 lb	parsnips	225 g
1	green onion	1
1	garlic clove	1
2 tbsp	canola oil	30 mL
1 tbsp	curry powder	15 mL
	freshly ground pepper, to taste	

- 1 Scrub the potatoes, washing off all the soil and removing any blemishes. Cut in half and then cut into slices.
- 2 Wash and peel the parsnips; then cut them into slices similar in shape and size to the potatoes.
- 3 In a large bowl, mix the potatoes and the parsnips. Wash, trim, and chop the green onion and add to the other vegetables.
- 4 Mince the garlic and add to the oil along with the curry powder and ground pepper. Mix into the potato/parsnip mixture.
- 5 Transfer the vegetables to the sheet pan and roast for 45–60 minutes. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

Younger children may prefer a milder version, in which case the spices may need to be decreased. Other spices, such as rosemary or oregano, would also work well in this recipe.

Oven-Roasted Parsnips & Potatoes

MAXIMUM
LARGE QUANTITY

Adapted from *Great Potatoes: A Cook's Guide to Over 150 Delicious Recipes*, Kathleen Sloan-MacIntosh

Preheat oven to 400°F

3 – 11" x 17" sheet pans

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.37

10 lbs	potatoes, medium	4.5 kg
5 lbs	parsnips	2.5 kg
1 bunch	green onions	200 g
6	garlic cloves	6
3/4 cup	canola oil	175 mL
1/2 cup	curry powder	75 g
	freshly ground pepper, to taste	

- 1 Scrub the potatoes, washing off all the soil and removing any blemishes. Cut in half and then cut into slices.
- 2 Wash and peel the parsnips; then cut them into slices similar in shape and size to the potatoes.
- 3 In a large bowl, mix the potatoes and the parsnips. Wash, trim, and chop the green onions and add to the other vegetables.
- 4 Mince the garlic and add to the oil along with the curry powder and ground pepper. Mix into the potato/parsnip mixture.
- 5 Transfer the vegetables to the sheet pans and roast for 45–60 minutes. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

Younger children may prefer a milder version, in which case the spices may need to be decreased. Other spices, such as rosemary or oregano, would also work well in this recipe.

Parsnip & Apple Casserole

**MODERATE
SMALL QUANTITY**

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

1 – 8" x 8" baking pan

Yield: 8

Portion: 1 piece

Cost per serving: \$0.22

4 cups (1 lb)	parsnips	454 g
1	apple	1
2 tbsps	brown sugar, lightly packed	30 mL
1 tsp	cinnamon, ground	5 mL
1/2 tsp	salt	2 mL
1 tsp	cornstarch	5 mL
1/4 cup	apple juice	50 mL
1/2 tsp	non-hydrogenated margarine	2 mL

- 1** Wash and peel the parsnips and slice thinly. Place in a pan of water and simmer for 5 minutes.
- 2** While the parsnips are simmering, core the apple and slice thinly to make rings.
- 3** Combine the brown sugar, cinnamon, and salt.
- 4** Evenly arrange the parsnips and apple slices in layers in the pan. Sprinkle each layer with the brown-sugar mixture.
- 5** Dissolve the cornstarch in the apple juice and pour over the parsnip/apple mixture.
- 6** Dot the top layer with the margarine.
- 7** Cover and bake for 45 minutes, checking after 35 minutes. The parsnips should be very tender when pricked with a fork.
- 8** Cut into 8 portions, trying to keep the parsnips and apples in layers.

This sweet and nutty root vegetable is noted for its potassium and fibre content.

Look for well-shaped, small-to-medium-sized parsnips with creamy-coloured skins. Simmering the parsnips allows them to soften and blend well with the other ingredients.

Parsnip & Apple Casserole

**MODERATE
LARGE QUANTITY**

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

4 lbs	parsnips	2 kg
1 lb	apples	454 g
1/2 cup	brown sugar, lightly packed	75 g
1 tbsp	cinnamon, ground	7.5 g
2 tsp	salt	10 g
2 tbsp	cornstarch	20 g
1 cup	apple juice	250 mL
1 tbsp	non-hydrogenated margarine	15 g

- 1** Wash and peel the parsnips and slice thinly. Place in a pan of water and simmer for 5 minutes.
- 2** While the parsnips are simmering, core the apples and slice thinly to make rings.
- 3** Combine the brown sugar, cinnamon, and salt.
- 4** Evenly arrange the parsnips and apple slices in layers in the pans. Sprinkle each layer with the brown-sugar mixture.
- 5** Dissolve the cornstarch in the apple juice and pour over the parsnip/apple mixture.
- 6** Dot the top layer with the margarine.
- 7** Cover and bake for 45 minutes, checking after 35 minutes. The parsnips should be very tender when pricked with a fork.
- 8** Cut each pan into 15 portions, trying to keep the parsnips and apples in layers.

This sweet and nutty root vegetable is noted for its potassium and fibre content.

Look for well-shaped, small-to-medium-sized parsnips with creamy-coloured skins. Simmering the parsnips allows them to soften and blend well with the other ingredients.

March

- BLUEBERRIES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Blueberry Salsa
 Saucy Blueberry Topping
- APPLES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Glazed Apple Slices
 Apple Chicken Salad
- MUSHROOMS** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Stuffed Tuna Mushroom Caps
 Crusty Homemade Vegetable Pizza
- ONIONS** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Cheesy Mexican Enchiladas
 Onion Apple Compote

March: BLUEBERRIES

Nutritional Tips & Fun Facts for Newsletters

- Blueberries are one of three fruits that are native to North America. The other two are Concord grapes and cranberries.
- It has been documented that wild bears will eat nothing but blueberries when they are in season. They will travel long distances with an empty stomach to sniff out a blueberry patch.
- Blueberries get their intense blue colour from anthocyanins, substances that may reduce the risk of heart disease in humans.
- Canada is the world's largest producer of wild blueberries, offering over 18 species, which vary in colour from red to blue to black.
- The wild blueberry is the provincial berry of Nova Scotia.
- At the Blueberry Acres U-Pick in the Annapolis Valley, they have seven varieties of blueberries, including Blue Crop, Blue Ray, Bonus, Berkley, Duke, Jersey, and Spartan.
- You can pick enough highbush blueberries to make two blueberry pies in about 10 minutes.
- To freeze blueberries, place dry fresh berries in a single layer on a cookie sheet. Once frozen, they can be transferred to containers.

Promotional Ideas

- Wild-blueberry trivia: During the month of March, a trivia question about blueberries can be read each day during morning announcements. Prizes can be as simple as stickers or crayons or contact your local blueberry supplier for more prize ideas. Sample question: How many grams of fibre are in one cup (250 mL) of fresh blueberries? Answer: four grams.
- Fun facts about blueberries can be put on index cards and placed on the tables in the cafeteria <http://www.factmonster.com/ipka/A0781683.html#A0781787>.
- For wild-blueberry ideas, go to the Wild Blueberry Producers' Association of Nova Scotia website at <http://nsac.ns.ca/wildblue/educational/teacher/index.htm>.
- Blueberries contain antioxidants. Find out what that means. Are there other items on sale at school that have antioxidants?

Blueberry Salsa

**MAXIMUM
SMALL QUANTITY**

Adapted from the Nova Scotia Department of Agriculture

Yield: 8

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

1 cup	whole blueberries, frozen	250 mL
1	green onion, chopped	1
2 tbsp	canola oil	30 mL
1 tbsp	red wine vinegar	15 mL
1 tbsp	fresh parsley, chopped	15 mL
pinch	salt	pinch

- 1** Toss all the ingredients in a bowl and let sit for a couple of hours to develop the flavour.
- 2** Serve instead of ketchup with chicken strips or fish or with baked whole-wheat tortilla chips.

If this recipe is too tart for the taste buds of young children, add 1 tsp (5 mL) honey to tone down the tartness.

Blueberry Salsa is an antioxidant powerhouse with taste appeal. It can easily be changed by adding a chopped red pepper or a few minced garlic cloves or by substituting lime juice for the red wine vinegar.

Blueberry Salsa

**MAXIMUM
LARGE QUANTITY**

Adapted from the Nova Scotia Department of Agriculture

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

2 x 1 1/3-lb bags	whole blueberries, frozen	2 x 600-g bags
1 bunch	green onions, chopped	200 g
1/2 cup	canola oil	125 mL
1/2 cup	red wine vinegar	125 mL
1/2 cup	fresh parsley, chopped	15 g
1 tsp	salt	5 g

- 1 Toss all the ingredients in a bowl and let sit for a couple of hours to develop the flavour.
- 2 Serve instead of ketchup with chicken strips or fish or with baked whole-wheat tortilla chips.

If this recipe is too tart for the taste buds of young children, add 2 1/2 tbsp (40 mL) honey to tone down the tartness.

Blueberry Salsa is an antioxidant powerhouse with taste appeal. It can easily be changed by adding a chopped red pepper or a few minced garlic cloves or by substituting lime juice for the red wine vinegar.

Saucy Blueberry Topping

MODERATE
SMALL QUANTITYAdapted from *Cuisine Actuelle*, September 2007**Yield: 10****Portion: 1/4 cup (50 mL)****Cost per serving: \$0.26**

2 1/2 cups	whole blueberries, frozen	625 mL
1 cup	extra-fruit wild-berry fruit spread	250 mL
1/4 tsp	cinnamon, ground	2 mL

- 1 Combine the ingredients in a large saucepan.
- 2 Heat until the fruit spread is melted and mixed well with the blueberries.
- 3 Simmer over low heat for 10 minutes. If the mixture seems watery, continue to simmer until all the extra liquid has been evaporated.

Serve as a spread over a bagel or toast or as a topping for yogourt or canned fruit. A touch of ginger and/or cinnamon adds a tasty kick to this spread and blends well with either small wild or larger highbush blueberries.

Saucy Blueberry Topping

MODERATE
LARGE QUANTITYAdapted from *Cuisine Actuelle*, September 2007

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.26

2 x 1 1/3-lb bags	whole blueberries, frozen	2 x 600-g bags
4 cups	extra-fruit wild-berry fruit spread	1 L
1 tsp	cinnamon, ground	2.5 g

- 1 Combine the ingredients in a large saucepan.
- 2 Heat until the fruit spread is melted and mixed well with the blueberries.
- 3 Simmer over low heat for 10 minutes. If the mixture seems watery, continue to simmer until all the extra liquid has been evaporated.

Serve as a spread over a bagel or toast or as a topping for yogourt or canned fruit. A touch of ginger and/or cinnamon adds a tasty kick to this spread and blends well with either small wild or larger highbush blueberries.

Notes:

March: APPLES

Nutritional Tips & Fun Facts for Newsletters

- The apple gets its name from the Latin *pomum*, meaning “fruit” in English, and is classified as a pome, a fruit that has many tiny seeds within a core at the centre.
- You may have noticed the brilliant colour of apples grown in Nova Scotia. The combination of warm days and cool nights helps make the apples a beautiful red.
- What makes a truly tasty apple? The flavour is a blend of tartness, sweetness, and bitterness. The sweetness comes from sucrose and fructose, two forms of natural sugar. The acid content consists of malic acid and citric acid.
- Strong winds can blow blossoms and apples off their trees. The Annapolis Valley tends to be sheltered by mountains that protect the blossoms and apples from strong winds.
- Apple trees are valued not only for their fruit but also for their wood, which is used for making mallet heads and golf clubs. Using pieces of apple wood adds excellent flavour to smoked foods.

Promotional Ideas

- Go to <http://www.nsapples.com/teacher/introp4t.htm> to find some fun games, crossword puzzles, and much more.
- Many apples are shipped from Nova Scotia to England. Get the students to work out how many kilometres it is from Nova Scotia to England. Where else are Nova Scotia apples shipped?
- Read a nutrition tip or fun fact on apples each morning with the announcements. At the end of the promotional period, see how many the students remember. The student who lists the most facts wins a prize.
- The Nova Scotia Fruit Growers’ Association has developed a fresh-apple package for fundraising in Nova Scotia schools along with some other apple-related products: <http://www.nsapples.com>.

Glazed Apple Slices

**MODERATE
SMALL QUANTITY**

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 10

Portion: 2 apple slices

Cost per serving: \$0.53

4	large firm apples (Gravenstein, Honeycrisp, or Jonagold)	4
1/4 cup	brown sugar, lightly packed	50 mL
1 1/2 tsp	cinnamon, ground	7 mL
1 cup	water or apple juice	250 mL
1 tbsp	lemon juice	15 mL
5/8 cup	2% plain yogurt	150 mL

- 1** Wash the apples well.
- 2** Use an apple corer to remove the core completely from each apple.
- 3** Slice each apple into about 5 rings; each ring should be about 1/3" (1 cm) in width. Place the apple slices in the pan.
- 4** Mix the brown sugar, cinnamon, water, and lemon juice. Pour the mixture evenly over the apple slices.
- 5** Bake, uncovered, for about 20 minutes. Baste with the juices after 15 minutes. The apples should be cooked only until they are tender, as you want them to keep their shape for serving. The cooking time will vary according to the ripeness of the fruit.
- 6** For each serving, place 2 apple slices on a small plate and top with 1 tbsp (15 mL) of the yogurt.

The apple slices can be served with Raspberry Sauce (see February recipes) or Slow Good Blueberry Spread (see May recipes). Glazed apple slices are also great with baked brown beans, chicken strips, or pork strips.

An apple with a red skin will have more eye appeal.

Glazed Apple Slices

**MODERATE
LARGE QUANTITY**

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 40

Portion: 2 apple slices

Cost per serving: \$0.53

16	large firm apples (Gravenstein, Honeycrisp, or Jonagold)	16
1 cup	brown sugar, lightly packed	150 g
2 tbsp	cinnamon, ground	15 g
4 cups	water or apple juice	1 L
1/4 cup	lemon juice	50 mL
2 1/2 cups	2% plain yogurt	600 mL

- 1** Wash the apples well.
- 2** Use an apple corer to remove the core completely from each apple.
- 3** Slice each apple into about 5 rings; each ring should be about 1/3" (1 cm) in width. Place the apple slices in the pans.
- 4** Mix the brown sugar, cinnamon, water, and lemon juice. Pour the mixture evenly over the apple slices.
- 5** Bake, uncovered, for about 20 minutes. Baste with the juices after 15 minutes. The apples should be cooked only until they are tender, as you want them to keep their shape for serving. The cooking time will vary according to the ripeness of the fruit.
- 6** For each serving, place 2 apple slices on a small plate and top with 1 tbsp (15 mL) of the yogurt.

The apple slices can be served with Raspberry Sauce (see February recipes) or Slow Good Blueberry Spread (see May recipes). Glazed apple slices are also great with baked brown beans, chicken strips, or pork strips.

An apple with a red skin will have more eye appeal.

Apple Chicken Salad

**MODERATE
SMALL QUANTITY**

Adapted from Apples & More at <http://www.urbanext.uiuc.edu/apples/recipes.html#7>

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

2	apples	2
1 tsp	lemon juice	5 mL
1/3 cup	apple jelly	75 mL
1/3 cup	1% plain yogourt	75 mL
2 tbsp	unsweetened orange juice	30 mL
3/4 lb	cooked chicken, diced	300 g
1 stalk	celery, finely chopped	125 mL
1/4 tsp	salt	1 mL
	lettuce	

- 1 Wash the apples, remove the cores, and dice into small pieces. Ready-sliced apples can be substituted for a speedier version of the recipe. Stir the lemon juice into the apples.
- 2 Melt the apple jelly over low heat. Cool slightly. Combine the jelly with the yogourt and orange juice.
- 3 In a large bowl, combine the chicken, apples, and celery. Stir in the jelly/yogourt mixture. Add the salt.
- 4 Serve on a small bed of lettuce.

This tasty and crunchy chicken/apple combination makes a complete meal when served with a slice of whole-wheat bread or a grainy roll. It also goes well in a wrap or a pita.

Apple Chicken Salad

**MODERATE
LARGE QUANTITY**

Adapted from Apples & More at <http://www.urbanext.uiuc.edu/apples/recipes.html#7>

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

4 lbs	apples	1.5 kg
1/4 cup	lemon juice	50 mL
2 cups	apple jelly	500 mL
2 cups	1% plain yogourt	500 mL
1/2 cup	unsweetened orange juice	125 mL
3–4 lbs	cooked chicken, diced	1.5 kg
1/2 bunch	celery, finely chopped	250 g
1 tsp	salt	5 g
	lettuce	

- 1** Wash the apples, remove the cores, and dice into small pieces. Ready-sliced apples can be substituted for a speedier version of the recipe. Stir the lemon juice into the apples.
- 2** Melt the apple jelly over low heat. Cool slightly. Combine the jelly with the yogourt and orange juice.
- 3** In a large bowl combine the chicken, apples, and celery. Stir in the jelly/yogourt mixture. Add the salt.
- 4** Serve on a small bed of lettuce.

This tasty and crunchy chicken/apple combination makes a complete meal when served with a slice of whole-wheat bread or a grainy roll. It also goes well in a wrap or a pita.

Notes:

March: MUSHROOMS

Nutritional Tips & Fun Facts for Newsletters

- The most popular mushroom in Canada is the white button (*Agaricus bisporus*). Other varieties grown in Canada include the brown, portabella, shitake, oyster, king oyster, and enoki.
- Mushrooms are a great source of B vitamins, minerals, and antioxidants.
- Most of the mushrooms sold in Canadian grocery stores are grown on Canadian farms in controlled sterile environments. Mushrooms are grown in the Annapolis Valley.
- Mushrooms are best stored in a brown paper bag in the refrigerator.
- Most mushrooms can just be brushed off with a damp paper towel or a brush before use. If washed, they will absorb water and become soft.
- Want something new for supper? Try grilling a portabella mushroom instead of a beef patty.

Promotional Ideas

- Want more information on mushrooms? Check out <http://www.mushrooms.ca>. Click on "Kids Activities" (or go to <http://thecapcrew.ca/>) to find out about "The Cap Crew," how mushrooms grow, and how to make spore prints.
- Only some mushrooms are edible. Some are very poisonous. Have the students research which mushrooms are poisonous and where these can be found.
- What is the difference between fresh mushrooms and mushrooms from a can? Have the students research the nutritional information for both and compare the differences.

Stuffed Tuna Mushroom Caps

MAXIMUM
SMALL QUANTITY

Adapted from HealthyTuna.com at <http://www.healthytuna.com>

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 8

Portion: 2 mushroom caps

Cost per serving: \$0.71

1 lb	fresh white button mushrooms	500 g
2 tsp	canola oil	10 mL
1 tbsp	green onion, chopped	15 mL
1 tbsp	red pepper, finely chopped	15 mL
1 tbsp	green pepper, finely chopped	15 mL
1 x 6-oz can	tuna, flaked	1 x 170-g can
1 tsp	lemon juice	5 mL
1 tbsp	bread crumbs	15 mL

- 1 Clean the mushrooms. Remove the stems by snapping them to the side. Chop the mushroom stems.
- 2 Heat 1 tsp (5 mL) of the oil in a pan; add the mushroom stems, green onion, red pepper, and green pepper. Sauté until soft.
- 3 Mix the sautéed mixture with the tuna (drained), lemon juice, and bread crumbs.
- 4 Divide the tuna mixture evenly (about 1 tbsp/15 mL per cap) among the 16 mushroom caps and mound slightly.
- 5 Lightly grease the sheet pan with the remaining oil. Arrange the mushroom caps on the sheet pan.
- 6 Bake for about 20 minutes, until lightly browned.

To clean mushrooms, rinse quickly and brush off with a damp paper towel or a brush. If washed, they will absorb water and become soft. You do not need to peel mushrooms.

Stuffed Tuna Mushroom Caps

**MAXIMUM
LARGE QUANTITY**

Adapted from HealthyTuna.com at <http://www.healthytuna.com>

Preheat oven to 350°F
2 – 11" x 17" sheet pans

Yield: 30
Portion: 2 mushroom caps
Cost per serving: \$0.71

4 1/2 lbs	fresh white button mushrooms	2 kg
1 tbsp	canola oil	15 mL
1/4 cup	green onion, chopped	50 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green pepper, finely chopped	15 mL
6 x 6-oz cans	tuna, flaked	6 x 170-g cans
1 tbsp	lemon juice	15 mL
1/4 cup	bread crumbs	50 mL

- 1** Clean the mushrooms. Remove the stems by snapping them to the side. Chop the mushroom stems.
- 2** Heat half of the oil in a pan; add the mushroom stems, green onion, red pepper, and green pepper. Sauté until soft.
- 3** Mix the sautéed mixture with the tuna (drained), lemon juice, and bread crumbs.
- 4** Divide the tuna mixture evenly (about 1 tbsp/15 mL per cap) among the 60 mushroom caps and mound slightly.
- 5** Lightly grease the sheet pans with the remaining oil. Arrange the mushroom caps on the sheet pans.
- 6** Bake for about 20 minutes, until lightly browned.

To clean mushrooms, rinse quickly and brush off with a damp paper towel or a brush. If washed, they will absorb water and become soft. You do not need to peel mushrooms.

Crusty Homemade Vegetable Pizza

MAXIMUM
SMALL QUANTITY

Adapted from a home recipe

Preheat oven to 375°F**1 – 14" pizza pan****Yield: 8****Portion: 1 slice****Cost per serving: \$0.62***Pizza Dough*

2/3 cup	all-purpose flour	150 mL
1/3 cup	whole-wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 tbsp	canola oil	15 mL

- 1 In a bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic; shape into a ball.
- 4 Place the ball in a lightly greased bowl; leave at room temperature until it doubles in size.
- 5 Lightly grease the pizza pan. Using your fingertips, spread the pizza dough to the outside edges of the pan.

Tomato Sauce and Topping for Pizza

1/2 cup	prepared tomato sauce (low sodium)	125 mL
1 1/2 cups	mozzarella cheese, grated	375 mL
1 cup	fresh spinach	250 mL
1	roasted red pepper, sliced (See June recipes)	1
1 cup	mushrooms, sliced	250 mL

- 1 Spread the pizza with the tomato sauce.
- 2 Sprinkle half (or 3/4 cup/175 mL) of the cheese over the pizza.
- 3 Wash the spinach and pat dry with a paper towel; lay the spinach evenly over the pizza.
- 4 Top with the remaining cheese. Distribute the red-pepper slices over the pizza. Spread the sliced mushrooms over the pizza.
- 5 Bake for 20–30 minutes, until the cheese is melted and slightly golden.
- 6 Cut into 8 slices.

A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll the it to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in sodium and lower in fibre.

Select a tomato sauce that contains less than 480 milligrams of sodium per 1/2-cup (125-mL) serving.

Crusty Homemade Vegetable Pizza

MAXIMUM
LARGE QUANTITY

Adapted from a home recipe

Preheat oven to 375°F

6 – 14" pizza pans

Yield: 48

Portion: 1 slice

Cost per serving: \$0.62

Pizza Dough

4 cups	all-purpose flour	454 g
2 cups	whole-wheat flour	270 g
3 tbsps	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	canola oil	75 mL

- 1 In a large bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Divide the dough into 6 even pieces and shape into balls.
- 4 Place the balls in lightly greased bowls; leave at room temperature until they double in size.
- 5 Lightly grease the pizza pans. Using your fingertips, spread the pizza dough to the outside edges of each pan.

Tomato Sauce and Topping for Pizza

3 cups	prepared tomato sauce (low sodium)	750 mL
6 cups	fresh spinach	120 g
9 cups	mozzarella cheese, grated	1 kg
8	roasted red peppers, sliced (see June recipes)	8
6 cups	mushrooms, sliced	750 g

- 1 Spread each pizza with 1/2 cup (125 mL) of tomato sauce.
- 2 Sprinkle 3/4 cup (175 mL) of the cheese over each pizza.
- 3 Wash the spinach and pat dry with a paper towel. Spread 1 cup (250 mL) of the spinach evenly over the pizza.
- 4 Top each pizza with 3/4 cup (175 mL) of the cheese. Distribute the red pepper-slices over the top of each pizza. Spread 1 cup (250 mL) of the sliced mushrooms over each pizza.
- 5 Bake for 20 to 30 minutes, until the cheese is melted and slightly golden.
- 6 Cut each pizza into 8 slices.

A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll the it to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in sodium and lower in fibre.

Select a tomato sauce that contains less than 480 milligrams of sodium per 1/2-cup (125-mL) serving.

Notes:

March: ONIONS

Nutritional Tips & Fun Facts for Newsletters

- The word “onion” comes from the Latin *unio*, via the French *oignon*.
- The world onion production is estimated at 105 billion pounds (48 billion kg) a year.
- Libya boasts the highest per capita consumption of onions, with 66.8 pounds (30.3 kg) of onions consumed per person per year.
- With its characteristic flavour and aroma, the onion contributes to a wide variety of dishes. Onions provide fibre, vitamin C, vitamin B6, and potassium.
- Research shows that onions probably have a preventative action against many chronic diseases. Onions contain generous amounts of a flavonoid called quercetin, which is also found in tea and apples. However, the absorption of quercetin is better in onions than tea or apples. Studies have shown that quercetin protects against cataracts, cancer, and cardiovascular disease.
- Did you know that parsley can help get rid of onion breath?
- The Beatles recorded a song entitled “Glass Onion” (*The White Album*).

Promotional Ideas

- Have high-school students visit <http://www.onions-usa.org/about/quotes.php>. The site has many quotes by famous people about onions. An idea may be to have a contest to guess who said that phrase. For example:
 - “Onions can make even heirs and widows weep.” – Benjamin Franklin
 - “Mine eyes smell onions: I shall weep anon.” – William Shakespeare
 - “It’s hard to imagine civilization without onions.” – Julia Child
 - “I will not move my army without onions.” – Ulysses S. GrantThen come up with your own onion sayings.
- Name and display members of the onion family, including garlic, leeks, chives, and shallots.
- Why do onions make you cry? Hold a competition and award prizes for the correct and most creative answers. For the answer, go to <http://science.howstuffworks.com/question539.htm>.

Cheesy Mexican Enchiladas

**MODERATE
SMALL QUANTITY**

Adapted from *Cooking Healthy Across America*, American Dietetic Association

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 12

Portion: 1 enchilada

Cost per serving: \$0.58

1 tsp	non-hydrogenated margarine	5 mL
1 1/2 cups	squash, mashed (see below)	375 mL
1/2 tsp	allspice, ground	2 mL
1/2 lb (2)	medium onions, chopped	225 g (2)
1/2 cup	canned black beans, rinsed and drained	125 mL
1 1/2 cups	medium cheddar cheese, grated pepper, to taste	375 mL
12 x 6-inch	whole-wheat tortillas	12 x 15-cm
1 x 14-oz jar	salsa	1 x 398-mL jar

- 1 Lightly grease the sheet pan with the margarine.
- 2 Combine the mashed squash, allspice, onions, black beans, and cheese in a large bowl. Season with the pepper; blend thoroughly.
- 3 Spread a tortilla with 1 tbsp (15 mL) of the salsa. Place 1/4 cup (50 mL) of the squash mixture in the centre of the tortilla. Tuck in the end and roll up.
- 4 Repeat until all of the tortillas have been filled. Place on the sheet pan and bake for 20 minutes, until slightly brown.

To prepare mashed squash (can be done ahead of time): Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

Fresh cut-and-peeled squash may be available at local farm markets.

Cheesy Mexican Enchiladas

**MODERATE
LARGE QUANTITY**

Adapted from *Cooking Healthy Across America*, American Dietetic Association

Preheat oven to 350°F

2 – 11" x 17" sheet pans

Yield: 48

Portion: 1 enchilada

Cost per serving: \$0.58

1 tbsp	non-hydrogenated margarine	15 mL
2–3 lbs	squash, mashed (see below)	1–1.5 kg
1 tsp	allspice, ground	5 g
1 lb (3)	medium onions, chopped	454 g (3)
2 x 19-oz cans	black beans, rinsed and drained	2 x 540-mL cans
6 cups	medium cheddar cheese, grated	720 g
	pepper, to taste	
48 x 6-inch	whole-wheat tortillas	48 x 15-cm
2 x 14-oz jars	salsa	2 x 398-mL jars

- 1 Lightly grease the sheet pans with the margarine.
- 2 Combine the mashed squash, allspice, onions, black beans, and cheese in a large bowl. Season with the pepper; blend thoroughly.
- 3 Spread tortilla with 1 tbsp (15 mL) of the salsa. Place 1/4 cup (50 mL) of the squash mixture in the centre of a tortilla. Tuck in the end and roll up.
- 4 Repeat until all of the tortillas have been filled. Place on the sheet pans and bake in the oven for 20 minutes, until slightly brown.

To prepare mashed squash (can be done ahead of time): Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

Fresh cut-and-peeled squash may be available at local farm markets.

Onion Apple Compote

MODERATE
SMALL QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale,

Preheat oven to 350°F

1 – 8" x 8" baking pan

Yield: 8

Portion: 1 piece

Cost per serving: \$0.50

1/2 tsp	non-hydrogenated margarine	2 mL
2 lbs	apples	1 kg
1 tsp	lemon juice	5 mL
1/4 cup	all-purpose flour	50 mL
1/4 cup	brown sugar, lightly packed	50 mL
1/2 tsp	salt	2 mL
1 lb	onions	454 g
1/2 cup	apple juice	125 mL

- 1** Lightly grease the pan with the margarine.
- 2** Wash the apples. Use an apple corer to core each apple. Slice the apples into thin rings and sprinkle with the lemon juice to prevent discolouration.
- 3** Combine the flour, brown sugar, and salt. Sprinkle over the apples and toss gently to coat.
- 4** Slice the onions and layer with the seasoned apples in the pan. Pour the apple juice over the onions and apples.
- 5** Cover and bake for 45–60 minutes. Uncover for the last 5 minutes to brown lightly.
- 6** Serve with any pork, chicken, or beef menu item. This compote also adds zip to a sandwich, wrap, or hamburger.

Annapolis Valley apples such as the Gravenstein are a good choice for this recipe. You can change the flavour by adding a pinch of cloves, nutmeg, or cinnamon to the dry ingredients, or try adding a handful of raisins before baking.

A quicker version of this recipe may be made by using ready-sliced apples. In this case, omit the lemon juice as the apples have already been treated for discolouration.

Onion Apple Compote

MODERATE
LARGE QUANTITY

Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale,

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 45

Portion: 1 piece

Cost per serving: \$0.50

1 1/2 tsp	non-hydrogenated margarine	7 mL
10 lbs	apples	4.5 kg
2 tbsp	lemon juice	30 mL
1 1/2 cups	all-purpose flour	175 g
1 cup	brown sugar, lightly packed	150 g
2 tsp	salt	10 g
5 lbs	onions	2 kg
1 1/2 cups	apple juice	375 mL

- 1 Lightly grease the pans with the margarine.
- 2 Wash the apples. Use an apple corer to core each apple. Slice the apples into thin rings and sprinkle with the lemon juice to prevent discolouration.
- 3 Combine the flour, brown sugar, and salt. Sprinkle over the apples and toss gently to coat.
- 4 Slice the onions and layer with the seasoned apples in the pans. Pour the apple juice over the onions and apples.
- 5 Cover and bake for 45–60 minutes. Uncover for the last 5 minutes to brown lightly. Cut each pan into 15 pieces.
- 6 Serve with any pork, chicken, or beef menu item. This compote also adds zip to a sandwich, wrap, or hamburger.

Annapolis Valley apples such as the Gravenstein are a good choice for this recipe. You can change the flavour by adding a pinch of cloves, nutmeg, or cinnamon to the dry ingredients, or try adding a handful of raisins before baking.

A quicker version of this recipe may be made by using ready-sliced apples. In this case, omit the lemon juice as the apples have already been treated for discolouration.

April

- RASPBERRIES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Three-Grain Raspberry Muffins
 Raspberry Fruit Medley
- CRANBERRIES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Cranberry Glazed Meatballs
 Crunchy Nova Scotia Honey Granola
- TOMATOES** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Spicy Mexican Triangles
 Bruschetta
- FROZEN CORN** Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas
Recipes: Tex Mex Corn Muffins
 Chuckwagon Taco Pie

April: RASPBERRIES

Nutritional Tips & Fun Facts for Newsletters

- In proper botanical language, the raspberry is not a berry at all but an aggregate fruit consisting of numerous drupelets around a central core.
- Raspberries contain significant amounts of ellagic acid, an anti-cancer phytochemical.
- Fresh raspberries are usually available in Nova Scotia between mid-July and mid-August. Plan a family trip to a U-pick at that time.
- Raspberries are the most fragile of all berries. Be gentle when picking them.
- When buying or picking raspberries, choose berries that are firm, plump, and deep in colour; avoid those that are soft or mushy. Raspberries will keep fresh in the refrigerator for one or two days.
- Raspberries freeze very well. Wash them gently, then pat dry with a paper towel. Arrange them in a single layer on a flat pan or cookie sheet and place them in the freezer. Once the berries are frozen, transfer them to a heavy plastic bag and return them to the freezer, where they will keep for up to one year.

Promotional Ideas

- Have the students search out the origins of the raspberry and design business cards with the information on them. These cards can be given out when the students buy the featured raspberry item.
- Top plain or vanilla yogourt with a few fresh or frozen berries and provide portion-cup servings as samples at recess or as a bonus with the daily special. Set up one day a month as a day to introduce the students to new foods (e.g., Taste Test Tuesday).
- Raspberries are great in smoothies or homemade popsicles. Look for some recipes at <http://www.kidshealth.org/teen/recipes/>. Try and get the students involved in the preparation and sale of these items.
- Raspberries are usually sold in pint or quart boxes. Have the students work out the metric equivalents of a pint and quart.

Three-Grain Raspberry Muffins

MAXIMUM
SMALL QUANTITY

Adapted from MayoClinic.com, Healthy Recipes, at <http://www.mayoclinic.com/health/healthy-recipes/RE99999>

Preheat oven to 375°F

15 muffin cups lined with muffin papers

Yield: 15

Portion: 1 muffin

Cost per serving: \$0.16

2/3 cup	oatmeal (large flake, not instant)	150 mL
1 1/4 cups	1% milk	300 mL
1/2 cup	all-purpose flour	125 mL
1/2 cup	whole-wheat flour	125 mL
2/3 cup	cornmeal	150 mL
1/3 cup	flax flour or flax meal	75 mL
1 1/2 tbsp	baking powder	20 mL
1/4 tsp	salt	1 mL
2	eggs, beaten	2
3/4 tsp	lemon zest (wash the lemon well)	2 mL
1/3 cup	canola oil	75 mL
1/2 cup	brown sugar, lightly packed	125 mL
1 cup	whole raspberries, frozen	250 mL

- 1 In a large microwave-safe bowl, combine the oatmeal and milk. Microwave on high until the oatmeal is creamy and tender, about 5–6 minutes. Cool slightly.
- 2 In a large mixing bowl, mix the all-purpose and whole-wheat flours, cornmeal, flax flour, baking powder, and salt.
- 3 In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar, and oatmeal mixture.
- 4 Add the liquid ingredients to the dry ingredients. Mix until the dry ingredients have been moistened.
- 5 Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.
- 6 Bake for 20–30 minutes, until the muffins are lightly browned and a toothpick inserted in the centre comes out clean.

Three-Grain Raspberry Muffins

MAXIMUM
LARGE QUANTITY

Adapted from MayoClinic.com, Healthy Recipes, at <http://www.mayoclinic.com/health/healthy-recipes/RE99999>

Preheat oven to 375°F

45 muffin cups lined with muffin papers

Yield: 45

Portion: 1 muffin

Cost per serving: \$0.16

2 cups	oatmeal (large-flake, not instant)	230 g
4 cups	1% milk	1 L
1 1/2 cups	all-purpose flour	175 g
1 1/2 cups	whole-wheat flour	200 g
2 cups	cornmeal	300 g
1 cup	flax flour or flax meal	65 g
4 tbsp	baking powder	60 g
1 tsp	salt	5 g
4	eggs, beaten	4
2 tsp	lemon zest (wash the lemon well)	2 g
1 cup	canola oil	250 mL
1 1/2 cups	brown sugar, lightly packed	227 g
3 cups	whole raspberries, frozen	225 g

- 1 In a large microwave-safe bowl, combine the oatmeal and milk. Microwave on high until the oatmeal is creamy and tender, about 5–6 minutes. Cool slightly.
- 2 In a large mixing bowl, mix the all-purpose and whole-wheat flours, cornmeal, flax flour, baking powder, and salt.
- 3 In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar, and oatmeal mixture.
- 4 Add the liquid ingredients to the dry ingredients. Mix until the dry ingredients have been moistened.
- 5 Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.
- 6 Bake for 20–30 minutes, until the muffins are lightly browned and a toothpick inserted in the centre comes out clean.

Raspberry Fruit Medley

**MAXIMUM
SMALL QUANTITY**

Adapted from the Strawberry-Apple Salsa recipe (see January recipes)

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.51

2 cups	ready-sliced apples	500 mL
1 x 14-oz can	pear halves in natural juice	1 x 398-mL can
3 cups	whole raspberries, frozen	750 mL
3 tbsp	honey, liquid	45 mL
1 tbsp	lime juice	15 mL

- 1** Dice the apples.
- 2** Drain and dice the canned pears.
- 3** In a bowl, combine the raspberries, apples, and pears.
- 4** Mix the honey and lime juice. Add to the raspberries, apples, and pears.

This apple/pear/raspberry combination has a smooth, velvety feel. As the raspberries thaw, they will decrease to one-half their volume and give a saucy look to the apples and pears. For a different flavour, use orange juice or lemon juice instead of the lime juice. This fruit medley is great on its own, but it also makes a great topping for yogurt.

Raspberry Fruit Medley

**MAXIMUM
LARGE QUANTITY**

Adapted from the Strawberry-Apple Salsa recipe (see January recipes)

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.51

1 3/4 lbs	ready-sliced apples	750 g
1 x 28-oz can	pear halves in natural juice	1 x 798-mL can
4 lbs	whole raspberries, frozen	1.75 kg
1 cup	honey, liquid	250 mL
1/4 cup	lime juice	50 mL

- 1** Dice the apples.
- 2** Drain and dice the canned pears.
- 3** In a bowl, combine the raspberries, apples, and pears.
- 4** Mix the honey and lime juice. Add to the raspberries, apples, and pears.

This apple/pear/raspberry combination has a smooth, velvety feel. As the raspberries thaw, they will decrease to one-half their volume and give a saucy look to the apples and pears. For a different flavour, use orange juice or lemon juice instead of the lime juice. This fruit medley is great on its own, but it also makes a great topping for yogurt.

Notes:

April: CRANBERRIES

Nutritional Tips & Fun Facts for Newsletters

- Cranberries are a member of the Ericaceae family.
- Cranberries, blueberries, and the Concord grape are the only three fruits native to North America. Cranberries were first used by native Americans, who discovered the berry's versatility as a food, fabric dye, and healing agent.
- Did you know that cranberries were first shipped to Europe for sale in the 1820s?
- Sometimes referred to as marsh apples, cranberries grow wild throughout the Maritime provinces. In Nova Scotia, wild cranberries are available from October to December, and frozen cranberries are available year-round.
- Nova Scotia cranberries are grown in the bogs of the Annapolis Valley, South Shore, and Cape Breton regions. There are over 60 hectares of cranberries produced in Nova Scotia, with a value estimated at \$1 million.
- Cranberries are a versatile crop and are used fresh, frozen, in sauce, in juice, and in jelly. They also go well in breads and muffins. Dried cranberries make a healthy snack.
- White cranberries are simply regular cranberries that are harvested about three weeks early, after they mature but before they turn red.
- Cranberries freeze well, either whole or sliced. Sealed in an airtight container, frozen cranberries will keep for nearly a year.

Promotional Ideas

- Contest: Pick a day when students wearing the colour red (to represent cranberries) can have their names entered to win the featured recipe. This idea works well for other fruits and vegetables too.
- Visit http://www.cranberry.ca/ns_frameset.html and get the students to find out about cranberry production in the Annapolis Valley. Organize a trip to a marsh and have the students create a display showing the seasonal activities in cranberry production.
- Fill a jar with cranberries. Have the students guess how many are in the jar. When it is time to count, take out one cup and count the cranberries. See if this information helps the students estimate how many were in the whole jar.
- For craft ideas, go to <http://www.oceanspray.com/recipes/crafts.aspx>.

Cranberry Glazed Meatballs

**MODERATE
SMALL QUANTITY**

Adapted from Johnston's Cranberries at <http://www.cranberry.ca>

Preheat oven to 350°F

1 – 9" x 13" baking pan

Yield: 10

Portion: 3 meatballs

Cost per serving: \$0.44

Meatballs

1 lb	Healthy Choice Meatballs®	454 g
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Cranberry Sauce

3/4 cup	white granulated sugar	175 mL
3/4 cup	water	175 mL
2 cups	cranberries, fresh	500 mL
2 tbsp	vinegar	30 mL
1 tbsp	brown sugar	15 mL
1 tbsp	prepared mustard	15 mL
1/2 tsp	Worcestershire sauce	2 mL

- 1 Spread the meatballs out in the pan.
- 2 In a large saucepan, dissolve the sugar in the water. Bring to a boil. Add the cranberries and return to a boil. Reduce heat. Continue to boil gently until the cranberry skins break (about 10 minutes). Cool slightly.
- 3 Add the vinegar, brown sugar, prepared mustard, and Worcestershire sauce to the cranberry mixture. Mix the ingredients well.
- 4 Evenly distribute the cranberry mixture over the meatballs. Bake for 30–40 minutes, until the meatballs are heated through and nicely glazed. Stir every 10 minutes.

This sweet/tangy combination is packed with vitamin C, along with other nutrients that play a vital role in coronary-heart-disease and cancer prevention. Cranberries also play a role in the prevention and treatment of urinary tract infections.

This glazed mixture would also make a good condiment for healthy-choice hamburgers or chicken strips.

Cranberry Glazed Meatballs

**MODERATE
LARGE QUANTITY**

Adapted from Johnston's Cranberries at <http://www.cranberry.ca>

Preheat oven to 350°F

3 – 9" x 13" baking pans

Yield: 40

Portion: 3 meatballs

Cost per serving: \$0.44

Meatballs

2 x 2-lb pkgs	Healthy Choice Meatballs®	2 x 908-g pkgs
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Cranberry Sauce

2 cups	white granulated sugar	400 g
3 cups	water	750 mL
2 x 11-oz bags	cranberries, fresh	2 x 340-g bags
1/2 cup	vinegar	125 mL
1/4 cup	brown sugar	40 g
1/4 cup	prepared mustard	50 mL
1 tbsp	Worcestershire sauce	15 mL

- 1 Spread the meatballs out in the pans.
- 2 In a large saucepan, dissolve the sugar in the water. Bring to a boil. Add the cranberries and return to a boil. Reduce heat. Continue to boil gently until the cranberry skins break (about 10 minutes). Cool slightly.
- 3 Add the vinegar, brown sugar, prepared mustard, and Worcestershire sauce to the cranberry mixture. Mix the ingredients well.
- 4 Evenly distribute the cranberry mixture over the meatballs. Bake for 30–40 minutes, until the meatballs are heated through and nicely glazed. Stir every 10 minutes.

This sweet/tangy combination is packed with vitamin C, along with other nutrients that play a vital role in coronary-heart-disease and cancer prevention. Cranberries also play a role in the prevention and treatment of urinary tract infections.

This glazed mixture would also make a good condiment for healthy-choice hamburgers or chicken strips.

Crunchy Nova Scotia Honey Granola

MODERATE
LARGE QUANTITYAdapted from *Fine Cooking*, December 2007**Preheat oven to 325°F****2 – 11" x 17" sheet pans****Yield: 30****Portion: 1/4 cup (50 mL)****Cost per serving: \$0.48**

4 cups	old-fashioned rolled oats	320 g
1/2 cup	oat bran	45 g
1/2 cup	flax flour or flax meal	35 g
1/2 cup	skim-milk powder	50 g
1/2 cup	canola oil	125 mL
1 cup	honey, liquid	250 mL
1 tbsp	almond extract	15 mL
1 tbsp	vanilla extract	15 mL
1/2 tsp	salt	2 g
2 cups	cranberries, dried	240 g

- 1** In a large bowl, combine the oats, oat bran, and flax flour.
- 2** In a medium bowl, whisk the skim-milk powder, oil, honey, almond extract, vanilla extract, and salt. Pour the mixture over the oats and stir until well combined.
- 3** Divide the mixture between the 2 sheet pans (greased) and spread in an even layer.
- 4** Bake for 20 minutes; stir. Continue baking for another 20 minutes, until the oats are slightly golden brown. The oats may feel soft but will crisp as they cool.
- 5** Cool completely. Stir in the dried cranberries.
- 6** Store the cooled granola in an airtight container; it should keep for at least 3 weeks.

Homemade granola makes an excellent topping for fruits and smoothies. Add about 2 tbsp (30 mL) as a topping to Smooth & Simple Strawberry Dessert (see January recipes), Sautéed Maple Apple Slices (see November recipes), or Slow Good Blueberry Spread (see May recipes). Crunchy Nova Scotia Honey Granola is also used as an ingredient in Maple Granola Bartlett Pears (see October recipes).

April: TOMATOES

Nutritional Tips & Fun Facts for Newsletters

- Botanically, tomatoes are a fruit because the edible part of the plant contains the seeds. Tomatoes can be red, yellow, orange, green, purple, or brown in colour.
- The tomato is in the same family as the potato, pepper, eggplant, and petunia.
- Upon arrival in Italy, the heart-shaped tomato was considered the “love apple.”
- Only the fruits of the tomato plant are eaten, since the leaves contain toxic alkaloids.
- The tomato not only thrills the taste buds and brightens your meal, it also helps fight against disease as it contains lycopene.
- Tomatoes are an excellent source of vitamin C; a good source of vitamin A; and a source of fibre, potassium, iron, phosphorous, and some B vitamins.
- Did you know there are over 4,000 varieties of tomatoes? The Cabot and Scotia tomato are two well-known varieties that were developed at the Kentville Research Station.
- The smallest species of tomatoes are less than three-quarters of an inch (1.9 cm) in diameter.

Promotional Ideas

- Get the students to make posters to hang in the cafeteria that have pictures of a few varieties of tomatoes (e.g., cherry tomatoes, hot-house tomatoes, plum tomatoes). The first student to name all the tomatoes correctly wins the featured menu item from the cafeteria.
- Grow your own tomato plants. Grape and cherry tomatoes are good for small containers. Get the students to investigate the best varieties to grow; perhaps start by looking at the Tiny Tim, Patio, or Small Fry.
- Tic-Tac-Toe...mato Game: Make up paper tic-tac-toe games except put tomatoes for Os and worms for Xs. For the more adventurous, do a woodworking project: Paint a wooden board with dowels and paint the pieces to put on it.
- Check out Den Haan’s Greenhouses in Lawrencetown in the Annapolis Valley and find out about the biomass system they are using to heat the greenhouses where their tomatoes grow.

Spicy Mexican Triangles

MAXIMUM
SMALL QUANTITY

Adapted from *Mexican Cooking (Step by Step)*, Rosemary Wadey

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 9

Portion: 2 triangles

Cost per serving: \$0.36

3 x 6-inch whole-wheat tortillas	3 x 15-cm
1 tsp canola oil	5 mL
1/2 cup onion, chopped	125 mL
2 cups refried brown beans	500 mL
pinch chili powder	pinch
1/2 cup fresh tomato, diced	125 mL
1 cup salsa	250 mL
1 cup cheddar or mozzarella cheese, grated	250 mL

- 1** With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pan and bake for 10 minutes. Cool.
- 2** Heat the oil in a large pan, add the onion, and cook until soft.
- 3** Add the refried beans and chili powder; mix thoroughly.
- 4** Place the tomato in a bowl and add the salsa. Mix thoroughly.
- 5** Spread 2 tbsp (30 mL) of the bean/onion mixture on each tortilla triangle. Top with 1 tbsp (15 mL) of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 tbsp (15 mL) of the cheese.
- 6** Bake for 10–15 minutes, until the cheese is melted and the beans are heated through.

Offer this recipe as a snack or in a larger quantity as a complete meal. The spicy topping can be served hot or cold.

Beans are a major part of the Mexican diet. Refried beans are speedy and an excellent source of inexpensive plant protein.

Spicy Mexican Triangles

**MAXIMUM
LARGE QUANTITY**

Adapted from *Mexican Cooking (Step by Step)*, Rosemary Wadey

Preheat oven to 350°F
2 – 11" x 17" sheet pans

Yield: 24
Portion: 2 triangles
Cost per serving: \$0.36

8 x 6-inch	whole-wheat tortillas	8 x 15-cm
1 tbsp	canola oil	15 mL
1/2 lb	onions, chopped	300 g
4 x 19-oz cans	refried brown beans	4 540-mL cans
1/2 tsp	chili powder	2 g
1 lb	tomatoes, diced	454 g
2 x 14-oz jars	salsa	2 x 215-mL jars
3 cups	cheddar or mozzarella cheese, grated	360 g

- 1 With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pans and bake for 10 minutes. Cool.
- 2 Heat the oil in a large pan, add the onion, and cook until soft.
- 3 Add the refried beans and chili powder; mix thoroughly.
- 4 Place the tomato in a bowl and add the salsa. Mix thoroughly.
- 5 Spread 2 tbsp (30 mL) of the bean/onion mixture on each tortilla triangle. Top with 1 tbsp (15 mL) of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 tbsp (15 mL) of the cheese.
- 6 Bake for 10–15 minutes, until the cheese is melted and the beans are heated through.

Offer this recipe as a snack or in a larger quantity as a complete meal. The spicy topping can be served hot or cold.

Beans are a major part of the Mexican diet. Refried beans are speedy and an excellent source of inexpensive plant protein.

Bruschetta

**MODERATE
SMALL QUANTITY**

Adapted from *Power Eating*, Frances G. Berkoff, Barbara J. Lauer, and Dr. Yves Talbot

**Preheat oven to 375°F
ovenproof tray**

**Yield: 12
Portion: 1 slice
Cost per serving: \$0.42**

1 cup	tomatoes	250 mL
2 tbsp	olive oil	30 mL
2 tsp	fresh basil <i>or</i>	10 mL
1 tsp	dried basil	5 mL
1	garlic clove	1
1/2	green onion	1/2
1 x 24-inch	whole-grain baguette	1 x 60-cm

- 1** Wash the tomatoes and dice into uniform pieces. Mince the garlic, finely chop the green onion, and cut the basil leaves (if using fresh basil).
- 2** Mix the tomatoes with the oil, basil, garlic, and green onion.
- 3** Cut the baguette in half lengthwise and then cut each half into 6 equal portions (for a total of 12 slices).
- 4** Place the baguette pieces on the ovenproof tray and toast the cut surfaces in oven until lightly browned (2–4 minutes).
- 5** Cover each baguette piece with some of the tomato mixture. Lightly press down with a spoon to hold in place.

The students may enjoy a little Parmesan, mozzarella, or feta cheese on top of the bruschetta.

Bruschetta

**MODERATE
LARGE QUANTITY**

Adapted from *Power Eating*, Frances G. Berkoff, Barbara J. Lauer, and Dr. Yves Talbot

**Preheat oven to 375°F
ovenproof trays**

**Yield: 48
Portion: 1 slice
Cost per serving: \$0.42**

3–4 lbs (6 cups)	tomatoes	1.5 kg
3/4 cup	olive oil	175 mL
1/4 cup	fresh basil or	50 mL
1 tbsp	dried basil	15 mL
4	garlic cloves	4
3	green onions	3
4 x 24-inch	whole-grain baguettes	4 x 60-cm

- 1** Wash the tomatoes and dice into uniform pieces. Mince the garlic, finely chop the green onion, and cut the basil leaves (if using fresh basil).
- 2** Mix the tomatoes with the oil, basil, garlic, and green onion.
- 3** Cut each baguette in half lengthwise and then cut each half into 6 equal portions (for a total of 48 slices).
- 4** Place the baguette pieces on the ovenproof tray and toast the cut surfaces in oven until lightly browned (2–4 minutes).
- 5** Cover each baguette piece with some of the tomato mixture. Lightly press down with a spoon to hold in place.

The students may enjoy a little Parmesan, mozzarella, or feta cheese on top of the bruschetta.

Notes:

April: CORN

Nutritional Tips & Fun Facts for Newsletters

- Did you know that corn is the second most plentiful grain in the world, behind rice and ahead of wheat?
- Corn is full of vitamin B6, niacin, thiamine, folate, the antioxidants lutein and zeaxanthin, and protein. Wow! It is also a good source of vitamin C.
- Did you know that the kernels from one medium-sized corn on the cob contain about two grams of fibre?
- The oldest known kind of corn is popcorn.
- The first cold cereal was cornflakes.
- Baby corn is almost always sweet corn, harvested just as it has begun to develop, and it is primarily used in Asian cuisine.
- Sweet corn requires warm soil for germination: above 55°F (12°C) for standard sweet corn varieties and about 65°F (18°C) for super-sweet varieties.
- Did you know that nearly every single sheet of paper uses cornstarch to improve printability?

Promotional Ideas

- Contest idea: Fill a glass jar with popcorn and have the students guess how many kernels are in the jar. The student who is closest without going over wins a free featured recipe.
- Why not start planning now to take the students on a class trip to a corn maze in the fall. This is a fun way to educate students on vegetables, where they come from, and how they eventually end up on their plates in the cafeteria. Try visiting Noggins Farm in Wolfville. (Contact Beth Patillo at 902-679-7715.)
- Check out this website for some useful facts on growing corn and post them around the cafeteria: <http://www.urbanext.uiuc.edu/veggies/corn1.html>.

Tex Mex Corn Muffins

**MODERATE
SMALL QUANTITY**

Adapted from *Canadian Living's Best Muffins & More*, Elizabeth Baird

Preheat oven to 375°F

12 muffin cups lined with muffin papers

Yield: 12

Portion: 1 muffin

Cost per serving: \$0.22

1 cup	all-purpose flour	250 mL
1 cup	cornmeal	250 mL
4 tsp	baking powder	20 mL
2/3 cup	kernel corn	150 mL
1/2 tsp	salt	2 mL
pinch	cayenne pepper, ground	pinch
1/3 cup	canola oil	75 mL
1 tbsp	red pepper, finely chopped	15 mL
1 tbsp	green onion, finely chopped	15 mL
2	eggs, beaten	2
1 cup	skim milk	250 mL
4 oz	light cheddar cheese	120 g

- 1 In a large mixing bowl, mix the flour, cornmeal, baking powder, kernel corn, salt and cayenne pepper.
- 2 Heat 1 tsp (5 mL) of the oil; heat in a frying pan over medium heat. Add the red pepper and green onion; sauté until soft. Add to the dry ingredients.
- 3 Mix the eggs, skim milk, and remaining oil together. Add to the other ingredients and mix until blended or until the dry ingredients have been moistened.
- 4 Cut the cheese into 12 equal-sized cubes.
- 5 Fill the muffin cups 1/3 full. Place a cheese cube in the centre of each muffin. Add the remaining batter to the muffin cups until each one is 2/3 full.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

NOTE: For a speedier version, the cheese may be grated and added to the batter.

This recipe combines cornmeal and kernel corn with the Mexican flavours of cayenne pepper and sautéed red peppers and green onions, resulting in a flavour that is popular with teenagers. For younger children, a milder version of the muffin may be made by reducing or eliminating the cayenne pepper. This muffin goes well with chili or any other bean dish such as a soup, salad, or Apple Bean Bake (see May recipes).

Tex Mex Corn Muffins

**MODERATE
LARGE QUANTITY**

Adapted from *Canadian Living's Best Muffins & More*, Elizabeth Baird

Preheat oven to 375°F

36 muffin cups lined with muffin papers

Yield: 36

Portion: 1 muffin

Cost per serving: \$0.22

3 cups	all-purpose flour	400 g
3 cups	cornmeal	420 g
4 tbsp	baking powder	60 g
2 cups	kernel corn	500 mL
1 1/2 tsp	salt	7 g
1/2 tsp	cayenne pepper, ground	2 g
1 cup	canola oil	250 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green onion, finely chopped	50 mL
4	eggs, beaten	4
3 cups	skim milk	750 mL
1 lb	light cheddar cheese	454 g

- 1 In a large mixing bowl, mix the flour, cornmeal, baking powder, cayenne, corn kernels, and salt.
- 2 Heat 1 tbsp (30 mL) of the oil; heat in a frying pan over medium heat. Add the red pepper and green onion; sauté until soft. Add to the dry ingredients.
- 3 Mix the eggs, skim milk, and remaining oil together. Add to the other ingredients and mix until blended or until the dry ingredients have been moistened.
- 4 Cut the cheese into 36 equal-sized cubes.
- 5 Fill the muffin cups 1/3 full. Place a cheese cube in the centre of each muffin. Add the remaining batter to the muffin cups until each one is 2/3 full.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

NOTE: For a speedier version, the cheese may be grated and added to the batter.

This recipe combines cornmeal and kernel corn with the Mexican flavours of cayenne pepper and sautéed red peppers and green onions, resulting in a flavour that is popular with teenagers. For younger children, a milder version of the muffin may be made by reducing or eliminating the cayenne pepper. This muffin goes well with chili or any other bean dish such as a soup, salad, or Apple Bean Bake (see May recipes).

Chuckwagon Taco Pie

**MODERATE
SMALL QUANTITY**

Adapted from *Cooking Healthy Across America*, American Dietetic Association

Preheat oven to 350°F

1 – 10" pie plate

Yield: 6

Portion: 1/6 of a pie

Cost per serving: \$0.70

1/4 lb	lean ground beef	100 g
1/2	large onion, chopped	1/2
1	garlic clove, minced	1
1/2	red pepper, chopped	1/2
1/2	green pepper, chopped	1/2
1 tbsp	lime juice	15 mL
1/2 x 12-oz can	kernel corn, drained	1/2 x 336-mL can
1/2 x 19-oz can	black beans, rinsed and drained	1/2 x 540-mL can
1/2 x 5.5-oz can	tomato paste	1/2 x 154-mL can
1 tsp	cumin, ground	5 mL
1/4 tsp	pepper	1 mL
3 x 10-inch	whole-wheat tortillas	3 x 25-cm
1 cup	light cheddar cheese, grated	250 mL

- 1 Pan-fry the lean ground beef over low heat.
- 2 Combine all the remaining ingredients with the ground beef (except the tortillas and cheese). Simmer gently for 20 minutes.
- 3 Cover the bottom of the pie plate with a tortilla. Cover the tortilla with 1 1/4 cups (300 mL) of the beef mixture. Repeat. Cover with the third tortilla and spread the remaining 1/2 cup (125 mL) of the beef mixture over the tortilla. Top with the cheese. Press down on the mixture.
- 4 Bake the pie for about 25–30 minutes.
- 5 Cut the pie into 6 pieces for older children and 8 pieces for younger children.

This recipe changes a tasty chili into a pie that can be served on a plate or as a grab-and-go menu item. It is easy to prepare and easy to slice. The mixture could be made in advance and placed in the refrigerator or freezer for assembling later into the pie. It adapts easily to smaller- or larger-sized servings and makes a great hot or cold leftover.

This mixture adapts well to being made in a crock pot or slow cooker. Fry the ground beef, combine in the crock pot or slow cooker with the remaining ingredients except the tortillas and cheese and cook on low for 3–4 hours. The mixture could then be assembled into the pie the following day.

Chuckwagon Taco Pie

**MODERATE
LARGE QUANTITY**

Adapted from *Cooking Healthy Across America*, American Dietetic Association

Preheat oven to 350°F

5 – 10" pie plates

Yield: 30

Portion: 1/6 of a pie

Cost per serving: \$0.70

1 lb	lean ground beef	454 g
1/2 lb	onions, chopped	250 g
6	garlic cloves, minced	6
1 lb	red peppers, chopped	454 g
1 lb	green peppers, chopped	454 g
1/4 cup	lime juice	50 mL
2 x 12-oz cans	kernel corn, drained	2 x 336-mL cans
2 x 19-oz cans	black beans, rinsed and drained	2 x 540-mL cans
2 x 5.5-oz cans	tomato paste	2 x 154-mL cans
1 tbs	cumin, ground	15 g
1 tsp	pepper	5 g
15 x 10-inch	whole-wheat tortillas	15 x 25-cm
5 cups	light cheddar cheese, grated	600 g

- 1 Pan-fry the lean ground beef over low heat.
- 2 Combine all the remaining ingredients with the ground beef (except the tortillas and cheese). Simmer gently for 20 minutes.
- 3 Cover the bottom of a pie plate with a tortilla. Cover the tortilla with 1 1/4 cups (300 mL) of the beef mixture. Repeat. Cover with the third tortilla and spread the remaining 1/2 cup (125 mL) of the beef mixture over the tortilla. Top with the cheese. Press down on the mixture. Repeat for the remaining pies.
- 4 Bake the pies for about 25–30 minutes.
- 5 Cut each pie into 6 pieces for older children and 8 pieces for younger children.

This recipe changes a tasty chili into a pie that can be served on a plate or as a grab-and-go menu item. It is easy to prepare and easy to slice. The mixture could be made in advance and placed in the refrigerator or freezer for assembling later into the pie. It adapts easily to smaller- or larger-sized servings and makes a great hot or cold leftover.

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May

APPLES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Apple Bean Bake Nova Scotia Gingerbread with Apples
BLUEBERRIES	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Hearty Blueberry Muffins Slow Good Blueberry Spread
CUCUMBERS	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Cucumber Yogourt Maple Salad Tangy Cucumber Salad
LETTUCE	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Zesty Mesclun Salad Crispy Vegetable Salad

May: APPLES

Nutritional Tips & Fun Facts for Newsletters

- Did you know that apples are members of the rose family? Apple trees have blossoms before they bear fruit. Most apple blossoms are pink when they open but gradually fade to white.
- The French word for apple is *pomme*. What is an apple called in other languages?
- Did you know that there are more than 7,500 different varieties of apples grown worldwide? In the Annapolis Valley we are lucky to be able to enjoy Cortland, Empire, Gala, Golden Delicious, Golden Russet, Gravenstein, Honeycrisp, Idared, Jonagold, McIntosh, Northern Spy, Paula Red, Red Delicious, and Spartan apples.
- One medium apple is a good source of vitamin C and fibre. It also counts as one serving of fruits and vegetables on your way toward your *Strive for Five at School*.
- Fresh apples float. Do you know why? It's because 25 per cent of an apple's volume is air.
- Did you know that apples ripen faster at room temperature than if they are refrigerated?

Promotional Ideas

- Don't forget to check out the Teachers Apple Resource Kit developed by the Nova Scotia Fruit Growers' Association: <http://www.nsapples.com/teacher/introp4t.htm>.
- Looking for more educational info? Go to <http://www.applesource-education.co.uk/> and check out the Kids' Zone.
- Check out a local apple co-operative (e.g., http://www.scotianguard.com/Apples_OurCore/index.html).
- Looking for some fun at the Spring Fling? Try organizing an apple-dunking contest. The student who gets the most apples wins.

Apple Bean Bake

**MODERATE
SMALL QUANTITY**

Adapted from *Fix-It and Forget-It Lightly: Healthy, Low-Fat Recipes for Your Slow Cooker*, Phyllis Pellman Good

slow cooker

Yield: 10

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.23

2	apples	2
2 x 14-oz cans	brown baked beans in tomato sauce	2 x 398-mL cans
1/4 cup	brown sugar, lightly packed	50 mL
1/3 cup	ketchup	75 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 tsp	ginger, ground	1 mL
1 tbsp	molasses	15 mL

- 1 Wash and dice the apples and place in the slow cooker. Ready-sliced apples work well in the recipe and save time.
- 2 Mix all the other ingredients with the apples in the slow cooker. Cook on high for 3–4 hours.

Canned brown baked beans work well in this easy-to-assemble recipe. Mix all the ingredients in the slow cooker first thing in the morning and it should be ready for lunch. Serve with a whole-wheat roll to make a complete meal that is high in fibre, protein, and micronutrients.

Apple Bean Bake

**MODERATE
LARGE QUANTITY**

Adapted from *Fix-It and Forget-It Lightly: Healthy, Low-Fat Recipes for Your Slow Cooker*, Phyllis Pellman Good

slow cooker

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.23

2 lbs	apples	1 kg
9 x 14-oz cans	brown baked beans in tomato sauce	9 x 398-mL cans
1 cup	brown sugar, lightly packed	150 g
1 1/2 cups	ketchup	375 mL
1 1/2 tsp	cinnamon, ground	3.5 g
1 1/2 tsp	ginger, ground	3.5 g
1/4 cup	molasses	50 mL

- 1 Wash and dice the apples and place in the slow cooker. Ready-sliced apples work well in the recipe and save time.
- 2 Mix all the other ingredients with the apples in the slow cooker. Cook on high for 3–4 hours.

Canned brown baked beans work well in this easy-to-assemble recipe. Mix all the ingredients in the slow cooker first thing in the morning and it should be ready for lunch. Serve with a whole-wheat roll to make a complete meal that is high in fibre, protein, and micronutrients.

Nova Scotia Gingerbread with Apples

MODERATE
SMALL QUANTITYAdapted from *Fine Cooking*, December 2007**Preheat oven to 350°F****1 – 9" x 13" baking pan****Yield: 15****Portion: 1 piece****Cost per serving: \$0.85**

3 lbs	ready-sliced apples	1.5 kg
2 tbsp	lemon juice	30 mL
1 tbsp	all-purpose flour, sifted	15 mL
1 tbsp	brown sugar	15 mL
1/2 cup	all-purpose flour, sifted	125 mL
3 tbsp	flax flour or flax meal	45 mL
2/3 cup	whole-wheat flour	150 mL
1/2 cup	white granulated sugar	125 mL
1 tbsp	baking powder	15 mL
1/3 tsp	baking soda	2 mL
1/3 tsp	cinnamon, ground	2 mL
2 tsp	ginger, ground	10 mL
1/3 tsp	salt	2 mL
3 tbsp	non-hydrogenated margarine	45 mL
1/3 cup	skim milk	75 mL
1	egg	1
1/3 cup	molasses	75 mL
1 tsp	vanilla extract	5 mL
2 tbsp	white granulated sugar	30 mL

- 1 Place the apples in a bowl. Sprinkle the lemon juice evenly over the apples. Sprinkle 1 tbsp (15 mL) of all-purpose flour and 1 tbsp (15 mL) of brown sugar evenly over the apples. Put the apples in the pan.
- 2 Sift together the 3 flours, sugar, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
- 3 Cut the margarine into the dry ingredients.
- 4 Mix the milk, egg, molasses, and vanilla extract together. Make a well in the dry ingredients and stir in the liquid ingredients. Stir until all the dry ingredients have been moistened.
- 5 Dollop the gingerbread mixture in 1 tbsp (15-mL) amounts over the apples. There should be 15 dollops.
- 6 Sprinkle the remaining 2 tbsp (30 mL) of white sugar over the pan.
- 7 Bake for about 35–40 minutes, until the batter is golden and the apples are soft.

This recipe is a modified version of traditional Nova Scotia molasses gingerbread. Ready-sliced apples shorten the preparation time. The gingerbread ingredients are mixed according to the muffin method: Mix the dry ingredients, cut in the margarine and mix the liquid ingredients and stir them into the dry ingredients. For a muffin version, distribute the apples among 15 greased muffin cups and top each one with 1 tbsp (15 mL) of the gingerbread mixture. Decrease the baking time to 25 minutes.

Nova Scotia Gingerbread with Apples

MODERATE
LARGE QUANTITYAdapted from *Fine Cooking*, December 2007**Preheat oven to 350°F****3 – 9" x 13" baking pans
(15 portions per pan)****Yield: 45****Portion: 1 piece****Cost per serving: \$0.85**

9 lbs	ready-sliced apples	4 kg
1/3 cup	lemon juice	75 mL
3 tbsp	all-purpose flour, sifted	20 g
1/4 cup	brown sugar	40 g
1 1/2 cups	all-purpose flour, sifted	165 g
1/2 cup	flax flour or flax meal	35 g
2 cups	whole-wheat flour	265 g
1 1/2 cups	white granulated sugar	300 g
3 tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	cinnamon, ground	2.5 g
2 tbsp	ginger, ground	15 g
1 tsp	salt	5 g
1/2 cup	non-hydrogenated margarine	125 g
1 cup	skim milk	250 mL
3	eggs	3
1 cup	molasses	250 mL
1 tbsp	vanilla extract	15 mL
6 tbsp	white granulated sugar	75 g

- 1 Place the apples in a bowl. Sprinkle the lemon juice evenly over the apples. Sprinkle 3 tbsp (45 mL) of all-purpose flour and 1/4 cup (50 mL) of brown sugar evenly over the apples. Distribute the apples over the pans.
- 2 Sift together the 3 flours, sugar, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
- 3 Cut the margarine into the dry ingredients.
- 4 Mix the milk, egg, molasses, and vanilla extract together. Make a well in the dry ingredients and stir in the liquid ingredients. Stir until all the dry ingredients have been moistened.
- 5 Dollop the gingerbread mixture in 1-tbsp (15-mL) amounts over the apples. There should be 15 dollops per pan.
- 6 Sprinkle the remaining 6 tbsp (90 mL) of white sugar over the 3 pans.
- 7 Bake for about 35–40 minutes, until the batter is golden and the apples are soft.

This recipe is a modified version of traditional Nova Scotia molasses gingerbread. Ready-sliced apples shorten the preparation time. The gingerbread ingredients are mixed according to the muffin method: Mix the dry ingredients, cut in the margarine and mix the liquid ingredients and stir them into the dry ingredients. For a muffin version, distribute the apples among 15 greased muffin cups and top each one with 1 tbsp (15 mL) of the gingerbread mixture. Decrease the baking time to 25 minutes.

Notes:

May: BLUEBERRIES

Nutritional Tips & Fun Facts for Newsletters

- Did you know that blueberries were once called “star berries”? That’s because of the star-shaped formation on their skin left from the flower that formed the fruit.
- The scientific name for blueberries is *Vaccinium myrtillus*.
- Blueberries contain the same antioxidants and phytochemicals as cranberries and fight against digestive and urinary tract infections. The phytochemicals they contain can help improve learning and memory.
- Did you know that blueberries are also rich in vitamin C, vitamin K, and fibre?
- According to *Eating Well with Canada’s Food Guide*, one-half cup (125 mL) of blueberries counts as one serving from the fruits and vegetables group.
- Blueberries are becoming more popular than ever. Over 1,500 new products containing blueberries were introduced in 2008.
- Blueberries won’t ripen once they have been picked.

Promotional Ideas

- Plan now for a trip to pick blueberries in early September. Contact local producers, such as Blueberry Acres in the Annapolis Valley, and begin to plan transportation for the students. Find out what other things this local company produces.
- Drop frozen blueberries into sparkling spring water for a refreshing drink.
- What is the process involved in harvesting and freezing blueberries? To find out, go to http://www.rainbowfarms.ns.ca/cleaning_freezing.html.
- Ask the students to come to school dressed in blue one day. All students wearing blue will get to put their name in for a chance to win a serving of the featured recipe.

Hearty Blueberry Muffins

MODERATE
SMALL QUANTITY

Adapted from *Blueberries: Recipes from Canada's Best Chefs*, Virginia Lee and Elaine Elliot

Preheat oven to 375°F

24 muffin cups lined with muffin papers

Yield: 24

Portion: 1 muffin

Cost per serving: \$0.19

2 cups	all-purpose flour	500 mL
1 cup	whole-wheat flour	250 mL
1/2 cup	flax flour or flax meal	125 mL
2 tbsp	baking powder	30 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
2	eggs	2
3/4 cup	canola oil	175 mL
3/4 cup	brown sugar, lightly packed	175 mL
1 3/4 cups	applesauce, unsweetened	425 mL
1 cup	blueberries, frozen	250 mL
1/4 cup	brown sugar, lightly packed	50 mL

- 1 In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2 In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
- 3 Add the liquid ingredients to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4 Gently fold the blueberries into the batter.
- 5 Pour into the muffin cups, filling each muffin cup 2/3 full. Sprinkle the remaining 1/4 cup (50 mL) of brown sugar over the 24 muffins.
- 6 Bake 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

Most commercial muffins are very high in simple sugars and fat. Adding applesauce to quick breads or muffins can make them a healthier choice. For the best flavour and texture, substitute half the amount of fat or oil the recipe calls for with applesauce. For example, if a recipe lists 1 cup (250 mL) of oil, use 1/2 cup (125 mL) oil and 1/2 cup (125 mL) of applesauce.

Hearty Blueberry Muffins

**MODERATE
LARGE QUANTITY**

Adapted from *Blueberries: Recipes from Canada's Best Chefs*, Virginia Lee and Elaine Elliot

Preheat oven to 375°F

40 muffin cups lined with muffin papers

Yield: 40

Portion: 1 muffin

Cost per serving: \$0.19

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
1 cup	flax flour or flax meal	65 g
3 tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	salt	5 g
4	eggs	4
1 1/2 cups	canola oil	375 mL
1 1/2 cups	brown sugar, lightly packed	227 g
3 1/2 cups	applesauce, unsweetened	875 mL
2 cups	blueberries, frozen	300 g
1/2 cup	brown sugar, lightly packed	75 g

- 1** In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2** In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
- 3** Add the liquid ingredients to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4** Gently fold the blueberries into the batter.
- 5** Pour into the muffin cups, filling each muffin cup 2/3 full. Sprinkle the remaining 1/2 cup (125 mL) of brown sugar over the 40 muffins.
- 6** Bake 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

Most commercial muffins are very high in simple sugars and fat. Adding applesauce to quick breads or muffins can make them a healthier choice. For the best flavour and texture, substitute half the amount of fat or oil the recipe calls for with applesauce. For example, if a recipe lists 1 cup (250 mL) of oil, use 1/2 cup (125 mL) oil and 1/2 cup (125 mL) of applesauce.

Slow Good Blueberry Spread

MODERATE
SMALL QUANTITYAdapted from *Better Homes and Gardens*, November 2007**slow cooker****Yield: 8****Portion: 1/2 cup (125 mL)****Cost per serving: \$0.29**

2 cups	whole blueberries, frozen	500 mL
2 tbsp	cranberries, dried	30 mL
1/4 cup	cranberry juice	50 mL
2 tbsp	quick-cooking tapioca	30 mL
1/4 tsp	ginger, ground	1 mL
1/3 cup	white granulated sugar	75 mL

- 1 Combine all the ingredients in the slow cooker.
- 2 Cover and cook on high for 2–4 hours or until the fruit is tender.

Serve this spread over a bagel or toast or as a topping for yogourt. Layer with yogourt and Crunchy Nova Scotia Honey Granola (see April recipes) to make an eye-appealing parfait or use it as a topping for your favourite whole-grain cereal.

Quick-cooking tapioca thickens the fruit nicely. To save time, the ingredients may be combined the day before. Turn the slow cooker on in the morning to be ready for noontime serving.

Slow Good Blueberry Spread

MODERATE
LARGE QUANTITYAdapted from *Better Homes and Gardens*, November 2007

slow cooker

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

9 cups	whole blueberries, frozen	900 g
1 1/2 cups	cranberries, dried	150 g
1 cup	cranberry juice	250 mL
3/4 cup	quick cooking tapioca	175 mL
1 1/2 tsp	ginger, ground	3.5 g
2 cups	white granulated sugar	400 g

- 1 Combine all the ingredients in the slow cooker.
- 2 Cover and cook on high for 2–4 hours or until the fruit is tender.

Serve this spread over a bagel or toast or as a topping for yogourt. Layer with yogourt and Crunchy Nova Scotia Honey Granola (see April recipes) to make an eye-appealing parfait or use it as a topping for your favourite whole-grain cereal.

Quick-cooking tapioca thickens the fruit nicely. To save time, the ingredients may be combined the day before. Turn the slow cooker on in the morning to be ready for noontime serving.

Notes:

May: CUCUMBERS

Nutritional Tips & Fun Facts for Newsletters

- Is a cucumber a fruit or a vegetable? Technically, it is a fruit because it contains the seeds to reproduce, but typically cucumbers are grouped with vegetables due to their use in salads.
- Along with squash, melons, and pumpkins, cucumbers belong to the Cucurbitaceae family.
- Normally, cucumber plants are monoecious, which means that they produce both male and female flowers separately on the same plant. New cucumber types incorporate a gynoecious flowering habit, meaning that only female flowers are produced.
- The cucumber is native to India, where it has been grown for at least 3,000 years. Archaeological evidence suggests that it may have been cultivated as early as 9750 BC.
- Cucumbers were brought to the New World by Columbus in 1494. They were being grown by the Iroquois when the *Mayflower* arrived in North America in 1620.
- Many slicing cucumbers are grown in greenhouses. These super-long (12–15 inches/30–40 cm), smooth, lightly ridged, dark-green cucumbers are uniform in shape and length and are practically seedless, making them more easily digested. Also called English cucumbers, they are extremely thin skinned and are shrink-wrapped to minimize moisture loss. They taper at the tip (where they will spoil quickest) and have a mild, sweet flavour.

Promotional Ideas

- During the week or month you are promoting cucumbers, include some trivia with the morning announcements. Example: “Cool as a cucumber” isn’t just a catchy phrase. The inner temperature of a cucumber can be up to 20° cooler than the outside air.
- Learn about growing cucumbers in greenhouses. It happens right here in the Annapolis Valley. See <http://www.denhaansgreenhouses.com/> for more information.
- Traditionally, many people pickled cucumbers. Pickling was a common method of preserving. Get the students to find out about pickling by talking to their grandparents or seniors who might come in and share their knowledge on pickling. Unfortunately, the process makes the cucumbers high in sodium, so pickled cucumbers should be eaten only occasionally. Instead, try making Cucumber Yogourt Maple Salad (see next page).
- For a change of pace, get the students to learn about sea cucumbers (not an eating variety).

Cucumber Yogourt Maple Salad

MAXIMUM
SMALL QUANTITYAdapted from *Harrowsmith Magazine*, August 2006

Yield: 8

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.29

1/2 x 12-inch	English cucumber	1/2 x 30-cm
1	green onion	1
1 tsp	fresh dill <i>or</i>	5 mL
1/4 tsp	dried dill	1 mL
1/4 cup	2% plain yogourt	50 mL
1/4 cup	mayonnaise, light	50 mL
1/4 cup	cider vinegar	50 mL
2 tbsps	maple syrup	30 mL
1/4 tsp	salt	1 mL
	pepper, to taste	

- 1** Wash the cucumber and cut into thin slices.
- 2** Finely chop the green onion and dill (if using fresh dill).
- 3** Mix the yogourt, mayonnaise, cider vinegar, and maple syrup. Stir in the chopped green onion and dill.
- 4** Add the sliced cucumbers and stir well. Add the salt and pepper.

Fresh field cucumbers are available from June to October, while Nova Scotia greenhouse cucumbers are available year-round. Look for firm, well-shaped, bright-green cucumbers. Avoid soft, over-mature, or yellowing ones.

Cucumber Yogourt Maple Salad

MAXIMUM
LARGE QUANTITYAdapted from *Harrowsmith Magazine*, August 2006

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.29

4 x 12-inch	English cucumbers	4 x 30-cm
1 bunch	green onions	1 bunch
1/4 cup	fresh dill <i>or</i>	50 mL
1 tbsp	dried dill	15 mL
1 cup	2% plain yogourt	250 mL
1 cup	mayonnaise, light	250 mL
1 cup	cider vinegar	250 mL
1/2 cup	maple syrup	125 mL
1 tsp	salt	5 g
	pepper, to taste	

- 1 Wash the cucumbers and cut into thin slices.
- 2 Finely chop the green onions and dill (if using fresh dill).
- 3 Mix the yogourt, mayonnaise, cider vinegar, and maple syrup. Stir in the green onions and dill.
- 4 Add the sliced cucumbers and stir well. Add the salt and pepper.

Fresh field cucumbers are available from June to October, while Nova Scotia greenhouse cucumbers are available year-round. Look for firm, well-shaped, bright-green cucumbers. Avoid soft, over-mature, or yellowing ones.

Tangy Cucumber Salad

MAXIMUM
SMALL QUANTITY

Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 8

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.22

1 x 8-inch	English cucumber	1 x 20-cm
2	green onions	2
1 tbsp	fresh dill <i>or</i>	15 mL
1 tsp	dried dill	5 mL
1/4 cup	cider vinegar	50 mL
2 tbsp	honey, liquid	30 mL
1/4 tsp	salt	1 g
	pepper, to taste	
1/4 cup	water	50 mL
1/3 cup	cherry tomatoes	75 mL

- 1 Wash the cucumber. Cut in half lengthwise and, with a spoon, scoop out the seeds. Cut the cucumber into thin slices.
- 2 Finely chop the green onions and dill (if using fresh dill).
- 3 In a saucepan, bring the cider vinegar, honey, salt, pepper, and water to a boil. Stir until the honey is blended into the vinegar. Cool to lukewarm. Sprinkle with the green onions and dill. Pour over the sliced cucumbers.
- 4 Cut the cherry tomatoes in 2 and fold into the cucumbers.

Serve with a sandwich or chicken strips. This salad is also good added to any type of wrap.

This recipe is great for fall menus, when field cucumbers and cherry tomatoes are abundant.

Tangy Cucumber Salad

**MAXIMUM
LARGE QUANTITY**

Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.22

4 x 8-inch	English cucumbers	4 x 20-cm
1/2 bunch	green onions	1/2 bunch
1/4 cup	fresh dill <i>or</i>	50 mL
1 tbsp	dried dill	15 mL
1 cup	cider vinegar	250 mL
3/4 cup	honey, liquid	175 mL
1 tsp	salt	5 g
	pepper, to taste	
1 1/2 cups	water	375 mL
2 cups	cherry tomatoes	400 mL

- 1 Wash the cucumbers. Cut in half lengthwise and, with a spoon, scoop out the seeds. Cut the cucumbers into thin slices.
- 2 Finely chop the green onions and dill (if using fresh dill).
- 3 In a saucepan, bring the cider vinegar, honey, salt, pepper, and water to a boil. Stir until the honey is blended into the vinegar. Cool to lukewarm. Sprinkle with the green onions and dill. Pour over the sliced cucumbers.
- 4 Cut the cherry tomatoes in 2 and fold into the cucumbers.

Serve with a sandwich or chicken strips. This salad is also good added to any type of wrap.

This recipe is great for fall menus, when field cucumbers and cherry tomatoes are abundant.

Notes:

May: LETTUCE

Nutritional Tips & Fun Facts for Newsletters

- Did you know that lettuce originated in the Mediterranean area? Columbus introduced it to the Americas.
- There are two main types of lettuce: head lettuce and leaf lettuce. Iceberg and romaine are both head lettuces. Leaf lettuce comes in many colours and shapes.
- Check out a seed catalogue such as <http://www.veseys.com> to see some of the many types of lettuce available.
- Lettuce is rich in calcium, fibre, vitamin A, vitamin C, and vitamin K and is packed full of potassium, folic acid, and magnesium.
- Lettuce should be washed and then completely air-dried, spun in a salad spinner, or blotted with paper towels to remove excess water. Do not soak lettuce. Too much water will soften the leaves.
- Mesclun is a mix of lettuce and other greens that are harvested at a very young age. Young children and teenagers may enjoy it as it has a more delicate flavour than older greens, which may be more bitter. It will absorb a vinaigrette or salad dressing much faster than other heartier greens such as iceberg or romaine lettuce.
- The word "mesclun" comes from a southern French word, "*mescla*," which means "to mix."

Promotional Ideas

- Serve salads in see-through containers to create more eye appeal to the meal.
- Promotional trivia: The largest lettuce head was a Salad Bowl cultivar grown by Colin Bowcock in England in 1974; it weighed 25 pounds (11 kg).
- The plant parts you eat vary: With lettuce it is the leaves. Download this worksheet to look at other plant parts you might eat: <http://www.dolesuperkids.com/pdf/LessonPlans-Science-edible.pdf>.
- Have a salad bar set up for the students to select their own types of lettuce.
- Looking for great pictures showing how lettuce and other vegetables grow? Check out <http://www.vermeulenfarms.com>, the website of a working farm in the Annapolis Valley.

Zesty Mesclun Salad

MAXIMUM
SMALL QUANTITY

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Yield: 6

Portion: 1 cup (250 mL)

Cost per serving: \$0.56

6 cups	mesclun salad mix	120 g
6 tbsp	feta cheese	90 mL
2/3	red pepper	2/3
6 tbsp	Raspberry Vinaigrette Salad Dressing (see below)	75 mL

- 1 Wash the salad and pat dry.
- 2 Crumble the feta cheese.
- 3 Wash and thinly slice the red pepper to make rings. Remove the seeds as you go along.
- 4 For each serving, place 1 cup (250 mL) of the salad mix on a small plate, sprinkle with 1 tbsp (15 mL) of the crumbled feta cheese, and top with a red-pepper ring.
- 5 Just before serving, drizzle 1 tbsp (15 mL) of the Raspberry Vinaigrette over the each serving.

Raspberry Vinaigrette Salad Dressing

Adapted from *Simply in Season: Recipes That Celebrate Fresh, Local Foods in the Spirit of More-With-Less*, Mary Beth Lind and Cathleen Hockman-Wert

1 tbsp	maple syrup	15 mL
2 tbsp	canola oil	30 mL
1 tbsp	lemon juice	15 mL
1 tbsp	cider vinegar	15 mL
2 tbsp	frozen raspberries (thawed)	30 mL
1/8 tsp	prepared mustard	1 mL
pinch	salt	pinch
pinch	pepper, ground	pinch
1 tsp	poppy seeds	5 mL

- 1 Place all the ingredients in a blender and pulse briefly until they are well blended.

For an alternative flavour, lime juice may be substituted for the lemon juice and 1 tsp (5 mL) chopped red onion may be substituted for the poppy seeds. This dressing works well on a spinach salad. For more raspberry flavour, try adding 1/4 cup (50 mL) frozen raspberries to the salad mix just before putting it on the plates.

Always add the dressing right before serving; otherwise the salad will lose its crispness and be limp and unappetizing. Mesclun salad is slightly more expensive than other lettuce but can easily be extended by adding less-expensive greens such as iceberg or romaine lettuce.

Vinaigrette is basically a mixture of oil with an acid such as vinegar or juice that is combined with the help of an emulsifying ingredient such as mustard or paprika. The tartness of a vinaigrette may be improved by adding a small amount of a sweetener such as maple syrup.

Zesty Mesclun Salad

**MAXIMUM
LARGE QUANTITY**

Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Yield: 50

Portion: 1 cup (250 mL)

Cost per serving: \$0.56

2 lbs	mesclun salad mix	1 kg
1 1/4 lbs	feta cheese	600 g
4	red peppers	4
3 cups	Raspberry Vinaigrette Salad Dressing (see below)	750 mL

- 1 Wash the salad mix and pat dry.
- 2 Crumble the feta cheese.
- 3 Wash and thinly slice the red peppers to make rings. Remove the seeds as you go along.
- 4 For each serving, place 1 cup (250 mL) of the salad mix on a small plate, sprinkle with 1 tbsp (15 mL) of the crumbled feta cheese and top with a red-pepper ring.
- 5 Just before serving, drizzle 1 tbsp Raspberry Vinaigrette over the salad mixture.

Raspberry Vinaigrette Salad Dressing

Adapted from *Simply in Season: Recipes That Celebrate Fresh, Local Foods in the Spirit of More-With-Less*, Mary Beth Lind and Cathleen Hockman-Wert

1/2 cup	maple syrup	125 mL
1 cup	canola oil	250 mL
2/3 cup	lemon juice	150 mL
1/2 cup	cider vinegar	125 mL
1 cup	frozen raspberries (thawed)	125 g
1 tsp	prepared mustard	5 g
1/2 tsp	salt	2 g
1/2 tsp	pepper, ground	2 g
3 tbsp	poppy seeds	30 g

- 1 Place all the ingredients in a blender and pulse briefly until they are well blended.

For an alternative flavour, lime juice may be substituted for the lemon juice and 1 tsp (5 mL) chopped red onion may be substituted for the poppy seeds. This dressing works well on a spinach salad. For more raspberry flavour, try adding 1/4 cup (50 mL) frozen raspberries to the salad mix just before putting it on the plates.

Always add the dressing right before serving; otherwise the salad will lose its crispness and be limp and unappetizing. Mesclun salad is slightly more expensive than other lettuce but can easily be extended by adding less-expensive greens such as iceberg or romaine lettuce.

Vinaigrette is basically a mixture of oil with an acid such as vinegar or juice that is combined with the help of an emulsifying ingredient such as mustard or paprika. The tartness of a vinaigrette may be improved by adding a small amount of a sweetener such as maple syrup.

Crispy Vegetable Salad

**MAXIMUM
SMALL QUANTITY**

Adapted from Dole Super Kids at <http://www.dole5aday.com>

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.67

2 cups	broccoli	500 mL
2	carrots	2
1	red pepper	1
1/2 bunch	radishes	1/2 bunch
1/2 cup	celery, washed and sliced	125 mL
3/4 cup	Italian salad dressing, light	175 mL
1/2 x 1-lb bag	leafy green salad mix	1/2 x 454-g bag

- 1** Wash the broccoli, carrots, red pepper, and radishes.
- 2** Separate the broccoli into bite-size florets. Peel and thinly slice the carrots. Thinly slice the red pepper and radishes.
- 3** In a large bowl, combine the broccoli, carrots, red pepper, radishes, and celery with the salad dressing. Cover with plastic wrap and refrigerate for at least 30 minutes.
- 4** Before serving, toss with the salad mix.

Crispy Vegetable Salad

**MAXIMUM
LARGE QUANTITY**

Adapted from Dole Super Kids at <http://www.dole5aday.com>

Yield: 45

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.67

2 lbs	broccoli	1 kg
1 1/2 lbs (4 cups)	carrots	600 g
4	red peppers	4
2 bunches	radishes	2 bunches
2 cups	celery, washed and sliced	500 mL
3 x 8-oz bottles	Italian salad dressing, light	3 x 225-mL bottles
2 x 1-lb bags	leafy green salad mix	2 x 454-g bags

- 1** Wash the broccoli, carrots, red peppers, and radishes.
- 2** Separate the broccoli into bite-size florets. Peel and thinly slice the carrots. Thinly slice the red peppers and radishes.
- 3** In a large bowl, combine the broccoli, carrots, red peppers, radishes, and celery with the salad dressing. Cover with plastic wrap and refrigerate for at least 30 minutes.
- 4** Before serving, toss with the salad mix.

June

RHUBARB	Nutritional Tips & Fun Facts for Newsletters / Promotional Ideas Recipes: Rhubarb & Strawberry Smoothie Rhubarb Raspberry Muffins
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June: RHUBARB

Nutritional Tips & Fun Facts for Newsletters

- Rhubarb is perennial, meaning that you do not have to plant it each year. It will not be ready to cut the first year you plant it, but after that it may produce good stalks for up to 15 years.
- Two hundred years ago, rhubarb's value was chiefly medicinal and not for cooking. It was known to make excellent purgatives and laxatives.
- The stalks of rhubarb are harvested in June. The leaves should be discarded as they are toxic.
- Rhubarb is harvested by hand in commercial operations. Knol Farms near Oxford is a large producer of rhubarb in Nova Scotia.
- Nova Scotia produces about 20 per cent of all Canadian rhubarb. The Rhubarb Research Program was established in 2004 at the Nova Scotia Agricultural College.
- When using frozen rhubarb, allow it to thaw just enough to be able to separate the pieces; then proceed as if using fresh rhubarb.

Promotional Ideas

- Get the students to write limericks about rhubarb. Here is an example from <http://www.rhubarbinfo.com>:
Rhubarb when raw is so tough
And its leaves contain poisonous stuff,
But when cleaned and de-soiled
Dipped in sugar and boiled
Then the stalks are quite tasty enough.
- Rhubarb is beneficial in many ways. Create a contest for the students at your school to do some research. For example, you may be looking for rhubarb trivia such as:
 - Rhubarb is a source of calcium, vitamin C, and potassium.
 - Not until the late 1700s did it become appreciated for its fruit-like quality.
 - Technically a vegetable, it is eaten as a fruit in pies, cakes, preserves, and other sweet dishes.

Rhubarb & Strawberry Smoothie

**MODERATE
SMALL QUANTITY**

Adapted from the Basic Rhubarb Sauce recipe (see January recipes)

Yield: 8–10

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

1 cup	Basic Rhubarb Sauce (see January recipes)	250 mL
1 cup	strawberries, frozen	250 mL
1 cup	1% milk	250 mL
1/4 cup	1% plain yogourt raspberries or blueberries, frozen (for garnish)	50 mL

- 1** Allow the frozen strawberries to thaw slightly.
- 2** Blend the rhubarb sauce, strawberries, milk, and yogourt in a blender or food processor.
- 3** Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo can be served as a beverage or a between-meals snack. It's great with fresh apple or pear slices.

Rhubarb & Strawberry Smoothie

**MODERATE
LARGE QUANTITY**

Adapted from the Basic Rhubarb Sauce recipe (see January recipes)

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

4 cups	Basic Rhubarb Sauce (see January recipes)	1 L
4 cups	strawberries, frozen	600 g
4 cups	1% milk	1 L
1 cup	1% plain yogourt	250 mL
	raspberries or blueberries, frozen (for garnish)	

- 1** Allow the frozen strawberries to thaw slightly.
- 2** Blend the rhubarb sauce, strawberries, milk, and yogourt in a blender or food processor.
- 3** Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo can be served as a beverage or a between-meals snack. It's great with fresh apple or pear slices.

Rhubarb Raspberry Muffins

**MODERATE
SMALL QUANTITY**

Adapted from Cooks.com at <http://www.cooks.com>

Preheat oven to 375°F

15 muffin cups lined with muffin papers

Yield: 15

Portion: 1 muffin

Cost per serving: \$0.19

1 cup	all-purpose flour	250 mL
1 cup	whole-wheat flour	250 mL
1/4 cup	flax flour or flax meal	50 mL
1 tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/4 tsp	salt	1 mL
1	egg	1
1/4 cup	skim milk	50 mL
1/2 cup	canola oil	125 mL
1/3 cup	brown sugar, lightly packed	75 mL
1 cup	Basic Rhubarb Sauce (see January recipes)	250 mL
2/3 cup	raspberries, frozen	150 mL
2 tbsp	brown sugar, lightly packed	30 mL
1/4 tsp	cinnamon, ground	1 mL

- 1 In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2 In a separate bowl, beat the egg, skim milk, oil, brown sugar, and rhubarb sauce.
- 3 Add the liquid ingredients to the dry ingredients and mix until the dry ingredients have been moistened. Gently fold the raspberries into the batter.
- 4 Pour into the muffin cups, filling each muffin cup 2/3 full.
- 5 Mix the remaining brown sugar with the cinnamon and sprinkle over the muffins.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

This recipe is a great way to use leftover Basic Rhubarb Sauce (see January recipes). Rhubarb sauce blends well with the muffin ingredients and adds texture and moisture. Frozen raspberries combine well with the rhubarb and add extra colour, nutrition, and taste to this healthy breakfast, snack, or meal item.

Rhubarb Raspberry Muffins

**MODERATE
LARGE QUANTITY**

Adapted from Cooks.com at <http://www.cooks.com>

Preheat oven to 375°F

45 muffin cups lined with muffin papers

Yield: 45

Portion: 1 muffin

Cost per serving: \$0.19

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
3/4 cup	flax flour or flax meal	45 g
3 tbsp	baking powder	45 g
1 1/2 tsp	baking soda	7 g
1 tsp	salt	5 g
3	eggs	3
3/4 cup	skim milk	175 mL
1 1/2 cups	canola oil	375 mL
1 cup	brown sugar, lightly packed	150 g
3 cups	Basic Rhubarb Sauce (see January recipes)	750 mL
2 cups	raspberries, frozen	200 g
1/2 cup	brown sugar, lightly packed	75 g
1 tsp	cinnamon, ground	2.5 g

- 1 In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2 In a separate bowl, beat the eggs, skim milk, oil, brown sugar, and rhubarb sauce.
- 3 Add the liquid ingredients to the dry ingredients and mix until the dry ingredients have been moistened. Gently fold the raspberries into the batter.
- 4 Pour into the muffin cups, filling each muffin cup 2/3 full.
- 5 Mix the remaining brown sugar with the cinnamon and sprinkle over the muffins.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

This recipe is a great way to use leftover Basic Rhubarb Sauce (see January recipes). Rhubarb sauce blends well with the muffin ingredients and adds texture and moisture. Frozen raspberries combine well with the rhubarb and add extra colour, nutrition, and taste to this healthy breakfast, snack, or meal item.

Notes:

June: **STRAWBERRIES**

Nutritional Tips & Fun Facts for Newsletters

- The strawberry is a tremendously popular fruit, particularly in Nova Scotia, where we consume more strawberries per capita than any other region of Canada.
- Did you know that strawberries are grown in every province in Canada and that new varieties mean they are available fresh for a longer period of time?
- Seventy per cent of a strawberry plant's roots are located in the top 3 inches (8 cm) of soil.
- The term "Alaska strawberries" is a 19th-century American euphemism for dried beans.
- Did you know that strawberries have a museum dedicated to them in Belgium?
- Choose plump, bright, red berries with fresh green caps.
- When picking your own strawberries, remember that they do not ripen after picking, so avoid berries that have white or green parts. Leaving the green cap on will help them stay fresh longer.

Promotional Ideas

- Get the students to find local producers where they can go and pick their own strawberries. This page may help: <http://www.gov.ns.ca/agri/marketing/recipes/agri/strawber.shtml>.
- Strawberries are great in smoothies. Have the students help run a Smoothie Bar where they serve a variety of smoothie recipes.
- Learn about growing strawberries. See if you have a location on the school property that would make a good site, and consider planting some.
- It is said that Anne Boleyn, the second wife of King Henry VIII, had a strawberry-shaped birthmark on her neck, which some claimed proved she was a witch. When and in which country did Anne Boleyn and Henry VIII live?

Baked In Strawberry Shortcake

**MODERATE
SMALL QUANTITY**

Adapted from the *Nova Scotia Department of Agriculture and Marketing*, Home Economics Division

Preheat oven to 375°F

1 – 8" x 8" baking pan, lightly greased

Yield: 8

Portion: 1 piece

Cost per serving: \$0.35

1/3 cup	all-purpose flour, sifted	75 mL
1/2 cup	whole-wheat flour	125 mL
1/2 cup	white granulated sugar	125 mL
2 tsp	baking powder	10 mL
1/2 tsp	salt	2 mL
1/4 cup	skim milk	50 mL
1	egg	1
2 tbsp	non-hydrogenated margarine, melted	30 mL
2 cups	frozen strawberries in light syrup (drained)	500 mL

Crumble Topping

3 tbsp	all-purpose flour, sifted	45 mL
3 tbsp	flax flour or flax meal	45 mL
3 tbsp	brown sugar, lightly packed	45 mL
3 tbsp	non-hydrogenated margarine	45 mL
1/4 tsp	cinnamon, ground	1 mL

- 1** Sift together the flours, sugar, baking powder, and salt in a bowl.
- 2** Mix the milk, egg, and margarine. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the pan.
- 3** Evenly distribute the strawberries over the batter.
- 4** Mix the crumble-topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
- 5** Bake for about 30–35 minutes; check after 25 minutes. Cut into 8 portions.

This healthy version of strawberry shortcake is good for a snack or dessert and easily replaces modern-day granola bars. It's a good choice for recess.

Baked In Strawberry Shortcake

**MODERATE
LARGE QUANTITY**

Adapted from the *Nova Scotia Department of Agriculture and Marketing*, Home Economics Division

Preheat oven to 375°F

2 – 11" x 17" sheet pans, lightly greased

Yield: 48

Portion: 1 piece

Cost per serving: \$0.35

2 cups	all-purpose flour, sifted	227 g
2 1/2 cups	whole-wheat flour	340 g
2 1/2 cups	white granulated sugar	550 g
1/4 cup	baking powder	60 g
1 tbsp	salt	15 g
1 1/2 cups	skim milk	375 mL
6	eggs	6
3/4 cup	non-hydrogenated margarine, melted	175 g
5 lbs	frozen strawberries in light syrup (drained)	2 kg

Crumble Topping

1 cup	all-purpose flour, sifted	240 g
1 cup	flax flour or flax meal	65 g
1 cup	brown sugar, lightly packed	150 g
1 cup	non-hydrogenated margarine	250 g
1 1/2 tsp	cinnamon, ground	3.5 g

- 1 Sift together the flours, sugar, baking powder, and salt in a large bowl.
- 2 Mix the milk, eggs, and margarine. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the sheet pans.
- 3 Evenly distribute the strawberries over the batter.
- 4 Mix the crumble-topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
- 5 Bake for about 45 minutes; check after 35 minutes. Cut each sheet pan into 24 portions.

This healthy version of strawberry shortcake is good for a snack or dessert and easily replaces modern-day granola bars. It's a good choice for recess.

Sweet as Sunshine Smoothie

MAXIMUM
SMALL QUANTITYAdapted from the California Strawberry Commission at <http://www.calstrawberry.com>**Yield: 8****Portion: 1/2 cup (125 mL)****Cost per serving: \$0.47**

2 cups	strawberries, frozen	500 mL
3/4 cup	pineapple chunks, unsweetened	175 mL
3/4 cup	sliced peaches, in natural juice	175 mL
3/4 cup	sliced pears, in natural juice	175 mL
1 cup	low-fat vanilla yogourt	250 mL
	Grape-Nuts® cereal or frozen blueberries (for garnish)	

- 1** Allow the strawberries to thaw slightly.
- 2** Drain the canned fruit.
- 3** Combine all the fruit; blend in a blender or food processor in small batches.
- 4** Add the yogourt to the blended fruit.
- 5** Serve in cups; top with a sprinkle of Grape-Nuts® or a few frozen blueberries.

Smoothies are a great way to increase fruit and dairy intakes. Substitute with any frozen fruit you may have on hand; leftover frozen bananas can be substituted for the pineapple. Smoothies made with frozen fruit may be a little thicker than those made with fresh fruit. If required, thin the mixture by adding some of the liquid drained from the fruit. The flavour combinations of smoothies are endless; experiment a little and have fun.

Sweet as Sunshine Smoothie

MAXIMUM
LARGE QUANTITYAdapted from the California Strawberry Commission at <http://www.calstrawberry.com>**Yield: 40****Portion: 1/2 cup (125 mL)****Cost per serving: \$0.47**

10 cups	strawberries, frozen	1 kg
2 x 14-oz cans	pineapple chunks, unsweetened	2 x 398-mL cans
1 x 28-oz can	sliced peaches, in natural juice	1 x 796-mL can
1 x 28-oz can	sliced pears, in natural juice	1 x 796-mL can
6 cups	low-fat vanilla yogourt	1.5 L
	Grape-Nuts® cereal or frozen blueberries (for garnish)	

- 1** Allow the strawberries to thaw slightly.
- 2** Drain the canned fruit.
- 3** Combine all the fruit; blend in a blender or food processor in small batches.
- 4** Add the yogourt to the blended fruit.
- 5** Serve in cups; top with a sprinkle of Grape-Nuts® or a few frozen blueberries.

Smoothies are a great way to increase fruit and dairy intakes. Substitute with any frozen fruit you may have on hand; leftover frozen bananas can be substituted for the pineapple. Smoothies made with frozen fruit may be a little thicker than those made with fresh fruit. If required, thin the mixture by adding some of the liquid drained from the fruit. The flavour combinations of smoothies are endless; experiment a little and have fun.

Notes:

June: PEPPERS

Nutritional Tips & Fun Facts for Newsletters

- Most people think that bell peppers are vegetables, but they are actually a fruit.
- Peppers come in a variety of sizes and shapes, from short and round to large and oblong.
- Peppers come in many colours, including green, yellow, red, and even brown and purple.
- Did you know that green and red bell peppers come from the same plant? As bell peppers mature, their colour changes from green to red as they ripen and become sweeter. That's why red peppers are sweeter than green peppers.
- All bell peppers are rich in vitamin C, but red peppers contain more than twice as much vitamin C as green peppers.
- Dried chili-pepper wreaths are called "ristras" and are considered symbols of plenty and hope.
- The French word for bell pepper is *poivre de cloche*.
- The number of peppers eaten by people in Canada has increased dramatically in the last 20 years.

Promotional Ideas

- Make a poster to hang in the cafeteria that has pictures of a few varieties of peppers (e.g., bell peppers, chili peppers, jalapeno peppers, banana peppers). The contest could be that the first student to name all the peppers correctly wins the featured menu item from the cafeteria.
- Get the students to create crosswords with all things pepper. Assign a Pepper Crossword Puzzle to each student. It can also be completed as a group.
- Let the students try their hand at growing peppers.
- Remember to position your featured recipe at the students' eye level in the cafeteria.

Roasted Red Pepper & Hummus Wraps

MAXIMUM
SMALL QUANTITY

Adapted from *New Light Cooking*, Anne Lindsay

Red Pepper Wraps

Yield: 12

Portion: 1 wrap

Cost per serving: \$0.64

2 cups	Hummus (see below)	500 mL
12 slices	Roasted Red Peppers (see June recipes)	12 slices
12 x 6-inch	whole-wheat tortillas	12 x 15-cm

- 1 Begin by making the hummus (see below) and roasting the red peppers (see June recipes).
- 2 Spread each tortilla with 2 tbsp (30 mL) of the hummus.
- 3 Place a red-pepper slice on top of the hummus.
- 4 Roll up each tortilla. If desired, cut on the diagonal to serve.

Hummus

Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 2 cups

Portion: 2–3 tbsp (30–45 mL)

1	garlic clove, minced	1
1 x 19-oz can	chickpeas, drained	1 x 540-mL can
3 tbsp	sesame oil	45 mL
2 tbsp	lemon juice	30 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL

- 1 In a food processor, purée the garlic and chickpeas.
- 2 Add the remaining ingredients and process until blended and smooth.

Older students may like a sprinkling of chopped red onion on their wraps. Instead of hummus, Curried Carrot Dip (see September recipes) could be used in the wrap.

This is a great vegetarian dish; chickpeas are a great source of plant protein.

Roasted Red Pepper & Hummus Wraps

MAXIMUM
LARGE QUANTITY

Adapted from *New Light Cooking*, Anne Lindsay

Red Pepper Wraps

Yield: 48

Portion: 1 wrap

Cost per serving: \$0.64

6 cups	Hummus (see below)	1.5 L
48 slices	Roasted Red Pepper (see June recipes)	48 slices
48 x 6-inch	whole-wheat tortillas	48 x 15-cm

- 1 Begin by making the hummus (see below) and roasting the red peppers (see June recipes).
- 2 Spread each tortilla with 2 tbsp (30 mL) of the hummus.
- 3 Place a red-pepper slice on top of the hummus.
- 4 Roll up each tortilla. If desired, cut on the diagonal to serve.

Hummus

Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 6 cups

Portion: 2–3 tbsp (30–45 mL)

3	garlic cloves, minced	3
3 x 19-oz cans	chickpeas, drained	3 x 540-mL cans
1/2 cup	sesame oil	125 mL
1/3 cup	lemon juice	75 mL
1 1/2 tsp	salt	7 g
3/4 tsp	pepper	4 g

- 1 In a food processor, purée the garlic and chickpeas.
- 2 Add the remaining ingredients and process until blended and smooth.

Older students may like a sprinkling of chopped red onion on their wraps. Instead of hummus, Curried Carrot Dip (see September recipes) could be used in the wrap.

This is a great vegetarian dish; chickpeas are a great source of plant protein.

Rainbow Pepper & Beef Stir-fry

MODERATE
SMALL QUANTITY

Adapted from *The Complete Canadian Living Cookbook*, Elizabeth Baird

Preheat oven to 375°F

2 roasting pans

Yield: 10

Portion: 1/2 cup (125 mL)

Cost per serving: \$1.00

2 tsp	canola oil	10 mL
3/4 lb	beef strips	300 g
1 1/2	peppers (1/2 red, 1/2 orange, 1/2 yellow)	1 1/2
1/4 cup	teriyaki sauce	50 mL
1/4 cup	water	50 mL
1 tbsp	cider vinegar	15 mL
1 tsp	cornstarch	5 mL
1 tsp	water	5 mL
2	green onions	2
1 cup	matchstick carrots	250 mL
1/4 lb	spaghetti	110 g

- 1 Place 1 tsp (5 mL) of the oil in a roasting pan, distribute the beef strips in a single layer over the pan, and bake for about 20–30 minutes, until no longer pink. Do not overcook as this will make the strips tough.
- 2 Wash the peppers, cut in half, and remove the seeds; then cut into strips.
- 3 Place the remaining oil in the other roasting pan, distribute the pepper strips in a single layer over the pan, and bake for about 20–30 minutes, until soft.
- 4 While the beef strips and pepper strips are in the oven, combine the teriyaki sauce, 1/4 cup (50 mL) of water, and cider vinegar; bring to a boil. Make a paste with the cornstarch and 1 tsp (5 mL) of water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
- 5 Chop the green onions.
- 6 Combine the cooked beef and pepper strips, green onions, and matchstick carrots. Stir in the teriyaki sauce.
- 7 Bring 4 cups (1 L) of water to a boil. Add the spaghetti and cook for 10 minutes to the al dente stage (firm but not hard).
- 8 Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

This bright sliced peppers/beef combination has good eye appeal. Select beef strips from inside-round or sirloin-tip cuts, so they are not tough. Tofu could be substituted for the beef. Rice could be served instead of spaghetti or the mixture could be placed in a whole-wheat tortilla wrap.

Rainbow Pepper & Beef Stir-fry

**MODERATE
LARGE QUANTITY**

Adapted from *The Complete Canadian Living Cookbook*, Elizabeth Baird

Preheat oven to 375°F

2 roasting pans

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$1.00

2 tbsp	canola oil	30 mL
3 lbs	beef strips	1.5 kg
6	peppers (2 red, 2 orange, 2 yellow)	6
1 cup	teriyaki sauce	250 mL
1 cup	water	250 mL
1/4 cup	cider vinegar	50 mL
1 tbsp	cornstarch	15 mL
1 tbsp	water	15 mL
1 bunch	green onions	1 bunch
4 cups	matchstick carrots	280 g
1 lb	spaghetti	454 g

- 1 Place 1 tbsp (15 mL) of the oil in a roasting pan, distribute the beef strips in a single layer over the pan, and bake for about 20–30 minutes, until no longer pink. Do not overcook as this will make the strips tough.
- 2 Wash the peppers, cut in half, and remove the seeds; then cut into strips.
- 3 Place the remaining oil in the other roasting pan, distribute the pepper strips in a single layer over the pan, and bake for about 20–30 minutes, until soft.
- 4 While the beef strips and pepper strips are in the oven, combine the teriyaki sauce, 1 cup (250 mL) of water, and cider vinegar; bring to a boil. Make a paste with the cornstarch and 1 tbsp (15 mL) of water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
- 5 Chop the green onions.
- 6 Combine the cooked beef and pepper strips, green onions, and matchstick carrots. Stir in the teriyaki sauce.
- 7 Bring 16 cups (4 L) of water to a boil. Add the spaghetti and cook for 10 minutes to the al dente stage (firm but not hard).
- 8 Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

This bright sliced peppers/beef combination has good eye appeal. Select beef strips from inside-round or sirloin-tip cuts, so they are not tough. Tofu could be substituted for the beef. Rice could be served instead of spaghetti or the mixture could be placed in a whole-wheat tortilla wrap.

Roasted Red Peppers

MAXIMUM
SMALL QUANTITY

Adapted from *New Light Cooking*, Anne Lindsay

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 12

Portion: 1/6 of a pepper

Cost per serving: \$0.17

2	red peppers	2
1 tsp	canola oil	5 mL
1/4 tsp	oregano	1 mL

- 1** Wash the peppers well. Cut each pepper in half; scoop out the seeds and the stem. Cut each half into 3 slices (2 peppers x 6 slices = 12 slices).
- 2** Toss the red-pepper slices in a bowl with the oil and oregano.
- 3** Lay the slices inside-face-down (not the skin side) on the sheet pan.
- 4** Bake for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed, but roasted peppers are acceptable with the skins left on.

Roasted red peppers are easy to make. They are flavourful and full of vitamin C. They could be served on the side with a chicken strip, in a sandwich, or on top of a lean hamburger.

Roasted red peppers are also a great topping for pizza, such as Crusty Homemade Vegetable Pizza (see March recipes), or in Roasted Red Pepper & Hummus Wraps (see June recipes).

Roasted Red Peppers

MAXIMUM
LARGE QUANTITY

Adapted from *New Light Cooking*, Anne Lindsay

Preheat oven to 350°F

2 – 11" x 17" sheet pans

Yield: 48

Portion: 1/6 of a pepper

Cost per serving: \$0.17

8	red peppers	8
1 tbsp	canola oil	15 mL
1 tsp	oregano	5 mL

- 1** Wash the peppers well. Cut each pepper in half; scoop out the seeds and the stem. Cut each half into 3 slices (8 peppers x 6 slices = 48 slices).
- 2** Toss the red-pepper slices in a bowl with the oil and oregano.
- 3** Lay the slices inside-face-down (not the skin side) on the sheet pans.
- 4** Bake for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed, but roasted peppers are acceptable with the skins left on.

Roasted red peppers are easy to make. They are flavourful and full of vitamin C. They could be served on the side with a chicken strip, in a sandwich, or on top of a lean hamburger.

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Notes:

June: ASPARAGUS

Nutritional Tips & Fun Facts for Newsletters

- The asparagus is a vegetable. As a member of the lily family, it is related to onions, leeks, and garlic.
- The name “asparagus” is Greek for “stalk” or “shoot.” Look at a piece of asparagus and you’ll understand why.
- There are three types of asparagus: green, white, and purple. Green is the most common in North America.
- Green asparagus has its colour thanks to the process known as photosynthesis. Do you know what that is? It’s when sunlight produces a substance called chlorophyll in the cells of plants. The chlorophyll in the cells of the plants gives asparagus its green colour.
- White asparagus has no chlorophyll because it is kept under the soil, where sunlight cannot reach it.
- Asparagus is a favourite vegetable in the spring. Most of Nova Scotia’s asparagus comes from Kings County.

Promotional Ideas

- Do an asparagus taste test; then ask the students to write a piece that includes the word “asparagus.” It can be fact or fiction.
- Create an all-green lunch combo.
- Decorate the cafeteria with green balloons to promote asparagus.
- Try asparagus on pizza.
- Have the students make up an asparagus trivia game. Find information on asparagus at <http://www.asparagus.org/maab/facts.html>.

Roasted Asparagus & Cherry Tomatoes

MAXIMUM
SMALL QUANTITY

Adapted from *The Naked Chef*, Jamie Oliver

Preheat oven to 350°F

1 – 11" x 17" sheet pan

Yield: 6

Portion: 4 spears

Cost per serving: \$0.61

1 lb	asparagus, fresh	454 g
3/4 lb	cherry tomatoes	300 g
2 tbsp	canola oil	30 mL
1	garlic clove, finely sliced	1
1/4 cup	fresh basil <i>or</i>	50 mL
1/2 tbsp	dried basil	7.5 mL
pinch	salt	pinch
	pepper, to taste	
	grated Parmesan cheese or chopped	
	hard-boiled egg (for garnish)	

- 1** Wash the asparagus; trim any woody stems at the base of the stalks.
- 2** Wash the cherry tomatoes.
- 3** Mix the oil and garlic and spread over the sheet pan. Lay the asparagus spears evenly over the pan, rolling them in the oil/garlic mixture.
- 4** Evenly distribute the cherry tomatoes over the asparagus. Break apart the fresh basil and scatter over the asparagus and tomatoes. Sprinkle with the salt and pepper.
- 5** Bake for 20–25 minutes, rolling the spears over in the pan every 10 minutes.
- 6** Serve each asparagus portion of 4 spears in the centre of a side plate with a cherry tomato on top and a slice of whole-grain toast (sliced on the diagonal) placed to 1 side. Garnish with some Parmesan cheese or chopped hard-boiled egg, if you like.

This is an easy way to prepare a large quantity of fresh asparagus. Check to make sure that the asparagus does not become soft and mushy; rather, it should hold its shape and absorb the flavours of the tomatoes, oil, and garlic that surround it.

Roasted Asparagus & Cherry Tomatoes

MAXIMUM
LARGE QUANTITY

Adapted from *The Naked Chef*, Jamie Oliver

Preheat oven to 350°F

3 – 11" x 17" sheet pans

Yield: 30

Portion: 4 spears

Cost per serving: \$0.61

5 lbs	asparagus, fresh	2.5 kg
4 lbs	cherry tomatoes	2 kg
1/2 cup	canola oil	125 mL
3	garlic cloves, finely sliced	3
1 bunch	fresh basil <i>or</i>	1 bunch
2 tbsp	dried basil	30 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
	grated Parmesan cheese or chopped	
	hard-boiled egg (for garnish)	

- 1 Wash the asparagus; trim any woody stems at the base of the stalks.
- 2 Wash the cherry tomatoes.
- 3 Mix the oil and garlic and spread over the sheet pans. Lay the asparagus spears evenly over the pans, rolling them in the oil/garlic mixture.
- 4 Evenly distribute the cherry tomatoes over the asparagus. Break apart the fresh basil and scatter over the asparagus and tomatoes. Sprinkle with the salt and pepper.
- 5 Bake for 20–25 minutes, rolling the spears over in the pans every 10 minutes.
- 6 Serve each asparagus portion of 4 spears in the centre of a side plate with a cherry tomato on top and a slice of whole-grain toast (sliced on the diagonal) placed to 1 side. Garnish with some Parmesan cheese or chopped hard-boiled egg, if you like.

This is an easy way to prepare a large quantity of fresh asparagus. Check to make sure that the asparagus does not become soft and mushy; rather, it should hold its shape and absorb the flavours of the tomatoes, oil, and garlic that surround it.

Notes:

June: PEAS

Nutritional Tips & Fun Facts for Newsletters

- Peas belong to the vegetable family known as legumes, whose plants produce pods with enclosed seeds.
- Like most legumes, peas have special nodules on their roots that enable them to take nitrogen from the air and fix it in the soil. So peas actually improve the soil they grow in.
- The pea is one of the oldest cultivated crops. It is native to western Asia, from the Mediterranean Sea to the Himalayas.
- All peas are a good source of vitamins A and C, thiamine, folate, iron, and phosphorus. In addition, they are rich in protein, carbohydrates, and fibre, and are low in fat.
- Only about 5 per cent of all green peas grown reach the market fresh.
- Frozen peas retain their colour, flavour, and nutrients better than canned peas and are lower in sodium. They are in ready supply year-round.
- All peas can be cooked by using a small amount of water. The less liquid that is used, the less vitamin C that is lost.

Promotional Ideas

- Do a taste test with snow peas and snap peas, and, depending on the students' feedback, include them on the veggie plates and trays being served.
- Once picked, peas will immediately begin converting sugar to starch, which means they will be less sweet. Get the students to name another vegetable that quickly begins to turn its sugar to starch. Answer: Corn. The names of the students who get the correct answer can be put in a draw for a free serving of the fruit and/or vegetable special.
- Ever heard the saying "like two peas in a pod"? It's an idiom. Find out what an idiom is and explain this one.
- Put peas in risotto, kedgeree, omelettes, pizzas, pastas, soups, salads, casseroles, and curries.

Peas-to-Penne

**MODERATE
SMALL QUANTITY**

Adapted from Every Day with Rachael Ray at <http://www.rachaelraymag.com>

Preheat oven to 350°F

1 – 9" x 13" pan

Yield: 12

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

1 lb	penne pasta, whole-wheat	454 g
3/4 lb	peas, frozen	400 g
2 tbsp	Parmesan cheese, grated	30 mL
1/3 cup	olive oil	75 mL
1/4 cup	fresh basil <i>or</i>	50 mL
1 tbsp	dried basil	15 mL
1/2 tbsp	lemon zest (wash the lemon well)	7 mL
1/4 tsp	salt	1 mL
	pepper, to taste	
1/2 cup	light cheddar cheese, grated	125 mL

- 1 Prepare the pasta according to the directions on the package. Cook only to the al dente stage (firm but not hard) and drain, reserving 3/4 cup (175 mL) of the cooking water.
- 2 In a food processor, purée the peas with the Parmesan cheese, oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with the salt and pepper. Transfer to a pot.
- 3 Stir the reserved pasta cooking water into the pea mixture.
- 4 Place the cooked pasta in the pan, add the pea mixture, and toss to combine.
- 5 Sprinkle the cheddar cheese over the pan. Bake for 30 minutes.

NOTE: 1 tsp (5 mL) of low-sodium vegetable or chicken broth may be added to the reserved pasta water, however this will increase the sodium content of the recipe.

This pasta/peas combination makes a complete meal and would go well with Zesty Mesclun Salad (see May recipes).

Peas-to-Penne

**MODERATE
LARGE QUANTITY**

Adapted from Every Day with Rachael Ray at <http://www.rachaelraymag.com>

Preheat oven to 350°F

4 – 9" x 13" pans

Yield: 48

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

4 lbs	penne pasta, whole-wheat	2 kg
3 lbs	peas, frozen	1.5 kg
1/2 cup	Parmesan cheese, grated	125 mL
1 1/2 cups	olive oil	375 mL
1 cup	fresh basil <i>or</i>	250 mL
4 tbsp	dried basil	50 mL
2 tbsp	lemon zest (wash the lemon well)	30 mL
1 tsp	salt	5 g
	pepper, to taste	
8 oz	light cheddar cheese, grated	240 g

- 1 Prepare the pasta according to the directions on the package. Cook only to the al dente stage (firm but not hard) and drain, reserving 3 cups (700 mL) of the cooking water.
- 2 In a food processor, purée the peas with the Parmesan cheese, oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with the salt and pepper. Transfer to a pot.
- 3 Stir the reserved pasta cooking water into the pea mixture.
- 4 Divide the cooked pasta between the pans, add the pea mixture, and toss to combine.
- 5 Sprinkle the cheddar cheese over the pans. Bake for 30 minutes.

NOTE: 1 tsp (5 mL) of low-sodium vegetable or chicken broth may be added to the reserved pasta water, however this will increase the sodium content of the recipe.

This pasta/peas combination makes a complete meal and would go well with Zesty Mesclun Salad (see May recipes).

Powerful Pea Soup

**MAXIMUM
SMALL QUANTITY**

Adapted from an old family recipe

Yield: 12

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

1/2 cup	onion, chopped	125 mL
1 tbsp	non-hydrogenated margarine	15 mL
1 tbsp	canola oil	15 mL
4 cups	peas, fresh or frozen	400 g
2 cups	water	500 mL
1/4 tsp	chicken bouillon powder	1 mL
1 x 12-oz can	1% evaporated milk	1 x 370-mL can
1 cup	1% milk	250 mL
1/4 tsp	pepper	1 mL

- 1 Melt the margarine with the oil over low heat. Add the onion and sauté until soft.
- 2 Put 1/2 cup (125 mL) of the peas aside to be added after the soup has been puréed. Add the remaining peas to the onions.
- 3 Add the water and chicken bouillon powder. Simmer the mixture until the peas are soft.
- 4 Purée the soup in batches in a food processor or blender. Return to the pot and stir in the 1/2 cup (125 mL) of whole peas.
- 5 Add the evaporated milk and 1% milk and the pepper. Blend well.
- 6 Serve in bowls or mugs with a whole-wheat roll or bread to make this high-protein and high-fibre soup a complete meal.

This is a great menu item for cold winter days. Leftovers may be reheated and served the next day.

A variety of vegetables, fresh or frozen, may be substituted for the peas (e.g., carrots, broccoli, or carrots with parsnips).

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

Powerful Pea Soup

**MAXIMUM
LARGE QUANTITY**

Adapted from an old family recipe

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

2 cups	onion, chopped	500 mL
1/4 cup	non-hydrogenated margarine	50 mL
1/4 cup	canola oil	50 mL
16 cups	peas, fresh or frozen	1.8 kg
8 cups	water	2 L
1 1/2 tsp	chicken bouillon powder	5 g
3 x 12-oz cans	1% evaporated milk	3 x 370-mL cans
4 cups	1% milk	1 L
1 tsp	pepper	5 mL

- 1 Melt the margarine with the oil over low heat. Add the onion and sauté until soft.
- 2 Put 2 cups (500 mL) of the peas aside to be added after the soup has been puréed. Add the remaining peas to the onions.
- 3 Add the water and chicken bouillon powder. Simmer the mixture until the peas are soft.
- 4 Purée the soup in batches in a food processor or blender. Return to the pot and stir in the 2 cups (500 mL) of whole peas.
- 5 Add the evaporated milk and 1% milk and the pepper. Blend well.
- 6 Serve in bowls or mugs with a whole-wheat roll or bread to make this high-protein and high-fibre soup a complete meal.

This is a great menu item for cold winter days. Leftovers may be reheated and served the next day.

A variety of vegetables, fresh or frozen, may be substituted for the peas (e.g., carrots, broccoli, or carrots with parsnips).

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

Nova Scotia Vegetable Hodge Podge

MAXIMUM
SMALL QUANTITY

Adapted from *Cook Great Food*, Dietitians of Canada

Preheat oven to 350°F

1 – 9" x 13" pan

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.32

8	small red-skinned potatoes	8
8	baby carrots	8
1/3 cup	snow peas	75 mL
1/3 cup	peas, fresh or frozen	75 mL
1/2 cup	yellow wax beans	125 mL
3/4 cup	kernel corn, frozen	175 mL
3/4 cup	1% milk	175 mL
2 tsp	flour	10 mL
1/2 tsp	salt	2 mL
pinch	pepper	pinch
1/2 tsp	non-hydrogenated margarine	2 mL

- 1 In a large pot, boil the potatoes until tender. Add the carrots and cook for 10 minutes more.
- 2 Transfer the mixture to the pan. Add the snow peas, peas, wax beans, and corn.
- 3 Mix the flour into the milk to form a smooth paste. Stir into the vegetable mixture.
- 4 Bake for 20–30 minutes, until all the vegetables are tender. Stir regularly to ensure that the flour/milk mixture is smooth and does not form lumps. Add the salt, pepper, and margarine.

In Nova Scotia Hodge Podge has traditionally been served as a main dish, but it can be served as a side dish to any protein choice.

Nova Scotia Vegetable Hodge Podge

MAXIMUM
LARGE QUANTITY

Adapted from *Cook Great Food*, Dietitians of Canada

Preheat oven to 350°F

large roasting pan

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.32

48	small red-skinned potatoes	48
48	baby carrots	48
2 cups	snow peas	500 mL
2 cups	peas, fresh or frozen	500 mL
1 lb	yellow wax beans	454 g
4 cups	kernel corn, frozen	1 kg
3 cups	1% milk	750 mL
1/4 cup	flour	40 g
2 tsp	salt	10 g
1/2 tsp	pepper	2 g
1 tbsp	non-hydrogenated margarine	15 g

- 1** In a large pot, boil the potatoes until tender. Add the carrots and cook for 10 minutes more.
- 2** Transfer the mixture to the pan. Add the snow peas, peas, wax beans, and corn.
- 3** Mix the flour into the milk to form a smooth paste. Stir into the vegetable mixture.
- 4** Bake for 20–30 minutes, until all the vegetables are tender. Stir regularly to ensure that the flour/milk mixture is smooth and does not form lumps. Add the salt, pepper, and margarine.

In Nova Scotia Hodge Podge has traditionally been served as a main dish, but it can be served as a side dish to any protein choice.

Appendix A

WEBSITE SOURCES

Website Sources

The Nutritional Tips & Fun Facts for Newsletters as well as the Promotional Ideas were based on a variety of website sources, including the following:

5 a Day — The School Fruit and Vegetable Scheme

<http://www.5aday.nhs.uk/sfvs/about/default.aspx>

5 to 10 a Day for Better Health — Educational Programs for Canadians

http://www.5to10aday.com/en_tips.asp

BC Farm Products A-Z

<http://www.agf.gov.bc.ca/aboutind/products/>

Canadian Produce Marketing Association

<http://www.cpma.ca/>

Chronic Disease and Injury Prevention

<http://www.gov.ns.ca/hpp/cdip/healthy-eating.asp>

Dietitians of Canada—Eat Well, Live Well

http://www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/index.asp

Dole Super Kids

<http://www.dole5aday.com/>

Food and Nutrition in Nova Scotia Schools

http://www.ednet.ns.ca/healthy_eating/

Foodland Ontario

<http://www.foodland.gov.on.ca/>

Freggie Tales— Educational Program for Canadian Produce

<http://www.freggietales.com/education/default.asp>

Horticulture Nova Scotia

<http://www.hortns.com/index.html>

International Food Information Council
<http://www.ific.org/publications/index.cfm>

International Fruit and Vegetable Alliance
<http://www.ifava.org/>

Nova Scotia Apples
<http://www.nsapples.com/teacher/introtea.htm>

Nova Scotia Department of Agriculture — Food and Healthy Living
<http://www.gov.ns.ca/agri/marketing/recipes/agri/index.shtml>

Nova Scotia Department of Agriculture — Nova Scotia Agricultural Awareness
<http://www.gov.ns.ca/agri/agaware/>

Nova Scotia Nutrition Council
<http://www.n SNC.ca>

Public Health Agency of Canada
<http://www.phac-aspc.gc.ca/>

Select Nova Scotia
<http://www.selectnovascotia.ca/>

Tree Fruit Home Garden Index
<http://www.agf.gov.bc.ca/treefrt/homegdn/homegdn.htm>

Notes:

Appendix B

TASTE TESTING

Taste Testing

Taste testing introduces students to new and exciting ways to eat local fruits and vegetables that they can then prepare with their family, and determines if they should be included on the school menu. Students are often reluctant to buy something new if they are not sure if they will like it. Parents likewise may be reluctant to send money for something they are unsure that their child will like. Before beginning taste testing, consider the following:

- Determine how the cost of taste testing will be covered. Allow funds for additional hours to pay the staff preparing the food if it will be done outside their regular hours. Community Health Boards and Foundations may be good sources of funding. There may be local suppliers/distributors who can help provide the food and supplies.
- Pick a date to do the taste test. Will it be part of a special event (e.g. winter carnival, a curriculum day that has a health promoting theme)? Would the person preparing the food have more time if it is done on a half day, when lunch is not being served? A taste test done in the fall can provide feedback for a winter menu; done in May or June, it will help with planning the menu for the next year.
- Check for any allergies or dietary limitations.
- Work out the quantities to be ordered and the portion size needed for the taste test plus any supplies needed (e.g. napkins, portion cups).
- Best results are achieved when every student and staff member has the opportunity to take part. Delivering trays to each class, with sufficient samples for everyone, works well as it allows teachers to make the connection with curriculum outcomes. Arrange a time in the day that creates the least disruption to the curriculum. Often, just before or after recess/lunch is a good time. If it is not convenient to do the taste test in the classroom, consider other locations and groupings. Student feedback may be more challenging if the taste test is done outside the classroom.
- On the day of the taste test explain briefly to the students what they will be trying and that their feedback is important as it will help decide if the food should be included on the menu. It is important for adults not to prejudge how they think the students will react. Experience has shown that in an inclusive, supportive environment students are keen to try new things.
- Encourage every student to try at least one bite, but also acknowledge that it is okay not to like it and that if they don't, the remainder can be composted. If they personally don't like it, they should simply say so but not act in a manner that may deter others from trying it, as everyone likes different things.

- A simple feedback sheet, like the one that follows, should be provided so that it can be answered quickly with a show of hands and include general comments from the students.

Strive for Five at School! Feedback Sheet

Class:					Grade Level:
Recipe Name	Liked	Disliked	Didn't Try	Would you buy it if it was sold in the cafeteria? YES/NO	Comments

Copies of the small-quantity recipe from this guide can be given out to students after they have tasted the recipe. For younger students, a note may be added. The following is an example:

“Your son/daughter participated in a *Strive for Five at School!* taste testing today. The focus of this work is to introduce students to new foods with an emphasis on fruits and vegetables. We encourage you to talk with your child about it. Based on the feedback from students, the plan is to introduce some of the tested items on a regular basis to the school menu offerings. Attached is the recipe in case you would like to try it. Thank you to you and your child for trying something new!”

- Involve the students where possible in tabulating the results; they may want to do some graphs to show the results or read them out on the daily announcements.
- Include the small-quantity recipe and maybe the taste-test results in the school newsletter along with some of the fun facts and nutrition tips on the fruit or vegetable from this guide.
- Consider doing a taste test on parent-teacher night so that parents also get to try the item and can relate to it when they see it on the menu or order sheet that they may have to complete when their child is ordering a snack/lunch.
- Involve the students in preparing the recipes on special days or connect with family-studies teachers so that they can include the recipes in their classes.
- Use the recipes at special events at the school.
- Consider doing a community kitchen night when parents can come in and prepare the recipes with their children.

Notes: