



# Farm to School | Guide Vancouver Area





## What is Farm to School?

Farm to School programs bring healthy, local food into schools and provide students with hands-on learning opportunities that foster food literacy, all while strengthening the local food system and enhancing school and community connectedness.

The Farm to School Vancouver Area (F2SVA) Regional Hub is a regional hub of the Farm to School BC provincial network.

Established in 2007, Farm to School BC is a diverse and expanding provincial network that promotes, supports and links Farm to School activity, policy and programs across the province.

The vision of the F2SVA Regional Hub is healthy, local, sustainable food on the plates and minds of every student in the Vancouver area.

Our mission is to empower students and school communities to make informed food choices to support their learning, while contributing to vibrant, sustainable, regional food systems that support the health of people, place and planet.

Our goals are to:

1. Bring more healthy, local food to the plates of students
2. Advance experiential, hands-on learning within schools about food systems
3. Enhance school and community connectedness
4. Develop and promote healthy, self-sufficient, sustainable food systems within schools, across districts and throughout the province

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# What is the Farm to School Vancouver Area Regional Hub?

The Farm to School Vancouver Area (F2SVA) Regional Hub is a network of organizations and individuals supporting and overseeing Farm to School activities in the Vancouver area. The F2SVA Regional Hub is made up of organizations and individuals who are committed to increasing healthy, local, and sustainable food in schools throughout the Vancouver area.

## The F2SVA Regional Hub is composed of a:

- steering committee (drawn from the advisory committee) that provides overall guidance and decision making for the F2SVA Regional Hub
- advisory committee made up of organizations and individuals who provide important stakeholder input to the steering committee
- network that connects organizations, teachers, students, parents, and community members involved in supporting Farm to School programs in the Vancouver area

## OTHER MEMBERS OF THE F2SVA REGIONAL HUB come from the following groups

- |  |                  |
|--|------------------|
| • Educators                                      | • Students       |
| • Farmers  | • Food Banks     |
| • Parents  | • Municipalities |
| • Community Organizations working in School Food | • Academia       |

Email [VancouverRegion@farmtoschoolbc.ca](mailto:VancouverRegion@farmtoschoolbc.ca)

to be added to the communications list for the F2SVA Regional Hub Network communications.



# Who is a part of the leadership of the F2SVA Regional Hub?

VANCOUVER COASTAL HEALTH works with schools to help make the healthier choice the easy choice and to find new ways to integrate healthy, local and sustainable food into school food systems

- Kathy Romses, Public Health Dietitian, Vancouver, [kathy.romses@vch.ca](mailto:kathy.romses@vch.ca)
- Vanessa Lam, Public Health Dietitian, Vancouver, [vanessa.lam@vch.ca](mailto:vanessa.lam@vch.ca)
- Helen Yeung, Public Health Dietitian, North Vancouver, [helen.yeung@vch.ca](mailto:helen.yeung@vch.ca)

THE VANCOUVER BOARD OF EDUCATION (VBE) supports and facilitates Farm to School initiatives including the Learning Lab pilot, two schoolyard market gardens, and the Think&EatGreen@School (TEGS) initiative, in partnership with UBC. These support the VBE mission to enable students to reach their intellectual, social, aesthetic and physical potential.

- Sustainability Office, [sustainability@vsb.bc.ca](mailto:sustainability@vsb.bc.ca)

THE FARM TO SCHOOL VANCOUVER AREA REGIONAL HUB has received funding from Farm to School BC and the Public Health Association of BC to employ a part time Farm to School Community Animator to sit on the committee and serve as a point person for schools. The animator is available to help schools in starting Farm to School programs.

- Farm to School Vancouver Area Animator, [VancouverRegion@farmtoschoolbc.ca](mailto:VancouverRegion@farmtoschoolbc.ca)

FRESH ROOTS is a not-for-profit society that supports community-engaged learning through urban agriculture. It has two schoolyard market gardens on school sites in Vancouver that allow students to explore the nexus of food, community, and the environment

- [info@freshroots.ca](mailto:info@freshroots.ca)

FARM TO CAFETERIA CANADA is a national network committed to bringing more healthy, local and sustainable food into all of Canada's public agencies; it oversees a national initiative to advance Farm to School activity across the country.

- [farm2cafeteriacanada@gmail.com](mailto:farm2cafeteriacanada@gmail.com)

# Who works with the F2SVA Regional Hub?

The F2SVA Regional Hub has relationships with many organizations in the community, including those listed on the following pages, that can help support schools in pursuing their Farm to School goals. We also work with farmers; a listing of producers can be found on page 12.

## THE CENTRE FOR SUSTAINABLE FOOD SYSTEMS

The Centre for Sustainable Food Systems is part of the Faculty of Land and Food Systems at the University of British Columbia. The Centre engages with community to conduct collaborative research on healthy, sustainable, and just school food systems. Think&EatGreen@School, a recent project associated with the Centre, helped schools within Vancouver begin Farm to School activities. F2SVA Regional Hub continues to work with the Centre on research initiatives.

## VANCOUVER NEIGHBOURHOOD FOOD NETWORKS (VNFN)

VNFN are coalitions of citizens, organizations and agencies. Across Vancouver, the network of people focused on food justice and resilience at the neighbourhood level can assist with connecting school to community to find shared growing space, offer workshops to advance farm to school or connect with community members.

*“The clamour and excitement of children as they pull carrots from the soil or line up to feast on a salad bar of local greens is a marvel to behold.”*

- Joanne Bays, National Manager, Farm to Cafeteria Canada



## ENVIRONMENTAL HEALTH OFFICERS (EHO)

EHOs are a valuable asset to schools seeking to improve existing food service operations or embark upon new production or purchasing projects. For more details on EHOs, see page 11.

## GREATER VANCOUVER FOOD BANK SOCIETY (GVFB)

The GVFB is a non-profit organization with a mission to empower people to nourish themselves by providing access to healthy food, education and training. Through its mobile markets, the GVFB provides food to individuals across Metro Vancouver and works with schools to supply healthy, farm fresh products.

## VANCOUVER SCHOOL FOOD NETWORK

The Vancouver School Food Network (VSFN) is a network of school, community, health agencies and programs that are working towards healthier and sustainable school food systems in Vancouver and can help schools grow, prepare, and appreciate healthy, local, and sustainable food.

The Farm to School Vancouver Area Regional Hub supports and partners with the Vancouver School Food Network. See more details about services each member offers to schools on pages 6 and 7.





# Members of Vancouver School Food Network

Organization	Website	Email
Environmental Youth Alliance	eya.ca	info@eya.ca
Fresh Roots	freshroots.ca	info@freshroots.ca
Grandview Woodland Food Connection	gwfoodconnection.wordpress.com	gwfcnetwork@gmail.com
Growing Chefs!	growingchefs.ca	admin@growingchefs.ca
Project CHEF (Cook Healthy Edible Food)	projectchef.ca	info@projectchef.ca
Society Promoting Environmental Conservation	spec.bc.ca/school-gardens	admin@spec.bc.ca
UBC Botanical Garden	botanicalgarden.ubc.ca	garden.programs@ubc.ca
UBC Intergenerational Landed Learning Project Sustainable Opportunities for Youth Leadership (SOYL)	landedlearning.edcp.educ.ubc.ca soylprogram.wordpress.com	landed.learning@ubc.ca



Area of Focus in Food Literacy											Type of Support				
		Cooking	Gardening	Nutrition	Food Waste	Youth Leadership	Connections to Nature	Culture and Heritage	In school student programs	Extracurricular Programs	Teacher Pro-D	Youth Employment	Field Trips	Produce Sales	Grades
		*		*	*	*	*	*	*	*		*			K-12
	*	*		*	*	*		*	*		*	*	*		K-12
		*	*	*	*	*	*	*	*						3-4; 6-12
	*	*	*	*				*							1-6
	*		*	*			*	*	*	*					K-7
	*	*	*	*		*	*	*	*	*	*				K-12
		*		*		*	*		*	*		*			K-12
	*	*	*	*	*	*	*	*	*	*	*				3-7; 8-12



# How Does Farm to School Work?

Farm to School programs differ by school, but all strive to include the three core elements of a Farm to School program:

1. Healthy, local food
2. Hands-on learning
3. School and community connectedness

Schools can determine the best fit based on:

- **People power:** staff, parent volunteers, students, community
- **Funding:** grants are often available through Farm to School and other partners
- **Culture:** how do students, staff and parents want to engage with food?
- **Equipment/Space:** existing food service operations can be used in different ways

**A Fresh Crunch for School Lunch: The BC Farm to School Guide** provides step by step instructions for how to go about building a Farm to School program at your school.

[farmtoschoolbc.ca](http://farmtoschoolbc.ca)



See below for the types of Farm to School programs that have been successful across BC and the Vancouver region.

**Farm to School Hot Lunch Program:** Schools that have more extensive and inspected cooking facilities can safely prepare hot meals, integrating as much local and sustainably produced food as possible. Meals can include soups, pastas, frittatas, and more.

**Farm to School Salad Bar:** Probably the most popular food service model – fresh, local foods are delivered to the school and prepared on-site and served in a portable salad bar unit.

**Farm to Caterer to School:** Does your school currently work with a third party caterer for your meal programs? In this model, schools work with caterers to source local food and serve it at one or more schools.

**Farm to School Snack Program:** Sometimes even the simplest programs can have a big impact. Apples, pears, snap peas, and cherry tomatoes can be distributed with little processing. Often, this can lead into a more comprehensive program like a Farm to School Salad Bar or Farm to School Hot Lunch program.

**Forest to School and Fish to School:** In these models, “local food” literally means seafood, game and “wild” foods. Schools are connected with fishermen, elders and experts who can harvest and prepare traditional foods safely.

Excerpted from **A Fresh Crunch for School Lunch: The BC Farm to School Guide**



**Watch our Farm to School Vancouver Area video at:**  
[youtu.be/DIXqqe6kGoQ](https://youtu.be/DIXqqe6kGoQ)

# How Can Schools Buy from Farms?



## Step 1

Figure out what you need before you call. Look to Step 5 for recipe ideas and inspiration.

- What kind of veggies or fruit?
- How much?
- How often?
- Do you want to buy as needed or would you prefer to set up an agreement with your farmer partner?
- Do you want to arrange farm visits for students?

## Step 2

Find out what the purchasing procedures are at your school for purchasing directly from a farm. How will payments be made?

Once you know the procedure on your end, choose your farmer(s). It makes sense to speak with more than one farmer to ensure that you find the products you need and that you have a diverse supply chain.

Use the list on the following pages, or contact:  
**Vancouver.Region@**  
**farmtoschoolbc.ca** for help.

## Step 3

Have the conversation: best time to connect with farmers is usually November to January, during their slow times. It's often best to connect with more than one farmer, to ease stress in case of crop failure or problems with pick-up or delivery.

Most farmers are happy to connect by telephone, email or by in-person visits. Good questions to ask:

- Can they deliver or could you pick up from a local market?
- Which day of the week?
- What are their prices?
- Would they like to set up an agreement?
- When can they start getting the vegetables to you?
- What food safety practices does the farm follow?





## Step 4

Determine the best time to start buying: often local food is most plentiful in the school months of September, October and June.

Figure out how food will be dropped off or picked up. The farmer might bring it right to your door or a staff member/parent might pick it up in a cooler.

Either way, set a schedule so you know when the food will get to you and when it will be prepared. Remember, the fresher the better!

## Step 5

It's important to figure out what is available from farmers and plan recipes accordingly so you can be sure to use as many seasonal ingredients as possible.

Work with cooks to design healthy, flexible, seasonally based recipes. Great resources:

[www.farmtoschoolbc.ca](http://www.farmtoschoolbc.ca)

[www.healthyeatingschool.ca](http://www.healthyeatingschool.ca)

## How can an EHO help?

Usually when fruit and vegetables are purchased whole and direct from farms, they are considered to be low-risk food, as long as those handling the food maintain good hygiene and thoroughly wash the produce before it is served. Most Farm to School programs don't require a food safety inspection but Environmental Health Officers (EHOs) help develop a plan to ensure that food is safe to serve to students.

If you have questions, contact your EHO to review the site and discuss your program and what kind of food you will be serving. These three websites may assist you:

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### Vancouver Coastal Health Inspections:

What is required during an inspection?



[vch.ca/your-environment/food-safety/permits](http://vch.ca/your-environment/food-safety/permits)

### Food Safe:

How can students, parents and staff learn about food safety?



[foodsafety.ca](http://foodsafety.ca)

### Caring About Food Safety:

A free, short, self-guided course about the safe preparation and handling of food.



[foodsafety.gov.bc.ca](http://foodsafety.gov.bc.ca)

## FARMER DIRECTORY

Most local farmers need time to plan for a long-term relationship with schools or need schools to meet minimum orders to be able to continue to sell over the course of their growing season. In some cases, it might work well for several schools to order together to meet minimum orders or for individual schools to contact farmers several months before the growing season begins. The following farmers are interested in working with schools and have provided specific notes on the best way to start a buying relationship with them.

### FRESH ROOTS

Fresh Roots Schoolyard Market Gardens grow fresh produce at Vancouver Technical and David Thompson Secondary schools. The gardens grow a wide range of salad greens, asian vegetables, herbs, and root vegetables. Produce is available in the school months from September to June. Schools are encouraged to consider Good Food Boxes (see page 21 for more details). Learn what's in season and how to order by emailing:  
[FOOD@FRESHROOTS.CA](mailto:FOOD@FRESHROOTS.CA)

### ZAKLAN HERITAGE FARM

Based in Surrey, this farm has a wide range of produce available from June to October, including salad greens, carrots, tomatoes, herbs and potatoes. The farm is able to arrange on-farm tours for classes to engage kids in farm production and may be able to coordinate drop-off (see page 19 for more details). Contact:

[GEMMA@ZAKLANHERITAGEFARM.COM](mailto:GEMMA@ZAKLANHERITAGEFARM.COM)

### EDIBLE GARDEN PROJECT

Located on the North Shore and ideal for schools in North or West Vancouver. Contact the farmers in December or January to place orders for a multitude of vegetables and fruit, including salad greens, root vegetables, carrots, beets and onions, that can be picked up from June to October (see page 20 for more details).

[INFO@EDIBLEGARDENPROJECT.COM](mailto:INFO@EDIBLEGARDENPROJECT.COM)

### FARMERS ON 57<sup>TH</sup>

Located in the South Cambie neighbourhood, this farm grows a wide range of vegetables on the site of a long-term care home for people with disabilities. Schools can pick up veggies on-site from June to October by special arrangement. To contact, email:

[FARMERSON57TH@GMAIL.COM](mailto:FARMERSON57TH@GMAIL.COM)

### SOLE FOOD FARMS

Sole Food Farms transforms vacant urban land into street farms that grow artisan quality fruits and vegetables, available at farmer's markets, local restaurants and retail outlets. The delivery season runs roughly from April- October. Fresh Sheets are sent out twice a week on Sunday and Wednesday; delivery is on Tuesdays and Fridays within Vancouver based on a \$75 minimum. The farmers are happy to discuss standing orders to provide consistency and give harvest priority. For more information:

[ORDERS@SOLEFOODFARMS.COM](mailto:ORDERS@SOLEFOODFARMS.COM)



## VANCOUVER LOCAL FOOD HUB

Food can be delivered right to your door from farms across Metro Vancouver. Order on [vancouverlocalfoodhub.ca](http://vancouverlocalfoodhub.ca) from May to October. Schools must register as buyers on the site and meet a minimum order of \$200; there is a great opportunity for neighbouring schools to order together and arrange for drop-off at one school location. Produce is listed on a weekly basis, according to what is in season. The VLFH is a partnership between FarmFolk CityFolk and the Vancouver Farmers Market and works with Taves Family Farm, Ferndale Farms, Parsons Farm, Rondriso Farms, Sunberry Farms.

[WWW.VANCOUVERLOCALFOODHUB.CA](http://WWW.VANCOUVERLOCALFOODHUB.CA) OR EMAIL  
[JOSLIN@VANCOUVERLOCALFOODHUB.CA](mailto:JOSLIN@VANCOUVERLOCALFOODHUB.CA)

## SOUTHLANDS HERITAGE FARMS

An urban farm worked by a collection of young farmers in south Vancouver, this farm is able to provide produce for pick-up between 11 a.m. and 4 p.m. on Fridays from June to August and Saturdays in Sept-Oct. To purchase, you must be a Southlands member (\$2). Farm visits and tours also available.

Find out more :

CALL 778-772-7328 OR EMAIL [SOUTHLANDSFARM@GMAIL.COM](mailto:SOUTHLANDSFARM@GMAIL.COM)

## VANCOUVER FARMERS MARKETS

Farmers markets occur throughout Vancouver all year round and can offer schools a flexible option for purchasing. With seven sites across Vancouver operating from May to October and a winter market at Nat Bailey Stadium and the Hastings Park Farmers Market from November to April, schools can access local food throughout the year.

Information on each of the market locations can be found here:

[WWW.EATLOCAL.ORG](http://WWW.EATLOCAL.ORG) OR CALL 604-879-3276

## UBC FARM

The Centre for Sustainable Food Systems integrates interdisciplinary academic, community, and production programs to explore and exemplify healthy and sustainable food systems.

The Children's Education community engagement offers summer Farm Wonders day camps as well as educational field trips.

Through science-based farm learning, the UBC Farm offers a unique experience that allows children to explore the wonders of science at the farm and discover the mysteries of the food they

eat. From June through October, the UBC Farm sells locally grown produce and community shared agriculture programs.

[WWW.UBCFARM.UBC.CA](http://WWW.UBCFARM.UBC.CA) OR EMAIL [FARM.TEAM@UBC.CA](mailto:FARM.TEAM@UBC.CA)



# Local Food Recipes: Entrées

In the fall of 2014, the Farm to School Vancouver Area Learning Lab developed delicious recipes that secondary school cafeterias could use to help increase the purchasing and service of local food. These entrées are designed to:

- Meet requirements of the 2013 Guidelines for Food and Beverage Sales in BC Schools
- Be seasonally oriented based on the availability of products throughout the school year (i.e. a menu item using local produce available from September to June). Ingredients with an asterisk are available locally during the months listed.
- Be costed to retail for \$5 (with all costs in, including paper plates)
- Be portioned, to allow for scalability

*"This is the power of gathering:  
it inspires us, delightfully, to  
be more hopeful, more joyful,  
more thoughtful: in a word,  
more alive"*

- Alice Waters

## September Penne With Turkey

Yield: 10

Preparation Time: 105 minutes

1 kg	cooked whole-wheat penne pasta
840 g	extra lean ground turkey*
7 ml	canola oil
14 g	garlic, minced (2 cloves)*
227 g	chopped white onion*
907 g	diced tomatoes*
3 g	salt
500 g	diced red peppers*
200 g	chopped red onion*

1. Preheat oven to 350°F.
2. Cook pasta in boiling water until al dente, about 7-10 minutes and drain. Using a two ounce (size 16) food scoop, make turkey balls with ground turkey (approx. 42 g each). Wearing gloves, roll the turkey into balls and place on sheet tray with parchment. Bake for about 5 minutes, or until internal temperature is 82°C (180°F).
3. Add oil to medium pot on stove, on medium heat.
4. Add the garlic and white onion and sauté until soft.
5. Add diced tomatoes and let simmer for about one hour.
6. Season with salt and blend using blender.
7. Place mixture back in pot on low heat. Add red onion and red pepper and simmer for an additional 20 minutes to allow vegetables to cook.
8. Place pasta on plate, top with sauce and meatballs.



## October

### Herb Crusted Chicken

Yield: 10 servings

Preparation Time: 60 minutes

150 g	whole wheat bread
60 ml	olive oil, divided
7 g	chopped garlic (1 clove)*
2 g	cayenne pepper
5 g	chopped fresh parsley*
15 ml	lemon juice
30 g	unsalted butter
155 g	chopped onion*
655 g	shredded red cabbage*
50 ml	condensed chicken stock
100 ml	water
10 ml	red wine vinegar
125 g	Granny Smith apple, chopped into matchsticks*
20 g	sugar
500 g	parsnips, cut into batons (1x1x5 cm)*
500 g	diced butternut squash*
1 g	ground black pepper
1.25 kg	boneless, skinless chicken breast*
20 g	cranberries*
50 ml	basil pesto

1. Preheat oven to 200°F.
2. Place bread onto sheet tray with parchment paper and dry bread in oven. Place in robo coup or food processor and blitz to medium chunks.
3. In a medium pan on low heat, add 20 ml olive oil and garlic and sauté until translucent.
4. With robo coup or food processor at medium low speed, slowly add cayenne, parsley, lemon juice and garlic oil. Ensure not to over blitz; keep mixture fairly coarse.

5. Raise oven temperature to 350°F.
6. In a medium pan, add butter and onion and sauté until translucent.
7. Add cabbage and sauté for about 5 minutes, stirring frequently.
8. Add chicken stock, water and red wine vinegar and simmer until cooked.
9. Stir in apple and sugar.
10. Place parsnips and squash with 20 ml olive oil in mixing bowl. Stir to lightly coat.
11. Season parsnips and squash with pepper and roast in oven until golden brown, about 30-40 minutes. Place chicken on sheet tray and place a liberal amount of bread crumbs on top, coating the entire top of chicken. Cook with vegetables for final 10 minutes or until internal chicken temperature reaches 82°C (180°F).
12. In a robo coup or food processor, place the cranberries, 20 ml olive oil and pesto and blitz together.
13. Arrange the chicken, sautéed vegetables and roasted vegetables on a plate and top with cranberry basil pesto.

\* readily available in BC during the specified months.

# Local Food Recipes: Entrées (continued)

## November

### Ancho Beef And Bean Chili

Yield: 10 servings

Preparation Time: 140 minutes

1 kg medium ground beef\*  
10 ml chili powder  
12 g chopped red hot chili pepper  
20 g chopped garlic (3 cloves)\*  
55 ml dried oregano  
5 ml ground cumin  
250 g chopped onion\*  
250 g chopped red pepper\*  
125 g chopped green pepper\*  
125 ml condensed beef stock  
300 ml water  
775 ml can kidney beans, drained  
10 x 25 cm whole wheat tortillas

1. Brown ground beef in medium-sized pot on medium heat, stirring occasionally to prevent sticking. Drain fat.
2. Add chili powder, chopped chili pepper, garlic, oregano, cumin, onion, garlic, red and green peppers and sauté.
3. Add beef stock, water and kidney beans to pot.
4. Let simmer 1-2 hours (the longer the better!).
5. Warm tortillas in 325 degree oven for 10 minutes.
6. Arrange chili in bowl and serve with one tortilla on side.

## January

### Ricotta And Gnocchi

Yield: 10 servings

Preparation Time: 15-20 minutes

1.1 kg potato gnocchi with spinach  
30 ml olive oil  
85 g chopped shallots\*  
37 ml condensed vegetable stock  
560 ml water  
1 kg chopped kale\*  
salt and pepper, to taste  
37 g unsalted butter  
150 g goat cheese\*  
1 g poppy seeds

1. Cook the gnocchi in a large pot of boiling water until they are tender and float and rise to the surface, about 2-4 minutes. Drain and reserve.
2. In a large sauté pan, heat the oil over medium heat. Add the shallots and sauté until translucent, 2-3 minutes.
3. Add the vegetable stock and water and bring the mixture to a simmer. Add the kale and cook until tender and the liquid has been reduced by three quarters. Season with salt and pepper. Keep warm.
4. In a large sauté pan, melt the butter over medium heat. Add the gnocchi and sauté until heated through, about 1 minute. Add the kale sauce and goat cheese and toss to combine.
5. Portion the gnocchi into bowls and garnish with a sprinkling of poppy seeds.

\* readily available in BC during the specified months.



## April

### Cowboy Steak With Barley Eggplant

Yield: 10 servings

Preparation Time: 30-45 minutes

7 g	minced garlic (1 clove)*
12 g	ground black pepper
10 ml	chopped fresh thyme*
950 g	beef flank steak, portioned into 10 pieces*
280 g	diced leeks*
16 ml	condensed vegetable stock
45 ml	water
595 g	chopped mushrooms*
16 ml	condensed beef stock
30 ml	olive oil
50 g	chopped shallots
100 g	diced red pepper*
50 g	diced carrots*
50 g	diced celery*
1 kg	cooked barley
300 g	sliced eggplant, 1 cm thick*

1. Combine garlic, pepper and thyme. Rub the steaks with mixture.
2. To prepare the sauce, in a large skillet, sweat the leeks in vegetable stock and water until tender.
3. Add mushrooms and sauté until tender.
4. Add beef stock and water as needed to prevent mushrooms from burning. Simmer until heated through.
5. In a medium saucepan, heat olive oil and sweat the shallots, peppers, carrot and celery until tender.
6. Add barley and stir-fry until heated thoroughly.
7. Place eggplant slices on sheet tray and broil until cooked.
8. Dry sauté beef steaks in a large, hot skillet.
9. Serve on a heated plate and top with sauce, barley and vegetable mixture and one piece of eggplant.

## May

### Bibimbap

Yield: 10 servings

Marinating Time: 1-8 hours

Preparation Time: 20 minutes

150 ml	low-sodium soy sauce
10 g	sugar
71 g	chopped green onion*
42 g	minced garlic (6 cloves)*
12 g	finely chopped fresh ginger*
12 g	sesame seeds
45 ml	sesame oil
1 g	ground black pepper
950 g	beef flank steak, sliced into strips*
60 ml	canola oil, divided
284 g	thinly sliced red radish*
284 g	julienned daikon*
284 g	julienned carrots*
10 ml	julienned basil*
10	eggs
700 g	cooked brown rice
284 g	thinly sliced iceberg lettuce*
75 ml	Sambal Oelek, hot sauce

1. In a medium bowl, combine soy sauce and sugar. Add the green onion, garlic, ginger, sesame seeds, sesame oil, pepper and stir. Add the steak strips and toss until evenly coated. Cover, refrigerate and let the steak marinate for 1-8 hours.
2. In a large sauté pan, heat 30 ml of the canola oil over high heat. Add half the beef strips and stir-fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm. Repeat with remaining oil and beef.
3. In another bowl, toss together radish, daikon, carrots and basil.
4. Fry eggs in medium pan over medium high heat.
5. Plate by portioning rice, topping with lettuce, followed by vegetables, fried egg and steak. Top with 7.5 ml Sambal Oelek.



# Local Food Recipes: Salad Bars

These recipes come courtesy of the Tahsis Farm to School, a thriving program that began in 2011 in a small remote community on the west coast of Vancouver Island. Run by volunteers, the program has had great success, including the development of a beautiful seasonal cookbook full of healthy, local food ideas. All the recipes are simple, scalable and seasonal.

## Early Fall

### Marinated Zucchini Salad

Yield: 10 servings      Marinating Time: 4-8 hours  
Preparation Time: 20 minutes

This is a popular early fall salad that uses up the extra zucchini from the garden. It makes a great salad bar dish because it's easy to make ahead.

1 kg	zucchini, washed and sliced paper thin*
125 ml	lemon juice
14 g	minced garlic (2 cloves)*
60 ml	extra virgin olive oil
100 g	fresh basil or parsley*
	salt and pepper to taste

1. Toss the thinly sliced zucchini with lemon juice, garlic, olive oil and salt and pepper to taste.
2. Cover and refrigerate for 4-8 hours, stirring occasionally.
3. Just before serving, toss in fresh herbs.

\* readily available in BC during the specified months.

## Winter

### Coleslaw

Yield: 10 servings      Preparation Time: 20 minutes

This is a classic favourite for fresh food in the winter—apples, cabbage and carrots are great storage items and can be bought in the fall and stored or purchased at the winter farmers' market.

125 ml	lemon
300 g	sliced apple*
300 g	shredded red cabbage*
300 g	shredded green cabbage*
125 ml	mayonnaise
125 ml	plain yogourt*
30 ml	vinegar
12 g	sugar
15 ml	Dijon mustard
5 ml	celery seed
200 g	sunflower seeds, toasted
	salt and pepper to taste

1. Put lemon juice in large bowl.
2. Add apples and both cabbages and set aside.
3. In a different bowl, whisk together mayonnaise, yogourt, vinegar, sugar, mustard, celery seed, salt and pepper.
4. Pour dressing over cabbage mixture and toss well.
5. Add sunflower seeds before serving.



# Focus On Farmers

## Zaklan Heritage Farm

Started in the 1920s by Dragan and Marta Zaklan, the Zaklan Family has been farming in the north of Surrey for over 80 years. In 2011, the now urban farm underwent a revitalization led by Doug, the next generation of Zaklans. With Doug, and ample support from the family and the hard work of his partner Gemma, the farm has been transformed into a diverse mixed vegetable and livestock operation.

The eight acres grows over 40 different types of vegetables and a diversity of fruit crops, and provides space to pasture livestock, including 95 laying hens. The birds are rotated around the farm throughout the season, providing them access to fresh green grass and grubs all year long.

Growing food using an intensive production system, with small machinery and hand tools, they are able to minimize fossil fuel consumption and better manage soils in an ecologically sound way.

**[zaklanheritagefarm.com](http://zaklanheritagefarm.com)**

## Late Spring Strawberry Salad

Yield: 10 servings      Preparation Time: 12 minutes

This is a good dish to throw together at the last minute for a quick, colourful and delicious taste of spring on the salad bar. It has a great combination of salty, sweet, crunchy and creamy!

1 kg	fresh early strawberries, hulled and halved*
250 ml	olive oil
60 ml	balsamic vinegar
12 g	sugar
300 g	mixed baby greens*
200 g	crumbled feta cheese*
100 g	walnuts, toasted
	salt and pepper to taste

1. Mash one third of a kilogram of strawberries.
2. Whisk oil, vinegar and sugar in small bowl to blend.
3. Add mashed strawberries.
4. Serve strawberry dressing over arranged mixed greens, remaining strawberries, feta and walnuts.





# Focus on Farmers

## Edible Garden Project

The North Shore Neighbourhood House's Edible Garden Project (EGP) offers educational urban farm tours, school garden programs, and farm produce to schools interested in Farm to School. The EGP also runs a schoolyard market garden at Sutherland Secondary School.

**Tours:** Educational tours are typically one hour, take 25-30 students and cost \$50/class. Parent & teacher helpers welcome. They are set at a half-acre North Vancouver urban farm, Loutet Farm, where mixed veggies, flowers, and honey bees grow. Activities include multiple interactive stations, topics are dependent on the season.

**School Garden Program:** EGP can work with a minimum of three classes at a school (located on the North Shore) to develop and tend a school garden, offer monthly class visits, curriculum connections, and extension activities for teachers.

**Farm Produce:** Schools interested in Loutet Farm produce can contact the farm in the December preceding the harvest season (June-October) to discuss crop options and amounts.

[ediblegardenproject.com](http://ediblegardenproject.com)





## Fresh Roots Urban Farm Society

Fresh Roots grows Schoolyard Market Gardens at Vancouver Board of Education schools. These transformational educational farms grow food for the school community, connect students to their environment and work with teachers to embed food literacy into curriculum. Fresh Roots' vision is Good Food For All, where everyone has access to land, food and community. If you're interested in getting involved, check out these different ways:

### Field Trips and Workshops

Learn to plant seeds, explore invertebrates in the soil, or extend your growing season into a school year harvest garden. Ages K-12, \$3-5/student+materials. Learn more: [info@freshroots.ca](mailto:info@freshroots.ca)

### Youth Programs

From culinary skills to employment experience, youth programs explore the full cycle of the food system from planting to cooking, selling and celebrating. Youth receive stipends for their work.

To refer youth or learn more: [freshroots.ca/soyl](https://freshroots.ca/soyl)

### Professional Development

Fresh Roots supports teachers and staff learning how to use the whole food cycle (gardens, compost, cooking, etc) to achieve core curricular objectives. Learn more: [freshroots.ca/learn](https://freshroots.ca/learn)

### Volunteer

Come transform your school food system and make a difference. Volunteers grow, cook, share, and engage with the full cycle of the food system.

Join us: [freshroots.ca/volunteer](https://freshroots.ca/volunteer)

# What is the Learning Lab?

The Learning Lab is an initiative developed by the Farm to School Vancouver Area Regional Hub using a successful model created in the mid-western states of the USA.

In 2013, the Vancouver Board of Education piloted a Learning Lab process, bringing together district purchasing staff, suppliers, teachers, and school cooks to identify key ways to increase local food options in schools. The goals are:

1. Increase procurement of healthy, local and/or sustainable food
2. Procure foods that model sound nutritional practices for students
3. Create a knowledgeable and engaged school community for healthy, local, sustainable food
4. Provide training and support for staff to buy, prepare and serve healthy, local, sustainable food

A Learning Lab is one approach that can be used to engage your school community in fresh and local foods!





# How Does the Learning Lab Work?

School food systems are complex: food comes into schools in many different ways and for many different purposes. So, to shift the school food system in any district, it is necessary to work with teachers, purchasing staff, cooks and major suppliers. The Learning Lab was created as a way to bring these players together in a collaborative process to increase the availability, procurement, and consumption of local food in schools.

To date, the Learning Lab has piloted in the Vancouver School District, and has:

- Worked with major suppliers, chefs and teachers to develop recipes that are seasonally based, meet the Guidelines for Food and Beverage Sales in BC Schools and are costed according to needs of cafeterias
- Developed promotional materials to build a market for Farm to School and the Learning Lab, including a Farm to School video and this directory
- Introduced the concept of Local, Seasonal Celebrations!

## Local Seasonal Celebrations

Local Seasonal Celebrations are a fun possibility for schools seeking to celebrate local food! The concept is to construct a menu that highlights BC food. The celebrations:

- Engage students and staff in taste tests, events and promotional moments to excite and inform about BC food
- Help staff to use and identify local produce from existing supply chains and new suppliers
- Invite parents and community partners through a well-planned and executed outreach and media campaign to learn about and support BC products

To learn more, contact:

[VancouverRegion@farmtoschoolbc.ca](mailto:VancouverRegion@farmtoschoolbc.ca)



*What is the Learning Lab?*

# How Can Schools Meet the Guidelines for Food and Beverage Sales in BC Schools?

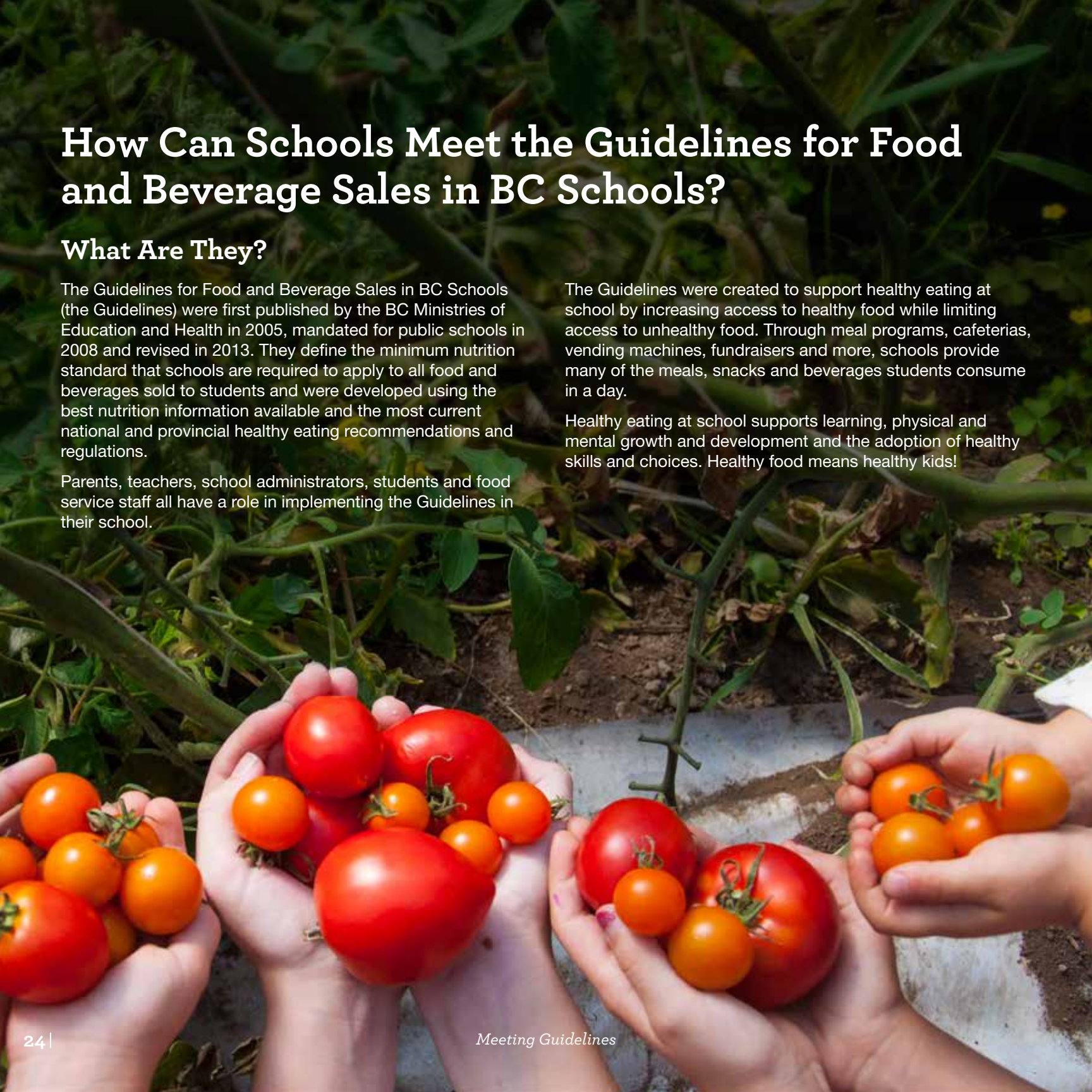
## What Are They?

The Guidelines for Food and Beverage Sales in BC Schools (the Guidelines) were first published by the BC Ministries of Education and Health in 2005, mandated for public schools in 2008 and revised in 2013. They define the minimum nutrition standard that schools are required to apply to all food and beverages sold to students and were developed using the best nutrition information available and the most current national and provincial healthy eating recommendations and regulations.

Parents, teachers, school administrators, students and food service staff all have a role in implementing the Guidelines in their school.

The Guidelines were created to support healthy eating at school by increasing access to healthy food while limiting access to unhealthy food. Through meal programs, cafeterias, vending machines, fundraisers and more, schools provide many of the meals, snacks and beverages students consume in a day.

Healthy eating at school supports learning, physical and mental growth and development and the adoption of healthy skills and choices. Healthy food means healthy kids!







## How Do They Work?

The Guidelines contain tools that enable schools to determine if food or beverages meet the minimum nutrition standard and can be sold to students in their schools. There are tools to assess both prepackaged and freshly made food and beverages. There are three ways that schools can assess food for sale:

1. Score freshly made foods using the Checklist. Individuals go through a series of steps to assess the sugar, salt and fat contents of food and adjust recipes as necessary before service.
2. Score packaged foods using Nutrient Criteria. This tool helps people read labels for sugar, salt and fat and determines if the food fits in one of three categories: Sell Most, Sell Sometimes or Do Not sell.

3. Check out the Brand Name Food List:  
**bnfl.healthlinkbc.ca** Many prepackaged and ready to eat food and beverages have already been assessed and listed and schools can search through a database to figure out if a packaged food is good to go.

This comprehensive web site has all the “need to know” info and resources available online:



**bnfl.healthlink.bc.ca**



## How Can Farm to School be Embedded in Curriculum?

There are many ways that teachers, staff and students can engage with healthy, local, sustainable food in subjects that go well beyond cooking in classrooms. In essence, Farm to School integration provides numerous inquiry-based learning opportunities. Across BC, innovations in curriculum mean students can take art classes in greenhouses on school property, learn math through doubling or tripling recipes for school salad bars and study biology through the growth of plants in school gardens.

Engaging children and youth in food systems by embedding food into all parts of curriculum is an exciting way to advance milestones in learning and eating! While much of the activity around Farm to School happens outside of the classroom, building a Farm to School program at your school can

support a number of learning outcomes across grade levels and school subjects. From understanding about the sources of seeds, to calculating food miles and reading nutrition labels, teachers have a unique opportunity to put learning into action and work with each other to collaborate between departments. Farm tours, group cooking activities and purposeful classroom activities in school gardens are all great ways to get students thinking about food in a multitude of ways.

**A Fresh Crunch For School Lunch: BC's Farm to School Guide** has lots of ideas for enriching curriculum through food.

🌐 To learn more visit [farmtoschoolbc.ca](http://farmtoschoolbc.ca)



# Quotes from the Garden

"Before we started the garden, I thought that food came from the supermarket. After our garden grew, I learned that food comes from seeds and the ground. It's fun to learn about the cycle of food."

Rachna, age 8.

"My favourite thing about the garden is eating."

Rhea, age 4.

"I like the garden. It's interesting, because we get to see how food grows and at the end, we get to eat it and it's really fresh."

Kieran, age 8.

"It's fresh and I like to be outside and I like to eat everything."

Mahiro, age 6.

"It's fun to have a super big garden and it's super fun to see how things grow. And then you get to eat them."

Maggie, age 8.

"I like it because you get a lot of fresh air and you learn how plants work and it's really good food. How can you say no to our giant peas?"

Owen, age 8.

"The market garden reminds me everyday that it's not all hopeless, that we can revolutionize the system to be sustainable, and we will get there through game-changing ideas like this schoolyard farm project, the urban agriculture movement, and I want to be part of creating that solution."

Winnie, age 18.





# Printable Recipes

## Herb Crusted Chicken

Yield: 10 servings      Preparation Time: 60 minutes

150 g	whole wheat bread
60 ml	olive oil, divided
7 g	chopped garlic (1 clove)*
2 g	cayenne pepper
5 g	chopped fresh parsley*
15 ml	lemon juice
30 g	unsalted butter
155 g	chopped onion*
655 g	shredded red cabbage*
50 ml	condensed chicken stock
100 ml	water
10 ml	red wine vinegar
125 g	Granny Smith apple, chopped into matchsticks*
20 g	sugar
500 g	parsnips, cut into batons (1x1x5 cm)*
500 g	diced butternut squash*
1 g	ground black pepper
1.25 kg	boneless, skinless chicken breast*
20 g	cranberries*
50 ml	basil pesto

1. Preheat oven to 200°F.
2. Place bread onto sheet tray with parchment paper and dry bread in oven. Place in robo coup or food processor and blitz to medium chunks.
3. In a medium pan on low heat, add 20 ml olive oil and garlic and sauté until translucent.
4. With robo coup or food processor at medium low speed, slowly add cayenne, parsley, lemon juice and garlic oil. Ensure not to over blitz; keep mixture fairly coarse.
5. Raise oven temperature to 350°F.

6. In a medium pan, add butter and onion and sauté until translucent.
7. Add cabbage and sauté for about 5 minutes, stirring frequently.
8. Add chicken stock, water and red wine vinegar and simmer until cooked.
9. Stir in apple and sugar.
10. Place parsnips and squash with 20 ml olive oil in mixing bowl. Stir to lightly coat.
11. Season parsnips and squash with pepper and roast in oven until golden brown, about 30-40 minutes. Place chicken on sheet tray and place a liberal amount of bread crumbs on top, coating the entire top of chicken. Cook with vegetables for final 10 minutes or until internal chicken temperature reaches 82°C (180°F).
12. In a robo coup or food processor, place the cranberries, 20 ml olive oil and pesto and blitz together.
13. Arrange the chicken, sautéed vegetables and roasted vegetables on a plate and top with cranberry basil pesto.

\* readily available in BC during the specified months.

Originally published in:

Farm to School Vancouver Area Guide

[www.farmtoschoolbc.ca](http://www.farmtoschoolbc.ca)

## Penne With Turkey

Yield: 10

Preparation Time: 105 minutes

1 kg	cooked whole-wheat penne pasta
840 g	extra lean ground turkey*
7 ml	canola oil
14 g	garlic, minced (2 cloves)*
227 g	chopped white onion*
907 g	diced tomatoes*
3 g	salt
500 g	diced red peppers*
200 g	chopped red onion*

1. Preheat oven to 350°F.
2. Cook pasta in boiling water until al dente, about 7-10 minutes and drain. Using a two ounce (size 16) food scoop, make turkey balls with ground turkey (approx. 42 g each). Wearing gloves, roll the turkey into perfect balls and place on sheet tray with parchment. Bake for about 5 minutes, or until internal temperature is 82°C (180°F).
3. Add oil to medium pot on stove, on medium heat.
4. Add the garlic and white onion and sauté until soft.
5. Add diced tomatoes and let simmer for about one hour.
6. Season with salt and blend using blender.
7. Place mixture back in pot on low heat. Add red onion and red pepper and simmer for an additional 20 minutes to allow vegetables to cook.
8. Place pasta on plate, top with sauce and meatballs.

\* readily available in BC during the specified months.

## Ancho Beef And Bean Chili

Yield: 10 servings

Preparation Time: 140 minutes

1 kg	medium ground beef*
10 ml	chili powder
12 g	chopped red hot chili pepper
20 g	chopped garlic (3 cloves)*
55 ml	dried oregano
5 ml	ground cumin
250 g	chopped onion*
250 g	chopped red pepper*
125 g	chopped green pepper*
125 ml	condensed beef stock
300 ml	water
775 ml	can kidney beans, drained
10 x 25 cm	whole wheat tortillas

1. Brown ground beef in medium-sized pot on medium heat, stirring occasionally to prevent sticking. Drain fat.
2. Add chili powder, chopped chili pepper, garlic, oregano, cumin, onion, garlic, red and green peppers and sauté.
3. Add beef stock, water and kidney beans to pot.
4. Let simmer 1-2 hours (the longer the better!).
5. Warm tortillas in 325 degree oven for 10 minutes.
6. Arrange chili in bowl and serve with one tortilla on side.

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# Printable Recipes continued

## Ricotta And Gnocchi

Yield: 10 servings      Preparation Time: 15-20 minutes

1.1 kg	potato gnocchi with spinach
30 ml	olive oil
85 g	chopped shallots*
37 ml	condensed vegetable stock
560 ml	water
1 kg	chopped kale*
	salt and pepper, to taste
37 g	unsalted butter
150 g	goat cheese*
1 g	poppy seeds

1. Cook the gnocchi in a large pot of boiling water until they are tender and float and rise to the surface, about 2-4 minutes. Drain and reserve.
2. In a large sauté pan, heat the oil over medium heat. Add the shallots and sauté until translucent, 2-3 minutes.
3. Add the vegetable stock and water and bring the mixture to a simmer. Add the kale and cook until tender and the liquid has been reduced by three quarters. Season with salt and pepper. Keep warm.
4. In a large sauté pan, melt the butter over medium heat. Add the gnocchi and sauté until heated through, about 1 minute. Add the kale sauce and goat cheese and toss to combine.
5. Portion the gnocchi into bowls and garnish with a sprinkling of poppy seeds.

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## Cowboy Steak With Barley Eggplant

Yield: 10 servings      Preparation Time: 30-45 minutes

7 g	minced garlic (1 clove)*
12 g	ground black pepper
10 ml	chopped fresh thyme*
950 g	beef flank steak, portioned into 10 pieces*
280 g	diced leeks*
16 ml	condensed vegetable stock
45 ml	water
595 g	chopped mushrooms*
16 ml	condensed beef stock
30 ml	olive oil
50 g	chopped shallots
100 g	diced red pepper*
50 g	diced carrots*
50 g	diced celery*
1 kg	cooked barley
300 g	sliced eggplant, 1 cm thick*

1. Combine garlic, pepper and thyme. Rub the steaks with mixture.
2. To prepare the sauce, in a large skillet, sweat the leeks in vegetable stock and water until tender.
3. Add mushrooms and sauté until tender.
4. Add beef stock and water as needed to prevent mushrooms from burning. Simmer until heated through.
5. In a medium saucepan, heat olive oil and sweat the shallots, peppers, carrot and celery until tender.
6. Add barley and stir-fry until heated thoroughly.
7. Place eggplant slices on sheet tray and broil until cooked.
8. Dry sauté beef steaks in a large, hot skillet.
9. Serve on a heated plate and top with sauce, barley and vegetable mixture and one piece of eggplant.

\* readily available in BC during the specified months.

## Bibimbap

Yield: 10 servings

Marinating Time: 1-8 hours

Preparation Time: 20 minutes

150 ml	low-sodium soy sauce
10 g	sugar
71 g	chopped green onion*
42 g	minced garlic (6 cloves)*
12 g	finely chopped fresh ginger*
12 g	sesame seeds
45 ml	sesame oil
1 g	ground black pepper
950 g	beef flank steak, sliced into strips*
60 ml	canola oil, divided
284 g	thinly sliced red radish*
284 g	julienned daikon*
284 g	julienned carrots*
10 ml	julienned basil*
10	eggs
700 g	cooked brown rice
284 g	thinly sliced iceberg lettuce*
75 ml	Sambal Oelek, hot sauce

1. In a medium bowl, combine soy sauce and sugar. Add the green onion, garlic, ginger, sesame seeds, sesame oil, pepper and stir. Add the steak strips and toss until evenly coated. Cover, refrigerate and let the steak marinate for 1-8 hours.
2. In a large sauté pan, heat 30 ml of the canola oil over high heat. Add half the beef strips and stir-fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm. Repeat with remaining oil and beef.
3. In another bowl, toss together radish, daikon, carrots and basil.
4. Fry eggs in medium pan over medium high heat.
5. Plate by portioning rice, topping with lettuce, followed by vegetables, fried egg and steak. Top with 7.5 ml Sambal Oelek.

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\* readily available in BC during the specified months.



# Printable Recipes continued

## Marinated Zucchini Salad

Yield: 10 servings      Marinating Time: 4-8 hours  
Preparation Time: 20 minutes

This is a popular early fall salad that uses up the extra zucchini from the garden. It makes a great salad bar dish because it's easy to make ahead.

1 kg	zucchini, washed and sliced paper thin*
125 ml	lemon juice
14 g	minced garlic (2 cloves)*
60 ml	extra virgin olive oil
100 g	fresh basil or parsley*
	salt and pepper to taste

1. Toss the thinly sliced zucchini with lemon juice, garlic, olive oil and salt and pepper to taste.
2. Cover and refrigerate for 4-8 hours, stirring occasionally.
3. Just before serving, toss in fresh herbs.

\* readily available in BC during the specified months.

## Coleslaw

Yield: 10 servings      Preparation Time: 20 minutes

This is a classic favourite for fresh food in the winter—apples, cabbage and carrots are great storage items and can be bought in the fall and stored or purchased at the winter farmers' market.

125 ml	lemon
300 g	sliced apple*
300 g	shredded red cabbage*
300 g	shredded green cabbage*
125 ml	mayonnaise
125 ml	plain yogourt*
30 ml	vinegar
12 g	sugar
15 ml	Dijon mustard
5 ml	celery seed
200 g	sunflower seeds, toasted
	salt and pepper to taste

1. Put lemon juice in large bowl.
2. Add apples and both cabbages and set aside.
3. In a different bowl, whisk together mayonnaise, yogourt, vinegar, sugar, mustard, celery seed, salt and pepper.
4. Pour dressing over cabbage mixture and toss well.
5. Add sunflower seeds before serving.

\* readily available in BC during the specified months.

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## Strawberry Salad

Yield: 10 servings      Preparation Time: 12 minutes

This is a good dish to throw together at the last minute for a quick, colourful and delicious taste of spring on the salad bar. It has a great combination of salty, sweet, crunchy and creamy!

1 kg	fresh early strawberries, hulled and halved*
250 ml	olive oil
60 ml	balsamic vinegar
12 g	sugar
300 g	mixed baby greens*
200 g	crumbled feta cheese*
100 g	walnuts, toasted
	salt and pepper to taste

1. Mash one third of a kilogram of strawberries.
2. Whisk oil, vinegar and sugar in small bowl to blend.
3. Add mashed strawberries.
4. Serve strawberry dressing over arranged mixed greens, remaining strawberries, feta and walnuts.

\* readily available in BC during the specified months.

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*“Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education.”*

- Alice Waters







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