



FARM TO SCHOOL BC WEBINAR SERIES

Learn about how to make your own ricotta cheese and yeast-free tea biscuits with a professional chef, Wade Rowland from the Cheakamus Centre!



Farm to School BC is a program administered by the Public Health Association of BC, and is supported by the Province of British Columbia and the Provincial Health Services Authority.

Farm to School BC



As of February, 2020

Menti Survey

Go to www.menti.com and use the code 42 95 18.



Speaker Introduction: Wade Rowland



CHEAKAMUS
CENTRE
nature is in session

<https://www.cheakamuscentre.ca/>

Culinary Explorations with Chef Wade

Maple Tapping with Chef Wade

Ever wondered how that delicious maple syrup you drizzle all over your pancakes come from? Learn more about maple tapping from our resources below!

- Maple Tapping [Video](#)
- Maple Tapping [Lesson Plan](#)
- "Tap, Tap, Are You There Maple" [Blog](#)

Pickling with Chef Wade

Pickling is a brilliant solution for preserving a plethora of vegetables from the market or your garden. Learn more about pickling from our resources below!

- Pickling Vegetables [Video](#) (Coming soon)
- Pickling Brine [Recipe](#)
- "Pickle All the Way" [Blog](#)

Have you checked out our Outdoor Learning Activities? [Click Here](#) to learn more! Also, watch our social media channels ([Instagram](#) | [Twitter](#) | [Facebook](#) | [YouTube](#)) for more Outdoor Learning @ Home #OL@H ideas!

[Sign-up](#) for our Newsletters to receive regular updates on activities, programs, special events, and general information about Cheakamus Centre.



Maple Tapping with Chef Wade



Pickling with Chef Wade

<https://www.cheakamuscentre.ca/learn/culinary-explorations-with-chef-wade>

Chef Wade's Recipes

At Cheakamus Centre, we believe in good food that promotes social and environmental responsibility. We care about the entire food cycle from soil to table to soil. Locally sourced and thoughtfully prepared meals provide opportunities to come together and share conversation in a community setting. We are committed to delivering the best food we can to ensure that our students and guests are healthy, happy and energized!

Try some of Executive Chef, Wade Rowland's recipes today!

*This **Maple Salt-Cured Salmon** is a great way to add flavour and texture to your salmon. The process is a quick cure method using the salt and maple syrup to create a curing brine on the top layer of the salmon. This preparation uses two types of cooking, the cure and dry heat methods. When you roast or BBQ the salmon to finish it you will be presented with a sweet and salty, yet still moist fish.*

Try Chef Wade's Maple Salt-Cured Salmon [Recipe](#)!



Maple Salt-Cured Salmon

***Bannock** is the name used by First Nations peoples for a variety of flat quick bread, tea biscuit or any item baked or cooked from grain. A bannock is an important part to any gathering as it symbolic of sharing resources with each other. It can be roasted on sticks, deep fried, pan fried, baked on hot rocks or in an oven. Some use yeast while others are leavened with mineral ingredients such as baking powder or soda. Some have no leavening at all. They come in many shapes and sizes; the large ones usually cut into sections before serving.*

Try Chef Wade's Bannock [Recipe](#)!

*This **Jerk Spice** is a Caribbean spice blend using onion, allspice, hot peppers and oil. Traditionally it is made right at home from available varieties of pepper and onion and will have local, even household variations. Jerk can be any where from mild piquant to radioactive heat and is a great addition to any poultry dish! Works well with pork, fish and root veg as well.*

Try Chef Wade's Jerk Spice [Recipe](#)!



Bannock

<https://www.cheakamuscentre.ca/learn/culinary-explorations-with-chef-wade/chef-wades-recipes>

Webinar Series: May 27

farmtoschoolbc.ca/webinar-series/

Vancouver Coastal Health and
Northern Health

Wednesday, May 27, 1:30-2:30 pm



FARM TO SCHOOL BC WEBINAR SERIES

Learn about food-related home learning
lesson plans and resources from
Vancouver Coastal Health!



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Stay connected!

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Sign up for your local regional **listservs** on our website.

Monthly **newsletter**:

<https://farmtoschoolbc.ca/newsletter-signup/>

Social Media

Facebook: Farm to School BC

Instagram/Twitter: @farmtoschoolbc

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