



# Make Your Own Pizza

## INGREDIENTS

### Pizza dough kit

Flour for sprinkling

1 tbsp olive oil

1 can **Ontario pizza sauce**

5 ounces fingerling (or other) **potatoes**

**Bell pepper**, scrubbed and diced

8 ounces **asparagus**, trimmed, each spear cut in half lengthwise, then crosswise into 2- to 3-inch pieces

4 ounces **mushrooms**, rinsed, dried, and sliced thinly

1 1/2 cup grated mozzarella cheese

4 ounces goat cheese crumbled (optional)

1/2 cup grated parmesan (optional)

### DID YOU KNOW

There are 16 ounces in one pound.

Do the math!

### Add Pizzaz to your Pizza!

Try adding fresh or dried basil, roasted garlic, spinach or wild leeks!

## DIRECTIONS

1. Wash potatoes and place in a medium saucepan. Add enough water to cover by 1 inch. Sprinkle with salt. Bring to a boil and cook until potatoes are tender, about 10 minutes. Don't overcook or potatoes won't slice! Drain. Cool. Cut potatoes into thin slices.
2. Prepare pizza dough following instructions on label.
3. Roll dough out on floured surface using floured rolling pin. For thin crust, roll it no thicker than 1/8-inch thick. For a thicker crust, roll the dough 1/4-inch thick. Transfer to an oiled pizza pan or cookie sheet.
3. Brush dough with 1 tbsp olive oil then spread pizza sauce.
4. Add washed and sliced asparagus, thinly sliced potatoes, diced pepper, sliced mushrooms and any other vegetables you may have!
5. Bake in oven at 350° for 1/2 hour OR 415° for 15-20 minutes.

## Marvellous Mushrooms

Mushrooms are edible fungi and the only vegetable that contains Vitamin D. There are thousands of species of fungi in the world, but only a few are edible. Canada has over 100 mushroom farms with 50% of them being in Ontario.

Store your mushrooms in the refrigerator in a brown paper bag. They will breathe better and stay firm longer.

Prior to use, wipe mushrooms with a damp cloth or rinse in cold water and pat dry with paper towels. Do not wash mushrooms until you are ready to use them, as they may discolour.

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Here at HFFA, we can't help but get excited when the sun shines, migratory birds start chirping, and spring crops start popping up! Speaking of popping up, we are hosting a "Pop Up" dinner party at Fiddle Foot Farm in Mulmur. Enjoy plant part power smoothies, a farm tour, and a three course local meal served alfresco on this beautiful property in the Boyne Valley. Meet farmers Amy and Graham and see close up where many of your Local Food Club pack contents come from...it doesn't get fresher than this! All proceeds go towards keeping our Farm to School programs active in schools and kitchens across Headwaters. Please visit [joynusevents.ca](http://joynusevents.ca) to purchase tickets.

We are super excited to have local asparagus from Doug at Uphill Farms in Erin. Uphill Farms is a small organic farm that specializes in asparagus, raspberries, blackberries, rhubarb and Jerusalem artichokes. From our farmers in Mono, enjoy fresh greens from Am Braigh Farm, and German Butterball potatoes from Reid's Potatoes and Farm Market. Amanda's Country Bakery created the pizza dough kit. Enjoy making dough from scratch with your family. The mushrooms, peppers and cucumber are Ontario grown and were sourced for us by Foodland in Shelburne.

**"Good things grow in Ontario!"**

## Nutrition Report

**A+**

**Antioxidants**

Asparagus, peppers and mushrooms are high in antioxidants - nutritional compounds that protect your body from disease and cellular damage.

**A**

**B Vitamins**

The family of B vitamins - which includes thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folic acid or folate (B9), and cobalamin (B12) - all work together to boost your immune system and combat stress in the body.

**B+**

**Fibre**

Asparagus, potatoes, and greens are chock full of this important complex carbohydrate that acts like a toothbrush in your intestines.

## this month's food is from...

**Am Braigh Farm**

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

**Amanda's Country Bakery**

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

**UpHill Farm**

[doug@uphillfarm.ca](mailto:doug@uphillfarm.ca)

**Reid's Potatoes**

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

**Foodland Shelburne**

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

