

Peppered Sirloin with Strawberry Salsa



Adapted from a Foodland Ontario Recipe

INGREDIENTS

For the Steak:

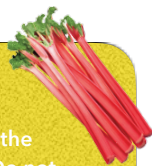
- 1 tbsp dijon mustard
- 1 tbsp peppercorns (cracked)
- 1/2 tsp salt
- 1 clove garlic, crushed
- Boneless Ontario Top Sirloin Steak (about 1 inch thick)

Salsa:

- 1 1/2 cups chopped **Ontario strawberries**
- 3 tbsp chopped **Ontario red onion**
- 2 tbsp chopped **Ontario yellow pepper**
- 2 tbsp chopped **Ontario garlic scapes**
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- salt & pepper

Bonus Rhubarb Butter Recipe!

- 4 stalks of **Ontario rhubarb** chopped (about 4 cups)
- 1 apple cored and cut in chunks
- 1/2 cup honey
- 2 tsp vanilla extract
- 1/4 to 1/2 tsp cinnamon



Did You Know?

Rhubarb leaves are toxic! They contain oxalic acid which can cause irritation to the mouth and can be fatal in some cases. Do not eat!!

DIRECTIONS

Steak:

In a small bowl, combine mustard, cracked peppercorns, salt and crushed garlic; rub in even coating on both sides of meat. Grill over high heat or broil for about 4 minutes on each side for medium-rare or until desired doneness.

Salsa:

In a medium bowl, combine strawberries, onion, yellow pepper, garlic scapes, vinegar, oil and salt and pepper to taste. Slice steak thinly across the grain and serve with salsa. Enjoy!

Make it Meat Free!

Try marinating firm tofu or a cauliflower steak in the salsa and grill until warm

Rhubarb Butter:

In a food processor, puree apple and rhubarb until smooth. Pour apple and rhubarb mixture into a saucepan and mix in honey, vanilla and cinnamon. Bring mixture to a boil stirring occasionally. Reduce to a simmer and continue stirring every 4-5 minutes. Cook for 15-20 minutes or until desired consistency is reached. Pour into jar and allow to cool. Spread on bread and enjoy! Store in the fridge for one week.

Strawberries and Rhubarb and Scapes Oh My!

Strawberries can be frozen either whole or sliced for up to 12 months. So visit a local Pick Your Own strawberry farm and freeze some berries to enjoy local all year!

Around 1778, rhubarb became appreciated for its fruit-like quality at a time of year when other fruits were unavailable in this climate.

You can throw chopped scapes into a salad or as a mild garlicky addition to a stir fry. They are also delicious tossed with olive oil, sprinkled with salt and roasted.

Peppered Steak and Strawberry Salsa

... And Rhubarb Butter!!



Summer is finally feeling like its here, and local Ontario strawberries and rhubarb are the proof!! In June we begin to reap the rewards of the bountiful local growing season., and there's so much more to come! Summer is a great time to support local food in Headwaters. Make sure to visit Farmers' Markets where local farmers bring the freshest, hyper-local produce. Try visiting a Farm Gate where you can purchase most anything our amazing region has to offer directly from the grower or producer. Check out [HeadwatersFarmFresh](#) to find out where you can get everything you'll need to keep cooking local with your family this summer. We are so happy to bring you a chance to experiment with fresh Ontario garlic scapes from Lennox Farm. Enjoy the green goodness of these aromatic and flavourful flower buds of the garlic plant. The beautiful strawberries in your pack come to you from Maple Grove Farm, and Fiddle Foot Farm provided the adorable baby butter lettuce. Enjoy the yummy Ciabatta from Amanda's Country Bakery slathered with your homemade rhubarb butter. The red onions, peppers and apples are Ontario grown and were sourced for us by Foodland in Shelburne. Thanks for a great year of supporting local. We wish you a safe, happy and healthy summer with your family. See you at the Farmers' Markets!

"Good things grow in Ontario!"

Nutrition Report

A+

Vitamin C

Strawberries are an excellent source of Vitamin C. Vitamin C keeps your immune system healthy and strong.

A

Vitamin K

One cup of rhubarb provides 45% of your daily intake of vitamin K. This vitamin makes your blood sticky so you stop bleeding after being cut.

B+

Protein

Beef is a powerhouse of nutrition! Protein builds muscle and gives you energy. Beef contains vitamin B12, which strengthens your nervous system and protects against stress.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Lennox Farm

lennoxfarm.ca

Maple Grove Farm

maplegrovesfarm.ca

Foodland Shelburne

foodland.ca

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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for food. for farming.
for our future.