

Sautéed Brussels Sprouts

Adapted from All Recipes



INGREDIENTS

- 1 lb **Brussels sprouts**
- 8 slices of bacon
- 1 small **onion** chopped
- 4 cloves of **garlic** crushed
- 1/2 cup of reduced-sodium chicken or vegetable broth
- Butter (optional)
- Salt and Pepper to taste

Simply omit the bacon, and choose vegetable broth to make this dish vegetarian friendly



BONUS recipe: Brassica Chips

A yummy snack and a busy-hands activity for kids: cut the ends off the sprouts to release leaves, have kids peel them all off, rub with oil, and sprinkle with salt. Bake on low until crispy. Works great with kale too!

DIRECTIONS

1. Wash and cut Brussels sprouts in half lengthwise and place in boiling water for 2 minutes to par-boil
2. Place 8 strips of bacon in a large skillet and cook over medium-high heat, turning occasionally for about 10 minutes. Cool on paper towel, then chop into 1-inch pieces
3. Using the same skillet (pour out almost all of the bacon fat), sauté chopped onion and garlic for 3-5 minutes or until golden brown (use a dab of butter in the pan if needed)
4. Add par-boiled Brussels sprouts and toss to coat
5. Stir in broth, salt and pepper, cover and cook until Brussels sprouts are tender, 8-12 minutes, stirring occasionally
6. Drain liquid from pan. Place in serving dish with bacon and toss together to serve

Brussels Sprouts vs. Kale

October has National Kale Day, but everything fell into place with the Brussels sprout crop, so we can finally give you sprouts on a stem! Both are green, both are extremely nutritious, both more versatile than you may realize! People often say that Brussels sprouts look like a mini-cabbage. Did you know that kale, sprouts, cabbage (and more) are in the same family of plants, *Brassica oleracea*? Sprouts are hugely popular in Belgium, and have been cultivated there since the 5th century... and yes, they are named after the capital of Belgium, Brussels! Use the extra items in your pack in our delicious Kale and Apple Salad, featured last year, for a cool and crunchy side dish. Enjoy with the bread from Amanda's Country Bakery.

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We hope that you have had an excellent summer and that you are truly enjoying this harvest season! It is so nice to be back working with farmers and families to bring you the freshest, locally grown produce. Over the summer and into the fall perhaps you have seen us at local events promoting and fundraising for **Local Food Club**? We enjoyed a beautiful day at **Landman Gardens** for **Savour Fair** and sold Hot Local Apple Cider at the wildly popular **Dufferin Farm Tour** and **Harvest Celebration** at the Orangeville Market. These are annual events we love to be a part of. Your October Local Food Club bag is bursting with harvest goodies. **Am Braigh Farm** provided the **kale** in your pack, and given that it's

Hallowe'en, we just could not resist including a little **Jack Sprat Pie Pumpkin**, grown in Amaranth by **Fresh And Tasty Mushrooms**. Have you ever seen **Brussels sprouts** still on the stalk, like in our photo above? Incredible! Thank you **Lennox Farm** for working with us to provide members with the freshest possible sprouts for us to feature this month. We are excited to add in some **garlic** from **Mono Garlic Co.** and freshly harvested Ontario **apples**.

Get the Kids in the Kitchen!

Research shows that when kids are able to help with meal preparation, they are more likely to eat the food! This month, your kids are sure to enjoy snapping each of those fresh little Brussels sprouts off the long stem. Allow your kids time to experiment in the kitchen. Making a salad is an easy start: they can toss in a few items that they get to choose...like kale and apple chunks from the bag, for starters.

Nutrition Report

A	Vitamin C	Brussels sprouts, apples and kale are all excellent sources of Vitamin C. Vitamin C is an antioxidant and promotes healing.
A+	Folate	Kale is one of the most nutrient dense foods on the planet! An excellent source of so many vitamins and minerals, including folate which is excellent for brain development.
B+	Fibre	The pumpkin in your bag is a very good source of dietary fibre, which improves cholesterol levels and blood sugar levels. It also aids in digestion.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Lennox Farm Ltd.

lennoxfarm.ca

Amanda's Country Bakery

amandascountrybakery.ca

Fresh & Tasty

freshandtastymushrooms.com

Am Braigh Farm

ambraighfarm.com

Mono Garlic Co.

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The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

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