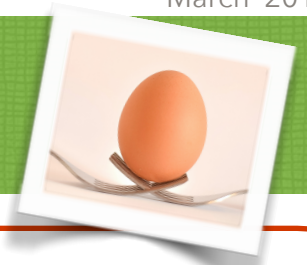


Mix & Match Farmhouse Breakfast Cups

Recipe adapted from: eggs.ca



INGREDIENTS

- 1 dozen local farm fresh eggs
- Cinnamon cap mushrooms, washed and chopped
- Spinach, washed & Onion chopped*
- Cheese if desired (feta or cheddar)
- Salt & pepper to taste
- 3 Potatoes chopped into small cubes (leave skin on for more fibre)

* You can include a mix of vegetables like Ontario hothouse tomatoes or peppers

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease 12 muffin cups.
3. Whisk 12 eggs together and add salt and pepper.
4. Place a pinch of chopped items in bottom of muffin cup.
5. Pour egg mixture over chopped items until muffin cup is almost full.
6. Bake for 15-18 min or until set.

SIDE OF HOME FRIES

allrecipes.com

1. Chop potatoes into small cubes and rinse in cold water.
2. Pat potatoes dry with a tea towel.
3. Melt 3 tablespoons of butter in a skillet on medium.
4. Place potatoes in skillet and cover, cooking for 10-15 min.
5. Remove lid and continue to cook, stirring frequently until cooked through and crisp (about 10-15 min)

Kitchen Tips...

- Drier potatoes lead to crispier home fries! Take time to dry well.
- Resist the urge to over stir potatoes when covered. They will cook easier and be more crispy if left alone. Stir once lid comes off.
- Consider adding some chopped onion to the potatoes for flavour.

What does a bee do with it's honey? It "CELLS" it!

Your "breakfast for dinner" LFC pack includes local honey for your enjoyment. This natural sweetener is produced by bees in the Headwaters region. The honey is perfectly raw, unpasteurized and may be "crystalized" when you get it. This means it is thicker and may have a grainy appearance. It's totally safe to consume, and some people prefer it this way as it does not drip. If you want to soften it up, just place honey jar directly into a bowl of hot water and wait a few minutes.

Are you there Spring? It's me, LFC...

Anyone else feel like spring is taunting us? March definitely came in like a lion, with poor road conditions, power outages and more storms in Headwaters. Springtime must be just around the corner, right?! If you haven't taken advantage of the LFC March eggs-clusive, head to **Landman Gardens & Bakery** farm store or stop in at the Orangeville Farmers Market and mention you're an LFC member to receive **\$2 OFF a dozen farm fresh eggs!** Breakfast for Dinner is a quick, simple, and healthy meal for your family. The recipe is direct from eggs.ca and allows members of your family to customize their own egg cup. We have provided the ingredients for the classic spinach and mushroom combo. **Fresh & Tasty Mushrooms** highly recommended **cinnamon cap mushrooms** in this egg recipe. This variety holds up well to heat, and has an excellent complementary flavour to eggs. The **spinach** is from **Am Braigh** and has been growing all winter long in a covered greenhouse. How lucky are we to get fresh local spinach in March? The **onions** also come to us from **Am Braigh**. We've had many inquiries from LFC members about having local **honey** return to the pack. There will surely be some excitement to spread **Ontario Honey Creations Headwaters Blend** on the **multi-grain bread** from **Amanda's Country Bakery**. Enjoy your "breakfast for dinner" with a side of home fries, made with potatoes from **Reid's Potatoes and Farm Market**.

Get the Kids in the Kitchen!

Kids LOVE cracking eggs! Sure, there might be shells, but that's manageable. Cracking an egg on a clean flat surface (as opposed to an edge or corner), such as your counter, will make sure bits of shell don't get driven inside the egg and eventually end up in the bowl. Teach your child to hold the egg tight and in one swift move, crack it on the counter. Then use thumbs to separate the shell and pour into a bowl. If a little shell does end up in the bowl, use the broken shell like a shovel to scoop it out. Egg-cellent!

Food for Thought

Somewhere between 75-95% of earth's flowering plants need pollinators! Pollinators, like bees, and butterflies are responsible for directly producing 1 out of every 3 bites of food we take (pollinator.org). So, BEE thankful for those busy creatures, not just for the sweet honey we enjoy, but for their crucial role in our food system.

Nutrition Report

A+

Breakfast for dinner is a healthy option for your family that doesn't require a great deal of time or planning. Farm fresh eggs have more naturally occurring omega-3 fats, which we require in our diet. Honey is a natural sweetener, and is rich in antioxidants. Cinnamon cap mushrooms are full of an endless number of vitamins and minerals, including vitamin D!

this month's food is from...

Fresh & Tasty Mushrooms

freshandtastymushrooms

Am Braigh

ambraighfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Ontario Honey Creations

myhoneycreations.com

Reid's Potatoes

reidspotatoes.com

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

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hffa.ca/farmtoschool



@HeadwatersFood



for food. for farming.
for our future.