

Strawberry Bruschetta

Adapted from: Delish.com



INGREDIENTS

- Baguette** sliced into rounds
- 1 cup **strawberries** washed, hulled and sliced
- 2 tbsps **green garlic** (finely dice white portion and thinly slice the green portion vertically)
- 4-5 basil leaves, cut into strips (remember your basil plant from LFC in May?)
- 1 tsp balsamic vinegar
- 2 tbsp olive oil (plus a little more)

DIRECTIONS

- Heat broiler
- Combine strawberries, garlic, olive oil and balsamic vinegar in a bowl and stir well. Season with a dash of salt and pepper.
- Brush baguette slices with olive oil and broil until golden (about 3 minutes)
- Spoon bruschetta over bread and serve

You CAN make friends with Salad!

Whether you follow a perfect recipe online or throw something together from your fridge, a salad is always a quick, simple addition to a meal. Add a protein to make it a meal itself.

May we suggest a side salad?

Easy-peasy homemade dressing - mix, shake, pour

Yields 1/4 cup

- 3 tbsps extra virgin olive oil
(other oils like grape-seed or even canola will work)
- 2 tbsps vinegar
(red wine, apple cider, white or balsamic)
- salt and pepper

See variations here: www.geniuskitchen.com

On the outskirts of Shelburne there is a popular farm stand known as Besley's Country Market. There you will find Besley's own greenhouse grown tomatoes and a variety of in season and locally grown vegetables. From mid-May to mid-November they have approximately 2000 tomato plants ideally each producing 1lb of fruit weekly for the growing season. It's always a wonderful opportunity for LFC to connect families with another local farmer and food producer. Evan Besley was not only ready and willing to make our order work, but he graciously offered to donate the tomatoes in your pack to the program, saying "it's always nice to be involved in the community". We want to express our thanks for the generosity! You can find Besley's Farm at the Orangeville and Shelburne Farmers' Markets every week or at their farm stand in Shelburne where Victoria Street meets County Road 11.

“If it rains on Wednesday...”



“...no one in Ontario will have strawberries for the weekend!” This is straight from a local farmer when speaking about the likelihood of local strawberries being ready for June LFC. It’s important to share tidbits from our planning. This gives us all a greater appreciation for the uncertainty that farmers face and understanding that when it comes to eating locally and in season, we have to have some flexibility and patience for what is actually available. One week away from packing day and there is literally just ONE strawberry producer in Ontario picking and supplying. The quote about the rain refers to the fact that if it rains on harvest day, then the berries from that supplier simply don’t make it to market for the weekend. Thank you Maple Grove Farm for your insight, dedication to the program and ability to source Ontario grown strawberries for us, if yours are not ready! This month’s **Strawberry Bruschetta** is a delightful side dish and we recommend a salad and a protein to round out the meal. **Foodland Shelburne** provided the Ontario grown **pepper** and **cucumber** in your bag. These will give you a good start to a salad, with lettuce mix from **Am Braigh Farm**. As noted, **strawberries** come to us from **Maple Grove Farm** where pick-your-own is delayed until July. We connected with **Besley’s Country Market** for some juicy and flavourful **cherry tomatoes**, also a great addition to salad. The baguette in your bag comes from **Amanda’s Country Bakery**. And **Shine Baking Co.** was able to bake a baguette for the GF crowd. Finally, we offer you **green garlic** for the recipe from **Albion Community Farm**.

Get the Kids in the Kitchen!

This month your children can:

- Wash fresh produce
- Slice strawberries
- Brush olive oil on the bread
- Chop their choice of fruits & veggies for the salad

Nutrition Report

A+

Cherry tomatoes are an ideal snack! The fibre, potassium and vitamin C all support good heart health. Green garlic looks like green onion and is less “intense” than a garlic clove. You can consume both the white and green portions. Regular consumption of garlic can assist in detoxifying your body.

THANK YOU!

We hope you enjoy your summer and find it full of good fun, good company, and good food! Thank you for everything...your orders, support of the Farm to School Programs and interest in local food. Stay tuned for information about LFC and F2S programs in the new school year. And lastly, to help us learn, grow and run a successful program, your feedback is important. Please complete our survey here:

hffa.ca/farmentoschool/local-food-club/survey

this month's food is from...

Besley’s Country Market

[519-217-5494](tel:519-217-5494)

Albion Hills

Community Farm

albionhillscommunityfarm.org

Amanda’s Country Bakery

amandascountrybakery.ca

Foodland Shelburne

ontario.foodland.ca

Maple Grove Farm

maplegrovefarm.ca

Shine Baking Co.

shinebakingco.com

Am Braigh Farm

ambraighfarm.com

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

food@headwaterscommunities.org

hffa.ca/farmentoschool



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