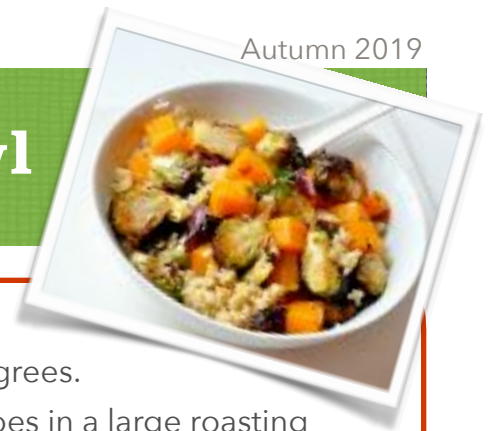


Harvest Vegetable Quinoa Bowl



INGREDIENTS

- 1 cup dried **quinoa**
- 1 cup chopped **kale**
- 1.5 cups **mini Brussels sprouts**
- 1.5 cups **carrots** diced into 1 inch pieces
- 1 cup **potatoes** chopped into 1 inch pieces
- 1 minced **garlic clove**
- 1/3 cup olive oil (divided)
- 1 lemon (squeeze for juice)
- Dijon mustard, salt & pepper, pinch of sugar

Vinaigrette:

Juice of one lemon, 1 minced garlic clove, 1 teaspoon dijon mustard, pinch of sugar, salt & pepper to taste, 1/3 cup olive oil
Whisk all ingredients together until salt and sugar is dissolved.

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place carrots and potatoes in a large roasting pan, drizzle with 1-2 tbsp olive oil, salt & pepper.
3. Mix to evenly coat and put in the oven for 12-15 min.
4. Next, cook the quinoa according to directions.
5. Remove the carrots and potatoes from the oven, add the Brussels sprouts to the roasting pan. Add another drizzle of olive oil, with a sprinkle of salt & pepper, mix again to evenly coat.
6. Roast all vegetables together for another 15 minutes or until fork tender.
7. Make the vinaigrette.
8. In a large serving dish layer the cooked quinoa at the bottom with half of the roasted vegetables, toss the chopped kale on top, followed by the remaining quinoa and vegetables.
9. Drizzle a few tablespoons of the vinaigrette over the dish and gently combine.
10. Garnish with parsley if desired, serve with a side salad, fresh herbed biscuits and ENJOY!

BUT WAIT, THERE'S MORE...

- **Food Waste** affects the climate because food that decomposes in a landfill releases methane, a gas that is at least 28x more potent than carbon dioxide. Properly composted food can at least be used as fertilizer to improve soil health and productivity.
- **Did you know?** Any food items leftover from LFC are either donated to the local Food Bank, sold at a pop-up market at a participating school, or shared with our volunteers!
- **This recipe is versatile and a great way to reduce food waste and use up some items in your fridge!** If you have a little bit of cauliflower or onion (or just about anything) left from another meal, toss it in the roasting pan too!

Let's Talk Food Waste...



Thank you for ordering Local Food Club and welcome to the first pack of 2019-2020! We hope you enjoy all the freshly harvested items! In your pack we have shared some information about food waste from Dufferin Waste. We are helping raise awareness of food waste as a climate change contributor, and the simple fact that individual households can easily do something about it with just a little effort. Check out the Dufferin Waste "Plan to Save: Reduce Food Waste Challenge" happening now (dufferincounty.ca/foodwaste) and listen to what some community leaders have to say about taking the challenge. We also want to address this issue from the perspective of Local Food Club. Our recipes are kept secret until your pack arrives home - the element of surprise builds anticipation and families get excited to discover what's in the pack. We're proud that our program offers your family a fun and safe opportunity to experience some unique, perhaps unfamiliar foods. That said, we know that not everyone will fall in love with sun chokes, Brussels sprouts, ramps or celeriac. If for any reason you have items from LFC that you will not use, consider donating to the Food Bank, share with friends and neighbours or bring leftovers to the office. If the recipe does not appeal, repurpose the items and create your own dish! Soups, quiches, stews and stir fry are great catch-all meals. Be sure to store food properly so that if you don't use your precious veggies right away, they will keep longer. As a last resort, give a furry friend a leftovers treat and/or COMPOST! Composting is the best option when all others have been exhausted - NEVER toss food in the garbage. Thank you for being adventurous in exploring fresh locally grown foods with us! Please take care of your food, and try not to waste it.

Get the Kids in the Kitchen!

Address kitchen and food safety with your children before cooking. Teach your child that long hair should be tied back, turn pot handles in so they won't get accidentally pulled down, have oven mitts handy (but away from the stove) just in case. It is important to use proper tools and equipment while cooking also. This month, your child can take the lead on cooking the quinoa! They will surely enjoy everything from measuring ratios to fluffing it up.

Nutrition Report

- Quinoa is a nutritious whole food, and an excellent source of protein, calcium, fibre, zinc, iron and magnesium.
- Brussels sprouts are an amazing source of vitamins C and K.
- Kale will nourish your mind and body with folate and omega-3, both are great for brain development and function.

A+

Your fresh local food is from...

Herbed Biscuits

Amanda's Country Bakery
amandascountrybakery.ca

Mini Brussels Sprouts

Lennox Farm lennoxfarm.ca

Garlic

Mono Garlic Co.
[519-939-1473](tel:519-939-1473)

Carrots & German Butterball Potatoes

Fiddle Foot Farm
fiddlefootfarm.com

Quinoa
Quinta Quinoa quinta.ca

Salad Mix

Am Braigh ambraighfarm.com

Kale

Albion Community Farm
albionhillscommunityfarm.org

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



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