

Apple Rhubarb Pancakes & Spinach Leek Frittata

Inspired and adapted from [Jernje Kitchen](#) & [From a Chefs Kitchen](#)

Apple Rhubarb Pancakes

Pancake mix cooked as per package

1 cup of water

2 cups of **rhubarb**, washed, leaves removed and stem cut into 2 cm pieces

2 cups of **apples**, peeled and diced

2 tbsp lemon juice (1/2 lemon squeezed)

1 bag of **Chamomile tea bag**

1 tsp vanilla extract

1/4 cup sugar

Frittata

1 tbsp olive oil

1 tbsp butter

3-5 **wild leeks** (5 for a bolder taste), washed, roots removed, bulbs thinly sliced and leaves torn

1/2 cup of crumbled feta cheese

4 eggs

3 egg whites

5 oz of **baby spinach**

1 teaspoon of fresh dill, or 1/2 tsp dried



1. Add water, lemon juice, sugar, vanilla, and chamomile tea bag to a medium saucepan. Place over medium-high heat and bring to a boil.
2. Once boiling, add the apples and cook for about 5 minutes.
3. Add the rhubarb and cook for 15-20 minutes, stirring and mashing often until boiled down to desired consistency (we did a runny jam).
4. Remove the tea bag, mash it up and serve over pancakes, cold or warm.

1. Preheat oven to 400 °F
2. Heat olive oil and butter in a large oven-safe pan. Add the wild leeks' bulbs and leaves and reduce heat to medium-low. Sauté for 5-10 minutes, until wild leeks are tender.
3. Add the spinach and cook for 5 minutes, or until the spinach is wilted. Stir in salt, pepper and dill.
4. Spread the contents evenly across the pan. Sprinkle the cheese across the vegetables.
5. Combine the eggs, egg whites and milk in a bowl and whisk to blend. Pour the egg mixture into the sauté pan.
6. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set. Transfer to the oven and cook for another 8-10 minutes. Once golden-brown top, and no liquid when you cut in, it is ready.

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Welcome to the April Local Food Club! April is one of the tougher months of the year as winter crops are out, and spring produce are just starting. Luckily, many farms and producers in the Headwaters region are able to find ways to keep local food available. Sometimes you have to reach out a bit farther to get certain local foods.

With our world turned upside down, let's turn our meals around too: breakfast for dinner! **Landman Gardens** and **Shine Baking Co** provided the pancake mix that the whole family is sure to love. Would it really be Spring in Canada without maple syrup to go with the pancakes? We are so grateful for **Love's Sweetness Maple Syrup** in Holstein for providing their local liquid delicacy. To finish topping off the pancakes, the rhubarb apple compote is made from apples from **Giffen's Country Market** in Glen Huron and the very unique forced rhubarb from **Lennox Farm**. This special recipe even calls for a chamomile tea bag; which we are so lucky to **Escarpment Gardens** right in our backyards to use. Pair your pancake breakfast with a simple and savory frittata. The wild leeks, known as ramps, were handpicked by **Hidden Meadows Farm**. We were lucky to have **Pfenning's Organic Farm** in New Hamburg provide us with some delicious baby spinach to add some more veggies to the dish. This meal has one of the widest varieties of local foods, and we're so happy to be able to incorporate it all in one box. We sure are lucky to live in Headwaters.

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

There are so many mixed messages regarding nutrition these days, it is hard to keep track of it all. For items like pancakes and syrup, or other foods that seem "less healthy" it is important to teach kids (and adults) that it really is okay to have food items like this too. Instead of using terminology like *good* and *healthy vs bad, unhealthy* or *junk*, use terminology like *more often* and *less often* to help nurture a better relationship with food. For more information on how to balance promoting a nutritious diet with building a healthy relationship with food, visit [Ellyn Satter](#) or [Kids Eat in Colour](#).

From the LFC Test Kitchen

If you like a bolder taste, use all the wild leeks – we used three.

To cook the frittata, a cast iron pan works great (we used the Heritage Rock pan). You can also use a baking sheet if you have nothing else, but make sure you grease it well. Also, feel free to turn on the broiler for the last couple minutes.

Nature vs Nurture

Wild leeks, or ramps, can be found naturally in many forest settings in Ontario. Their leaves give an onion taste; the bulbs provide a garlic flavour.

Forced rhubarb is grown during the winter months by placing 2 year-old roots in an indoor planting bed, where it is dark and cold! This helps keep the stalk nice and pink.

this month's local food is from...

Landman Gardens
landmangardens.ca

Love's Sweetness Maple Syrup
loves-sweetness.square.site

Lennox Farm
lennoxfarm.ca

Shine Baking Co
facebook.com/shinebakingco/

Escarpment Gardens
escarpmentgardens.ca

Giffen's Country Market
giffens.ca

Pfenning's Organic Farm
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