



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

2019 Issue 1

Classroom Journal

Our Field Trip schedule was jam-packed this past fall!

We hosted students from the following 14 schools from Late September to November:

Arthur Ford PS, Parkview PS, Summers Corners PS, Kettle Creek PS, St. Catherine of Sienna CS, Sir John A MacDonald PS, Port Stanley PS, New Sarum PS, Byron Northview PS, Tweedsmuir PS, Eva Circe-Cote PS, St. Anthony's CS and welcomed classes from H.B. Beal SS, Clarke Road SS and London Christian HS!

Over 730 Students came to HQ to dig in the garden, explore the value of food, learn about food systems and prepare and share a beautiful, delicious meal together! (Check out 2 of our favorite fall recipes on pages 4 & 5!)

All of this is possible because of you, our sponsors and supporters! **THANK YOU!!**





"The entire experience was well designed and executed and provided an extremely valuable and memorable learning experience for our students. Experiential learning experiences such as the one you provide are engaging and bring the learning to life. So much better than textbook learning!!" (Grade 6 Teacher)

"Every student in our class said they tried at least one food item they had never eaten before." (Grade 5 Teacher)



We are looking forward to cooking with students from the following schools this spring!!

- Chippewa PS**
- Lord Roberts PS**
- Pierre Elliot Trudeau PS**
- Victoria PS**
- Lord Nelson PS**
- Masonville PS**
- Princess Elizabeth PS**
- Central (Woodstock) PS**
- and Wilberforce PS**



Field Notes from Our New Education Projects and Volunteer Coordinator!!

Hi, I'm Christy Cook. I started in this exciting role at Growing Chefs! Ontario in August and have loved every minute of my time since! Getting kids excited about healthy and wholesome foods is a very rewarding experience. Our field trips, school visits and cooking workshops are often filled with memorable moments and heartwarming quotes from children.

During Field Trips to our HQ, students get to experience our Learning Garden, plate a dessert like a Chef, and prepare a delicious meal to share together. In the Learning Garden, they get to compare and contrast locally and globally food systems - specifically the path food travels from farm to fork. Students go on a lively scavenger hunt through our raised bed gardens, tasting along the way. Hearing the gasps of surprise and looks of wonder on their faces when they discover that broccoli flowers and that fresh peas picked off the vine taste sweet is heartwarming! You can hear them already beginning to question where their food comes from and how it was produced and making plans to grow a garden themselves.

After exploring the Learning Garden, students move upstairs to learn about the value of food and share stories about the different traditions that their families have surrounding food. Then we bring out the apple bars, garnishes and coulis and the kids get to work on an edible art project - decorating their plates like a Chef artist! We teach them about different techniques they can use with the coulis like dots, spoon swooshes and splatters. When they are done, the desserts go into the fridge and they move onto the cooking lesson.

Each group makes a different part of the meal, harvesting fresh herbs and veggies from our garden along the way and learning about ways to make cooking safe, fun and exciting! After we all sit down in the dining room and share a delicious 4-course meal made by the students. This fall, our seasonal menu was chicken and swiss chard soup, herbed foccacia, kale and apple salad with a maple vinaigrette, butternut squash and bacon risotto and apple bars for dessert. The students hydrate themselves between activities with our refreshing fruit infused water - my favourite is strawberry and mint! A big part of what we do is getting kids comfortable to try new foods and to think about ways they could change the recipes at home to make them even better!

At the end of the day, the students leave HQ full from a fantastic meal, ready to get cooking at home and better able to ask questions about where their food comes from and the environmental impact of our food choices - mission accomplished!

The impact food education can have on young minds is huge; not only are they learning about food, but they are learning math, science, art, history and geography along the way!

Looking forward to the Spring Field Trips!

Christy



Christy comes to Growing Chefs! with a Bachelors in International Development and Environmental Studies from Trent University, where she focused on learning everything she could about food systems and how to make them sustainable. Since graduating, Christy has spent the past 5 years working for environmental not-for-profit organizations on everything from setting up school farms to planting food forests. She is passionate about educating the next generation to ask questions about where their food comes from! We are so fortunate to have her on the team!

A big thanks to the whole program team including Andrew Fleet, Katherine Puzara, Ryan Wishak, Anna Carroll, Maddy Say, Phoebe Say, Leah Mulat, Sharlaine Murga, Jenn Baswick and Alyssa Boissineau!

Herbed Foccacia

Ingredients

- 3 cups water (slightly warmer than room temperature)
- 2 tablespoons yeast
- $\frac{1}{4}$ cup olive oil
- 8 cups all purpose flour
- 4 teaspoons salt
- 6 tablespoons olive oil
- $\frac{1}{4}$ cup fresh chopped herbs
- 3 tablespoons salt

Directions

In stand mixer, pour in flour, then pour in water, yeast, olive oil and salt.

Turn machine on number 1, and mix for 3 minutes.

Turn machine on number 2, and mix for 4 more minutes. (Adjust dough as needed with a little bit of water or flour).

Spread about 1 tablespoon olive oil in a large bowl and then scrape dough into the large bowl. Cover with saran wrap and leave to rise in a warm place for 30 minutes.

Knock down the dough and divide dough in half. Place each half on a baking sheet lined with parchment paper and spread dough all over the pan. Press down with fingers to create dimples all over the dough and stretch as much as possible to reach the outside of the pan.

Brush olive oil all over the top of the dough and sprinkle all over with herbs and salt.

Let dough rise an additional 10 minutes and then load into the oven.

Bake until golden brown, about 25 minutes.

ENJOY!!





Zuppa Toscana (Tuscan Soup)

Ingredients

- 1 tablespoon olive oil
- 1 pound shredded chicken
- $\frac{3}{4}$ teaspoon red pepper flakes (or to taste)
- 3 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 1 large russet potato, peeled and diced
- 2 cups swiss chard, finely chopped
- 1 cup white bean
- 1 cup heavy cream
- salt and pepper to taste

Directions

To a large pot over medium heat add the olive oil, the red pepper flakes, garlic and onion and cook, stirring often, until the onions are translucent and the garlic is fragrant, about 4 minutes. Add the chicken broth, potatoes, and swiss chard. Bring the broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about 10 minutes. Add the chicken and beans and warm through. Remove the soup from the heat, stir in the cream, and season with salt and pepper to taste. Ladle into soup bowls and serve.



Title Sponsor Spotlight



As an Agricultural Society, the Western Fair District has deep roots bridging urban and rural communities. This is achieved through educational programming and facilities that help us support the needs of the regional agri-business sector, as well as the customer's desire to learn more about agriculture.

The District believes the more knowledgeable you are about food and farming, the better you are able to support local agriculture and the community. As home of the annual Western Fair, a Farmers Market, a number of agri-business events like the Farm Show and National Poultry Show, as well as Fanshawe College's new Agri-Business program, we are proud of our educational offerings for today's consumers.

Our partnership with Growing Chefs! Ontario's School Food Education Project allows both organizations to weave their educational mandates together and expand the innovative activities provided by Growing Chefs! to more students.



The 2018 - 2019 School Food Education Project is presented by our Title Sponsor:



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Thank you for your investment in food education and the future health of our community.

