



# School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

A background image of fresh vegetables including red tomatoes, mushrooms, and green beans.

## Growing Chefs! Ontario *Classroom Journal* 2020 Issue 1



# Our Fall Field Trips

## HQ Field Trips

Fall is a busy time at Growing Chefs for field trips! We welcomed students from twelve schools across London and the surrounding area to visit our historic Headquarters this fall for a day packed with garden exploration, culinary adventures and artistic food creations!

Schools that visited our Headquarters were Byron Southwood PS, Tecumseh PS, Eva Circa Cote French Immersion PS, Eagle Heights PS, Ashley Oaks PS, Wortley Road PS, Caradoc North PS, New Sarum PS, Masonville PS, St. Catherine of Sienna Catholic School, Mountsfield PS and Pierre Elliott Trudeau French Immersion PS.

## Fresh Food Frenzy

While the older kids were kept busy at Headquarters, Grade 1-3 students from seven schools visited us at the Covent Garden Market for Fresh Food Frenzy field trips. Keep reading for Fresh Food Frenzy stories from Chef Anna.

Schools that visited us at the Market were White Oaks French Immersion PS, St Anthony French Immersion Catholic School, Notre Dame Catholic School, West Oaks French Immersion PS, Glen Cairn PS, Wilberforce PS and Arthur Ford PS.



# Field Trip Feedback



"Our grade 6 students could not stop talking about their experience at Growing Chefs!. They came back to school that day with knowledge of how to cook and prepare delicious food. Many of these students rely heavily on their parents to cook meals for them, so it's refreshing to see them get their hands dirty and learn how they can bring simple ingredients together to make a wonderful meal for their families!"



"Growing Chefs is one of the best field trips I have ever taken students on! Not only did students get to engage collaboratively in the process of preparing food, they learned about where food comes from in the garden (discussing the benefits of local vs. global sources of food), learned about the social value of food, and got to experience a fun cake decorating activity. Every single student I spoke with said they had a great time and would go back - a huge hit with our Grade 5s! Thank you to the amazing team at GC for making this a memorable day for all!"





# Field Notes from Chef Anna



## Tales from Fresh Food Frenzy



Hi! My name is Anna and I am the Education Lead Chef at Growing Chefs! One of my favourite projects we do every year is Fresh Food Frenzy. Every spring and fall, classes of grades 1-3 join us in the Market Kitchen at Covent Garden Market for Fresh Food Frenzy! A frenzy of food, fun, and excitement, Fresh Food Frenzy invites participants to engage with where their food comes from and come together to create a 3 course meal all by themselves - with a bit of supervision of course!

Each Thursday, students begin by exploring the market with a scavenger hunt and a shopping list to purchase local seasonal ingredients, learn from vendors, and then head back upstairs to use those ingredients to create a delicious 3 course meal. This past fall, students made gnocchi with butternut squash and mushroom "bacon", pumpkin oatmeal cookies with apple sauce, and stone soup! This past fall we also began each session with an apple tasting of 4 different types of apples! We compared each apple based on both texture and taste and discussed what apples would be best for pie or apple sauce. Did you know that Ontario produces over 20 commercial varieties of apples?

One of our feature ingredients this past fall, along with apples and squash, was mushrooms. Mushrooms can be a challenging ingredients for kids, but by marinating them in spices, a bit of maple syrup and roasting them until crispy, mushrooms can be introduced in a way that may be more appealing to picky eaters. When encouraging students to try new foods, we shift the focus from eating, to "tasting like a chef." Instead of trying a new food such as mushrooms, we ask if they can identify different spices, the sweetness from the maple syrup or the saltiness of the soy sauce. If they don't like it, is it because of the texture? Is it too salty or too sweet? If they were to make the recipe again, how would they change it to make it taste better to them?

I really enjoy this project because it creates space for students to try something new, learn about new and familiar ingredients, and connect with where their food comes from, all while having a great time!



# Mushroom "Bacon" Recipe

## Ingredients

- 2 large portobello mushrooms
- 1 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon soy sauce
- 1 teaspoon smoked paprika
- Salt & pepper
- Olive oil



## Directions

Preheat oven to 400°F. Whisk all ingredients together in a bowl except the mushrooms. Stir until well combined. Slice mushroom caps into thick slices. Toss with olive oil and salt. Evenly space slices on a baking sheet lined with parchment paper. Bake for 30 minutes and allow to cool.





# *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 and food.

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 London's Best Weekend Market six years running, Eastern Canada's largest indoor Farm Show, the National Poultry Show and the annual Western Fair's traditional school tour program, the Western Fair District continues to provide educational experiences for today's consumer.

The Western Fair District is four years strong partnering with Growing Chefs! Ontario in support of the School Food Education Project and more recently, our organizations developed a new learning experience called Agri-Food Week for students in grades 6, 7 & 8. These projects allow each group to weave their educational mandates together, expanding on innovative learning activities for students and the community. We like that!

We appreciate your support in helping Western Fair District and Growing Chefs! Ontario continue to cultivate love for farmers and food.



# Investor Sponsor Spotlight



mushrooms.canada

Founded in 1955 as a voluntary, non-profit organization, Mushrooms Canada and its members are dedicated to the production and marketing of fresh mushrooms in Canada. Members include mushroom growers, processors, spawn makers, suppliers, scientists and other allied industries. They advocate for food safety, good nutrition and the proper care and handling of fresh Canadian mushrooms.

In the 2019-2020 school year, Mushrooms Canada became a strong supporter of our School Food Education Project. Students and families have been enjoying the mushroom-focussed recipes we've incorporated into our field trips and Family Activity Nights!

# The 2019-2020 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.

