

# Recipe Ingredient Worksheet

## Fruit Crumble



### Crumble topping

Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• 1 cup flour</li> <li>• 1/2 cup butter</li> <li>• 1/2 cup brown sugar</li> <li>• 1/4 teaspoon salt</li> </ul>	<ul style="list-style-type: none"> <li>• Arva, Ontario</li> <li>• Sterling, Ontario</li> <li>• Replace with maple syrup from Thorndale, Ontario</li> <li>• Goderich, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• USA</li> <li>• France</li> <li>• Paraguay</li> <li>• Greece</li> </ul>

### Filling

Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• 1/2 pound apples</li> <li>• 1/4 cup white sugar</li> <li>• 1 tablespoon lemon juice</li> <li>• 1/2 teaspoon cinnamon</li> <li>• 1 - 3 tablespoons cornstarch</li> </ul>	<ul style="list-style-type: none"> <li>• London, Ontario</li> <li>• Replace with Honey from London, Ontario</li> <li>• No local replacement</li> <li>• No local producer</li> <li>• Burlington, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• South Africa</li> <li>• Brazil</li> <li>• Mexico</li> <li>• Sri-Lanka</li> <li>• China</li> </ul>

# Recipe Ingredient Worksheet

## Feta Dip



Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>8 - 10 ounces feta cheese</li> <li>3 ounces cream cheese</li> <li>2 tablespoons olive oil</li> <li>1 tablespoon honey</li> <li>1/2 English cucumber</li> <li>1/2 bell pepper</li> <li>3/4 cup sun-dried tomato</li> <li>10 fresh basil or parsley leaves</li> <li>1 - 1 1/2 tablespoon chives</li> <li>Salt</li> <li>Pepper</li> </ul>	<ul style="list-style-type: none"> <li>St.Marys, Ontario</li> <li>Blyth, Ontario</li> <li>Alberta</li> <li>London, Ontario</li> <li>London, Ontario</li> <li>Leamington, Ontario</li> <li>Leamington, Ontario, dried at home</li> <li>London, Ontario</li> <li>London, Ontario</li> <li>Goderich, Ontario</li> <li>No local producer</li> </ul>	<ul style="list-style-type: none"> <li>Greece</li> <li>USA</li> <li>Italy</li> <li>China</li> <li>Mexico</li> <li>Mexico</li> <li>Italy</li> <li>Mexico</li> <li>Israel</li> <li>Greece</li> <li>India</li> </ul>

# Recipe Ingredient Worksheet

## Perfect Egg Salad Sandwich



Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• 4 hard-boiled eggs</li> <li>• 1/4 cup mayonnaise</li> <li>• 2 tablespoons celery</li> <li>• 1 green onion</li> <li>• 1 tablespoon mustard</li> <li>• A few dashes hot sauce</li> <li>• Salt</li> <li>• Lettuce of choice</li> <li>• 8 pieces bread</li> <li>• Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Strathroy, Ontario</li> <li>• (Home-Made, eggs from Strathroy, Ontario and canola oil from Alberta)</li> <li>• London, Ontario, or your own backyard!</li> <li>• London, Ontario, or your own backyard!</li> <li>• London, Ontario</li> <li>• London, Ontario</li> <li>• Goderich, Ontario</li> <li>• London, Ontario or your own backyard</li> <li>• London, Ontario</li> <li>• Sterling, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• (Pre-packaged boiled eggs), USA</li> <li>• USA</li> <li>• USA</li> <li>• Mexico</li> <li>• France</li> <li>• Mexico</li> <li>• Greece</li> <li>• USA</li> <li>• USA</li> <li>• France</li> </ul>

# Recipe Ingredient Worksheet

## Tomato Sauce



Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• 2 pounds fresh tomatoes or 1 can crushed tomatoes</li> <li>• Balsamic vinegar</li> <li>• Olive oil</li> <li>• White or yellow Onion</li> <li>• Salt</li> <li>• Fresh or dried herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Leamington, Ontario</li> <li>• Replace with apple cider vinegar from London, Ontario</li> <li>• Replace with canola oil from Alberta</li> <li>• Newmarket, Ontario</li> <li>• Goderich, Ontario</li> <li>• London Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>• Italy</li> <li>• Italy</li> <li>• Tunisia</li> <li>• Mexico</li> <li>• Greece</li> <li>• Mexico</li> </ul>

## Garden Salad

Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Tomatoes</li> <li>• Cucumber</li> <li>• Olive Oil</li> <li>• Balsamic vinegar</li> <li>• Fresh or dried herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Leamington, Ontario</li> <li>• Leamington, Ontario</li> <li>• London, Ontario</li> <li>• Replace with canola oil from Alberta</li> <li>• Replace with apple cider vinegar from London, Ontario</li> <li>• London Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>• Mexico</li> <li>• USA</li> <li>• USA</li> <li>• Italy</li> <li>• France</li> <li>• Mexico</li> </ul>