



12 MONTHS 24 RECIPES

# FARM *to* FORK

12 LOCAL FOOD SUPPORTERS

*The UBC community cookbook featuring  
locally grown, in-season ingredients*



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

# TABLE OF CONTENTS

---

INTRODUCTION **2**  
HOW TO USE THIS COOKBOOK **3**  
THANK YOU **4**  
RESOURCES **54**  
INDEX **55**  
CREDITS **56**

<b>JANUARY 5</b> SPROUTS	
<b>FEBRUARY 9</b> LAND & FOOD SYSTEMS ORCHARD GARDEN	
<b>MARCH 13</b> FACULTY OF LAND & FOOD SYSTEMS	
<b>APRIL 17</b> PEAKE OF CATERING	
<b>MAY 21</b> SAGE BISTRO	
<b>JUNE 25</b> INTERGENERATIONAL LANDED LEARNING PROJECT	
<b>JULY 29</b> AGORA EATS CAFE	
<b>AUGUST 33</b> PLACE VANIER DINING HALL	
<b>SEPTEMBER 37</b> UNA COMMUNITY GARDEN COMMITTEE	
<b>OCTOBER 41</b> ALMA MATER SOCIETY	
<b>NOVEMBER 45</b> CENTER FOR SUSTAINABLE FOOD SYSTEMS AT THE UBC FARM	
<b>DECEMBER 49</b> AGRICULTURE UNDERGRAD SOCIETY	



# CELEBRATING THE SEASONS WITH HEALTHY RECIPES

## WHY LOCAL & IN SEASON?

For many reasons!

The freshness, ripeness and flavour of locally grown, in-season food is unbeatable. Locally grown food offers consumers a way to reconnect with the land, their senses, their local farmers and how food is grown. Picture asparagus spears erupting from the ground; bring to your mind the smell of a freshly picked vine tomato; and recall the taste of a juicy strawberry in summer and you'll understand why local food is experiencing such a renaissance.

This cookbook is here to not only take you into this world of senses, but to provide you with healthy, easy to make recipes which integrate in-season produce. Above all, this cookbook aims to introduce you to a network of local food champions right here at UBC – from the UBC Farm, to Place Vanier Dining Hall (UBC Food Services) and the Inter-generational Landed Learning Project to Sprouts, Agora Eats Cafe and Peake of Catering at UBC Robson Square, this cookbook introduces you to the people, service providers, researchers and organizations at UBC who are growing, researching, promoting and selling local food.

Bon Appétit!



12 MONTHS  
12 LOCAL FOOD  
CHAMPIONS  
24 DELICIOUS  
IN-SEASON  
RECIPES

*The UBC Local Food Cookbook is designed to tantalize your taste buds and to get you thinking about healthy, in-season and local food that is grown, promoted and sold right here at UBC.*

## HOW TO USE THIS COOKBOOK

Each month profiles a local food champion at UBC and outlines which produce is in season that month. Recipes have been generously contributed by local food champions at UBC and all recipes integrate in-season food available in that particular month. Don't know what to do with rutabaga? The Agricultural Undergraduate Society (AGUS) has a perfect recipe for you (see page 49). Want to transform radishes into a delicious dip? Turn to page 25 for a recipe contributed by the Intergenerational Landed Learning Project. Along the way, learn about who's involved with local food at UBC and what they are doing to contribute to UBC's local food system.

These recipes are easy to make and delicious, perfect for lunches or as leftovers. Keep your eyes peeled for some of these dishes in on campus food outlet locations like Agora Eats Cafe, Sprouts, Place Vanier Dining Hall and Sage and in Peake of Catering's menu.

# THANK YOU!

A big thank you to Health Safety and Environment.

This project was made possible by the Healthy Workplace Initiatives Fund offered each year by HSE. And a huge thank you to all of our contributors for your enthusiasm, recipe contributions and time: Agora Eats Café, Agricultural Undergraduate Society (AGUS), Sprouts, the Centre for Sustainable Food Systems at UBC Farm, Intergenerational Landed Learning Project, Place Vanier and Sage (UBC Food Services), AMS Food & Beverage, University Neighbourhoods Association (UNA), Peake of Catering (UBC Robson Square), Faculty of Land & Food Systems and the LFS Orchard Garden. A final thank you to Veronica Stark for creative design and Javier Landaeta for photography.



**JANUARY**

## **SPROUTS**

**LOCAL & IN SEASON /**

APPLES

CABBAGE

CARROTS

KALE

LEEKS

ONION

PARSNIPS



PHOTOGRAPHER: JAVIER LANDAETA



## SPROUTS

[www.ubcsprouts.ca](http://www.ubcsprouts.ca)

Sprouts, located in SUB basement, Room 66, is a student-run, volunteer-driven club at UBC that is dedicated to fostering food security and community on and beyond the UBC campus. Food is the heart and soul of Sprouts and the main attraction is a dynamic café and grocery store that has become a favourite destination for food, coffee and conversation for many people on campus. Sprouts sells local and organic produce, minimally packaged groceries and bulk foods, fair trade tea and coffee, seasonal organic soups, baked goods and bread (all prepared in-house by volunteers)

The café and grocery store is just one way that Sprouts demonstrates a commitment to local, sustainable and healthy food. In addition, Sprouts offers a number of outreach projects to the UBC community, including a pay-what-you-can lunch called Community Eats, a wholesale buying club, a bicycle-powered grocery delivery service called The Sprouts Box, and a series of free, educational workshops on various cooking and food-related skills.

The folks at Sprouts aim to connect their customers to the land and people who grow their food. They also aim to foster a greater understanding of food systems. How do we make choices between considerations such as organic, local, fair-trade, processing and packaging, nutrition, and affordability? Sprouts volunteers are happy to engage you in this discussion—over a bowl of hot soup and a cup of Fair Trade coffee of course!

*Sprouts is open Monday – Friday from 10am – 4pm, from September to April. Check out their website for more information and join the Sprouts mailing list for updates.*

# SPROUTS CARROT HAZELNUT MUFFINS



## INGREDIENTS FOLLOW ME

- 1 cup oil
- 2 cups all purpose flour
- 1 tsp. baking soda
- 1 ½ tsp. baking powder
- 4 eggs or vegan egg replacement
- 2 ½ cups raw carrots, finely grated
- 1 cup skinless toasted hazelnuts
- 1 ½ tsp. cinnamon
- 1 ½ cups sugar
- 2 tsp. vanilla
- ½ tsp. salt

Preheat oven to 350°F. Pulse hazelnuts in food processor until coarsely chopped. Spread hazelnuts evenly on a baking tray and bake for 10 – 15 minutes until golden brown and fragrant.

Whisk dry ingredients together in a bowl. Beat eggs in a separate bowl until frothy. Add sugar, oil and vanilla to the eggs and beat. Stir flour mixture into wet mixture. Take care to not over mix at this point! Fold in carrots and hazelnuts. Spoon batter evenly into a greased muffin tin.

Bake for 10 – 15 minutes or until inserted toothpick comes out clean.





## SPROUTS CREAMY PARSNIP & APPLE SOUP

### INGREDIENTS

- 2 tbsp. oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 tbsp. curry powder
- 1 tbsp. ground cumin
- 1 tsp. cinnamon
- 3–4 large parsnips peeled  
& uniformly chopped
- 1–2 large potatoes,  
uniformly chopped
- 3–4 medium apples  
(1 pound), chopped
- 6 cups vegetable stock
- 1 tbsp. salt
- fresh ground pepper  
to taste

### FOLLOW ME

In a large pot, sauté onion in oil on medium heat until translucent. Add garlic and sauté for another minute. Add spices and sauté for another 30 seconds. Add parsnips, apples, potatoes and stock and bring to a boil.

Lower heat and simmer, covered, until the parsnips are tender, about 20 minutes. Remove from heat.

Use an immersion blender to blend the soup, or carefully transfer to a blender in batches to purée. Transfer back to pot and heat gently until ready to serve. Add salt and pepper to taste.



**FEBRUARY**

**LAND & FOOD  
SYSTEMS  
ORCHARD  
GARDEN**

**LOCAL & IN SEASON /**  
APPLES, CABBAGE, KALE, LEEKS,  
ONION, PARSNIPS



PHOTOGRAPHER: JAVIER LANDAETA

## LAND & FOOD SYSTEMS

### ORCHARD GARDEN

The Faculty of Land and Food Systems (LFS) Orchard Garden aims to become a world-class demonstration site for garden-scale urban agriculture. The garden is available for students interested in learning about urban agriculture through hands-on academic and educational opportunities.

Located on the north side of Agronomy Road, behind the H.R. Macmillan Building, the Orchard Garden is a little oasis, with benches perfect for a summertime outdoor lunch. Where there used to be portable classrooms, the Orchard Garden is now home to a variety of crops including potatoes, garlic, kale, apples, radishes, and beans. Harvested produce is sold to nearby Agora Eats Café, Sprouts, the UBC Farm and individual UBC community members.

The Orchard Garden concept was born out of a directed studies project in 2007 and the plan to develop the garden was enhanced and expanded in an LFS 450 class. The Orchard Garden came to life in 2008 with potatoes as the first season's crop. Another LFS 450 designed and built a fence to give the space a more official look. Keep your eyes open for grapes growing on the fence in the future as the fence was designed to work as a structure for a small vineyard!

**“THE ORCHARD GARDEN IS A LITTLE OASIS...”**

*The Orchard Garden  
is a little oasis, with  
benches perfect for  
a summertime  
outdoor lunch.*



## APPLE CARDAMOM COMPOTE

### INGREDIENTS

- 7–8 medium sized apples,  
chopped into wedges
- ½ cup water
- Juice of ½ lemon
- 1 kg demerara sugar
- ¼ cup cardamom
- 1 tbspc. cinnamon
- 1 tbspc. nutmeg
- 2 tsp. ginger, minced  
(if desired)
- dash of rum
- 250ml canning jars

### FOLLOW ME

Put apples, water, lemon juice and 1/2 kg sugar in a large pot. Simmer ingredients until apples soften. Pour the rest of the sugar into the boiling apple mixture and cook for 10–20 minutes more. Add spices and dash of rum and let ingredients simmer for 5–10 minutes. Adjust with more or less of any spices you like.

Pour warm jam in clean, sterilized jam jars and seal them. In a large pot, process jars for 10 minutes in a boiling water bath. You can use another pot or a baking dish filled part way with water over 1 or 2 elements to boil the jars.

# MOM'S FRENCH ONION SOUP

## INGREDIENTS

### SOUP

- 2 tbsp. butter
- 1 tbsp. olive oil
- 4 large yellow onions,  
thinly sliced
- 1 tsp. salt
- 1 tsp. brown sugar
- ½ tsp. dry mustard
- 1 tsp. ground sage  
(or thyme or rosemary)
- ¼ tsp. cracked pepper
- 2 tbsp. soy sauce
- ½ cup white wine
- 4 cups water or stock

### TOPPING

- 3 thick slices multi grain  
bread, toasted
- 2 tbsp. butter
- 1 garlic clove, minced
- 1 tsp. ground sage
- Swiss cheese, grated



## FOLLOW ME

Melt butter in a large Dutch oven pot or in a large, heavy saucepan, along with the olive oil. Add onions and salt and cook over medium-low heat uncovered for about 10 minutes, stirring occasionally. Add sugar, dry mustard and sage; stir and cover. To caramelize onions, cook over low heat for about 30 minutes or until onions are golden brown. Add water or stock, soy sauce, wine, and pepper. Simmer for about 10 more minutes.

Cut toasted bread into cubes. Melt butter in small frying pan. Sauté garlic then add sage. Toss bread cubes in garlic butter. Ladle soup into ovenproof bowls. Cover with a layer of croutons, followed by a layer of grated Swiss cheese. Broil briefly until cheese browns and bubbles.





**MARCH**

**FACULTY OF LAND  
& FOOD SYSTEMS**

**LOCAL & IN SEASON /**

APPLES  
CABBAGE  
KALE  
LEEKs  
ONION



# FACULTY OF LAND & FOOD SYSTEMS

[www.landfood.ubc.ca](http://www.landfood.ubc.ca)



PHOTOGRAPHER: JAVIER LANDAETA

UBC's Faculty of Land and Food Systems, offers a unique series of "Land, Food and Community" (LFC) courses: Land and Food Systems (LFS) 250, 350, and 450. These courses are required for all 4th year undergraduate students in the Faculty of Land and Food Systems. The overall objective of these courses is to help create student leaders with a solid understanding of the ecological, social, and economic sustainability of food systems using interdisciplinary and participatory approaches in researching issues in land, community and food systems.

In the capstone course, LFS 450, students spend most of the term working on The University of British Columbia Food System Project (UBCFSP), a project which seeks to enhance the sustainability of the campus food system. The UBCFSP was jointly initiated between the UBC Faculty of Land and Food Systems and the Campus Sustainability Office SEEDS Program in 2002. Approximately 1500 students to date have worked with campus operational staff to enhance the sustainability of the campus food system. Students work with food providers, growers, waste managers, planners and more on a diversity of projects addressing many food systems sustainability issues (from food production, composting and climate change to green procurement, nutritious and eco-friendly menu offerings and more). The Coleslaw and Japanese Cabbage Noodle Salad are examples from one student group's work where they developed seasonal menus.

Ultimately, the hope is to give students rewarding opportunities to apply their knowledge and experience in a real life project, helping to open the boundaries of the classroom where our students and teaching team can work with UBC staff in building our vision of a sustainable food system on campus.

*For more information on the UBC Food Systems Project and its positive impact at UBC contact Liska Richer at [liska.richer@ubc.ca](mailto:liska.richer@ubc.ca)*

*This fresh take on coleslaw is perfect for summer and a great to toss in with lunch while on the go.*



## COLESLAW

### INGREDIENTS

- 3 cups shredded cabbage (red & green are in season)
- 1 grated carrot
- 1 tbsp. onion, minced (yellow onions are in season)
- 2 tbsp. mayonnaise
- 1 tbsp. oil
- 2 tsp. vinegar
- ¼ tsp. celery seed
- pinch of salt
- pinch of pepper

### FOLLOW ME

Combine cabbage, carrot and onion in salad bowl.

To prepare the dressing, mix the next six ingredients in small bowl. Add  $\frac{3}{4}$  of the dressing to the cabbage mixture. Stir well, adding more dressing if needed.

# JAPANESE CABBAGE NOODLE SALAD



## INGREDIENTS

### SALAD MIX

- ¼ medium red cabbage, shredded
- 2 cups bean sprouts
- ½ cup pea shoots
- 1–2 carrots, julienned
- 2 cups fresh sliced mushrooms
- 2 green onions, chopped
- ¼ cup toasted sunflower seeds
- 1 cup dry chow mein noodles, broken up & dry

### DRESSING

- ½ cup vegetable oil
- 3 tbsp. tamari or soy sauce
- 3 tbsp. rice vinegar
- 2 tbsp. sesame oil
- 1 tbsp. sugar
- 1 tsp. salt
- 1 tbsp. pepper

## FOLLOW ME

Toast the sunflower seeds on a baking tray until lightly browned.

Put the shredded cabbage, bean sprouts, pea shoots and julienned carrots into large bowl. Add sliced mushrooms, green onion and toasted sunflower seeds.

Combine the oil, soy sauce, rice vinegar, sugar, salt and pepper in a covered container. Set aside until serving.

Before serving, shake dressing. Pour over cabbage mixture. Toss. Sprinkle dry noodles over top. The noodles absorb the dressing and make a crunchy salad.



**APRIL**

## **PEAKE OF CATERING**

**LOCAL & IN SEASON /**

ASPARAGUS, BROCCOLI, CABBAGE,  
KALE, RADISHES, RHUBARB,  
SALAD GREENS, SPINACH



PHOTOGRAPHER: JAVIER LANDAETA

## PEAKE OF CATERING

[www.peakeofcatering.com](http://www.peakeofcatering.com)

Peake of Catering is UBC Robson Square's source for catering and a strong supporter of local food. Peake sources locally whenever possible for both UBC and off-campus clients. As an example, Melanie Steele, Sales and Event Coordinator for Peake at UBC Robson Square, regularly purchases BC apples and stone fruits for fruit baskets when in season. Peake of Catering is committed to sourcing as many of their products locally to lessen the impact of pollution and energy, to highlight delicious locally grown produce and to help support small farmers in BC.

What's on the horizon for this Vancouver based catering company? Peake of Catering will be participating in a One Mile Herb Growing Program, a collaboration between Peake of Catering's main office and Dr. Art Bomke, Associate Professor, Agroecology at UBC. Peake will purchase herbs from the UBC Farm to use in their salads, soups, hors d'oeuvres, entrees and as garnishes. A portion of the proceeds from this project will be donated to the Boys and Girls Club of BC.

*To learn more about Peake's commitment to local and in season food, please visit their website [peakofcatering.com](http://peakofcatering.com).*

**"WE'RE A STRONG SUPPORTER OF LOCAL FOOD."**



*Peake of Catering  
is committed to  
sourcing as many of  
their products locally  
to lessen the impact of  
pollution and energy,  
to highlight delicious  
locally grown produce  
and to help support  
small farmers in BC.*



## **SPINACH PESTO**

### **INGREDIENTS**

- 5 cups chopped fresh organic spinach
- 2 cups fresh organic arugula
- ½ cup pine nuts
- 3 cloves of garlic
- 2 tbsp. cream cheese
- extra virgin olive oil,  
as needed
- salt and pepper

### **FOLLOW ME**

- Combine all ingredients in a food processor. Add in enough olive oil until blended smooth.
- Serve as a dip, spread, or pasta sauce.





## SPINACH QUESADILLA

### INGREDIENTS FOLLOW ME

¼ cup fresh organic spinach  
1 cup chopped red onion  
1 tbsp. extra virgin olive oil  
12" whole wheat flour tortilla  
2 tbsp. salsa  
2 tbsp. cream cheese &/or  
refried beans (if using both  
use only 1 tbsp. of each)  
1 cup grated aged  
white cheddar  
pinch of cayenne and cumin  
salt & pepper

Spread cream cheese and/or refried beans over tortilla. Sprinkle with ground cayenne and cumin, and cheddar. In a non-stick frying pan, heat oil, then sauté red onion until golden brown. Add spinach and sauté until soft. Season with salt and pepper to taste. Add spinach and onions to tortilla and top with salsa. Fold tortilla over and grill on sandwich press.

### VEGAN OPTION

Substitute Tofu Rella for aged white cheddar cheese and use only refried beans.



**MAY**

**SAGE  
BISTRO**

**LOCAL & IN SEASON /**

ASPARAGUS, CELERY, CHARD,  
CUCUMBERS, MUSTARD GREENS,  
ONIONS, PEAS, NEW POTATOES,  
RADISHES, RHUBARB, SALAD  
GREENS, SPINACH, TURNIPS



PHOTOGRAPHER: JAVIER LANDAETA

## SAGE BISTRO

[www.sage.ubc.ca](http://www.sage.ubc.ca)

Sage Bistro exudes west coast ambiance. Located on the edge of UBC's Point Grey campus, with stunning views of the North Shore Mountains, Sage Bistro is a calming, elegant and relaxing restaurant for business meetings, celebrations and good conversations. Executive Chef Andreas Kodis is 100% committed to food that is organic and local and purchases meat, poultry and seafood that are sustainably and humanely raised and harvested. The menu changes each month to feature seasonal food and to highlight delicious and nutritious local produce.

A strong supporter of the UBC Farm, Sage Bistro has purchased produce from the UBC Farm since 2002. Farm fresh seasonal greens, butternut squash, tomatoes and free range eggs are typical ingredients in the menu.

*Sage Bistro is open for lunch Monday to Friday from 11:30am – 2:00pm and is available for evening catered events.*



## SAUTÉED ASPARAGUS, MOREL MUSHROOMS & ENGLISH PEAS

### INGREDIENTS

- 5 large morel mushrooms washed, dried and cut crosswise into thin rings
- 1 bunch thin asparagus
- 1 small bunch ramps (wild leeks), washed and trimmed
- $\frac{3}{4}$  cup English peas
- 2 large handfuls of baby spinach leaves
- $\frac{1}{4}$  cup olive oil

### BALSAMIC SYRUP

- 1 cup balsamic vinegar

### FOLLOW ME

Using a heavy pot, bring balsamic vinegar to a boil. Lower heat and reduce vinegar until it reaches a syrup consistency.

### TO PREPARE THE SAUTÉ:

Heat a large frying pan over high heat and add the olive oil. Sauté the ramps and add the mushrooms, asparagus, peas and finally the spinach. Quickly stir and add half of the balsamic syrup. Toss and coat all the ingredients evenly, season with salt and black pepper.

Divide the vegetables equally onto four plates and drizzle some of the remaining balsamic syrup on top.

# BABY BEET POTATO & ASPARAGUS SALAD



PHOTOGRAPHER: JAVIER LANDAETA

## INGREDIENTS FOLLOW ME

### ROAST GARLIC VINAIGRETTE

- ¾ cup garlic cloves, peeled
- 1 tbsp Dijon mustard
- ½ cup rice wine vinegar
- ¾ cup olive oil

### SALAD

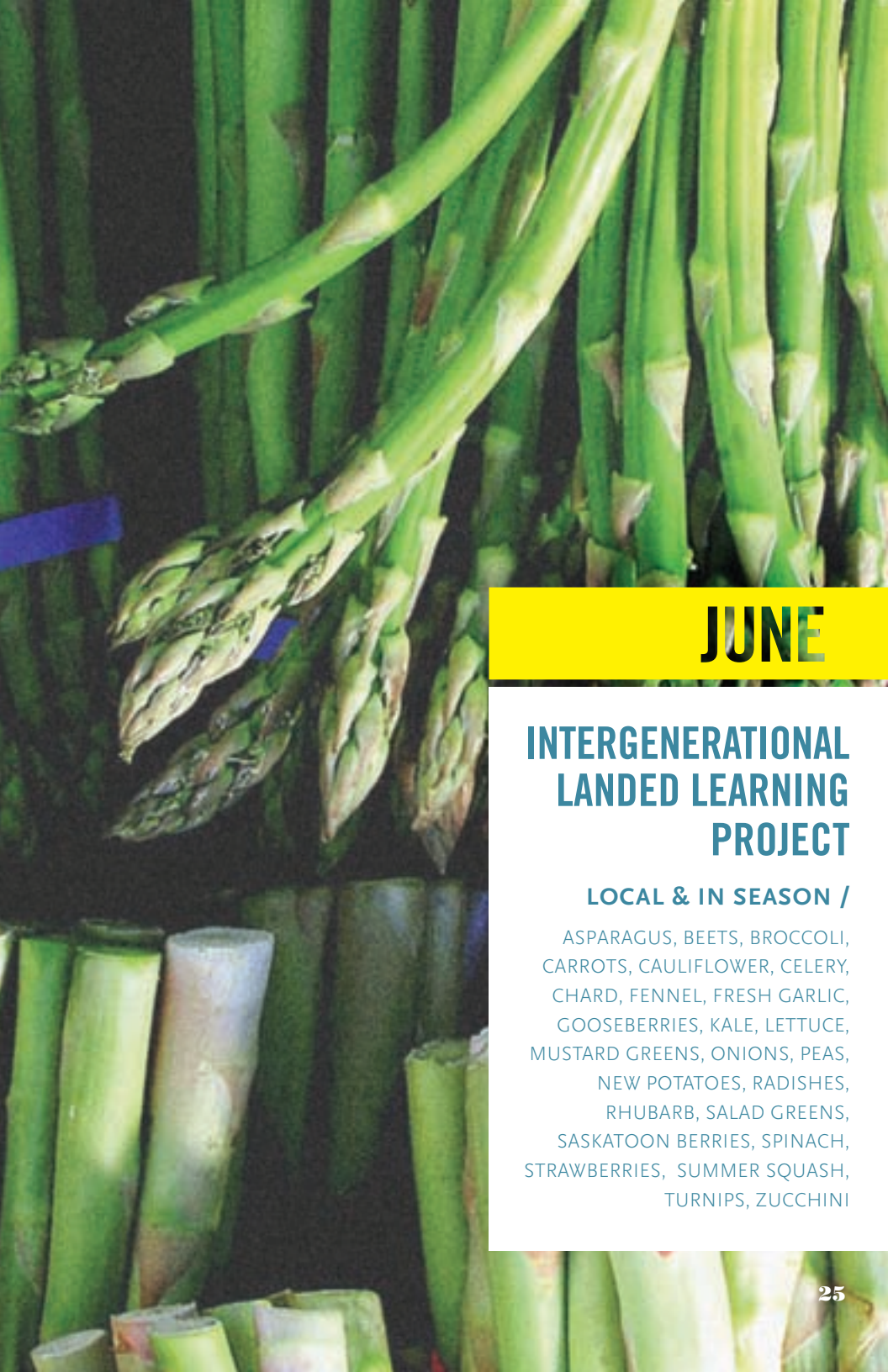
- 1 bunch asparagus spears, blanched and trimmed
- 6 baby beets, roasted, peeled and quartered
- 1 large handful of mustard greens
- 8 small new potatoes, cooked and quartered

To prepare the vinaigrette, preheat oven to 350°F. In a heavy saucepan, heat the olive oil with the garlic until it starts to boil. Cover and place in oven for 10 minutes or until garlic cloves are soft. Allow to cool. Place all ingredients including roasted garlic into a blender or food processor and blend until smooth. Season vinaigrette with salt and pepper.

To prepare the salad, divide the mustard greens between four plates. Mix the salad ingredients with the vinaigrette and place on top.

Enjoy!





**JUNE**

## **INTERGENERATIONAL LANDED LEARNING PROJECT**

### **LOCAL & IN SEASON /**

ASPARAGUS, BEETS, BROCCOLI,  
CARROTS, CAULIFLOWER, CELERY,  
CHARD, FENNEL, FRESH GARLIC,  
GOOSEBERRIES, KALE, LETTUCE,  
MUSTARD GREENS, ONIONS, PEAS,  
NEW POTATOES, RADISHES,  
RHUBARB, SALAD GREENS,  
SASKATOON BERRIES, SPINACH,  
STRAWBERRIES, SUMMER SQUASH,  
TURNIPS, ZUCCHINI





PHOTOGRAPHER: JAVIER LANDAETA

## INTERGENERATIONAL LANDED LEARNING PROJECT

The Intergenerational Landed Learning on the Farm Project, a unique initiative of the Department of Curriculum and Pedagogy in the Faculty of Education here at UBC, connects retired farmers and community gardeners with urban elementary students from the Lower Mainland to explore agriculture and food as the link between a healthy environment and human well-being. Each school year, approximately 80–90 school children, their teachers and volunteer farmers, known as “Farm Friends”, come together at the UBC Farm more than 30 times to plant, grow and harvest vegetables and prepare healthy food.

What kind of impact does the Landed Learning Project have on school children? Many children have never seen food grow before visiting the UBC Farm. A few visits later, kids are eating kale as a snack and are learning that in order for food to grow, they must take good care of the soil and their

plants. One group of student participants from Graham Bruce Elementary School in Vancouver were so inspired that they built their own food garden at school and painted a mural about growing food.

In 2008, the Landed Learning Project extended its reach by introducing a program at the Okanagan Science Centre in Vernon, BC. Following the same model developed at the UBC Farm, one grade four/five class from St. James Elementary School works with Farm Friends on nine occasions throughout the school year to grow food crops in the Xerindipity Garden next to the Science Centre. During each visit the children prepare and taste new food related to the topic of the day. Evaluations show the children learn a great deal about caring for the environment, growing and caring for food crops, and become more open and adventurous eaters with a love for whole food.

**“CHILDREN BECOME MORE ADVENTUROUS EATERS.”**

## OVEN-BAKED KALE CHIPS



### INGREDIENTS FOLLOW ME

- 1 bunch of kale
- 2 tbsp. olive oil
- 1 tsp. sea salt

Preheat oven to 375°F. Wash kale and tear leaves off the thick stems. Tear leaves into smaller pieces (6–8 pieces per large leaf). Toss with olive oil and salt.

Lay out in a single layer on a baking sheet. Bake for 15 minutes or until the edges are brown and the chips are crispy. They can go from crispy to burnt quickly so keep your eye on the oven!

Eat as a delicious, healthy snack!

*Each school year, the “Farm Friends” come together at the UBC Farm more than 30 times each year to plant, grow and harvest vegetables and prepare healthy food.*



## CREAMY RADISH DIP

### INGREDIENTS

200–250 g. cream cheese  
1 bunch radishes  
(about 1 cup finely chopped)  
1 tbsp. lemon juice  
1 clove garlic, minced  
1 tsp. dried dill  
1–2 green onions, chopped  
a few drops  
Worcestershire sauce  
salt & pepper to taste

### FOLLOW ME

Beat the cheese in a food processor. Add remaining ingredients and mix only until blended.

Serve with raw vegetables or crackers.

Recipe Provided by:

Jan Hillis, food and nutrition coordinator, volunteer, Intergenerational Landed Learning at the Okanagan Science Centre.



## AGORA EATS CAFE

### LOCAL & IN SEASON /

APPLES, APRICOTS, BEANS,  
BEETS, BLACKBERRIES, BROCCOLI,  
CABBAGE, CARROTS, CAULIFLOWER,  
CELERY, CHARD, CHERRIES, CORN,  
CUCUMBERS, CURRANTS, FENNEL,  
FRESH GARLIC, GOOSEBERRIES,  
LEEKS, LETTUCE, MUSTARD GREENS,  
NECTARINES, ONIONS, PEAS,  
PEACHES, PEPPERS, POTATOES  
(RUSSET, RED, NEW, YELLOW,  
WHITE), RADISHES, RASPBERRIES,  
RHUBARB, SALAD GREENS,  
SASKATOON BERRIES, SPINACH,  
STRAWBERRIES, SUMMER SQUASH,  
TOMATOES, TURNIPS, ZUCCHINI

# JULY



PHOTOGRAPHER: JAVIER LANDAETA

## AGORA EATS CAFÉ

[blogs.landfood.ubc.ca/agora](https://blogs.landfood.ubc.ca/agora)

Agora Eats Cafe is a healthy gem in the southwest corner of campus. Located in the H.R. Macmillan Building, home to the Faculty of Land and Food Systems, Agora Eats Cafe is a student run and operated non-profit café. Agora's goal is to provide affordable, accessible, healthy, local and organic food choices to students, staff and faculty while training volunteers in food service, preparation and management.

Always a popular and busy place, Agora is known for preparing delicious seasonal and locally sourced quiches, soups and baked goods. Fresh, in season ingredients are close to home – when available, the café uses produce from the UBC Farm or from the Land and Food Systems Orchard Garden, which is located outside of Agora. Next time you walk down Agronomy Street to West Mall, check on the fenced in garden to your right – that's the Orchard Garden. The beets, garlic, kale, potatoes and squash

grown there will be used as fresh ingredients in Agora's daily menu.

Agora is committed to connecting the student community to the farm community and supporting local and organic food production by purchasing these high quality ingredients for their menu. Agora's volunteers believe this commitment is vital to foster a sustainable food system and community health.



## ROASTED RED PEPPER & TOMATO SOUP



### INGREDIENTS FOLLOW ME

3 red peppers  
3 tomatoes  
5 garlic cloves, peeled  
1 large onion,  
cut in thick wedges  
2 tbsp. olive oil  
½ tsp. salt  
½ tsp. dried thyme  
½ tsp. rosemary  
½ tsp. basil  
¼ tsp. pepper  
3 cups vegetable stock  
2 tbsp. balsamic vinegar  
sour cream & fresh herbs

Preheat oven to 450°F. Quarter and seed the red peppers. Core and cut the tomatoes in half lengthwise. Mix oil with salt, thyme, rosemary, basil and pepper. Place peppers and tomatoes, cut side up, on a foil-lined baking sheet with garlic and onions. Drizzle with olive oil and herb mixture. Roast on the bottom rack for 50-60 minutes or until tender and slightly charred. Let cool for 30 minutes. Slip skins off tomatoes.

In batches, in a blender or food processor, puree vegetables and any juices, along with vegetable stock until smooth. Return to sauce pan and add balsamic vinegar and any remaining stock. When soup has heated, garnish with a swirl of sour cream and fresh herbs of your choice. Serve immediately.





## SEASONAL QUICHE

### INGREDIENTS

#### TWO 9" PIE CRUSTS

- 1 ½ cups spelt flour
- 1 ½ cups brown rice flour
- 2 cups whole wheat flour
- 2 tsp. salt
- 1 tbsp. dried rosemary
- 1 cup cold cubed butter
- ½ cup cold water
- baking weights or grain
- 2 eggs

#### VEGETABLE FILLING

- 1 tbsp. olive oil
- 1 cup onion, shallot,  
or leek, diced
- 4 garlic cloves,  
crushed or minced
- 1 cup cooked veggies
- 8 eggs
- ¾ cup milk
- ¼ tsp. salt
- ¼ tsp. cracked black  
pepper
- ½ cup domestic cheese  
(shredded cheddar,  
crumbled goat or other)

### FOLLOW ME

Preheat oven to 350°F. Mix dry ingredients in a bowl and cut butter into flour until mixture resembles coarse breadcrumbs. Lightly whisk the eggs and add eggs and water to the butter and flour mixture. Mix gently with a fork until dough begins to hold together. Add more water if necessary- be careful to not add too much. The dough should still be slightly crumbly with some dry parts.

Divide dough into two parts. If you are not making two quiches now, tightly wrap one half of the dough in plastic wrap and freeze for up to two weeks for use at a later date. With the other half of the dough, press dough evenly into a pie tin covering the bottom and sides evenly. Prick dough with a fork or knife to allow steam to escape.

Line inside of dough with parchment paper and top with baking weights. Bake for 12 minutes, or until it just starts to brown. Once the shell is slightly brown remove from the oven. Remove the baking weights and parchment paper.

#### FOR FILLING

In summer use broccoli, cauliflower, summer squash or sautéed peppers, leeks or zucchini for filling.

Preheat oven to 350°F. Heat olive oil in fry pan on medium. Add the onions and garlic and cook until beginning to brown. Add vegetables and cook until tender. Meanwhile crack eggs into a bowl. Add salt, pepper and milk. Whisk together until well combined. Place cooked vegetables in precooked quiche shell. Pour egg mixture over vegetables. Sprinkle cheese on top.

Place quiche in oven and bake about 45 minutes or until egg has set and the cheese has begun to brown.



# PLACE VANIER DINING HALL

## LOCAL & IN SEASON /

APPLES, APRICOTS,  
ARTICHOKES, BEANS, BEETS,  
BLACKBERRIES, BLUEBERRIES,  
BROCCOLI, CABBAGE, CARROTS,  
CAULIFLOWER, CELERY, CHARD,  
CHERRIES, CORN, CRAB APPLES,  
CUCUMBERS, FENNEL, FRESH  
GARLIC, KALE, LEEKS, LETTUCE,  
MELONS, NECTARINES,  
ONIONS (GREEN, RED, YELLOW),  
PARSNIPS, PEACHES, PEARS,  
PLUMS, POTATOES, PRUNES,  
RADISHES, RASPBERRIES, RHUBARB,  
RUTABAGAS, SHALLOTS, SPINACH,  
STRAWBERRIES, SUMMER  
SQUASH, TOMATOES, ZUCCHINI

# AUGUST



[www.food.ubc.ca](http://www.food.ubc.ca)

Residence Chef Steve Golob at Place Vanier Dining Hall, located in Place Vanier residence, is a firm believer in using as much local and healthy ingredients in his dishes as possible. A chef for over 30 years, Steve appreciates the “vast bounty of amazing, interesting and adaptable products to cook with in British Columbia”.

Following his passion for BC grown and made products, Steve integrates fresh, local and healthy ingredients into Place Vanier menus on a daily basis and students, staff and faculty who frequent the dining hall prefer it. For Steve, there is no price tag when it comes to maintaining a healthy lifestyle.

Place Vanier Dining Hall has purchased UBC Farm produce since 2007, using the Farm’s herbs, squashes, white satin carrots, beans and bok choy whenever possible. Steve also goes out of his way to use other products sourced in BC, like Chilliwack River Valley’s fruit and honey and Okanagan fruit vinegars. When asked why he goes to the trouble of purchasing products from local and organic suppliers, Steve has a very simple explanation: “It’s the right thing to do!”

Place Vanier Dining Hall has also participated in the Eat BC program since 2006. For this annual event, Place Vanier chefs design and serve over 80 recipes that integrate and promote local BC products. And as of Fall 2008, Place Vanier Dining Hall only sells local and organic apples.

If you would like more local and in season recipes, feel free to contact Steve at [golob@interchange.ubc.ca](mailto:golob@interchange.ubc.ca)

**“THERE IS NO PRICE TAG WHEN IT COMES**

*When you want extra energy from your diet, using whole wheat pasta and fresh veggies will set you on the right track.*



## HEALTHY ROAST VEGETABLE PASTA WITH FRESH TOMATOES & BASIL

### INGREDIENTS

½ cup carrots, diced  
¼ cup fennel, diced  
¼ cup red onion, diced  
½ cup red pepper, diced  
½ cup summer squash,  
diced  
pinch sea salt  
cracked black pepper to taste  
2 tbsp. olive oil  
2 tbsp. fresh garlic,  
finely chopped  
whole wheat penne pasta,  
cooked al dente  
6 leaves fresh basil, whole  
2 vine tomatoes,  
roughly chopped

### FOLLOW ME

Preheat oven at 375°F. In a mixing bowl combine the first five vegetables, salt, pepper, olive oil and garlic and mix well. Put vegetables in roasting pan and cook for 25 to 35 minutes until tender and well browned.

While the vegetables are roasting, boil water and cook pasta until al dente.

Gently toss roast vegetables, cooked pasta, fresh tomatoes and basil together in a mixing bowl.

Serve with parmesan cheese and Italian parsley.



## **INGREDIENTS**

### **SALAD MIX**

3 cups fresh seasonal greens

½ fresh peach, sliced

½ fresh nectarine, sliced

⅓ cup fresh blackberries

⅓ cup fresh raspberries

⅓ cup cherry tomatoes,  
cut in half

6 fresh basil leaves,  
roughly chopped

1 tbsp. fresh dill,  
roughly chopped

### **DRESSING**

4 tbsp. blackberry/  
raspberry syrup

2 tbsp. BC black cherry vinegar

1 tbsp. Dijon mustard

6 oz. extra virgin olive oil

2 tbsp. blackberry honey  
pinch sea salt

1 tsp. cayenne pepper

1 tsp. lemon zest

3 tbsp. toasted pumpkin seeds

## **FRESH SEASONAL GREENS W/ SUMMER FRUIT & BERRY VINAIGRETTE**

### **FOLLOW ME**

Gently toss salad ingredients and divide onto 2 plates. Blend blackberry/raspberry syrup, cherry vinegar and Dijon mustard in a small bowl. Whisk in olive oil, honey, salt, cayenne pepper and lemon zest.

Drizzle dressing on top and add optional garnish if you please!

Steve recommends Chilliwack River Valley Honey and Summerland Syrup for dressing.





# UNA COMMUNITY GARDENS

## LOCAL & IN SEASON /

APPLES, ARTICHOKEs, BEANS,  
BEETS, BROCCOLI, CABBAGE  
(GREEN, SAVOY & RED), CARROTS,  
CAULIFLOWER, CELERY, SWISS  
CHARD, CORN, CRAB CRANBERRIES,  
CUCUMBERS, FENNEL, GARLIC,  
GRAPES, KALE, LEEKS, LETTUCE,  
MELONS, MUSTARD GREENS,  
ONIONS, PARSNIPS, PEARS,  
PEPPERS, PLUMS, POTATOES (RED,  
RUSSET, YELLOW, WHITE), PRUNES,  
PUMPKINS, RADISHES, RUTABAGAS,  
SALAD GREENS, SHALLOTS,  
SPINACH, STRAWBERRIES,  
WINTER SQUASH, TOMATOES,  
TURNIPS, ZUCCHINI

# SEPTEMBER

PHOTOGRAPHER: JAVIER LANDAETA



## UNA COMMUNITY GARDENS COMMITTEE

[www.myuna.ca](http://www.myuna.ca)

Residents of UBC's growing residential neighbourhoods are another group of people on campus that grow and enjoy the benefits of local, in season food. In 2008, the University Neighbourhood Association (UNA) Community Gardens pilot project had its official sod-turning ceremony, the culmination of a dedicated effort begun by a few UNA residents back in 2004. Hawthorn Garden, located adjacent to Hawthorn Place, along Main Mall, has 40 garden plots available for UNA residents to use. In fact, the garden plots proved to be such a success with residents that the garden plot lottery has seen long waiting lists since 2008.

How has access to gardens and local food benefited UNA residents? Perhaps the best example of Hawthorn Garden's impact in the community comes straight from UNA residents themselves:

"Providing residents with garden plots is one of the best things the UNA has ever done. Having a small garden is important to many people – it makes living in the UNA feel more like a home. Kids are keen to learn how to garden; they want to see how plants develop from a seed to a plant and produce fruits. The Garden is a socializing platform – many residents met each other while gardening – it makes the neighbourhood more friendly and pleasant."

---

"I was fortunate to get a plot this year and immediately noticed how many more conversations I was having with neighbours. Everyone passing by the garden stops and talks about it . . . how beautiful everyone's plots are, what an addition it is to the community. To watch our food grow, to participate in it, is a gift."

**"THE GARDEN IS A SOCIALIZING PLATFORM..."**



## POTATO KALE & LEEK SOUP

### INGREDIENTS FOLLOW ME

3 medium potatoes  
several cloves garlic  
1 large leek  
1 large cooking onion  
1 shallot  
2 stalks celery  
2 tbsp. olive oil  
several large leaves kale,  
chopped  
2 cups vegetable stock  
parsley  
salt and pepper  
Worcestershire sauce

Boil quartered potatoes. While potatoes are boiling, chop garlic, leek, onion, shallot, celery. In a large saucepan, sauté all together over medium-low heat in olive oil for 5–8 minutes, or until soft. Add chopped kale, boiled potatoes and vegetable stock and simmer for 10 to 15 minutes. Add chopped parsley and season with salt and pepper. Add several drops of Worcestershire sauce to taste.

Take off heat and cool for 10 minutes.

Put vegetables into food processor and blend to fine consistency. Add additional spices to taste if desired. Freezes well. Serve hot with fresh bread.

Submitted by Kim Feltham, Hawthorn Place.

*A great relish to make for BBQ'd hot dogs and burgers, in sandwiches and sandwich fillings like salmon and tuna.*



## ZUCCHINI & CUCUMBER RELISH

### INGREDIENTS FOLLOW ME

- 8 cups zucchini, finely chopped
- 2 cups onions, finely chopped
- 1 cup red pepper, finely chopped
- ½ cup green pepper, finely chopped
- ¼ cup pickling salt
- 2 ½ cups granulated sugar
- 1 ½ cups white vinegar
- 1 ½ tsp. dry mustard
- 1 tsp. celery seeds
- ½ tsp. pepper, coarsely ground
- ½ tsp. tumeric
- ¼ tsp. hot pepper flakes (optional)
- 2 tsp. cornstarch
- 1 tbsp. water

In a large bowl, combine chopped zucchini, onions, and red/green peppers; sprinkle with the pickling salt. Stir to distribute salt through the vegetables. Let stand for 1 to 2 hours, stirring periodically. Drain the liquid off, rinse thoroughly under cold running water and drain again, pressing out excess moisture.

In a large heavy saucepan, combine sugar, vinegar, mustard, celery seed, pepper, tumeric and hot pepper flakes and bring to a boil. Add drained vegetables and bring to a boil again, stirring frequently. Lower heat and simmer relish uncovered for 25 minutes or until vegetables are tender and sauce is thick.

In a small bowl, stir together cornstarch and water; mix into the relish. Cook, stirring constantly, until clear, about 5 minutes. Pour into hot sterilized canning jars, leaving 1/8 inch (8mm) headspace. Seal immediately, label and store in cool, dark, dry place.





## AMS

### LOCAL & IN SEASON /

APPLES, ARTICHOKEs, BEETS,  
BROCCOLI, BRUSSEL SPROUTS,  
CABBAGE (GREEN, RED, SAVOY),  
CARROTS, CAULIFLOWER, CELERY,  
CHARD, CORN, CRAB APPLES,  
CRANBERRIES, FENNEL, GARLIC,  
KALE, LEEKS, LETTUCE, MUSTARD  
GREENS, ONIONS, PARSNIPS, PEARS,  
POTATOES, PUMPKIN, RADISHES,  
RUTABAGA, SALAD GREENS,  
SPINACH, WINTER SQUASH,  
TOMATOES, TURNIPS, ZUCCHINI

# OCTOBER





## ALMA MATER SOCIETY

[www.ams.ubc.ca](http://www.ams.ubc.ca)

The AMS Food and Beverage Department is no stranger to local and in season food. UBC Farm items appeared in AMS Catering menus in 2001 and support for local food procurement has grown ever since. AMS Food and Beverage is an active participant in the Faculty of Land and Food Systems (LFS) 450 class. PieR2's popular butternut squash pizza is a direct result of an LFS 450 class scenario – the class designed the recipe in 2005 and since 2007 the AMS has purchased over 700 pounds of butternut squash from the UBC Farm for this popular topping.

In 2008, a new line of menu items were launched at AMS Food and Beverage department outlets that are local, organic, or/and vegan (LOV). These products were created to help make UBC's food system more sustainable, by providing support to local growers, sustainable production methods, and accessibility to foods that have a lighter ecological impact – ultimately helping to provide opportunities for customers to make more informed purchasing choices.

In the same year, as part of the AMS Lighter Footprint Strategy, the AMS planted a variety of herbs in pots on the AMS rooftop garden. Rosemary, thyme, parsley, sage, chives and dill were used exclusively throughout the summer months and into the early fall by the AMS Food and Beverage department.

Looking for a way to celebrate the harvest season? Be sure to stop by the SUB for Autumn Harvest Month. Held for the first time in October 2009, all of the of AMS food and beverage outlets, including Blue Chip Cookies, The Pit Burger Bar and The Pendulum, offered up the bounty of the autumn harvest by selling seasonal menu items. From gluten-free pumpkin cupcakes, squash tempura rolls and yam fries to Swiss chard, maple and cranberry cream cheese on pumpkin seed bagels, these seasonal treats are all sourced from BC farmers with a maximum food mile of 240 km.

# PENDULUM AUTUMN HARVEST SALAD



PHOTOGRAPHER: JAVIER LANDAETA

*Although referred to as a salad, when served warm this dish makes a great side dish or vegan/vegetarian entrée.*

## INGREDIENTS

- 1 pound butternut squash, peeled, seeded and diced
- 2 stalks green kale
- 2 stalks Swiss chard (preferable rainbow)
- 1 tbsp chopped savoury
- 1/3 cup walnuts, toasted
- 1/3 cup dried cranberries
- 2 tbsp. vegetable oil
- 2 tbsp. of honey
- freshly cracked pepper & coarse salt

## FOLLOW ME

Preheat oven to 350°F. Toss squash with just enough oil to coat and lightly season with salt and pepper and place on a large baking sheet. Roast for approximately 15 minutes or until deep golden brown. Remove from the oven and allow to cool slightly. Roast walnuts on a non-greased baking sheet at the same temperature, but take out after 7 minutes.

Meanwhile, sauté kale and chard on medium high heat with a little oil, salt and pepper for approximately 8–10 minutes or until soft. Remove pan from heat and cool slightly

In a large bowl, combine the cooled squash, the kale/chard mixture and the toasted walnuts. Add the dried cranberries. Finely chop the savoury, add to the squash and kale/chard mixture and toss. You may want to add a little more of the vegetable oil, if salad appears too dry. Add honey until you have reached the desired sweetness.

*\* This recipe was originally created by a group from the 2006 AGSC 450 class (now LFS 450).*



## PENDULUM BEET & APPLE SALAD

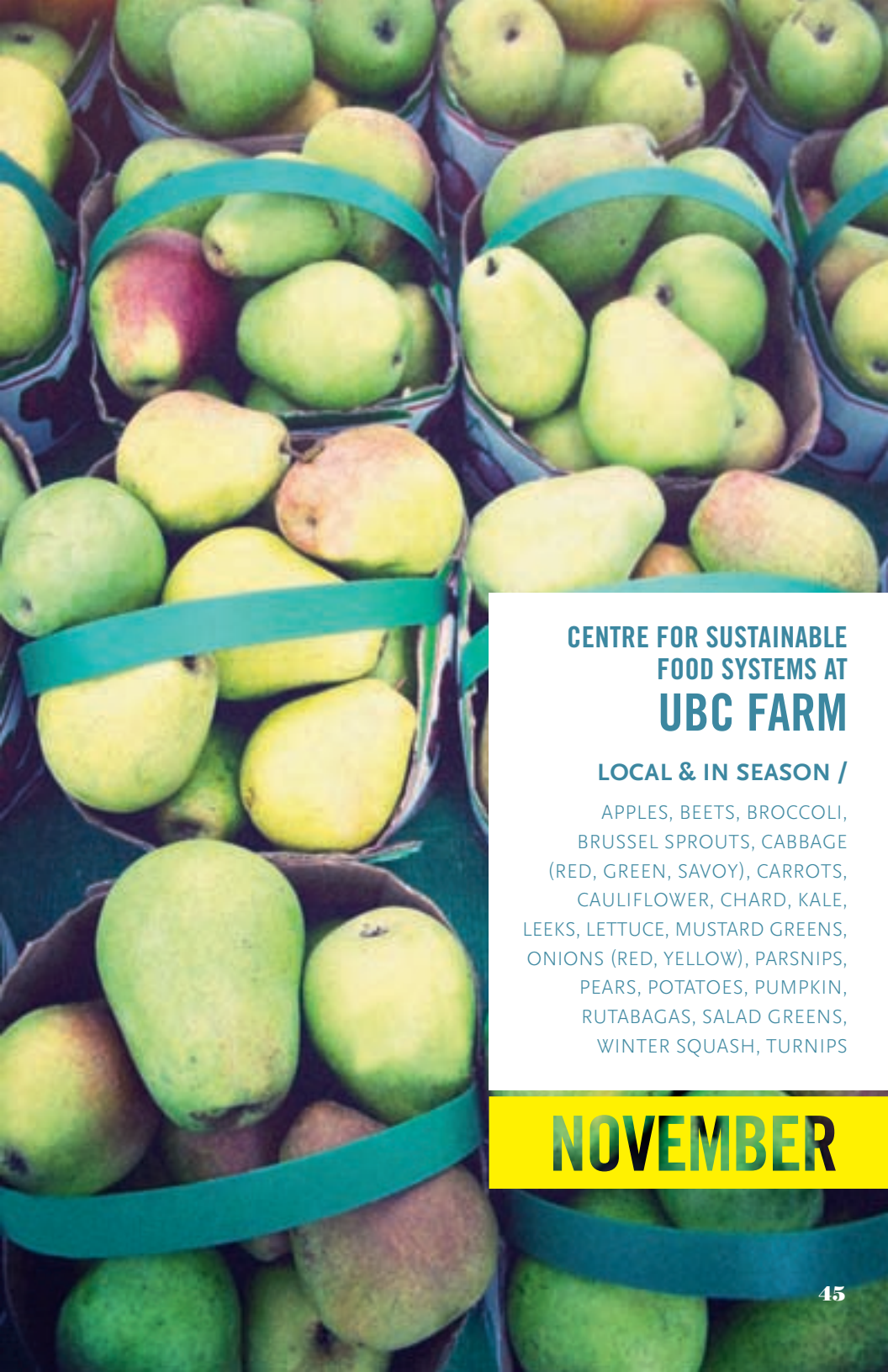
### INGREDIENTS FOLLOW ME

- 1 pound young red beets or large bulk beets, peeled and cubed
- 1 pound Macintosh apples, cubed
- fresh spinach or assorted salad greens
- fresh arugula
- 1/3 cup walnuts, toasted
- 1 tbsp. vegetable oil
- 1 tbsp. honey
- 1 tbsp. apple cider vinegar
- freshly cracked pepper & coarse salt

Preheat oven to 350°F. Cut peeled beets into cubes. Toss beets with just enough oil to coat and lightly season with salt and pepper and place on a large baking sheet. Roast for approximately 15 minutes for younger beets and up to 25 minutes for larger bulk beets. Remove from the oven and allow to cool slightly. Walnuts can go on a non-greased baking sheet and into the oven at the same time and temperature as the beets, but must come out after 7 minutes.

In the meantime, wash and core apples and cut into cubes. Place into a large bowl and toss with the apple cider vinegar.

Add cooled beets to the bowl along with salad greens, arugula, walnuts and honey. Season as necessary with additional salt, pepper, honey and/or oil. Delicious with goat's cheese – add as much as you like and can afford!



## **CENTRE FOR SUSTAINABLE FOOD SYSTEMS AT UBC FARM**

### **LOCAL & IN SEASON /**

APPLES, BEETS, BROCCOLI,  
BRUSSEL SPROUTS, CABBAGE  
(RED, GREEN, SAVOY), CARROTS,  
CAULIFLOWER, CHARD, KALE,  
LEEKs, LETTUCE, MUSTARD GREENS,  
ONIONS (RED, YELLOW), PARSNIPS,  
PEARS, POTATOES, PUMPKIN,  
RUTABAGAS, SALAD GREENS,  
WINTER SQUASH, TURNIPS

# **NOVEMBER**





PHOTOGRAPHER: JAVIER LANDAETA

## CENTER FOR SUSTAINABLE FOOD SYSTEMS AT UBC FARM

[www.landfood.ubc.ca/ubcfarm](http://www.landfood.ubc.ca/ubcfarm)

The UBC Farm is a 24 hectare teaching and research farm located on UBC's Point Grey Campus. Since 2001, students, staff, faculty and the local community have been working together to create a place where anyone can come to learn, live and value the connection between land, food and community. Turn right off Wesbrook Mall onto South Campus Road, and you've entered another world: quiet, rural, rich in biodiversity and bustling with farmers-in-training, community members, bees and chickens—not to mention fresh farm produce.

Sustainable growing practices are the norm at the UBC Farm. A multi-year crop rotation maintains and enhances soil quality and all crops are grown according to the Certified Organic Association of British Columbia standards. The Farm now grows over 200 varieties vegetables, herbs, fruit and flowers which are available at the Farm Market each Saturday from June through October and

at various sales on campus throughout the growing season. Salad mix, radishes, kale, peas, beans, beets, squash, carrots, bokchoy, basil... you'll find all this and more at the Farm Market. The UBC Farm's flock of free-range, heritage chickens are a favourite feature. They busily lay farm fresh eggs, which are a popular item at the Saturday Farm Markets and also play an integral role in keeping the Farm's soil healthy.

The UBC Farm also sells produce to many local food outlets and restaurants. You can find farm fresh produce in menu items at UBC Food Services outlets, Sage Bistro, AMS Food and Beverage outlets, Agora Café and Sprouts as well as Pair Bistro in Burnaby, Provence Mediterranean Grill, CRU, Raincity Grill, C, Nu and Bishop's restaurants in Vancouver.

*You can also subscribe to the Farm's market list for weekly updates on in season produce, farm and market locations and events.*





## WINTER SQUASH & ROSEMARY PIZZA

*This is an incredibly simple yet tasty pizza that will surprise your guests, and it is also great cold (or warm) the next day for lunch. The quantities are all estimates; adjust them to your tastes.*

### INGREDIENTS FOLLOW ME

1-2 medium sized squash; peeled & cut into chunks (use dry squash like acorn, delicata, butternut or buttercup/kabocha)

2 large bulbs garlic, cloves separated & peeled

1-2 cups grated cheese – Gruyere, Swiss, or Asiago

1 bunch (or more) fresh rosemary; leaves peeled off stems but not chopped

olive oil

salt to taste

1 pizza dough – homemade or store bought

Preheat the oven to 400°F. Put garlic cloves in a small, lightly oiled pan. Put squash cubes in a lightly oiled baking pan in a single layer. Roast the squash and garlic for 20 minutes. The squash should be a bit soft but still relatively firm—it will be baked more on the pizza. The garlic should be quite soft. Increase oven temperature to 425°F.

Let the garlic cool a little bit. Blend in a blender or food processor with olive oil and salt. Use however much oil you need to make a spreadable sauce/paste. Spread roast garlic sauce on pizza dough on a lightly oiled pizza pan or baking sheet. Sprinkle cheese on top of the garlic sauce. Distribute squash evenly over pizza and then sprinkle rosemary on top of everything.

Bake for 20–25 minutes or until crust is evenly browned throughout.



PHOTOGRAPHER: JAVIER LANDAETA

*Kale is an under-appreciated vegetable that is starting to become well-known for its health benefits. Luckily, it's also versatile and tasty! This salad is a great addition to fall meals. It can be adjusted to include whatever other veggies you have in your fridge and need to use up—chard, arugula, zucchini, etc. Just chop finely or shred and throw them in!*

## KALE SALAD

### INGREDIENTS

#### MARINADE:

- 2/3 cup apple cider vinegar
- 1/3 cup olive oil
- 1/2 cup soy sauce,  
Tamari sauce or Braggs

#### VEGGIES:

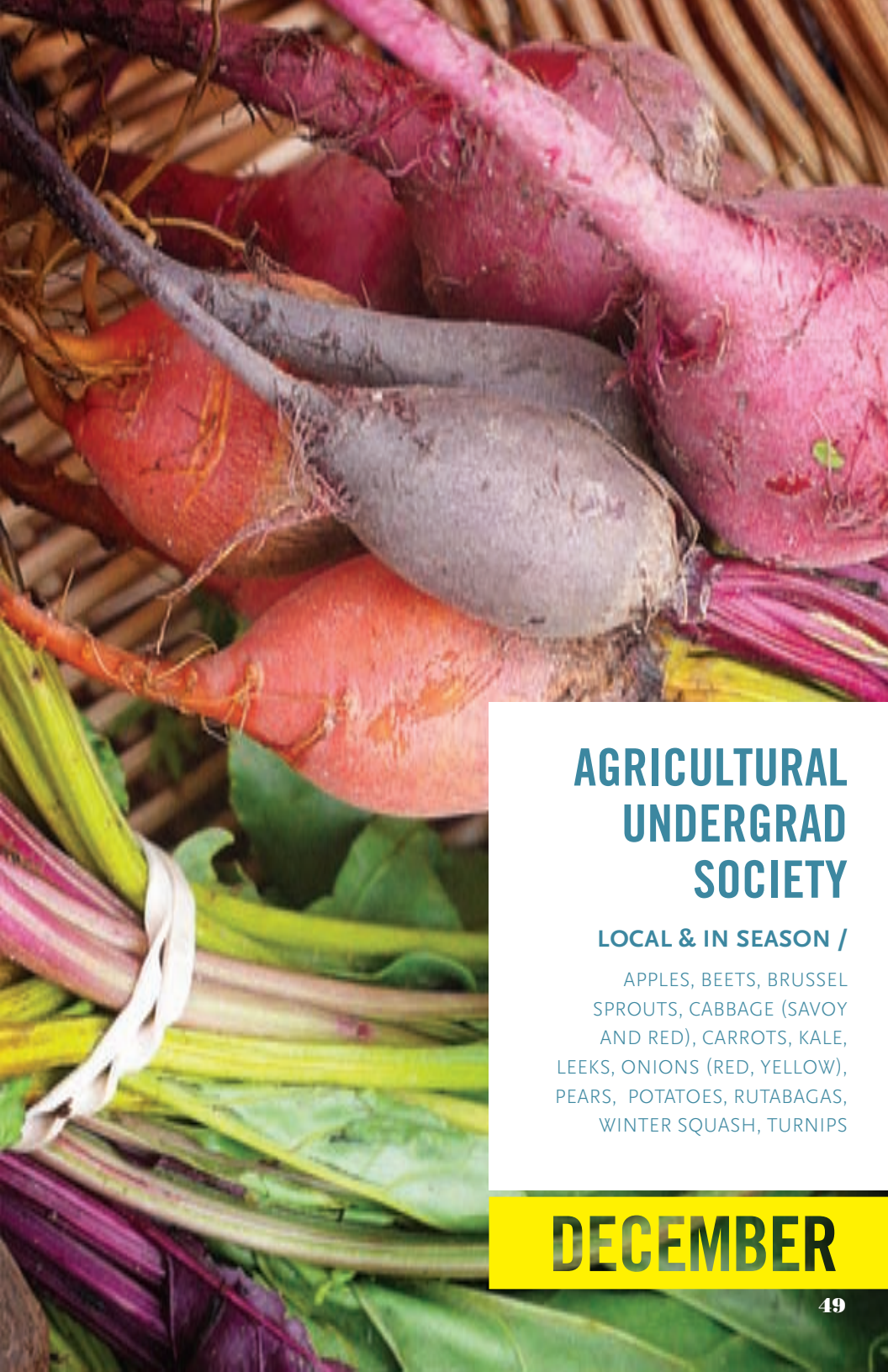
- 1 bunch kale,  
finely chopped
- 1/2 head cabbage,  
finely chopped
- 2 -4 shredded carrots
- 1 -2 shredded beets
- sunflower seeds

### FOLLOW ME

Whisk marinade ingredients together.

Toss with vegetables and let marinate for 1 hour before serving.

Lasts 3–4 days in fridge.



# AGRICULTURAL UNDERGRAD SOCIETY

## LOCAL & IN SEASON /

APPLES, BEETS, BRUSSEL  
SPROUTS, CABBAGE (SAVOY  
AND RED), CARROTS, KALE,  
LEEKs, ONIONS (RED, YELLOW),  
PEARS, POTATOES, RUTABAGAS,  
WINTER SQUASH, TURNIPS

# DECEMBER



PHOTOGRAPHER: JAVIER LANDAETA

## AGUS

The Agricultural Undergrad Society (AGUS) is a student run organization that is committed to building a sense of community within the Faculty of Land and Food Systems. From growing and harvesting to cooking and eating, the Faculty of Land and Food Systems knows all about food and understands the unique ability food has to bring people together and give a sense of community. AGUS understands students' busy schedules and that they may not always have the means or time to cook nutritious meals for themselves.

With this in mind, every week the AGUS plans, shops for and prepares dinner for students, faculty and staff. This concept started with a few AGUS members who used to get together each week to prepare a communal dinner. Slowly other students expressed interest in the dinners and now AGUS serves

meals for upwards of 100 people each week. The undergraduate society uses produce from the UBC Farm and LFS Orchard Garden as well as plans menus around local seasonal foods.

In addition to these weekly events, AGUS also hosts an Annual Fall Harvest Community Dinner where they feature local and organic ingredients through a five course fine dining experience open to all members of the Faculty of Land and Food systems. Food is at the heart of all Faculty of Land and Food Systems members and it is what they do best!





## BUTTERNUT SQUASH WITH CABBAGE & THYME

### INGREDIENTS

- 1 butternut squash,  
peeled and diced
- 2 garlic cloves, chopped
- 2 sprigs of thyme,  
leaves stripped
- ½ savoy or red cabbage,  
roughly chopped
- 2 tbsp. water
- 6 slices of bacon, cooked  
and crumbled (optional)

### FOLLOW ME

Heat a large pan with a small amount of oil. Add butternut squash and fry until just cooked and lightly golden. Add garlic and thyme and fry for 2–3 minutes.

Remove from pan and set aside.

Next add the cabbage to the pan and stir-fry slightly. Then add 2 tbsp water—this will create steam to cook the cabbage.

Once tender add back all other ingredients and heat.

*As featured at AGUS Wednesday night BBQs*



*No one will guess that the mystery ingredient in your muffins is rutabaga.*

*The grated raw vegetable adds fibre and moistness and is delicious paired with crystallized ginger & honey. This recipe works equally well with large flake rolled oats or the quick-cooking type.*



## GINGER RUTABAGA MUFFINS

### INGREDIENTS

- 1-1/2 cups all-purpose flour
- 1/2 cup rolled oats
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 2 tbsp. crystallized ginger, finely chopped
- 1/2 cup raisins
- 1 egg
- 1 cup grated rutabaga, peeled and grated
- 3/4 cup milk
- 1/2 cup honey
- 1/4 cup vegetable oil

### FOLLOW ME

Pre-heat oven to 400°F. In a large bowl, combine flour, rolled oats, baking powder and salt. Stir in ginger and raisins; set aside.

In medium bowl, lightly beat egg; stir in grated rutabaga, milk, honey and oil until blended. Add liquid ingredients to dry ingredients, stirring until moist. Spoon batter into a greased muffin tin.

Bake for 15 to 20 minutes or until firm to the touch. Cool in pan 5 minutes; remove muffins and cool on rack. Store in airtight containers.



**BON APPÉTIT!**

# ONLINE RESOURCES

The following online resources are great websites to learn more about seasonal & local food systems at UBC and beyond.

## **CROPEDIA**

[cropedia.landfood.ubc.ca/wiki/main\\_page](http://cropedia.landfood.ubc.ca/wiki/main_page)

*A website developed by students at the Faculty of Land and Food Systems here at UBC that provides information about what plants can be grown in our climate, along with nutritional information, recipes and more.*

## **FARM FOLK CITY FOLK**

[ffcf.bc.ca](http://ffcf.bc.ca)

*Supports community-based sustainable food systems by engaging in public education with farm and city folks. Has a great resource section packed full with information and links.*

## **GET LOCAL!**

[getlocalbc.org/en](http://getlocalbc.org/en)

*Offers education about the benefits of eating locally, a growing list of businesses that are producing and selling local food, and a wealth of other resources to help you “Get Local.” Check out their seasonal chart in the Resources section.*

## **100 MILE DIET**

[100milediet.org/category/vancouver](http://100milediet.org/category/vancouver)

*The 100 Mile Diet encourages people to choose local foods to lower carbon emissions and connect with their community.*

## **VANCOUVER FARMERS MARKETS**

[eatlocal.org](http://eatlocal.org)

*Information about farmers markets in the City of Vancouver and community events that promote sustainable food systems.*

## **COQUITLAM FARMERS MARKET**

[makebakegrow.com](http://makebakegrow.com)

*Information about farmers markets in Coquitlam and Port Moody as well as their Pocket Market locations around the Lower Mainland.*

## **BC ASSOCIATION OF FARMERS MARKETS**

[bcfarmersmarket.org](http://bcfarmersmarket.org)

*Use the Market Finder to find a farmers market near you!*

## **DECONSTRUCTING DINNER**

[cjly.net/deconstructingdinner](http://cjly.net/deconstructingdinner)

*An independent radio show from Nelson, BC which engages its listeners in discussions on current food issues.*

## **CIRCLE FARM TOURS**

[circlefarmtour.com](http://circlefarmtour.com)

*Self-guided tours to specialty farm-gate vendors, open air markets, charming eateries, heritage sites, fairs, and other special events.*

# INDEX

## APPLE

- Sprouts Creamy Parsnip & Apple Soup 8  
Apple Cardamom Compote 11  
Pendulum Beet & Apple Salad 44

## ARUGULA

- Spinach Pesto 19  
Pendulum Beet & Apple Salad 44

## ASPARAGUS

- Sauteed Asparagus, Morrell Mushrooms  
& English Peas 23  
Baby Beet, Potato & Asparagus Salad 24

## BEETROOT

- Baby Beet, Potato & Asparagus Salad 24  
Pendulum Beet and Apple Salad 44  
Kale Salad 48

## BLACKBERRY

- Fresh Seasonal Greens w/ Summer Fruit 36

## CABBAGE

- Coleslaw 15  
Japanese Cabbage Noodle Salad 16  
Kale Salad 48  
Butternut Squash with Cabbage & Thyme 51

## CARROT

- Sprouts Carrot Hazelnut Muffins 7  
Healthy Roast Vegetable Pasta 35  
Kale Salad 48

## CHARD

- Pendulum Autumn Harvest Salad 43

## CUCUMBER

- Zucchini & Cucumber Relish 40

## FENNEL

- Healthy Roast Vegetable Pasta 35

## HAZELNUT

- Sprouts Carrot Hazelnut Muffins 7

## KALE

- Oven-Baked Kale Chips 27  
Potato, Kale & Leek Soup 39  
Pendulum Autumn Harvest Salad 43  
Kale Salad 48

## LEEK

- Potato, Kale & Leek Soup 39

## MUSTARD GREENS

- Baby Beet, Potato & Asparagus Salad 24

## MUSHROOM

- Sauteed Asparagus, Morrell Mushrooms  
& English Peas 23

## NECTARINE

- Fresh Seasonal Greens w/ Summer Fruit 36

## ONION

- Mom's French Onion Soup 12

## PARSNIP

- Sprouts Creamy Parsnip & Apple Soup 8

## PEACH

- Fresh Seasonal Greens w/ Summer Fruit 36

## PEAS

- Sauteed Asparagus, Morrell Mushrooms  
& English Peas 23

## PEPPER

- Roasted Red Pepper & Tomato Soup 31  
Healthy Roast Vegetable Pasta 36

## POTATO

- Baby Beet, Potato & Asparagus Salad 24  
Potato, Kale & Leek Soup 39

## RADISH

- Radish Dip 28

## RASPBERRY

- Fresh Seasonal Greens w/ Summer Fruit 36

## RUTABAGA

- Ginger Rutabaga Muffins 52

## SPINACH

- Spinach Pesto 19  
Spinach Quesadilla 20  
Pendulum Beet & Apple Salad 44

## SQUASH

- Healthy Roast Vegetable Pasta 35  
Pendulum Autumn Harvest Salad 43  
Winter Squash and Rosemary Pizza 47  
Butternut Squash with Cabbage & Thyme 51

## TOMATO

- Roasted Red Pepper & Tomato Soup 31  
Healthy Roast Vegetable Pasta 35  
Fresh Seasonal Greens w/ Summer Fruit 36

## ZUCCHINI

- Zucchini & Cucumber Relish 40

# DESIGN & PHOTO CREDITS

A special thanks to the many talented designers and photographers who helped this cookbook come to life:

## CREATIVE DESIGN

Veronica Stark  
[www.veronicastark.ca](http://www.veronicastark.ca)

## UBC PHOTOGRAPHY

Javier Landaeta  
[www.javier.landaeta.net](http://www.javier.landaeta.net)

## FLICKR CONTRIBUTORS

Summer Flower – <i>Beatriz AG</i>	p.2
Autumn Leaves – <i>N. Stauffer</i>	p.2
Winter Frost – <i>S. Yume</i>	p.3
Spring – <i>Westpark</i>	p.3
Parsnip Apple Soup – <i>Edward Kimuk</i>	p.8
Compote – <i>chocoswirl</i>	p.11
Spinach Quesadilla – <i>prideandvegudice</i>	p.20
Asparagus – <i>Niina C.</i>	p.23
Morel mushroom – <i>Flutterby</i>	p.23
Radish Dip – <i>Alistair Williamson</i>	p.30
Red Pepper Soup – <i>SassyRadish</i>	p.31
Seasonal Quiche – <i>Diekatrin</i>	p.32
Berry Dressing – <i>J. Mayer</i>	p.36
Potato Kale Leek Soup – <i>Rick</i>	p.41
Winter Squash – <i>Whit A.</i>	p.47
Rutabaga Muffin – <i>Sidddd</i>	p.52



As the receiver of these Materials you are granted a limited license to use (display or print) the Materials, provided the Materials are not modified. None of the Materials may be otherwise reproduced, re-published, re-disseminated or otherwise provided in any manner or form without the prior written consent of the UBC Sustainability Office. This work is licensed under the Creative Commons Attribution-Noncommercial-No Derivative Works 2.5 Canada License.





12 MONTHS 24 RECIPES 12 LOCAL FOOD SUPPORTERS

# FARM TO FORK