

Lets Talk About it!

MARKET VEGGIE GUIDE



LE
THE **DÉPÔT**
centre communautaire d'alimentation
community food centre

Have a suggestion?
Please reach out by email
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INTRODUCTION

We are committed to increasing access to nutritious food that reflects the cultural diversity of our community. We recognize that healthier foods are often less accessible to our participants and thus we focus our efforts on providing fresh, whole, and nutrient dense foods in our over 20 food programs. We source our ingredients, as often as possible, from our local agricultural community, allowing us to support Quebec's food systems with direct relationships with producers.

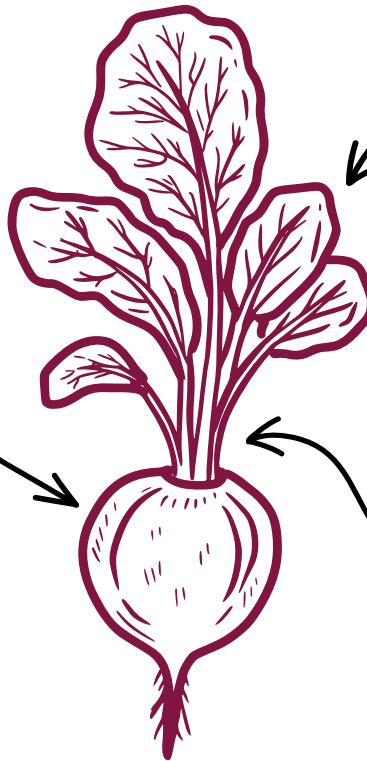
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BEETS

WHAT PARTS CAN I EAT AND HOW?

ROOT (BULB)

- Roasted or sautéed as a side dish
- Raw, in salads or a pickle. Try shredding or peeling ribbons!
- Cooked in soups or stews
- Cooked and blended in a hummus or smoothie



LEAVES

- Sautéed as a side dish or in a dip
- Raw, in salads or a smoothie

STALK

- Sautéed as a side dish
- Raw, shredded in a salad

WHEN IS IT IN SEASON?



Beet roots are available year round, and should be a winter staple like carrots and potatoes. Beets with leaf are at their best from **June through October**, in Quebec.

STORAGE



Clipping the tops off beets will keep them fresher, longer. Leave at least 1-inch of stem on each beet, and store the greens separately (wrapped in plastic and or a reusable bag and stored in the crisper drawer). Beet greens also freeze well!

BEET MUTABAL

SERVES 4

INGREDIENTS:

- 2 beetroot, peeled and cut into wedges
- 1/3 cup tahini
- 2 tablespoons olive oil
- 4 cloves garlic
- 2 tablespoons lemon juice
- 1/4 cup plain yogurt
- Salt and pepper, to taste



INSTRUCTIONS:

1. Preheat the oven to 400°F. Roast beets until soft, about 20 minutes.
2. Add cooked beets to a blender. Add tahini, olive oil, garlic, lemon juice, yogurt, salt and pepper and blend until smooth.
3. Transfer to a bowl and drizzle with olive oil and garnish with coriander, if desired.

This recipe is a great way to use beets for a snack with a vibrant colour! Serve with pita or your favourite veggies like carrot sticks or cucumbers.

BORSCHT

SERVES 4

INGREDIENTS:

- 3 medium beets, peeled and cut in 1/2" cubes
- 1 large onion, diced
- 1 large carrot, diced
- 2-3 medium potatoes, peeled and diced
- 1 tomato, diced
- 1 tbsp. tomato paste
- 1 tbsp. vinegar of choice
- 3.5-4 L of water (or broth of choice)
- Salt and pepper, to taste

INSTRUCTIONS:

1. In a saucepan over medium heat, brown the onion in the oil. Add the remaining ingredients. Season with salt and pepper. Bring to a boil. Reduce the heat and simmer, covered, until the vegetables are tender (25 to 40 min: beets will take the longest).
2. Taste and adjust seasoning. Serve with favorite garnishes.

Recipe from Guest Chef Natalia

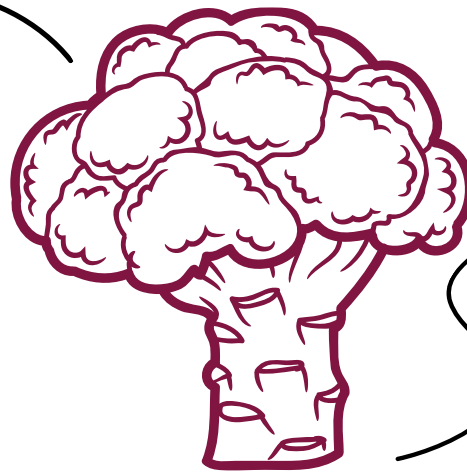
Borscht is often served with sour cream and chopped herbs (dill, parsley, chives). You can also add cubed beef when making broth or a boiled egg at the end.

BROCCOLI

WHAT PARTS CAN I EAT AND HOW?

FLORETS

- Stir-fried or roasted
- Steamed
- Cooked in soups or stews
- Raw, in salads or dips



STEMS

- Stir-fried or roasted
- Use to make vegetable stock
- Raw, shredded in salads or sauces (be sure to peel the stems!)

COOKING TIP: Boiling can leach up to 90% of the nutrients from broccoli, while steaming, roasting, stir-frying and microwaving tend to preserve the nutrients.

WHEN IS IT IN SEASON?



Broccoli is in season from **July through November** in Quebec.

STORAGE



Broccoli likes having some room to breathe. Keep it in a loosely wrapped or perforated plastic bag in the crisper drawer of the fridge. Florets can be blanched and frozen up to 10 - 12 months.

ROASTED BROCCOLI & CAULIFLOWER FRITTATA

SERVES 4-6

INGREDIENTS:

- 2 cups broccoli florets
- 1 1/2 cups cauliflower florets
- 2 tablespoons oil
- 1 garlic clove, thinly sliced
- 1/4 teaspoon crushed pepper
- Salt and pepper to taste
- 8 large eggs
- 1/2 cup shredded cheese



INSTRUCTIONS:

1. Preheat the oven to 375°F. Line baking sheet with parchment paper.
2. In a large bowl, toss together broccoli, cauliflower, oil, garlic, crushed pepper, salt and pepper. Roast for about 20 minutes or until the veggies are golden brown.
3. Whisk together eggs and 3/4 of the cheese. Season with salt and pepper.
4. Line a 9" pie pan with parchment paper. Spread roasted vegetables onto the bottom of the pie plate. Pour the egg mixture on top, then sprinkle with remaining shredded cheese.
5. Bake in the oven for about 25 minutes, Insert a knife in the centre to check, the knife should come out clean!

BROCCOLI WITH MUSHROOMS & SOY SAUCE

SERVES 4

INGREDIENTS:

- 1 bunch broccoli, cut into florets
- Pinch of salt
- 1 tablespoon peanut oil or vegetable oil
- 4 cloves garlic, grated
- 1/2 lb (450 g) white mushrooms, sliced

SAUCE:

- 1 cup vegetable stock (or water)
- 2 tablespoons soy sauce
- 1 teaspoon dark soy sauce (*optional*)
- 2 teaspoons sugar
- 1 tablespoon cornstarch

INSTRUCTIONS:

1. In a small bowl, mix the sauce ingredients and set aside.
2. In a large skillet, heat 1/4 cup water over medium-high heat. When the water starts to boil, spread the broccoli in the skillet. Cover with lid and let steam until broccoli turns tender, 2-3 mins. Flip once or twice. Transfer to big plate.
3. In the same skillet, wipe residual water. Add oil and garlic. Stir a few times. Add the mushrooms. Stir and cook until golden, about 2 mins. Turn to medim-low.
4. Stir the sauce again to combine everthing. Add sauce to skillet with mushrooms. Stir it until it thickens. Pour over broccoli.

BRUSSELS SPROUTS

WHAT PARTS CAN I EAT AND HOW?



SPROUTS

- Roasted, cut in half
- Sautéed or steamed
- Raw in salads, either cut in half or shredded

COOKING TIP: Cut an X in the bottom of the stem for even cooking as the core cooks more slowly. Alternatively cut off the tough stem, No need to peel sprouts, simply remove any discoloured leaves. Be sure not to overcook them as this will intensify any bitter flavours and unpleasant odours!

WHEN IS IT IN SEASON?



Brussels sprouts are in season from **August through November** in Quebec.

STORAGE



Sprouts can be kept 1 to 2 weeks refrigerated in an airtight container, and longer when on the stem, although not always available in this form in grocery stores. Do not wash before storing, since excess water causes moulding!

ROASTED BRUSSELS SPROUTS

SERVES 4

INGREDIENTS:

- 4 cups Brussels sprouts
- 3 tablespoons olive oil
- 3 cloves garlic
- Salt & pepper to taste
- 1/4 cup grated cheese (*optional*)



INSTRUCTIONS:

1. Preheat the oven to 400°F. Line baking sheet with parchment paper.
2. Start with cleaning the sprouts and then removing any loose leaves. Trim stems by cutting off the tough ends and halve the larger Brussels sprouts. Leave smaller sprouts whole, but cut a cross symbol through the stem.
3. Place Brussels sprouts on a baking sheet, toss with olive oil, salt, pepper, garlic and cheese (*optional*).
4. Bake for 20-30 minutes, tossing halfway.
5. Enjoy on their own as a side dish or add to omelets, pizzas, or quiches!

BRUSSELS SPROUTS SLAW

SERVES 8

INGREDIENTS:

- 4 cups Brussels sprouts, finely sliced
- 4 carrots, grated
- 1/2 cup dried fruit of choice
- 3/4 cup mixed seeds, toasted

VINAIGRETTE:

- 1/4 cup olive oil
- 1 tablespoons lemon juice
- 1 tablespoon vinegar of choice
- Salt & pepper, to taste

INSTRUCTIONS:

1. In a medium sized bowl, combine the prepared Brussels sprouts, dried fruit and seeds. Set aside.
2. Whisk vinaigrette ingredients in a small bowl.
3. Drizzle the dressing over the slaw and toss until all the ingredients are lightly coated in the dressing

This salad gets more delicious with time! Feel free to make ahead or enjoy over a few days

CABBAGE

WHAT PARTS CAN I EAT AND HOW?



THE LEAVES (AVOID THE OUTER LEAVES AND TOUGH WHITE CORE)

- Braised, steamed, sautéed and roasted
- Fermented (Sauerkraut, Kimchi)
- Raw in salads, like coleslaw

COOKING TIP: Different cultures prepare cabbages in different ways, from sautéing, steaming, roasting, braising, and fermenting. All cabbages can be used interchangeably, but be aware that they will give different results.

WHEN IS IT IN SEASON?



Cabbage is available **all year-round!** However, it is at its most flavourful in the colder months, so from October to February.

STORAGE



Cabbage is best stored whole and unwashed until it is ready to use. Place it in the crisper drawer of the fridge for up to two months. For longer storage, only remove the leaves as you need them, since cutting into the cabbage will shorten its shelf life.

MANGO CABBAGE SLAW

SERVES 4-6

INGREDIENTS:

- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 mango, cut into strips
- 3 medium green onions, chopped

VINAIGRETTE:

- 2 tablespoons rice vinegar
- 1/2 lime, juiced
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons olive oil
- 1 teaspoon black or white sesame seeds

INSTRUCTIONS:

1. Combine with the cabbage, mango, carrots, scallions and toss together in a large bowl.
2. Prepare the dressing by whisking together the rice vinegar, soy sauce, and lime juice; slowly whisk in the oils.
3. Pour the dressing over the cabbage mixture and toss to coat. Let it sit at least 15-20 min.
4. Serve sprinkled with sesame seeds.

OKONOMYAKI

SERVES 4

INGREDIENTS:

- 3 large eggs
- 1/4 cup water
- 1 1/2 tablespoons soy sauce
- 4-5 cups cabbage, sliced thinly
- 3/4 to 1 cup flour
- 3 green onions
- 2 tablespoons oil for frying

OPTIONAL SAUCES

- Black Okonomiyaki sauce: 2 parts oyster sauce, 1 part ketchup and 1 part Worcestershire sauce
- Mayo & sriracha

INSTRUCTIONS:

1. In a bowl whisk together the eggs, water, and soy sauce until smooth. Begin whisking in the flour, 1/4 cup at a time, until it forms a thick, smooth batter (about 3/4 to 1 cup total of flour).
2. Add the cabbage, carrots, and green onion to the batter and stir until the vegetables are mixed and everything is evenly coated in batter.
3. Heat 1 tbsp oil in a pan over medium heat. Once hot, add 3/4 cup of vegetable and batter mixture. Press down to form a circle about 6 inches in diameter and 1/2 inch thick. Place a cover on the skillet to hold in steam, which will help the cabbage cook. Cook the pancake until golden brown on the bottom, then flip and cook until golden brown on top. Keep pancakes warm while they cook. Add more oil to skillet as needed.

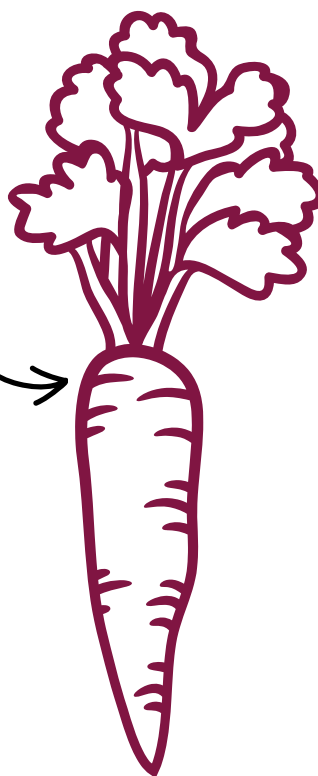


CARROTS

WHAT PARTS CAN I EAT AND HOW?

THE ROOT

- In baked goods
- Raw in salads (grated, in ribbons)
- In soups or stews
- Steamed, roasted or sautéed



THE LEAVES

- Pulse them in a pesto
- Toss them into a salad
- Sprinkle them over roasted veggies, soups and bowls
- Simmer into a vegetable stock

WHEN IS IT IN SEASON?



New season carrots are available from **July to October!** But Quebec carrots are available year round, and are an affordable staple vegetable.

STORAGE



Just like other root vegetables, put unwashed directly into your refrigerator's crisper drawer. If they are getting limp you can either cook them or soak in cold water in the fridge (they will likely need to be peeled afterwards)!

CARROT OAT MUFFINS

MAKES 12 MUFFINS

INGREDIENTS:

- 1 cup milk or non dairy milk of choice
- 1 egg
- 1 cup all-purpose flour
- 1 1/2 cups oats
- 1/2 cup sugar
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup oil of choice
- 2 tsp vanilla extract
- 1 cup grated carrots
- 1/4 cup dried raisins

INSTRUCTIONS:

1. Preheat the oven to 350°F. Lightly grease a 12-hole muffin tray, or line with paper. Set aside.
2. In a small mixing bowl, whisk egg, sugar, oil and milk. Add the carrots.
3. In another large mixing bowl, combine flour, salt, baking soda, baking powder, cinnamon, and nutmeg. Make a well in the center, add the liquid mix.
4. Fold in the raisins.
5. Divide batter into 12 muffins. Bake for 20-25 minutes or until golden brown.

GINGER CARROT SOUP

SERVES 6

INGREDIENTS:

- 1 tbsp olive oil
- 1 clove garlic, diced
- 1/2 cup diced potatoes or celery root
- 1 1/2 inch piece of ginger, grated
- 4 cups broth of choice
- 1 1/4 pounds carrots, chopped
- 1 1/2 tsp curry powder
- Salt to taste

OPTIONAL TAHINI CREAM

- 1/4 cup tahini
- 1/3 cup water
- 1/2 tsp turmeric

INSTRUCTIONS:

1. Heat the oil in a large pot over medium heat. Add the onion, and sauté until tender and translucent, about 8 minutes.
2. Add the curry powder and stir well.
3. Stir in the broth, carrots, potato, and bring to a boil. Season everything with salt. Lower the heat to maintain a simmer. Cook, stirring occasionally, until the veggies are tender, about 25 min.
4. Using an immersion blender (or using a regular blender and working in batches), blend until completely smooth. Return the soup to the pot over low heat and cook, stirring often, until heated through.
5. In a small bowl, stir together the raw tahini, water, turmeric, and salt to taste. Keep stirring until completely combined, and add more water for a looser consistency. Pour half of the tahini cream into the pot of soup and stir to incorporate. Reserve the rest to garnish the soup.

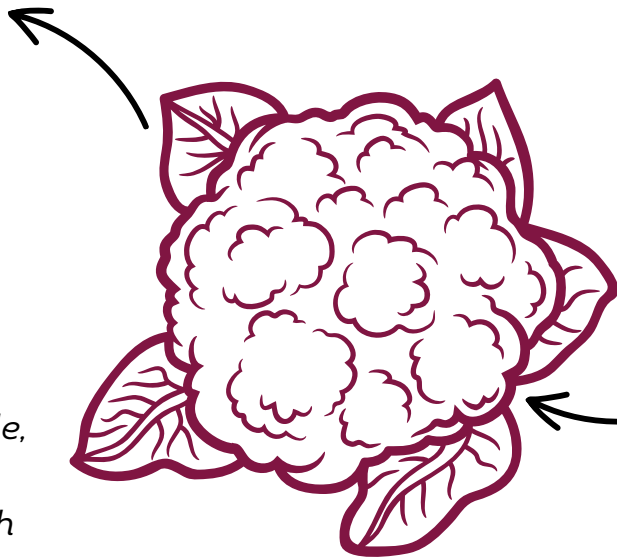
CAULIFLOWER

WHAT PARTS CAN I EAT AND HOW?

THE LEAVES

Enjoy raw in salads or sandwiches, or cooked (makes them sweeter!) in braises, soups and stews.

They can be used in place of collards, kale, cabbage, or chard in many recipes, though they have their own distinct flavor!



THE FLORETS

- Raw, as is or in a salad
- In a stir-fry
- In a soup
- Roasted
- Steamed

THE STALK

Remove the outside layer with a pairing knife or vegetable peeler. Cut into bite-sized pieces or grate, and use as 'rice,' add to a slaw, or sauces!

WHEN IS IT IN SEASON?



Cauliflower is in season from **June to November!**

STORAGE



Raw cauliflower needs air circulation to stay fresh, so loosely cover with a plastic bag. Poke holes in the bag or keep it open to maintain freshness. If freezing, make sure to blanch the cauliflower first!

CAULIFLOWER RICE

SERVES 4

INGREDIENTS:

- 1 large head of cauliflower
- 1 tablespoon oil



INSTRUCTIONS:

1. Wash cauliflower and dry thoroughly. Remove all greens.
2. Cut cauliflower into large chunks. Grate them into "rice" using a box grater or food processor.
3. Transfer to a clean towel or paper towel. Press to remove any excess liquid.
4. Saute cauliflower rice in a large skillet over medium heat with 1 tbsp of oil. Cover with a lid to steam the "rice" until tender, for about 5 - 8 minutes. Stir occasionally.
5. Season the "rice" as desired, for example with soy sauce or salt and pepper. Serve it as it is, or use it in any stir-fry or fried rice recipes as rice substitutes!

Recipe adapted from Minimalist Baker

ALOO GOBI

(INDIAN SPICED POTATOES & CAULIFLOWER)

SERVES 4

INGREDIENTS:

- 1 head cauliflower, cut into florets
- 1 ¼ lb Yukon gold potatoes, peeled and cut into ½ inch pieces
- 5 tablespoons oil
- ½ teaspoon cumin seeds
- ¾ teaspoon salt
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 teaspoon fresh chilis, minced
- 2 teaspoon minced peeled fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ½ cup water

Recipe adapted Smitten Kitchen

INSTRUCTIONS:

1. Preheat oven to 425F.
2. Toss cauliflower and potatoes together in a bowl with 3 tbsp oil, cumin seeds and ¼ tsp salt.
3. Spread in baking pan and roast, stirring occasionally until cauliflower is tender, about 20 minutes.
4. While vegetables are roasting, cook onion, garlic, chili and ginger in remaining 2 tbs oil over moderate heat, stirring frequently until very soft and beginning to turn golden, about 8-10 min.
5. Add ground cumin, coriander, turmeric, and remaining ½ tsp salt and cook, stirring constantly for 2 min. Stir in water, scraping up any brown bits from bottom of the skillet, then stir in roasted vegetables. Cook, covered, stirring occasionally for 5 min.

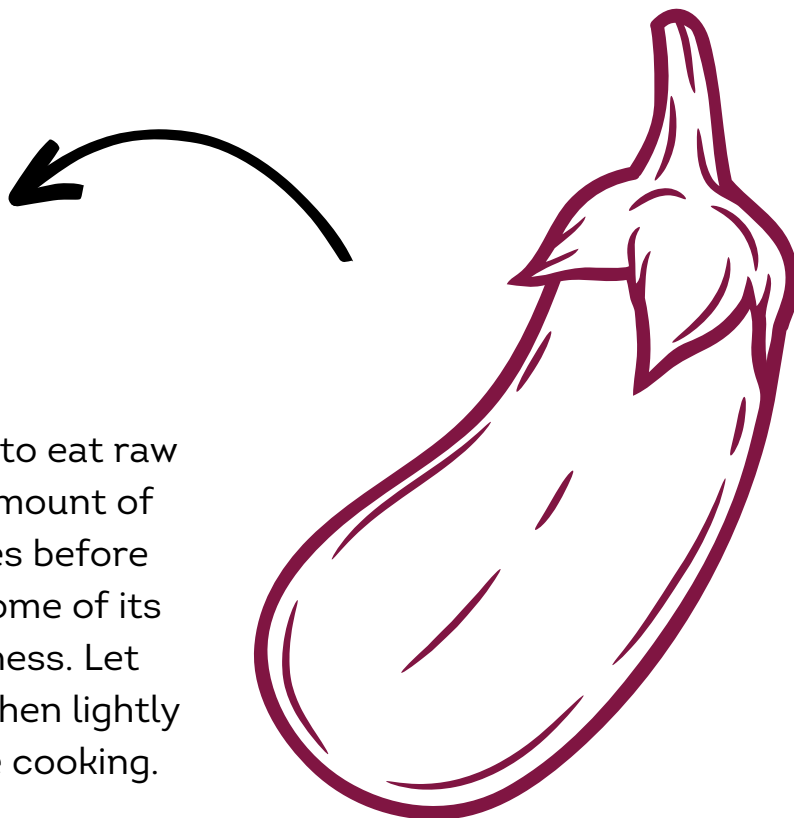
EGGPLANT

WHAT PARTS CAN I EAT AND HOW?

THE FLESH AND SEEDS!

- Roasted or baked
- Grilled
- Stuffed
- Soups and stews
- Baba ghanoush

COOKING TIP: Eggplant is safe to eat raw and cooked. Sprinkling a good amount of salt over eggplant slices or cubes before they're cooked does draw out some of its moisture and lessens the bitterness. Let them sit for about an hour and then lightly rinse some of the salt off before cooking.



WHEN IS IT IN SEASON?



Eggplant is in season from **July to October!**

STORAGE



Eggplants do not store well for long periods of time. Without refrigeration, eggplants can be stored in a cool, dry place for 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be refrigerated.

SIMPLE BABA GANOUSH

(MEDITERRANEAN EGGPLANT DIP)

SERVES 4

INGREDIENTS:

- 2 eggplants, cut into rounds
- 2 cloves garlic, minced
- 2 lemons, juiced
- 1 teaspoon salt and pepper
- 4 teaspoons fresh cilantro, parsley or basil
- 2 tablespoons olive oil for roasting
- 4 tablespoons tahini (*optional*)

INSTRUCTIONS:

1. Set oven to 500F.
2. Sprinkle eggplant rounds with salt, let rest for 15 min, and pat dry. Place rounds on baking sheet and drizzle with oil and salt.
3. Roast for 5-10 min, turning rounds 1-2 times until soft and golden-brown.
4. Peel skin and add flesh to a food processor. Add lemon juice, garlic, tahini and a pinch of salt. Blend until creamy and smooth. Add herbs. Adjust seasoning as needed.



ASWAD SALAD

(SUDANESE EGGPLANT SALAD)

SERVES 4

INGREDIENTS:

- 1 large eggplant (or 2 medium-sized eggplants)
- Olive oil
- Salt
- 1 ½ cup plain yogurt
- 1 tsp cumin
- 1 tsp garlic powder

INSTRUCTIONS:

1. Preheat oven to 425F.
2. Cut the eggplant into thin slices.
3. Put the eggplant onto a baking tray and drizzle with olive oil and season with salt.
4. Cook the eggplant in the oven for 25 minutes.
5. Meanwhile, prepare your sauce by combining yogurt, salt, cumin and garlic powder.
6. Once the eggplant is cooked through, take out of the oven and dress with the yogurt sauce.

This eggplant salad is eaten a lot in Sudan, usually accompanying other main dishes, especially delicious with Ta'miyya (falafel) on pita bread!

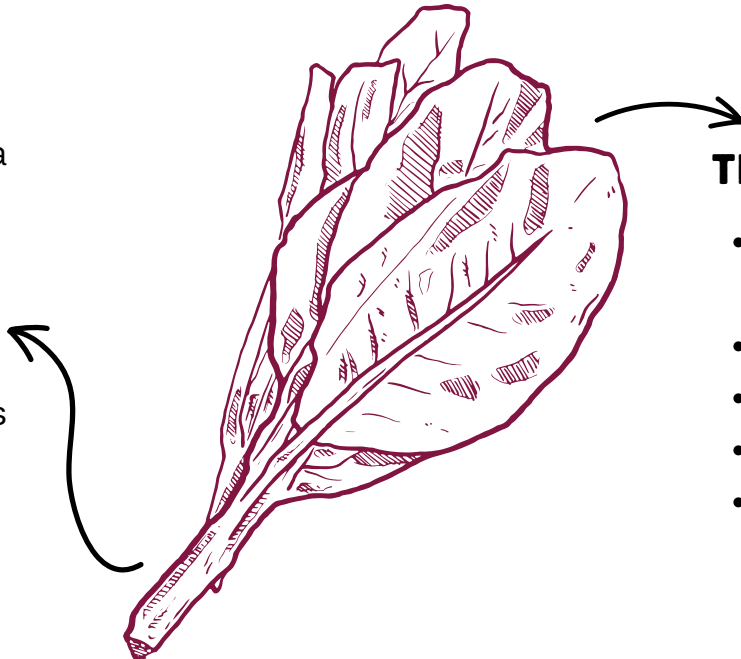
Recipe by Guest Chef Ikram

KALE

WHAT PARTS CAN I EAT AND HOW?

THE STEM

- Grind them into a pesto
- Blend them into smoothies
- Slice them thinly and add to salads



THE LEAVES

- Raw in salads and smoothies
- Steamed
- In soups
- Sautéed or stir-fried
- Baked (chips!)

COOKING TIP: Massaging kale (with or without oil) for salad makes the vegetable more palatable by releasing its bitter compounds and—as a result—making the kale less bitter.

NUTRITION TIP: Pair dark leafy greens rich in iron, like kale, with foods rich in vitamin C, like tomatoes, citrus, and peppers for better absorption of the plant-based irons.

WHEN IS IT IN SEASON?



Kale is in season from **July to November!**

STORAGE



The key to storing fresh kale is keeping it dry, as excess moisture will speed up the spoiling process. To store a bunch of raw kale: Don't wash the kale until you plan to use it!

BAKED KALE CHIPS

SERVES 4

INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt
- Garlic powder, to taste (optional)

A perfect way to eat your dark leafy greens as an appetizer, side, or easy healthy snack!



INSTRUCTIONS:

1. Preheat oven to 300°F. Line baking sheet with parchment paper.
2. Remove kale leaves from stems and tear them into bite-size pieces. Wash and dry them thoroughly.
3. Drizzle with olive oil and toss to combine. Spread out evenly onto the baking sheet. Sprinkle with salt and garlic powder to taste.
4. Bake until kale chips are browned, but not burnt, for about 20-30 minutes.

SCRAMBLED EGGS & KALE

SERVES 4

INGREDIENTS:

- 4 cups of kale, chopped
- 4 tablespoons olive oil
- 6 eggs, whisked
- Salt and pepper to taste
- Optional: chopped green onions and 1/4 cup of cheese, as garnish

INSTRUCTIONS:

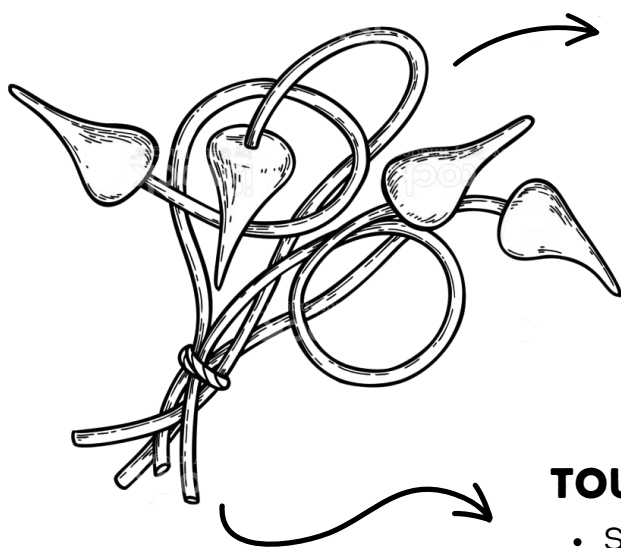
1. In a skillet, sauté kale with olive oil until soft.
2. Season with salt and pepper.
3. Add egg mixture. Stir for about 3 minutes or until eggs are almost set. Optional: Sprinkle with shredded cheese and chopped green onions before serving.

Recipe adapted from Half your PLate

Looking for something delicious to start your day? Try making this scrambled eggs recipe with kale - a great way to incorporate veggies in the morning!

GARLIC SCAPES

WHAT PARTS CAN I USE AND HOW?



THE STEM, INCLUDING THE FLOWER BUD

- Use as you would garlic (use at least *twice as many* scapes as you would cloves!)
- Sautéed, stir-fried, or grilled, much like asparagus or green beans
- Finely chopped and sprinkled over salads or roasted vegetables
- Added to hummus, pestos, soups, stews and much more!

TOUGH STEM (BOTTOM)

- Snap these off where you notice the stem stiffen and use like a bay leaf, simmering them in soups and stews!

WHAT ARE GARLIC SCAPES?? Garlic scapes are the long floral stems that grow from the garlic bulb. They're a bit milder than garlic cloves and can be served cooked or raw. Some people remove the flower bud when they are overly large because it can be fibrous when consumed raw and will cook at a different rate when sauteing or roasting scapes -- so it's up to you!

WHEN IS IT IN SEASON?



Garlic scapes are available **mid-June to early July**.

STORAGE



If you typically store garlic bulbs on the countertop, keep in mind that garlic scapes are best kept in a slightly open plastic bag in the fridge. They'll stay fresh and crunchy for up to three weeks. Freeze garlic scapes to have them year-round.

GARLIC SCAPE PESTO

SERVES 8

INGREDIENTS:

- 6-8 garlic scapes, chopped (approx. ½ cup)
- ⅓ cup olive oil (*add more or less depending on desired consistency*)
- ½ cup grated Parmesan or other hard cheese
- ⅓ cup nuts or seeds of choice
- ½ cup basil
- ¼ cup parsley
- ½ lemon, squeezed
- Salt and pepper, to taste

INSTRUCTIONS:

1. Place scapes, nuts, Parmesan, basil and parsley in a food processor and pulse to combine.
2. Add olive oil and lemon and continue to pulse until combined. Depending on your desired consistency, you can continue to process until you have a smooth puree.
3. Add salt and pepper, pulse, taste and adjust seasoning to your liking. You can add more lemon if you like as well.

Recipe from Urban Farm and Kitchen

STIR-FRIED GARLIC SCAPES

SERVES 4

INGREDIENTS:

- 2½ cups garlic scapes, cut into 2-inch long pieces
- 1 tablespoon olive oil

SAUCE

- 4 teaspoons soy sauce
- 2 teaspoons rice wine vinegar
- 2 teaspoons brown sugar
- ½ teaspoon red pepper flakes
- ½ teaspoon toasted white sesame seeds

INSTRUCTIONS:

1. Mix all the ingredients together for the sauce and set it aside.
2. Heat a pan over medium high heat and add the oil. Wait until the pan gets hot and then saute the garlic scapes until it turns a bright green color. After about 4 to 5 minutes, taste one to see if it's tender enough to bite through. It should still have a crunchy texture. Depending on how thick the stems are, you may need to saute them some more.
3. Once the stems are cooked through, add the sauce and stir fry it together for one minute or until the sauce coats the garlic scapes. Serve immediately.

Recipe from Drive Me Hungry

LEEK

WHAT PARTS CAN I EAT AND HOW?



THE DARK GREEN TOPS

- Use them to add flavour to stocks, soups or sauces
- Finely chop them and add them to quiches or savoury tarts

THE WHITE STALK

- Grilled, roasted or sautéed, as a side dish (sliced lengthwise)
- In a soup
- Finely chopped in a pasta sauce
- Sautéed into an omelet or egg scramble
- On pizza

COOKING TIP: Leeks are often filled with dirt and sand, so cleaning them is an important part of the preparation process.

NUTRITION TIP: The green part of the leek is rich in Vitamin C, so don't throw it away!

WHEN IS IT IN SEASON?



Leek is in season from **August to March!**

STORAGE



Wrap leeks in plastic when storing in the refrigerator to avoid their odor from spreading. Do not trim or wash before storing. Leeks will last up to two weeks in the refrigerator if they are purchased fresh.

SWEET POTATO & LEEK GALETTE

SERVES 4

INGREDIENTS

FOR THE CRUST:

- 6 tablespoons all-purpose flour
- 1/4 cup whole wheat flour
- 3 pinches salt
- 1/4 cup butter, cold
- 2 tablespoons plain yogurt
- 1 teaspoon vinegar
- 2 tablespoons ice water

FOR THE FILLING:

- 2 small sweet potatoes (about 3 cups)
- 1 small leek, sliced.
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 2 pinches Cayenne pepper (to taste)
- 6 tablespoons cheddar cheese, grated

INSTRUCTIONS

1. Preheat the oven to 375°F. Peel the sweet potatoes, and dice into 1/2 inch cubes.
2. Mix the cubes of sweet potato and sliced leeks with olive oil and salt, and place on a baking sheet covered in parchment paper. Bake for 30 min, or until tender.
3. Crust: In a bowl, mix the flour and salt. Cut the butter in cubes and add it to the bowl. With your fingers, rub the butter into the flour mixture until the butter pieces are as small as peas. In a small bowl, whisk together the yogurt, vinegar and ice water. Pour over the flour mixture and use a spatula to incorporate the liquid into the dough. Refrigerate.
4. Mix together the vegetables, Cayenne pepper and cheese in a large bowl.
5. Take the dough out of fridge. On a floured surface, roll out the dough into a circle. The dough should be 3 to 4 mm thick.
6. Transfer to a baking sheet covered in parchment paper. Spread out the filling in the center of the dough, leaving a border of 1 1/2 inches. Fold the borders of dough towards the center and press lightly on the overlapping edges to seal. The center will stay open. Bake 30-40 min.

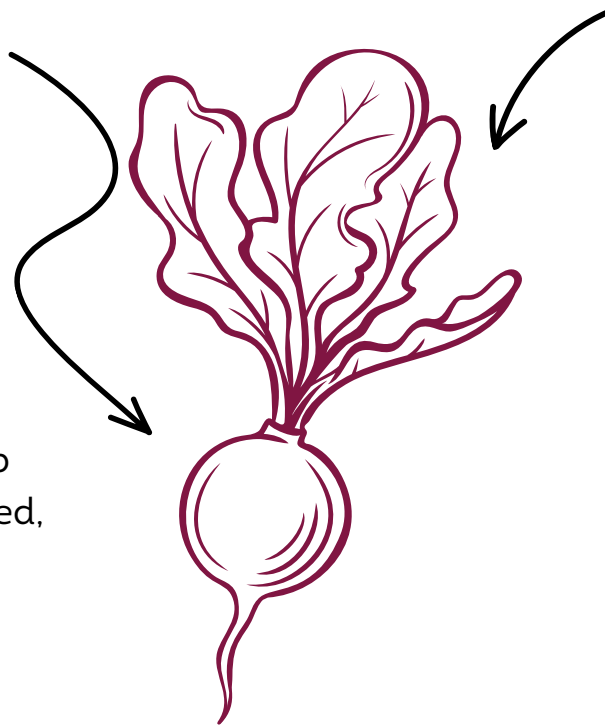
Replace the sweet potatoes with potatoes or winter squash, or the leeks with onions for a slightly different flavour!

RADISH

WHAT PARTS CAN I EAT AND HOW?

ROOT (BULB)

- Baked, boiled, steamed or roasted
- Shredded in a coleslaw or with potatoes in a hashbrown
- Eat raw with a dip or in a salad (sliced, shredded, etc.)
- Pickled



LEAVES

Radish greens taste similar to other leafy greens, ranging from peppery like arugula to mild like spinach

- Raw in salads
- Substitute for parsley or basil in your favorite pesto recipe
- Substitute them for spinach, such as in egg dishes or sautéed in butter

WHEN IS IT IN SEASON?



Radishes are in season from **April to November**, but they will much spicier at the height of summer

STORAGE



Store leaves separate from bulbs. Store the **leaves** in the refrigerator as you would any other salad greens, either in a breathable container or separate plastic bag. Store the **bulbs** in a damp paper towel inside of a food storage bag in the crisper drawer of the fridge. Alternatively, place them in a tightly sealed jar filled with water in the refrigerator.

QUICK PICKLED RADISH

INGREDIENTS:

- 1 bunch of radishes (18-20 average size radishes)
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water

Try adding some flavour in with these add-ins:

- Red pepper flakes - start with 1/2 tsp.
- Mustard seeds - try 1/2 tsp.
- Black peppercorns
- Coriander seeds
- Fresh dill

INSTRUCTIONS:

1. Slice radishes as thin as you can.
2. Stuff all the radishes in the jar of your choice.
3. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt. Pour this pickling mixture over your sliced radishes and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks.
4. Toss them into salads, or use them as a topping for your sandwiches (*see recipe below*), burgers, or tacos

Recipe from Rachel Cooks

TOFU BANH MI

INGREDIENTS:

MARINATED TOFU

- 14 oz. (1 package) firm tofu
- 1 tablespoon olive oil
- 2 tablespoon soy sauce
- Juice of half a lime
- 2 garlic cloves, minced
- 1/2 teaspoon ginger, minced
- Black pepper, to taste

SANDWICH

- 4 sandwich rolls
- Mayonnaise
- Sriracha
- Cilantro
- Pickled* radish
- Pickled* carrots (sliced into matchsticks)
- Picked* cucumber (sliced into matchsticks)

*see above recipe

INSTRUCTIONS:

1. Drain the tofu and slice it into 1/2-inch slices. Place it on a towel and gently pat dry to remove excess water.
2. Mix together the marinade ingredients. Place the tofu in a shallow pan and pour the marinade on top. Flip the tofu to fully coat it. Marinate for at least 15 min.
3. Heat a nonstick skillet to medium-high heat. Add a little oil to the pan and cook tofu for a few minutes per side until caramelized.
4. Assemble sandwiches with remaining ingredients.



Adapted from New York Times Cooking

SPINACH

WHAT PARTS CAN I EAT AND HOW?



THE LEAVES

- Use raw in salads, smoothies
- Add to pasta dishes
- Blend in a pesto or other sauce
- Use fresh or frozen in curries, stews or soups
- Add to your eggs or omelet

THE STEMS

- Blend them into a smoothie
- Add to a stir-fry, sauté or boil

NUTRITION TIP: Pair dark leafy greens rich in iron with foods rich in vitamin C, like tomatoes, citrus, and peppers for better absorption of the plant-based irons.

WHEN IS IT IN SEASON?



Spinach is in season from **May to November**.

STORAGE



Gently wrap fresh spinach in a paper towel to absorb excess water. Place the paper towel-wrapped spinach in a storage container or bag. Fresh spinach can also be frozen directly without cooking.

BROCCOLI & SPINACH SHAKSHUKA

SERVES 6

INGREDIENTS:

- 2 tablespoons olive oil
- 2 onions, diced
- 2 garlic cloves, minced
- ½ head of broccoli, bite-sized pieces
- 2 cups spinach
- 2 bell peppers, diced
- 3 tomatoes, diced
- 3 tablespoons tomato paste
- 1 (15 oz) can tomato sauce
- 2 teaspoons cumin
- 2 teaspoons chili
- Pinch of sugar
- 2 teaspoons salt
- 1 teaspoon pepper
- 6 eggs
- ½ cup parsley or coriander, chopped

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Start by half-cooking your broccoli. In a large bowl, pour boiling water to cover, and cover the bowl. Leave to cook for 3-5 min. You want it soft with a bit of bite. Drain and put aside.
3. In a large pot or saucepan over medium-heat, sauté onions for 2-3 minutes or until onions soften. Add garlic and continue to sauté until fragrant.
4. Add spices, salt, and pepper, Add broccoli and bell peppers and sauté for 5-7 mins.
5. Add tomatoes and tomato paste. Stir, then add spinach, and cover for 2-3 mins until it wilts down.
6. Simmer over medium heat for 10 minutes until it starts to reduce.
7. Transfer mixture to a pan or casserole. Crack eggs one at a time evenly over the top. Cover and simmer for 10-15 min.

SPINACH & BANANA MUFFINS

24 MUFFINS

INGREDIENTS:

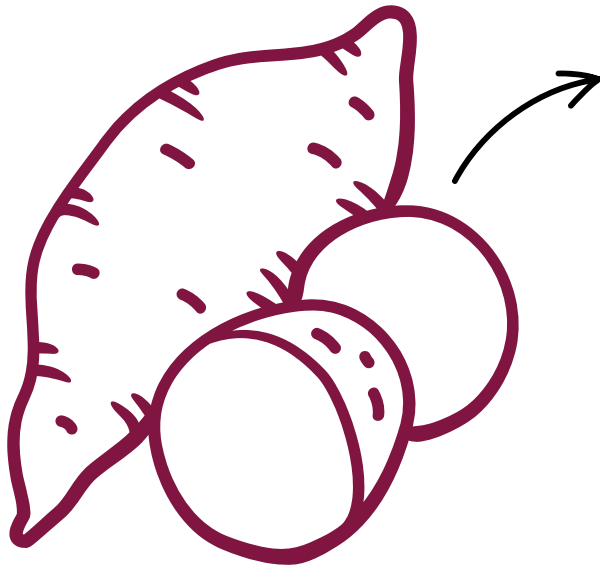
- 1 cup unsweetened applesauce
- 3 eggs
- 4 teaspoons vanilla
- 4 cups spinach
- 2 bananas
- 2/3 cup maple syrup
- 1/4 cup coconut or vegetable oil
- 3 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Put the applesauce, egg, vanilla, spinach, banana, maple syrup and oil in a blender or food processor and blend.
3. Combine the flour, baking powder, baking soda and salt in a mixing bowl.
4. Add the wet spinach mixture from blender to the bowl of dry ingredients.
5. Slowly mix the dry ingredients into the wet until combined. The mixture might be dense. Add a splash of oil or applesauce to loosen it up if you need to, but the mixture should resemble a thick pancake batter. Scoop batter into muffins tin.
6. Bake for 20-25 min,

SWEET POTATO

WHAT PARTS CAN I EAT AND HOW?



THE TUBER

- Can be eaten raw, peeled into ribbons or shredded
- Bake, roast or steam them!
- Add mashed sweet potato to baked goods, e.g. brownies, cookies and cakes
- As fries (either fried or baked)
- As a soup
- As a salad topping

FUN FACT: Sweet potatoes are typically recognized by their orange flesh, though hundreds of varieties exist with different colors such as white, cream, yellow, reddish-purple, and deep purple

NUTRITION FACT: Sweet potatoes are one of the top dietary sources of beta-carotene, a precursor to Vitamin A, which supports eye health, among other functions.

WHEN IS IT IN SEASON?



Sweet potatoes (imported) are available **all year-round**.

STORAGE



The key is to store them in a cool dry place, like in the cabinet of a pantry, in a paper bag or open bowl. Do not store them in a sealed container - potatoes need airflow to prevent spoilage.

ROASTED SWEET POTATO SALAD

SERVES 4-6

INGREDIENTS:

- 2 sweet potatoes, peeled and cubed
- 1 can beans, drained and rinsed
- 1 onion, thinly sliced
- 1 bell pepper, diced
- Fresh coriander or parsley (*optional*)
- 4 tbsp. olive or canola oil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- *Optional:* cooked quinoa or couscous
- 2 tbsp. mustard
- 2 tbsp. lemon or lime juice

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a baking tray with parchment paper and place potatoes on the sheet. Drizzle with 2 tbsp. oil and season with salt and pepper. Bake for 45 minutes. Halfway through baking, flip the potatoes.
2. To a large bowl, add roasted sweet potatoes, beans, onion, bell pepper and herbs.
3. Mix 2 tbsp. of oil, lemon juice, mustard salt and pepper and pour into bowl. Adjust seasoning as needed.

SWEET POTATO QUESADILLAS

SERVES 4

INGREDIENTS:

- 2 cups sweet potatoes, in large chunks
- 3/4 cups onions, diced
- 1 cloves of garlic, crushed
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 tablespoon dried basil
- 1/2 teaspoon paprika
- 3/4 tablespoon cumin
- Salt and pepper, to taste
- 4 whole wheat tortillas
- 3/4 cup grated cheese
- 1/2 cup canned black beans, drained and rinsed
- Olive oil

INSTRUCTIONS:

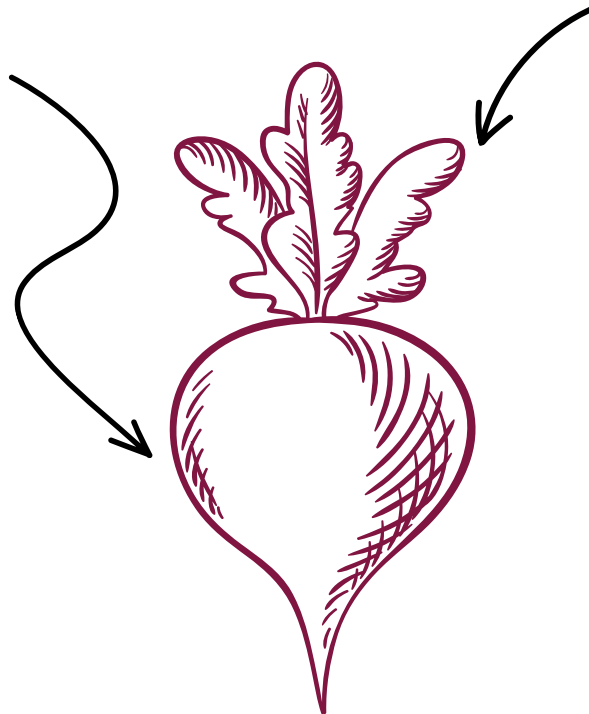
1. Place the sweet potatoes into a saucepan and cover with water. Bring to a boil, then cook for an additional 10 to 15 minutes, until they are soft.
2. Drain the water, and mash the sweet potatoes. Set them aside.
3. Dice the onions and garlic.
4. Heat the oil in a frying pan and sauté the onions and garlic until they're transparent. Add the spices and cook for another minute.
5. Stir in the sweet potatoes and heat everything up.
6. Spread 1/2 cup of sweet potato mixture on half of each tortilla. Spoon 2 tbsp. of black beans on top and cover with grated cheese. Fold the tortilla in half.
7. Grill each side for 3 to 4 minutes on medium heat or until golden brown. Cut into halves or quarters.

TURNIP

WHAT PARTS CAN I EAT AND HOW?

ROOT (BULB)

- Baked, boiled, steamed or roasted
- Mashed
- Shredded in a coleslaw
- Eat raw with a dip or in a salad (julienned, shredded, etc.)
- Pickled



LEAVES

*Turnip greens have a peppery flavor, similar to mustard greens, arugula and rapini. They are best eaten **cooked!***

- Enjoy sautéed, braised, or added to soups.

COOKING TIP: Use turnips any way you would use a potato, and then some!

WHEN IS IT IN SEASON?



Turnips are in season from **August to February.**

STORAGE



Turnips can be stored for 2 weeks in the refrigerator crisper or lowest shelf.

ROOT VEGETABLE GRATIN

SERVES 8

INGREDIENTS:

- 2 tbsp. unsalted butter
- 1 1/4 cup heavy cream, divided
- 3 large parsnips, peeled and thinly sliced diagonally
- 2 medium sweet potatoes, peeled and thinly sliced
- 2 large carrots, peeled and thinly sliced, diagonally
- 2 large beets, peeled and thinly sliced
- Salt and pepper, to taste
- 1/2 cup hard cheese, grated
- 2 cloves garlic, pressed

INSTRUCTIONS:

1. Preheat oven to 400°F. Butter a 9 by 13 inch baking dish. Pour 1/4 cup cream in dish.
2. Layer parsnips, sweet potatoes, carrots, and beets in prepared dish. Season with salt and pepper. Top with cheese. Stir together garlic and remaining 1 cup cream in a bowl; pour over vegetables. Cover dish with aluminum foil.
3. Bake for 30 minutes. Uncover, and bake until vegetables are tender and golden brown, 14 to 17 minutes. Let stand 10 minutes before serving.

Recipe from *Country Living*

SWEET POTATO & TURNIP LATKES

SERVES 4

INGREDIENTS:

- 1 sweet potato, peeled and thickly sliced
- 1 turnip, peeled and halved
- 2 parsnips, peeled
- 1 medium onion, peeled and halved
- 2 large eggs
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Canola oil

INSTRUCTIONS:

1. In the bowl of a food processor or using a box grater, shred the sweet potato, turnip, parsnips, and onion. Transfer to a cheesecloth or kitchen towel lined colander. Let it sit for about 10 minutes, then wring out the moisture over a bowl to remove any excess liquid.
2. Transfer the shredded potato mixture into the bowl and add the flour, eggs, salt, and pepper. Use your hands to mix.
3. Preheat the oven to 175° F and line a shallow dish or baking pan with paper towels. Heat a skillet over medium high heat with about a couple tablespoons of oil. Drop about two tablespoons of the mixture into the pan and use a fork to spread into about 3-inch pancakes. Let it crisp a few minutes per side and transfer to the prepared baking dish. Sprinkle with a little salt if desired.

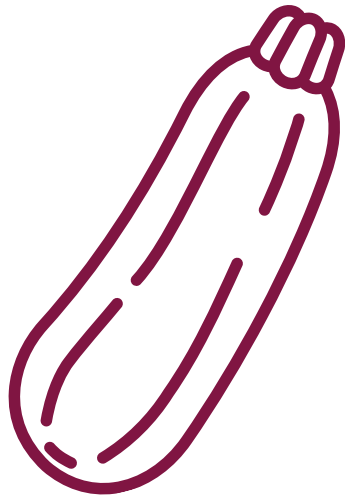
Recipe from *Kitchen Confidante*



ZUCCHINI

(COURGETTE)

WHAT PARTS CAN I EAT AND HOW?



THE FRUIT (TOP INCLUDED!)

- Baked or roasted
- Stuffed
- In fritters (fried or baked)
- In baked goods like brownies, loaves, cakes or cookies
- Baked fries
- Pickled
- In a lasagna
- Raw in a salad or as crudité

WHEN IS IT IN SEASON?



Zucchini is in season from **June to October**.

STORAGE



An extra step is to pat your zucchini with a paper towel to remove any extra moisture, then place it in a ventilated plastic bag, also stored in the crisper drawer. Properly stored zucchini stays good in the fridge for about five to seven days.

ZUCCHINI CARROT FRITTERS + DIP

MAKES 14 FRITTERS

INGREDIENTS:

FRITTERS

- 2 cups shredded zucchini (*with peel*)
- 2 cups shredded carrot, peeled
- 1/3 cup raw oats
- 2/3 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp pepper & salt
- 2 large eggs, lightly beaten
- 1/3 cup scallions or onions

DIP

- 2 cloves garlic, finely minced
- 1/2 cup cucumber, peeled and shredded
- 1 1/2 cups plain yogurt
- 1 tbsp vinegar or lemon juice + herbs

INSTRUCTIONS:

1. Preheat oven to 400F. Line with parchment paper or grease baking pan.
2. Put shredded zucchini and carrot in colander. Sprinkle with salt. Let rest for 10min. Using your hands, squeeze out as much liquid as possible. Transfer into large bowl.
3. Add flour, baking powder, oats, eggs, scallions and pepper. Stir until well mixed.
4. Scoop fritter mix onto the pan making 14 portions. Bake 3min, then flip. Let cook until golden brown and cooked through.
5. Mix dip ingredients in a bowl and serve with fritters.

MUTABAL KOUSA

(MIDDLE EASTERN ZUCCHINI DIP)
SERVES 6

INGREDIENTS:

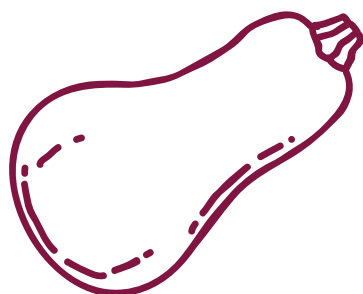
- 1 cup shredded zucchini (*with peel*)
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1/2 cup tahini
- 1/2 lemon, juiced
- 1/2 tsp sumac
- Salt & pepper, to taste
- Garnishes: *sumac, aleppo peppers, pomegranate seeds, chopped parsley*

INSTRUCTIONS:

1. Squeeze out excess water from grated zucchini.
2. Heat oil in pan on medium heat. Add garlic and cook until fragrant, about 2 minutes. Add zucchini and let caramelize. Set aside to cool.
3. In a bowl, combine the lemon juice, tahini and sumac. Season with salt and pepper.
4. Fold pan contents into the yogurt mixture. Garnish and serve.

WINTER SQUASH

WHAT PARTS CAN I EAT AND HOW?

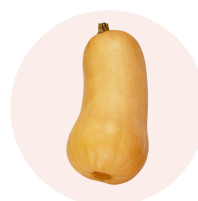


THE FLESH



DELICATA

- Roasted
- Braised
- Steamed



BUTTERNUT

- Roasted
- Braised
- Steamed



SPAGHETTI

1. Cut it in half lengthwise, remove seeds, and roast in the oven cut-side down.
2. Once cool enough to touch, use a fork to scrape the strands.



ACORN

- Roasted, braised or steamed
- Sliced in half, baked and eaten straight from its bowl-like shell.

SEEDS

- You can rinse, season and roast butternut squash, spaghetti squash and acorn squash seeds the same way you would roast pumpkin seeds!

TIP: Choose firm squash with no visible blemishes or soft spots. A ripe squash will have a tan, dry stem and matte exterior.

WHEN IS IT IN SEASON?



Squash season in Quebec lasts from the end of **August** until the end of **April!**

STORAGE



Store winter squash in a dry, cool spot (but not the refrigerator) and use within 1-3 months. You can keep cooked squash in the fridge for 5-7 days.

BUTTERNUT SQUASH & APPLE SOUP

SERVES 8

INGREDIENTS:

- 1 butternut squash, peeled and chopped
- 1 onion, chopped
- 2 celery, chopped
- 2 carrots, chopped
- 1 green apple, peeled, cored, and chopped
- 3 cups of broth (chicken or vegetable)
- 1 cup of water
- 1/2 tsp of cinnamon
- 1/2 tsp of nutmeg
- 1/2 tsp of cayenne
- Salt and pepper, to taste

INSTRUCTIONS:

1. Turn the stove on medium-high heat.
2. In a large pot, sauté the onions, carrots, and celery. Lower the heat if the vegetables begin to brown.
3. Add squash, apple, broth, and water. Bring mixture to a boil.
4. Add seasonings: cinnamon, nutmeg, cayenne, and salt.
5. Cover and leave to simmer for 30 minutes or until squash and carrots have softened.
6. In a blender, purée the soup.

COCONUT CURRIED SPAGHETTI SQUASH

4 SERVINGS

INGREDIENTS:

- 1 medium spaghetti squash
- 1 red bell pepper, diced
- 1 medium yellow onion, diced
- 3-4 cups spinach
- 1 (14oz) can coconut milk
- 2 cups water or vegetable broth
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 3 tablespoons curry powder
- 1 teaspoon ground coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon ground cloves
- Salt and pepper to taste
- 2 tablespoons oil
- Cilantro, green onions and lime to garnish

INSTRUCTIONS:

1. Preheat oven to 425 degrees.
2. Cut your spaghetti squash in half, lengthwise, removed seeds and place open side down and bake for 20-25 minutes or until spaghetti squash gives a bit when you poke it.
3. Add oil and garlic to a saucepan on medium heat. Add onion and bell pepper and cook for 5 minutes until the veggies become slightly soft. Add coconut milk, water, spinach, sesame oil, and spices. Mix to incorporate. Cover and let cook for around 5 minutes
4. Use a fork to remove all the threads from the cooked squash. Place threads in a large bowl, pour your coconut curry soup over the "noodles" then squeeze some lime juice on top and garnish cilantro and green onions.