



Get Fresh!

Zucchini

Buying and Storing

- Choose zucchini that are small and firm, with bright colour and no bruises or soft spots, particularly at the stem end.
- Their tender skin bruises easily, so handle with care.
- Store in the refrigerator.
- Zucchini can be sliced or shredded and stored in the freezer for later use.

Preparing

- Zucchini can be eaten raw, grated or sliced in salads, or sliced and served on a plate with dip.
- Try lightly steamed and topped with fresh herbs (chives, dill, parsley, thyme) and, salt and pepper.
- Combine with other fresh vegetables lightly sautéed in olive oil with garlic, fresh basil and oregano (add a splash of balsamic vinegar if you like).
- Sliced in half lengthways, zucchini can be barbecued until tender crisp, and topped with basil pesto.

RECIPE 1

Homemade Pizza
Dough

Makes 2 large
pizza crusts

Ingredients

1 ½ cups	local partially sifted flour	1 tbsp	quick-rise yeast
½ tsp	salt	¼ cup	cornmeal
1 cup	local whole wheat flour	1 tsp	sugar
1 cup	warm water	1 tbsp	olive oil

Directions

1. In a large bowl combine the two flours, yeast, sugar and salt.
2. Stir in water and oil until blended.
3. Turn dough onto lightly floured surface. Knead for 8 to 10 minutes until dough is smooth and elastic.
4. Add more flour to keep dough from sticking. Cover the dough with a clean tea towel and let rest for 10 minutes.
5. Roll out dough on a floured surface until around ½ inch thick.
6. Stretch dough out onto a baking sheet that has been sprinkled with cornmeal. Rub olive oil over the dough.
7. After adding toppings bake at 425°F for 20 minutes or until dough is browned and cheese has melted.

** Try with any of your favourite fresh local pizza toppings

Adapted from Adventures in Cooking (TBDHU)

RECIPE 2

Zucchini and
Tomato Pizza

Servings: 1 pizza

Ingredients

¼ cup	olive oil	1 tbsp	chopped fresh basil
1 cup	local gouda cheese, shredded	1	small local zucchini
1	clove garlic, crushed	a pinch	each salt, pepper and cayenne pepper
2	firm local tomatoes	1 tbsp	each chopped fresh basil, and chives
		1	homemade pizza crust

Directions

1. Preheat the oven for 425°F.
2. In small bowl, mix together olive oil, garlic and basil. Stir in salt, pepper and cayenne. Let stand at room temperature for 30 minutes to blend flavours. Thinly slice tomato and zucchini.
3. Brush pizza crust with some of the oil mixture. Sprinkle half of the shredded cheese evenly on crust. Arrange tomato and zucchini slices on the pizza. Sprinkle lightly with salt and pepper. Top with remaining shredded cheese.
4. Place pizza in the oven just until cheese melts and bottom of crust is light brown, around 20 minutes. Sprinkle with basil, parsley and chives. Drizzle with remaining oil. Cut into slices.

Adapted from www.foodland.gov.on.ca

Get Fresh!

Rhubarb

Buying and Storing

- Look for crisp, firm stalks.
- Remove leaves, wrap and refrigerate.
- Rhubarb can be frozen. Clean and dice rhubarb and seal in freezer bags.

Caution

Avoid eating rhubarb leaves. They contain oxalic acid which irritates the inside of the mouth and in some cases can be fatal.

Preparing and Using

- Rhubarb cooked as a sauce is a favourite. You can also make it into a custard pie, baked crumble or crisp or use in sweet-and-sour chutneys.
- It's a good partner with other fruit, such as strawberries, in pies, tarts and preserves because it tends to take on the flavour of such fruits.

RECIPE 1 Rhubarb Base

Servings: 2 cups

Ingredients

- 3/4 cup granulated sugar
- 1/4 cup orange juice
- 4 cups chopped fresh local rhubarb

Directions

1. In a saucepan stir together sugar and orange juice.
2. Stir in rhubarb and bring to boil over medium-high heat.
3. Reduce heat to medium and simmer for 5 to 7 minutes, stirring occasionally until rhubarb is tender, .
4. Transfer to airtight container and let cool. Cover and refrigerate for up to one week or freeze for later use.

Note

The rhubarb base can be used in many snacks and desserts including smoothies (adding berries and milk) or on yogurt.

Adapted from www.foodland.gov.on.ca

RECIPE 2 Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping

Servings: 1 loaf
or 18 muffins

Ingredients

- | | | | |
|---------|--------------------------------|---------|-----------------------------|
| 2 cups | locally partially-sifted flour | 1/3 cup | butter, melted |
| 3/4 cup | granulated sugar | 1 tsp | vanilla |
| 2 tsp | baking powder | 2 cups | chopped fresh local rhubarb |
| 1 tsp | baking soda | | |
| 1/2 tsp | salt | | |
| 2 | local eggs | | |
| 1 cup | apple juice | | |

Topping

- 2 tbsp packed brown sugar
- 1/4 tsp cinnamon

Directions

1. In large bowl, stir together flour, sugar, baking powder, baking soda and salt.
2. In medium bowl, beat eggs; stir in apple juice, butter and vanilla; stir into dry mixture until just combined.
3. Stir in rhubarb until evenly distributed.
4. Spoon into greased 9 x 5 inch loaf pan.
5. In small bowl, combine brown sugar with cinnamon and sprinkle evenly over batter.
6. Bake in 350°F oven for 60 to 65 minutes or until toothpick inserted in centre comes out clean. Let cool in pan on wire rack for 10 minutes. Turn out of pan and let cool completely on rack.

Variation

To make muffins spoon batter into 18 greased muffin cups; sprinkle with topping. Bake in 375°F oven for 20 to 25 minutes. Let cool as directed.

Adapted from www.foodland.gov.on.ca



Get Fresh!

Strawberries

Picking

- Check the Get Fresh Guide for farms where you can pick your own.
- Look for berries that are completely red with no white or green spots and have a sweet smell. The size of the berries is not important. All strawberries large and small, are equally sweet and juicy.

Storing and Preparing

- Gently rinse under cold running water with hulls still on before use (avoid soaking because the strawberries will absorb water and lose flavour).

- Gently pat dry with paper towels, and remove the leafy top off of the strawberries.

Picking

- Strawberries may be frozen whole or sliced for up to 12 months.
- To freeze, place in a single layer on a large tray or cookie sheet. Freeze until firm (about one hour), pack in freezer bags drawing out as much air as possible and seal.

RECIPE 1

Strawberry Rhubarb Crisp

Servings: 8

Ingredients

- 4 cups local strawberries, washed, hulled and sliced
- 4 cups fresh local rhubarb, washed and sliced into 1" chunks
- 3/4 cup granulated sugar
- 1 tbsp local partially-sifted flour
- 1/2 tsp cinnamon

Topping

- 1/2 cup butter, melted
- 1 cup local partially sifted flour
- 1 cup large-flake rolled oats
- 1 cup lightly packed brown sugar
- 1/2 tsp cinnamon

Directions

1. In mixing bowl, combine strawberries and rhubarb.
2. Stir in sugar, flour and cinnamon.
3. Spoon into greased 13 x 9 inch baking dish.
4. Topping: Combine butter, flour, oats, sugar and cinnamon.
5. Sprinkle evenly over top.
6. Bake, uncovered in 375° F oven 40 to 45 minutes or until fruit is tender.

Adapted from www.foodland.gov.on.ca

RECIPE 2

Strawberry and Spinach Salad

Servings: 4

Ingredients

Salad

- 4 cups torn local spinach leaves
- 1 cup chopped green lettuce leaves
- 2 cups local strawberries, quartered
- 4 green onions, thinly sliced
- 1/2 cup slivered almonds

Salad Dressing

- 1/4 cup vegetable oil
- 1/4 cup apple cider vinegar
- 3 tbsp sugar
- 1 tsp worcestershire sauce
- 1 tbsp poppy seeds

Directions

1. In a salad bowl, combine spinach, greens, strawberries, green onion and almonds. Cover with plastic wrap and refrigerate.
2. In small screw top jar combine oil, vinegar, sugar, worcestershire sauce and poppy seeds.
3. At serving time toss salad and dressing. Serve immediately.

Adapted from Paint Your Plate! Create a Masterpiece



Get Fresh!

Carrots

Buying and Storing

- Look for firm, crisp carrots with a smooth, blemish-free exterior. Be wary of deep green “shoulders” just below the top which may indicate bitterness.
- For longer storage, keep carrots cool and moist in a root cellar or similar cool place.

Preparing

- Because of the many nutrients just below the carrot’s surface, it’s better to rinse and scrub with a vegetable brush or scrape lightly rather than peel the skin.
- Grated, sliced, julienned or left whole, the carrot lends itself to a wide range of salads, soups, casseroles, stews and even baking. On their own, they can be steamed or broiled, stir-fried or pan-roasted with meats and poultry.

RECIPE 1

Maple Carrots
and Parsnips

Servings: 4 cups

Ingredients

2 cups	peeled, sliced local carrots	2 tbsp	butter
2 cups	peeled, sliced parsnips	2 tbsp	grated ginger root
2 tbsp	water	2 tbsp	chopped fresh parsley
1/4 cup	maple syrup or local birch syrup		

Directions

1. Combine carrots with parsnips and water.
2. Microwave, covered on high for 10 minutes, stirring halfway through; drain.
3. Stir in maple syrup and butter and grated ginger root until richly glazed. Sprinkle with chopped parsley.

Note

Microwave recipes tested in a 700-watt microwave oven. If your oven differs, cooking times may vary.

Adapted from www.foodland.gov.on.ca

RECIPE 2

Morning Glory
Muffins

Servings: 12
large muffins

Ingredients

1 ½ cups	local partially sifted flour	2/3 cup	milk
1/2 cup	packed brown sugar	1/3 cup	vegetable oil
1/3 cup	toasted wheat germ	2	local eggs, beaten
2 ½ tsp	cinnamon	1 tsp	vanilla
1½ tsp	baking powder	2 cups	peeled and finely chopped apples (2 medium)
1/2 tsp	salt	2 cups	finely grated local carrots (2 to 3 medium)
1/4 tsp	baking soda	1/2 cup	each shredded coconut, raisins and chopped pecans

Directions

1. In medium bowl, mix together flour, sugar, wheat germ, cinnamon, baking powder, salt and baking soda; set aside.
2. In large bowl, whisk together milk, oil, eggs and vanilla.
3. Stir in apples, carrots, coconut, raisins and pecans.
4. Stir in dry ingredients until just combined; do not over-mix (batter will be thick).
5. Spoon batter into lightly greased or paper-lined muffin cups.
6. Bake in 400°F oven for 20 to 22 minutes or until firm to the touch.
7. Cool pan on wire rack for 5 minutes. Remove from pan, serve warm or cold.

Adapted from www.foodland.gov.on.ca

Get Fresh!

Potatoes

Buying and Storing

- Look for firm, dry, well-formed potatoes, free from bruises, dark spots, cuts, cracks and sprouted eyes.
- Store in root cellar or in a cool location, out of direct light.

Hint

New potatoes retain good quality only for a week or so. They are better stored in the refrigerator.

Preparing

- Local potatoes need only be scrubbed and checked for spots before using.
- New potatoes are wonderful and are harvested in an immature state often while tops are still green. The thin flavorful skins should be boiled or steamed with the rest of the potato.

RECIPE 1

West Indian
Potato Curry

Servings: 4 to 6

Ingredients

2 tbsp	vegetable oil	2	sweet potatoes, peeled and cubed
2	onions, sliced		
2	cloves garlic, minced	1 can	tomatoes (14 oz), coarsely chopped
2 tsp	minced fresh gingerroot	1½ cups	chicken stock or water
1 tbsp	curry powder	1/2 tsp	salt
2	large local potatoes, peeled and cubed		

Directions

1. In saucepan, heat oil over medium heat. Cook onions, garlic and ginger until softened, 2 to 3 minutes.
2. Add curry powder; cook, stirring for 1 minute. Add regular and sweet potatoes, tomatoes, stock and salt; bring to boil.
3. Reduce heat, cover and simmer, stirring occasionally, until potatoes are tender.

Adapted from www.foodland.gov.on.ca

RECIPE 2

Grilled Greek
Potato Salad

Servings: 4

Ingredients

3 or 4	medium local potatoes salt and pepper to taste	1/2 cup	black olives
1/2 cup	olive oil	1/3 cup	chopped green onions
1 tsp	dried oregano	2	medium local tomatoes
1/2 cup	feta cheese	1	bunch of local lettuce

Directions

1. Cut 3 or 4 local potatoes in half. Simmer in salted water until barely tender. Drain and cool completely. Cut into 1/2" (1 cm) thick slices.
2. Brush lightly with olive oil; sprinkle lightly with dried oregano, salt and pepper.
3. Grill, turning occasionally, over a medium heat until hot.
4. Toss with thick wedges of tomatoes, crumbled feta cheese, black olives and chopped green onions. Serve on a bed of fresh lettuce.

Adapted from www.foodland.gov.on.ca

Get Fresh!

Spinach

Buying and Storing

- Look for vivid, dark green spinach with firm leaves and stems. Avoid those with excessively thick, tough or woody stem ends.
- Spinach is relatively perishable and should be wrapped and stored in the refrigerator. It's best eaten as soon as possible after buying.

Preparing and Cooking

- Soak in a basin of cold water to remove sand and grit. Dry on clean towel, bag and refrigerate.
- Spinach suffers greatly from overcooking. Cook gently, over low to moderate heat.
- To enhance its flavor, add nutmeg, fresh garlic, coarsely ground black pepper or, in moderation, fresh lemon juice.
- It's also delicious eaten raw in mixed salads or in a classic spinach salad with sliced mushrooms, finely diced crisp bacon and a light mustard vinaigrette.

RECIPE 1

Ontario Spinach Salad with
Grilled Asparagus, Parmesan and Mint

Servings: 4 to 6

Ingredients

1 bunch	local asparagus, trimmed	1	clove garlic, minced
1 tbsp	olive oil	1	bunch local spinach, washed, stemmed and torn into bite-size pieces (about 8 cups)
	salt and pepper to taste		
1/4 cup	olive oil	1/2 cup	thinly cut red onion
1/4 cup	finely chopped fresh mint	2 slices	prosciutto, diced or cooked and crumbled bacon
2 tbsp	lemon juice	1/4 cup	local gouda cheese
1 tbsp	honey mustard		

Directions

1. Line up asparagus in row; skewer through centre using metal or bamboo skewers that have been soaked in water. Lightly brush with oil; sprinkle with salt and pepper to taste.
2. Barbecue over medium heat until tender, 3 to 6 minutes. Slice into 2" pieces.
3. In small bowl, whisk together 1/4 cup oil, mint, lemon juice, mustard, garlic and salt and pepper to taste.
4. Place spinach, asparagus, onion and prosciutto in large bowl. Toss with just enough dressing to coat. Divide among salad plates. Sprinkle with cheese.

Adapted from www.foodland.gov.on

RECIPE 2

Spinach and
Mushroom Lasagna

Servings: 8

Ingredients

9	whole wheat lasagna noodles	1	bunch of local spinach, washed and dried
1 tbsp	olive oil	2 1/4 cup	tomato sauce
1 cup	diced red onion		pepper to taste
4 cups	sliced mushrooms	1 (475 g)	container light ricotta cheese
3	minced garlic cloves	2 cups	light mozzarella cheese, shredded

Directions

1. Preheat oven to 375° F. Cook the lasagna noodles according to package directions. Drain and set aside.
2. To make the sauce: heat oil in a large sauce pan over medium heat. Add onions and mushrooms and cook for 10 minutes. Add garlic and spinach. Cover and cook until the spinach is wilted, about 5 minutes. Uncover and cook on medium heat for about 10 minutes or until most of the liquid has evaporated. Add the tomato sauce and pepper.
3. To make the lasagna: Line the bottom of a 9x13 inch baking dish with 3 noodles. Top with 1/2 of the ricotta cheese, 1/2 of the sauce and 1/2 of the feta cheese. Repeat. Place the final 3 noodles on top and cover with mozzarella cheese.
4. Bake for 30 minutes or until the cheese is starting to brown.

Adapted from eatrightontario.ca

Get Fresh!

Squash

Buying and Storing

- Look for a dry, uniformly hard surface free of soft spots and bruises.
- To store for several weeks at home, keep cool and dry with good air circulation.

Preparing and Cooking

- Squash can be halved, seeded and baked at 375°F for 45 minutes to 1 hour.
- Serve cooked squash with a tablespoon of brown sugar or maple syrup and a pat of butter in the cavity. Or, scoop out flesh and mash.
- To microwave, pierce whole squash in several places. Cook on high for 8 to 12 minutes or until tender depending on size. Turn over partway through cooking. Let stand 5 to 10 minutes. Cut in half, remove seeds and serve, or scoop out flesh and mash.

RECIPE 1

Easy Squash
Risotto

Servings: 4 to 6

Ingredients

		1 tsp	dried sage
2 tbsp	olive oil	1/2 tsp	each, salt and dried thyme
1	onion, chopped	1/4 tsp	pepper
2	cloves garlic, minced	4 cups	large bit-size pieces peeled local butternut or buttercup squash
1 1/2 cups	short-grain rice	1/2 cup	light or half-and-half cream
4 cups	chicken broth	1/2 cup	grated parmesan cheese
1 tbsp	white wine vinegar, cider vinegar or rice vinegar	1/4 cup	minced fresh parsley (optional)

Directions

1. In large saucepan, heat oil over medium heat. Cook onion and garlic, stirring for 2 to 3 minutes. Add rice and cook, stirring for 2 to 3 minutes.
2. Stir in chicken broth, vinegar, sage, salt, thyme and pepper; bring to boil. Cover and reduce heat to medium-low; cook for 5 minutes.
3. Stir in squash and simmer for 15 to 18 minutes or until squash and rice are tender but still slightly firm.
4. Stir in cream (rice should be moist and creamy).
5. Serve immediately topped with cheese and parsley. (If rice gets dry upon standing, add a little more chicken broth.)
6. For variation add diced cooked bacon or smoked sausage.

Adapted from www.foodland.gov.on

RECIPE 2

Curried Butternut Squash
and Apple Soup

Servings: 8 to 10

Ingredients

		2	medium local butternut squash peeled, seeded, and cut into 1" cubes
1/2 cup	non-hydrogenated margarine	3	medium apples, peeled, cored, and chopped
2 cups	onion, chopped	3 cups	water
1	celery stalk, chopped	1 cup	pasteurized apple cider
4 tsp	curry powder		

Directions

1. In a saucepan, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender.
2. Add cubed squash, chopped apples and water and bring to a boil. Reduce heat and simmer 20 to 30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside.
3. Purée the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency
4. Season to taste with salt and pepper. Garnish with grated apple, yogurt or low-fat sour cream.

Adapted from [Paint Your Plate! Create a Masterpiece](#)

Get Fresh!

Tomatoes

Buying and Storing

- A ripe field tomato should be firm, though not rock-hard, and have a slightly flexible quality to its surface; it should feel heavy for its size.
- Avoid any sign of mould or bruising. The occasional small surface cracks at the bottom of a tomato won't affect its quality.
- Store at room temperature, away from direct sunlight to prevent uneven ripening.

- To ripen tomatoes, store in a plain brown paper bag with apples or pears. Both release a natural ethylene gas that speeds up ripening

Preparing

- Rinse under running water and drain on clean towel.

Hint

Tomatoes sliced from stem end to bottom will keep their juice better than those sliced crosswise.

RECIPE 1

Basic Tomato Sauce

Servings: 7 cups

Ingredients

2 tbsp	vegetable oil	10	large fresh local tomatoes peeled, seeded and chopped
2	medium onions, chopped	1 ½ tsp	salt
2	cloves garlic, minced	1 tsp	sugar
1	carrot, grated	1/4 tsp	pepper

Directions

1. In large saucepan, heat oil. Sauté onions in oil over medium heat for 10 minutes until softened.
2. Add garlic and carrot and cook for 5 minutes. Stir in tomatoes, salt, sugar and pepper. Simmer covered for 20 minutes.

Note

Sauce may be frozen for later use. Cool and spoon into freezer containers in quantities needed for a recipe. Seal, label amount, date and freeze. Tomato sauce can be used for pasta, pizzas, sauce for chicken etc.

Adapted from www.foodland.gov.on.ca

RECIPE 2

Tomato Salad
and Basil Vinaigrette

Servings: 4

Ingredients

Salad

1 cup	green beans
4	fresh local tomatoes, cut in wedges
1 cup	sliced mushrooms
1 cup	local gouda cheese cubes
2	green onions
	chopped romaine lettuce leaves

Basil Vinaigrette

1/2 cup	vegetable oil
2 tbsp	lemon juice
1/2 tsp	salt
1/4 tsp	pepper
2 tbsp	chopped fresh basil

Directions

1. Blanch green beans in boiling water for 2 minutes. Immediately plunge into ice water to stop cooking and set colour.
2. On a large platter, arrange tomatoes, mushrooms, beans and cheese in concentric circles on romaine leaves. Sprinkle tomatoes with green onions.
3. Whisk together vinaigrette ingredients. Spoon over salad.

Adapted from www.foodland.gov.on.ca



Get Fresh!

Blueberries

Buying and Storing

- Look for fairly firm, sweet-smelling berries with no signs of mould or mildew.
- Store loosely covered, in the refrigerator. Use the berries within two weeks, but preferably as soon as possible.
- For optimum flavour bring refrigerated blueberries to room temperature before serving.
- Blueberries freeze well; place on a tray and freeze until firm. Pack in freezer bags.

Preparing

- Many people enjoy fresh blueberries as they are.
- Blueberries cook extremely well, and are featured in many time-honoured regional recipes for crumbles, buckles, grunts, cobblers, muffins, jam and even blueberry pancakes with blueberry syrup.

RECIPE 1

Blueberry Muffins

Servings: 12 muffins

Ingredients

1 ½ cups	local whole wheat flour	1	local egg
1 cup	rolled oats	1 cup	milk
1 tbsp	baking powder	¼ cup	oil
½ tsp	salt	¼ cup	local honey
1 tsp	ground cinnamon	1 ½ cup	fresh local berries

Directions

1. Combine local whole wheat flour, rolled oats, baking powder, salt and ground cinnamon.
2. In another bowl combine egg, milk, oil and honey and mix well. Add wet ingredients to the dry ingredients and stir until moistened.
3. Fold in berries. Fill well-greased muffin tins 2/3 full. Bake in preheated oven at 400°F for 15 to 20 minutes.

Adapted from Simply in Season (2009)

RECIPE 2

Blueberry Salad

Servings: 4

Ingredients

8 cups	local baby spinach
1 cup	fresh local blueberries
¼ cup	local gouda cheese, cubed

Dressing

1 tsp	olive oil
2 tbsp	balsamic vinegar
1 tbsp	maple syrup
½ tsp	black pepper

Directions

1. Place spinach, blueberries and gouda cheese in a large bowl
2. Combine dressing ingredients together in a small bowl.
3. Toss with salad and serve.