

THE COMMUNITY GARDEN

LE JARDIN COMMUNAUTAIRE



Christine J.



Thanks to our Partners!

Grand Falls Community Garden, New-Brunswick

This project was brought to life by the Mental Health Rehabilitation Committee!

Thanks to all of our sponsors, collaborators and community members whose involvement and dedication helped make this project a huge success!



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Ten Reasons to Start a Community Garden



Provides **free**, fresh vegetables (lower grocery costs)



Promotes **physical activity**



Creates a **social gathering place** for the community



Teaches **basic gardening skills**



Helps to learn where foods **come from**



Provides a **warm, welcoming space** to **build skills**



Enhances **pride**



Promotes community **participation** and **engagement**



Helps improve the **local environment**



Improves **quality of life** and **reduces stress**





Good Reasons to Eat Vegetables



Are an excellent source of **vitamins** and **minerals**

(good for bone health!)



Increase the feeling of being “**full**”



Improve **bowel health**



Help to maintain a **healthy weight**



Provide **variety** to suit all tastes

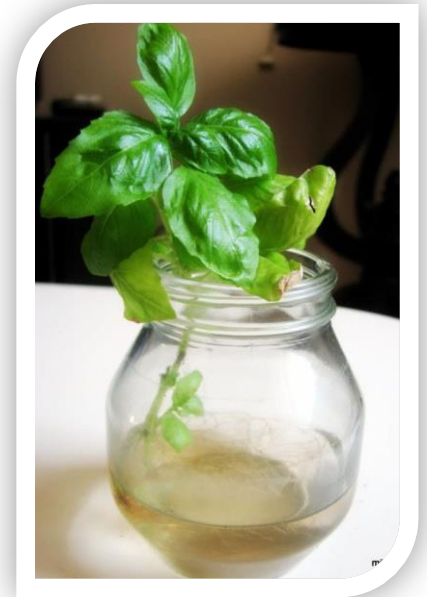


Prevent **various diseases**

Tips to Extend the Life of Vegetables and Herbs

Basil

1. Keep a sprig of fresh basil and put it in water. Change water every **2 days**.
2. After **about 10 days**, put this new young plant in soil and keep it in a sunny spot.



Garlic

1. In a bowl, place garlic cloves and add water until half the pods are covered. Change the water every 2 days.
2. Plant the garlic cloves in a little soil when they have reached the height of 1 inch. Water thoroughly once a week.
3. After 4 to 8 weeks, keep the part that resembles green onions, but remove the hard and "curly" parts.

NOTE: Garlic takes several months before ready to eat.

You have to be patient!

Lettuce

1. Place a lettuce heart in a bowl with a small amount of water.
2. Put the bowl on a sunny windowsill.
3. After a few days, small leaves will start to grow. They will be ready to eat after **a few weeks**.

NOTE: Remember to change the water **a few times a week!**

Green Onions

Put the tip of a scallion in a glass of water, with the roots facing down.



Garlic

Preparation

Peel: Crush lightly, peel, and remove the green part in the middle of the clove.

Cooking

Chop finely and add at the end of cooking.

*Do not **fry** garlic as it alters its good taste.

Consumption

Garlic gives a good flavour to salad dressings, marinades, soup, vegetables and meat.

Garlic scents vegetable oil if you put a few lightly crushed cloves in it.



Conservation

| | |
|-------------------------|--|
| Room temperature | <u>YES</u> Can be kept for 6 months in a dry, well-ventilated area. |
| Refrigeration | <u>NO</u> *Gives its taste to the other foods. |
| Freezing | <u>YES</u> <u>2 months</u> *Peel. |

Homemade garlic bread

Servings: 4

Time: 10 min

Ingredients

- ❖ 4 garlic cloves, minced
- ❖ 2 tbsp margarine
- ❖ 1 tbsp oil
- ❖ 4 slices whole wheat bread
- ❖ 1 tbsp fresh parsley, minced
- ❖ 3 tbsp cheese (optional)



Preparation

1. In a frying pan, mix together the garlic, margarine and oil.
2. Cook for about 3 minutes over medium-low heat.
3. Bake the whole wheat bread slices on **broil** for **2 minutes**.
4. Spread the garlic mixture on the bread slices.
5. Sprinkle with cheese and parsley.
6. Bake the bread slices again on **broil** for about **30 seconds**.
7. Serve immediately.

<http://www.foodnetwork.com/recipes/rachael-ray/garlic-bread-recipe>

Garlic and mustard dressing

Servings: 4

Time: 5 min

Ingredients

- ❖ 1 tsp sugar
- ❖ 2 tsp vinegar
- ❖ 1 tbsp Dijon mustard
- ❖ 3 tbsp oil
- ❖ 3 garlic cloves, crushed
- ❖ Salt to taste



Preparation

1. Mix all the ingredients in a bowl.
2. Serve on a salad.

<http://qc.allrecipes.ca/recette/19215/vinaigrette-ail-et-moutarde.aspx>

Basil

Preparation

Wash just before eating.



Consumption

With tomatoes, pasta and soup
*Delicious with garlic and onion.

| Conservation | |
|----------------------|--|
| Refrigeration | <u>YES</u> *Cover with a damp cloth. |
| Freezing | <u>YES</u> *Use without thawing. |

Roasted chickpeas with green onions

Servings: 4

Time: 35 min

Ingredients

- ❖ 2 garlic cloves, minced
- ❖ 2 tbsp oil
- ❖ 4 green onions, chopped
- ❖ 1 can (796 ml) chickpeas, rinsed and drained
- ❖ 1 cup chicken broth
- ❖ 3 tbsp fresh basil, minced
- ❖ Salt and pepper, to taste



Preparation

1. In a frying pan, add the oil and cook the garlic until tenderness.
2. Add the green onions and cook for about **2 minutes**.
3. Add the chickpeas and the chicken broth.
4. Cook at low heat for about **15 minutes** or until there is no more broth.
5. Add the basil.
6. Add salt and pepper.

<https://www.ricardocuisine.com/recettes/6402-pois-chiches-rotis-aux-oignons-verts>

Bruschetta with cherry tomatoes and lemon

Servings: 24

Time : 35 min

Ingredients

- ❖ 24 cherry tomatoes
- ❖ 2 garlic cloves, minced
- ❖ ¼ cup oil
- ❖ 24 basil leaves
- ❖ 24 crackers
- ❖ Salt and pepper, to taste



Preparation

1. Preheat oven on **broil**. Place oven rack close to the top of the oven.
2. In a pot, add the oil and cook the tomatoes and garlic.
3. Add salt and pepper.
4. Cook for about **10 minutes** or until tomatoes skin start getting darker.
5. With a fork, press gently on each tomato.
6. Serve on crackers. Add a basil leave on each cracker.

<https://www.ricardocuisine.com/recettes/2285-bruschetta-aux-tomates-cerises-et-au-citron>

Beets

Preparation

Raw: Peel, slice or grate

Cooked: Serve hot or cold

Leaves: See spinach cooking (p. 33)

Consumption

- ❖ Raw
- ❖ Cooked
- ❖ Canned
- ❖ As a marinade (vinegar)

Cooking

1. Wash the beets.
2. Cook them whole, with peel, in boiling water for **30-60 minutes**.
3. To see if the beets are done, rinse them in cold water (the peel will come off easily).
4. Do not pierce them with a fork as they will lose their colour.

Conservation

| | |
|-------------------------|--|
| Room temperature | <u>YES</u> |
| Refrigeration | <u>YES</u> 2-4 weeks (flesh) 3-5 days (leaves) |
| Freezing | <u>Yes</u> Up to 8 months *cook before freezing (whole or sliced). |



Beet salad

Servings: 6

Time: 1 hour

Ingredients

- ❖ 6 to 8 beets
- ❖ 1 tbsp lemon juice
- ❖ 2 garlic cloves, minced
- ❖ 1 tsp cumin
- ❖ 4 tbsp oil
- ❖ Salt and pepper, to taste
- ❖ ½ cup fresh parsley, minced



Preparation

1. Boil the beets in 1 cup of water for about **45 minutes** (verify with a fork if the beets are tender).
2. Let them cool down and then peel them.
3. Cut the beets in small pieces and put them into a bowl.
4. Add the lemon juice, garlic, cumin and oil.
5. Let it rest for **1 to 2 hours**.
6. Before serving, add the parsley.

<https://cooking.nytimes.com/recipes/11851-moroccan-beet-salad>

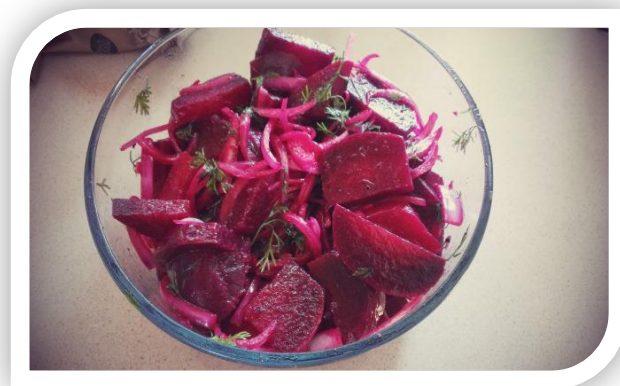
Sautéed Beets

Servings: 5

Time: 1 hour, 10 min

Ingredients

- ❖ 5 beets with their leaves
- ❖ ¼ cup oil
- ❖ 2 garlic cloves, minced
- ❖ 2 tbsp onion, chopped
- ❖ Salt and pepper, to taste



Preparation

1. Preheat the oven at **350°F**.
2. Remove the leaves and wash the beets with cold water. Rinse the leaves and put them aside.
3. Place the beets in a pot with 2 tbsp of oil.
4. Cover with aluminium foil and cook for about **45 to 60 minutes** or until the beets are tender.
5. When it is almost ready, add the rest of the oil, garlic and onion and cook for **1 minute**.
6. Cut the leaves in small pieces and add them to the pot. Cook until tenderness.
7. Add salt and pepper.

<http://allrecipes.com/recipe/54484/roasted-beets-and-sauteed-beet-greens/>

Carrot

Preparation

Wash and keep the peel on.

Or

Peel if the skin is older.

Consumption

Raw: Whole, in salads, in muffin, cookie or cake batter

Cooked: In soup, mashed, in a vegetable stir-fry, in a stew, in an omelette

Cooking

All methods are good!

- ❖ Sautéed
- ❖ Boil
- ❖ Bake
- ❖ Steam

ATTENTION: Do not overcook carrots as they will lose their healthy properties.



Conservation

| | |
|----------------------|--|
| Garden | <u>YES</u> 6 months left in the ground |
| Refrigeration | <u>YES</u> 1-3 weeks *Wrap them so they will stay fresh. |
| Freezing | <u>YES</u> 1 year *Boil them 3-5 minutes before freezing. |

ATTENTION: Store raw carrots away from *pears, apples or potatoes*, as it could cause them to taste bitter.

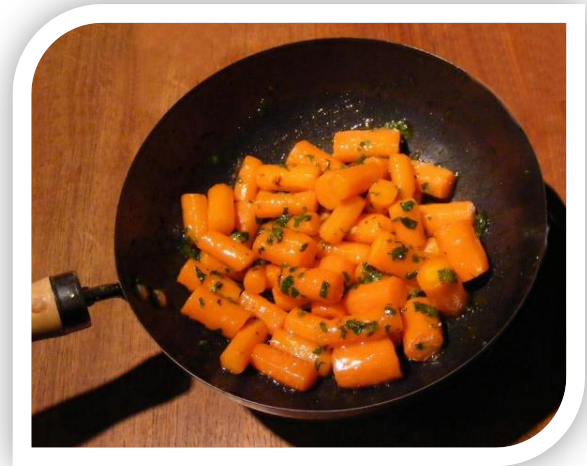
Sautéed carrots

Servings: 6

Time: 15 min

Ingredients

- ❖ 10 carrots
- ❖ 2 tbsp margarine
- ❖ 1/3 cup cold water
- ❖ 1 ½ tbsp fresh parsley, minced
- ❖ Salt and pepper, to taste



Preparation

1. Peel the carrots and cut them in slices.
2. Put the water, carrots, salt and pepper into a frying pan and bring to a boil.
3. Cover the pan and cook at low heat for **7 to 8 minutes**.
4. Add the margarine and cook for **1 minute** or until there is no more water.
5. Remove from heat and add the parsley.
6. Add salt and pepper and serve.

<http://www.foodnetwork.com/recipes/ina-garten/sauteed-carrots-recipe>

Fruit and vegetable muffins

Servings: 12 muffins

Time: 15 min

Ingredients

- ❖ 2 cups flour
- ❖ 2 tsp cinnamon, ground
- ❖ 2/3 cup sugar
- ❖ 1/2 cup raw fruits (ex : raisins)
- ❖ 1 carrot, shredded
- ❖ 1 zucchini, shredded
- ❖ 1/2 cup oil
- ❖ 3 eggs



Preparation

1. Preheat the oven at **350°F**.
2. Grease muffin pan with margarine or spray oil.
3. In a bowl, mix all the ingredients.
4. Fill muffin cups 2/3 full.
5. Bake for **20 to 25 minutes** or until a toothpick inserted in center comes out clean.
6. Let it cool down before removing from pan.

NOTE: Can be kept 2 days in the refrigerator or 3 months in the freezer.

<http://www.besthealthmag.ca/recipes/fruity-vegetable-muffins>

Chives

Preparation

Cut finely with scissors.

Consumption

- In salad dressings, salads, dips with vegetables, soup, sauces, omelettes, with potatoes
- Add it at the **end of cooking** or do not cook at all.



Conservation

Refrigeration

YES

*In the vegetable compartment

Freezing

YES

*Freezes well

Sour cream and chive potatoes

Servings: 8

Temps: 40 min

Ingredients

- ❖ 6 large potatoes
- ❖ ½ cup milk
- ❖ ½ cup sour cream
- ❖ ¼ cup chives, minced
- ❖ Salt and pepper, to taste



Preparation

1. Peel the potatoes and cut them into medium pieces.
2. Boil the potatoes for about **20 to 25 minutes**.
3. Drain well, mash the potatoes and add milk.
4. Add the sour cream, chives, salt and pepper.
5. Mix and serve.

<http://allrecipes.com/recipe/53554/sour-cream-and-chive-mashed-potatoes/>

Scrambled eggs with chives

Servings: 2

Time: 15 min

Ingredients

- ❖ 4 eggs
- ❖ 1 tbsp chives, minced
- ❖ 1 tbsp margarine
- ❖ ½ cup cheese (optional)
- ❖ Salt and pepper, to taste



Preparation

1. Whisk the eggs, chives and salt in a bowl.
2. Heat the margarine in a frying pan.
3. Add the eggs in the pan and cook them.
4. Stir the eggs for about **2 minutes**.
5. Remove from the heat and add the cheese.
6. Serve with whole wheat bread toast.

<http://www.epicurious.com/recipes/food/views/soft-scrambled-eggs-with-fresh-ricotta-and-chives-241876>

Pumpkin



Preparation

Flesh

- ❖ Grate or cut in half, dice or slice.
- ❖ Peel or leave the peel on, then remove the seeds and fibres.

Seeds

- ❖ Remove the seeds and wash them thoroughly.

Consumption

Cooked flesh: In soup, in a stew, in rice, puréed, as a pie, in a cake, in muffins

Seeds: Roasted plain, mixed with nuts or added to salads, sauces, vegetables or desserts

Cooking

Flesh

Boil: Cut into cubes and cook in a small amount of water for **10-15 minutes**.

Bake: Unpeeled and cut up into large pieces – Put a small amount of oil, season, pour a little water, and bake for **30-60 minutes**.

Microwave: Cut into pieces, remove the seeds, put in a microwavable bowl, and cook for **10-15 minutes**.

Seeds

1. Spread over a baking sheet and allow to air dry for a few days.
2. Season with a little oil and salt and bake at 350 ° F until golden.
3. Remove from oven and let cool before consuming.

Conservation

| | | |
|---------------------|--------------------------------------|----------------------------------|
| Room temperature | <u>YES</u> 1 week-6 months | *Leave part of the stem |
| Refrigeration | <u>YES</u> 1-2 days | *If cut and raw: wrap in plastic |
| Freezing | <u>YES</u> | *Cook, purée and freeze |
| <u>Seeds</u> | | |
| Refrigeration | <u>YES</u> | *If chopped or grinded |
| Freezing | <u>YES</u> | |

Pumpkin pancakes

Servings: 12

Time: 30 min

Ingredients

- ❖ 2 eggs
- ❖ 2 cups milk
- ❖ ½ cup pumpkin puree
- ❖ 1 tsp vanilla extract
- ❖ 1 tsp cinnamon, ground
- ❖ 2 cups flour



Preparation

1. In a bowl, whisk the eggs and milk.
2. Add the pumpkin puree, cinnamon and vanilla.
3. Add the flour.
4. Mix until well blended.
5. Cook the pancakes at medium heat with a little oil.
6. Serve with maple syrup.

<http://www.genevieveogleman.com/10-recettes-recuperer-citrouille/>

Smoked paprika pumpkin seeds

Servings: 6 to 8

Time: 45 min

Ingredients

- ❖ 1 ½ cups pumpkin seeds
- ❖ 1 tsp oil
- ❖ 1 tsp water
- ❖ 2 tbsp brown sugar
- ❖ 2 tsp smoked paprika (soft or spicy)
- ❖ ½ tsp garlic powder
- ❖ Salt, to taste



Preparation

1. Preheat oven at **300 °F**. Place oven rack at the center of the oven.
2. In a bowl, mix the pumpkin seeds, oil and water.
3. Add the sugar, paprika, garlic powder and salt. Mix.
4. Spread the seeds on a backing sheet covered by a baking paper. Bake for **30 minutes**; turn the seeds at mid-cooking.
5. Let cool before serving.

<http://www.genevieveogleman.com/10-recettes-recuperer-citrouille/>

Cucumber

Preparation

Wash and cut the ends.



Consumption

Raw: Grated, diced or sliced with salad dressing, with a dip or in a salad

Cooked: In cream soup, in a stew or topped with cheese – it goes well with meat and fish.

TIP: Cucumber can be puréed and substitute for 3/4 of the oil in a salad dressing.

Conservation

| | |
|----------------------|--|
| Refrigeration | <u>YES</u> 3-5 days *Wrap it in plastic, as it may give its taste to the other foods. |
| Freezing | <u>NO</u> |



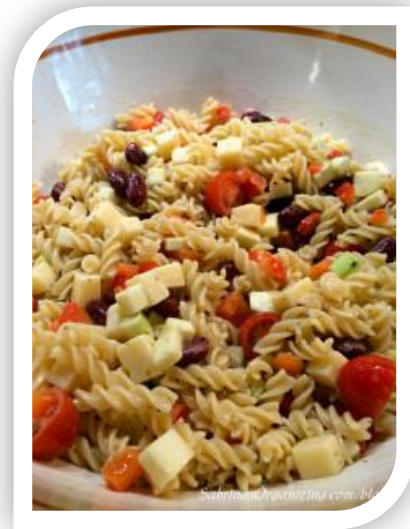
Pasta salad

Servings: 4

Time: 1 hour, 30 min

Ingredients

- ❖ 1 box 3 colors spiral pasta (fusilli)
- ❖ ½ cup carrot, shredded
- ❖ 2 celery stalks, chopped
- ❖ ½ cup green pepper, chopped
- ❖ ½ cup cucumber, peeled and chopped
- ❖ 2 large tomatoes, chopped
- ❖ ¼ cup onion, chopped
- ❖ ¼ bottle « Italian » salad dressing
- ❖ ½ cup cheese, shredded (optional)



Preparation

1. Boil the pasta into a pot with water until tenderness. Rinse with cold water and drain.
2. In a bowl, mix the carrot, celery, cucumber, green pepper, tomatoes and onion.
3. Add the pasta, dressing and cheese. Mix.
4. Refrigerate for about 1 hour before serving.

<http://allrecipes.com/recipe/11883/gardenpastasalad/?internalSource=hub%20recipe&referrerId=1083&referringContentType=reipe%20hub&clickId=cardslot%2020>

Tuna and cucumber salad

Servings: 4

Time: 10 min

Ingredients

- ❖ 2 tomatoes, chopped
- ❖ 1 cucumber, peeled and chopped
- ❖ 1 onion, chopped
- ❖ 1 tbsp lemon juice
- ❖ 1 can (170 g) light tuna
- ❖ Salt and pepper, to taste



Preparation

1. In a bowl, mix the cucumber, tomatoes and onion.
2. Add the lemon juice, salt and pepper.
3. Refrigerate until serving.

<http://allrecipes.com/recipe/14157/tomatocucumbersalad/?internalSource=staff%20pick&referringId=1083&referringContentType=recipe%20hub&clickId=cardslot%202>

Cilantro

Preparation

Wash in cold water just before eating.



Consumption

In salads, soup, sauces and sandwiches

*Add at the **end of cooking**.

Conservation

Refrigeration

YES

With roots: 1 week – Put in water, like a bouquet of flowers, and cover the leaves with a plastic bag.

Without the roots: 2-3 days – Cover with a moist cloth and put in a plastic bag.

Freezing

YES

*Use without thawing

Cilantro rice

Servings: 4

Time: 25 min

Ingredients

- ❖ 2 cups chicken broth
- ❖ 1 tsp oil
- ❖ 2 garlic cloves, minced
- ❖ 1 cup rice
- ❖ 1/3 cup fresh cilantro, minced
- ❖ Salt and pepper, to taste



Preparation

1. Bring the chicken broth, garlic and oil to a boil. Add the rice, cover and simmer for about **20 to 30 minutes**.
2. Fluff the rice with a fork and add the cilantro.
3. Add salt and pepper.

<http://www.food.com/recipe/coriander-rice-191855>

Honey and cilantro salmon

Servings: 4

Time: 1 hour, 15 min

Ingredients

- ❖ 4 pieces of salmon, defrosted
- ❖ ¼ cup honey
- ❖ 2 tbsp soy sauce
- ❖ 1 tsp pepper
- ❖ 1 tbsp lemon juice
- ❖ ¼ cup fresh cilantro, minced



Preparation

1. In a bowl, mix the honey, soy sauce and lemon juice.
2. Put the salmon on a plate and brush it with the mixture.
3. Sprinkle the salmon with the pepper and refrigerate for **1 hour**.
4. Preheat the oven at **350°F**.
5. Put the salmon on a cooking plate and bake for **25 to 30 minutes**.
6. Remove from the oven and sprinkle with cilantro.
7. Serve with rice and vegetables.

<https://www.ricardocuisine.com/recettes/104-saumon-au-miel-et-a-la-coriandre>

Zucchini

Preparation

Wash and cut the ends.



Consumption

Raw

- ❖ Sliced, diced, cut up in sticks or grated

Cooked

- ❖ In soup, stir-fries, omelettes
- ❖ With cheese, garlic or lemon juice

Conservation

| | |
|---------------|--|
| Refrigeration | <u>YES</u> 1 week *refrigerate in a perforated plastic bag |
| Freezing | <u>YES</u> 3-4 months *Cut into slices and roast in a small saucepan before freezing. NOTE: It softens when thawed |

Cooking

- ❖ Steam (**strongly recommended**)
- ❖ Bake
- ❖ Sautéed



Beans and zucchini salad

Servings: 4

Time: 30 min

Ingredients

- ❖ 4 zucchinis, chopped
- ❖ ½ cup canned white beans, rinsed
- ❖ 1 onion, chopped
- ❖ 1 tbsp oil
- ❖ 1 tbsp vinegar
- ❖ 1 tbsp fresh parsley, minced



Preparation

1. Bring water to a boil, add beans and cook for **5 minutes**. Then put them in cool water.
2. Mix all the ingredients in a bowl.

<http://www.cuisineaz.com/recettes/salade-de-courgettes-et-de-feves-58742.aspx>

Mint and apple couscous

Servings: 8

Time: 25 min

Ingredients

- ❖ 1 zucchini, chopped
- ❖ 1 tomato, chopped
- ❖ 1 cup snow peas, chopped
- ❖ 4 garlic cloves, minced
- ❖ 2 tbsp oil
- ❖ 1 ½ cups chicken broth
- ❖ 1 ½ cups couscous
- ❖ 1 apple, chopped
- ❖ 2 tbsp fresh mint
- ❖ Salt and pepper, to taste



Preparation

1. In a pot, add oil and cook the vegetables.
2. Add the chicken broth and bring to a boil. Add salt and pepper.
3. Remove from heat and add the couscous.
4. Cover and let stand for **5 minutes**.
5. Add the apples and mint and mix with a fork. Serve.

<https://www.ricardocuisine.com/recettes/1012-couscous-aux-pommes-et-a-la-menthe>

Spinach



Preparation

- ❖ Wash just before eating.
- ❖ Remove the stems if they are big.



Consumption

Raw

- ❖ In a salad or sandwich

Cooked

- ❖ In a simmered dish, topped with cheese, mashed with potatoes, in an omelette or in an egg quiche

Cooking

- ❖ Cook for **1-3 minutes** over high heat in a covered saucepan.
- ❖ Add to dishes at the end of cooking.

Conservation

| | |
|---------------|--|
| Refrigeration | <u>YES</u> 4-5 days |
| Freezing | <u>YES</u> *Boil and cool in ice cold water before freezing. |

Spinach omelet

Serving: 1

Time: 15 min

Ingredients

- ❖ 1 cup spinach
- ❖ 1 garlic clove, minced
- ❖ 2 eggs
- ❖ 1 tbsp milk
- ❖ 2 tsp oil
- ❖ 2 tsp cheese (optional)



Preparation

1. Wash the spinach and cook them with half of the garlic for **5 minutes**. Set aside.
2. In a bowl, whisk the eggs.
3. Add the remaining garlic, milk, salt and pepper.
4. In a frying pan, heat the oil and add the mixture.
5. Let it cook and add the spinach and cheese on top.

<https://cooking.nytimes.com/recipes/12266-spinach-and-garlic-omelet>

Beef and spinach lasagna

Servings: 12

Time: 1 hour, 20 min

Ingredients

- ❖ 1 pound lean ground beef
- ❖ 1 onion, chopped
- ❖ 2 jars of spaghetti sauce (homemade or commercial)
- ❖ 4 garlic cloves, minced
- ❖ 1 tbsp basil, minced
- ❖ 1 tbsp oregano, minced
- ❖ 1 ½ cups spinach
- ❖ 2 cups cheese
- ❖ 9 lasagna pasta



Preparation

1. In a frying pan, cook the onion and ground beef on medium heat.
2. Add the spaghetti sauce, garlic, basil and oregano. Bring to a boil.
3. Reduce the heat, cover and cook for **10 minutes**.
4. Spread some of the meat sauce into a cooking dish.
5. Add 3 lasagna pasta and meat sauce. Repeat.
6. Spread the spinach on top of the sauce. Add the 3 remaining pasta on top. Sprinkle with cheese.
7. Cover with aluminum foil and bake at **375⁰F** for **30 minutes**.
8. Remove the foil and cook for **10 to 15 minutes**. Serve.

<http://www.tasteofhome.com/recipes/beef-and-spinach-lasagna>

Waxed/Green Beans

Preparation

- ❖ Wash just before cooking.
- ❖ Cut out both ends.



Consumption

- ❖ Raw
- ❖ Cooked (in a soup, a stir-fry or a salad)

Cooking

Cook in boiling water for **5-15 minutes**.

Conservation

| | |
|---------------|--|
| Refrigeration | <u>YES</u> 2-3 days *In a perforated plastic bag |
| Freezing | <u>YES</u> Maximum of 1 year *Boil in water for 3-4 minutes before freezing. |



Greek beans

Servings: 4

Time: 1 hour, 15 min

Ingredients

- ❖ 4 cups green beans
- ❖ 2 large tomatoes
- ❖ 2 onions
- ❖ ¼ cup oil
- ❖ 3 garlic cloves, minced
- ❖ 3 tbsp parsley, minced
- ❖ Oregano and basil, to taste
- ❖ Salt and pepper, to taste



Preparation

1. Finely cut the onions and garlic.
2. Boil the tomatoes for **1 minute**, remove the skin and cut into chunks.
3. Finely cut the parsley.
4. In a pot, add the oil, green beans, onions, tomatoes, garlic and the herbs.
Cover and simmer over low heat for about **1 hour**.
5. Add salt and pepper to taste. Serve.

Green beans and corn salad

Servings: 4 to 6

Time: 30 min

Ingredients

- 3 cups green beans, chopped
- 1 large onion, chopped
- ¼ cup oil
- 1 tbsp vinegar
- 1 tbsp mustard
- 1 cup cooked corn
- ½ cup cherry tomatoes, cut in half
- Salt and pepper, to taste



Preparation

1. In a pot containing salted boiling water, cook the green beans. Drain and reserve.
2. In the meantime, in a small saucepan, cook the onion in oil.
3. In a bowl, add the green beans, onion, corn and the rest of the ingredients. Mix well.
4. Serve with meat.

<https://www.ricardocuisine.com/recettes/5912-salade-de-haricots-verts-et-de-mais>

Romaine Lettuce

Preparation

- ❖ Remove the first leaves and hard parts.
- ❖ Wash several times to remove soil and insects.



Consumption

Raw

- ❖ With other vegetables or as a salad
- ❖ Pour **salad dressing** just **before serving** to prevent leaves from wilting.

Conservation

| | |
|--|---|
| Refrigeration | YES 3-5 days *Wash before refrigerating, then cover with a damp cloth. |
| Freezing | No |
| ATTENTION: Store away from apples, pears, bananas, cantaloupe and tomatoes , as these foods could make the lettuce leaves age. | |



Crunchy salad

Servings: 4

Time: 15 min

Ingredients

Salad

- 1 heart romaine lettuce, chopped
- 2 cups cherry tomatoes, cut in half
- 1 cucumber, in cubes

Dressing

- ¼ cup vinegar
- 1 tsp honey
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- ¼ cup oil
- Salt and pepper, to taste



Preparation

Dressing

1. In a bowl, mix well all the ingredients. Add salt and pepper and reserve.

Salad

2. In a big bowl, mix together the lettuce, tomatoes and cucumber. Add the dressing to taste. Serve.

<https://www.ricardocuisine.com/recettes/4705-salade-croquante>

Green salad with creamy clementine dressing

Servings: 4

Time: 30 min



Ingredients

Dressing

- ½ cup clementine juice
- 1 tbsp white vinegar
- 1 tsp sugar
- ¼ cup mayonnaise
- Salt and pepper, to taste

Salad

- 4 cups romaine lettuce
- 2 clementines, separated into segments
- 1 onion, cut into thin slices
- 1 tsp pumpkin seeds

Preparation

Dressing

1. In a small pot, bring to a boil the clementine juice, vinegar and sugar.
2. Reduce until only 2 tablespoons of liquid remains. Let cool.
3. In a bowl, combine the mayonnaise with the clementine juice reduction.

Salad

In a bowl, combine the dressing with the romaine lettuce, clementine segments and pumpkin seeds. Add salt and pepper to taste.

<https://www.ricardocuisine.com/en/recipes/4918-christmas-green-salad-with-creamy-clementine-dressing--->

Mint

Consumption

In a salad dressing, soup, with vegetables, in a fruit or vegetable salad, with meat and fish



Conservation

| <u>Conservation</u> | |
|---------------------|---|
| Refrigeration | <u>YES</u> 5 days |
| Freezing | <u>YES</u> |
| Drying | <u>YES</u> *Hang heads down and leave to dry; store in an airtight container away from light. |



Mint and raspberry water

Servings: 8

Time: 5 min

Ingredients

- ❖ 7 cups water
- ❖ 1 ½ cups frozen raspberries
- ❖ ¼ cup fresh mint

Preparation

1. Pour water in a pitcher then add the raspberries.
2. Thoroughly clean the mint before adding to the water.
3. Refrigerate overnight then drink within **24 hours**.



<https://www.ricardocuisine.com/recherche/motcle/menthe/misc/all/sort/score/cat/all/temps/all/ingredient-a-inclure/all/ingredient-a-exclure/none/tab/recipe/page/2>

Mango pineapple salad with fresh mint

Servings: 6

Time: 20 min

Ingredients

- ❖ 2 cups frozen mangos
- ❖ 1 cup frozen pineapples
- ❖ ¼ cup dried cranberries
- ❖ ¼ cup unsweetened coconut
- ❖ ¼ cup fresh mint, minced



Preparation

1. In a bowl, combine the mangos and pineapples (defrosted) with the cranberries and coconut.
2. Add fresh mint.
3. Cover with a plastic wrap and refrigerate until ready to serve.

<http://allrecipes.com/recipe/30194/mango-pineapple-salad-with-mint/?internalSource=recipe%20hub&referringId=1069&referringContentType=recipe%20hub&clickId=cardslot%2023>

Onion

Consumption

Cooked, raw, chopped or sliced

*They add flavour to **most** dishes.

NOTE: Cooking makes onions **sweeter**.



Preparation

To reduce the taste of raw onion

- Boil for a few minutes. **OR**
- Soak in cold water or vinegar.

For the effect of tears

- Cool 1 hour in the refrigerator or 15 minutes in the freezer. **OR**
- Cut under cold water.



Conservation

Cool and dry place

YES

2-3 months (yellow onions)

4 weeks (red onions)

Refrigeration

NO

*Odour will spread to the other foods.

Freezing

YES

*Peel and cut into pieces before freezing.

ATTENTION: Store onions away from *potatoes*, as potatoes will make them rot more quickly.



Maple onion soup



Servings: 6

Time: 1 hour, 15 min

Ingredients

- ❖ 3 tbsp oil
- ❖ 10 to 15 onions, finely sliced
- ❖ 3 garlic cloves, minced
- ❖ ½ cup maple syrup
- ❖ 1 box (900 ml) beef broth
- ❖ 1 tbsp fresh thyme
- ❖ Salt and pepper, to taste
- ❖ 6 slices of roasted baguette bread
- ❖ 2 cups cheddar cheese, shredded

Preparation

1. Heat the oil in a pot on medium heat. Cook onions, stirring often for **30 minutes**.
2. Add the garlic and cook for **30 seconds**. Add the maple syrup and stir.
3. Add the broth and half the thyme then bring to a boil. Reduce the heat and simmer for **20 minutes**. Add salt and pepper to taste.
4. Preheat the oven on **broil**. Pour soup into 6 baking bowls.
5. Garnish with slices of roasted baguette bread and cheese. Grill about **2 or 3 minutes** or until the cheese is melted. Sprinkle with the remaining thyme and serve.

https://www.iga.net/fr/recettes_inspirantes/recettes/soupe_a_loignon_et_a_l-erable

Scrambled eggs with onions and potatoes

Servings: 2

Time: 12 min

Ingredients

- ❖ 2 eggs
- ❖ ¼ cup milk
- ❖ 1 medium onion
- ❖ 1 medium potato, in cubes, cooked
- ❖ 1 medium carrot, cooked
- ❖ ½ cup green peas, cooked
- ❖ 1 tbsp oil
- ❖ Salt and pepper, to taste



Preparation

1. Whisk the eggs, milk, salt and pepper. Set aside.
2. Heat oil on medium heat and add the onions. Cook about **5 minutes**.
3. Add the potato, carrot and green peas. Pour the egg preparation on the vegetables.
4. Cook and stir until it thickens.
5. Serve immediately.

<http://www.lesoeufs.ca/recettes/oeufs-brouilles-a-loignon-caramelise-et-pomme-de-terre>

Oregano

Consumption

- ❖ In a salad dressing, sauce, stuffing
- ❖ With tomatoes, vegetables or fish



Conservation

| | |
|---------------|---|
| Refrigeration | <u>YES</u> Cover with a damp cloth or put in a glass of water, like a bouquet of flowers. |
| Freezing | <u>YES</u> About 4 months *Wash before freezing. |
| Drying | <u>YES</u> Keep in a clean, dry place, away from light. |



Zucchini with cream cheese, lemon and oregano

Servings: 4

Time: 20 min

Ingredients

- ❖ 2 tbsp oil
- ❖ 4 cups zucchinis, chopped
- ❖ ½ tsp lemon juice
- ❖ 2 tbsp cream cheese
- ❖ 2 tsp oregano, minced
- ❖ Salt and pepper, to taste



Preparation

1. Heat the oil in a frying pan on medium heat.
2. Add the zucchinis and lemon juice.
3. Cook about **2 minutes**.
4. Add the salt and pepper then cook for **2 minutes**.
5. Add the cream cheese and cook until it starts to melt (about **1 minute**).
6. Remove from the heat and add the oregano.
7. Serve.

<http://allrecipes.com/recipe/221151/cream-cheesy-cubed-zucchini-with-lemon-and-oregano/>

Tomato and oregano sauce

Quantity: 1 liter

Time: 1 hour, 15 min

Ingredients

- ❖ 12 cups fresh tomatoes (about 30 tomatoes)
- ❖ 6 garlic cloves, minced
- ❖ ¼ cup oil
- ❖ 1 tbsp oregano, minced
- ❖ Salt and pepper, to taste



Preparation

1. Make a slight cross-shaped cut at the base of the tomatoes and plunge them for **30 seconds** into a pot of boiling water.
2. Drain then dip the tomatoes in a bowl of iced water. Peel them, remove the seeds and cut them into small pieces.
3. In a pot, mix the tomatoes, garlic, oil and oregano.
4. Bring the tomato sauce to a boil and reduce heat. Cook on low **30 to 45 minutes**.
5. Add salt and pepper, to taste.

<https://www.ricardocuisine.com/recettes/3713-sauce-tomate-avec-tomates-fraiches-sans-machine>

Parsley



Preparation

Wash in cold water just before eating to remove soil.

Consumption

In a salad, soup, sauce or salad dressing

*Add at the **end of cooking**.



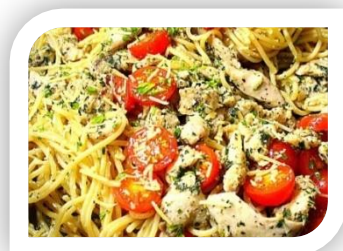
Conservation

| | |
|---------------|---|
| Refrigeration | <u>YES</u> Cover with a damp cloth. |
| Freezing | <u>YES</u> *Use without thawing. |

Lemon chicken pasta with parsley

Servings: 4

Time: 30 min



Ingredients

- ❖ 1 cup parsley, minced
- ❖ 6 tbsp oil
- ❖ 3 tbsp lemon juice
- ❖ 1 garlic clove, minced
- ❖ 6 cups spaghetti or other pasta
- ❖ 2 boneless chicken breast, cut into thin strips
- ❖ ½ cup cheese, shredded
- ❖ Salt and pepper, to taste

Preparation

1. In a bowl, mix parsley, half the oil, lemon juice and garlic. Add salt and pepper. Reserve.
2. In a large pot, add salt to the water and bring to a boil. Cook the pasta. Drain. Reserve.
3. In the same pot, cook the chicken in the remaining oil. Add salt and pepper.
4. Add half the parsley mixture and continue cooking for about **1 minute** to properly coat the chicken.
5. Add the pasta and the remaining of the parsley mixture. Mix well and cook until warm.
6. Add the shredded cheese. Serve with a salad.

<https://www.ricardocuisine.com/recettes/5241-pates-au-poulet-citronnees-au-persil>

Tabbouleh (Parsley salad)

Servings: 6

Time: 15 min

Ingredients

- ❖ 1 cup couscous
- ❖ 3 green onions, minced
- ❖ 1 cup fresh parsley, minced
- ❖ 1 ½ cups tomatoes, seeded and diced
(about 3 tomatoes)
- ❖ 3 tbsp lemon juice
- ❖ ¼ cup oil
- ❖ 2 tbsp fresh mint, minced
- ❖ Salt and pepper, to taste



Preparation

1. In a bowl, add the couscous and cover with hot water. Soak for **30 minutes**. Reserve.
2. In another bowl, mix the rest of the ingredients then add the couscous. Mix well. Add salt and pepper.
3. Let it rest **2 hours** before serving, if possible.

<https://www.ricardocuisine.com/recettes/2011-taboule-salade-de-persil->

Peas

Preparation

- ❖ Do not leave the peas in their pods for more than 12 hours.
- ❖ Remove the pods and keep the peas in a cool place until ready to use.



Consumption

Raw

- ❖ In a salad

Cooked

- ❖ Boiled, sautéed in oil or in a soup
- ❖ Goes well with meat and poultry.

Cooking

Fresh green peas: **10-15 minutes** in boiling water

Snow peas: **5-15 minutes** in boiling water

| Conservation | |
|---------------|--|
| Refrigeration | <u>YES</u> 4-5 days *In a perforated plastic |
| Freezing | <u>YES</u> Several months *Boil for 1-2 minutes, then cool in ice-cold water before freezing. |



Peas and carrot cake

Servings: 4

Time: 15 min

Ingredients

- ❖ ½ cup carrots, diced
- ❖ ½ cup peas
- ❖ 1 canned corn
- ❖ 2 potatoes
- ❖ 2 eggs
- ❖ 1 tbsp basil
- ❖ 1 tbsp cilantro
- ❖ 2 tbsp oil
- ❖ Salt and pepper, to taste



Preparation

1. Boil the peas and carrots until tenderness then drain.
2. Drain the corn. Peel and grate the potatoes.
3. Wash and chop the herbs.
4. Beat eggs into an omelet, add vegetables and herbs.
5. Heat oil in a frying pan. Place a few ladles of mixture in pan and brown on both sides.
6. Add salt and pepper. Serve.

<http://www.cuisineaz.com/recettes/galettes-aux-petits-pois-carottes-57508.aspx>

Spaghetti with peas and basil

Servings: 4

Time: 30 min

Ingredients

- ❖ 1 cup plain yogurt or sour cream
- ❖ ½ cup fresh basil, minced
- ❖ 6 cups spaghetti, cooked
- ❖ 2 onions, chopped
- ❖ 2 garlic cloves, minced
- ❖ 2 tbsp oil
- ❖ 2 cups fresh peas
- ❖ 1 cup cheese, shredded
- ❖ Salt and pepper, to taste



Preparation

1. Mix the yogurt and basil. Reserve and refrigerate.
2. In a big pot filled with salted boiling water, cook the pasta.
3. Reserve ½ cup of the cooking water. Drain and reserve the pasta.
4. In the same pot, cook onions and garlic in oil.
5. Add the fresh peas and continue cooking about **2 minutes** or until tenderness.
6. Add the pasta, basil yogurt and shredded cheese. Mix well and warm up.
7. Add the cooking water if necessary. Add salt and pepper. Serve.

<https://www.ricardocuisine.com/recettes/2195-spaghettis-aux-petits-pois-et-au-basili>

Thyme

Consumption

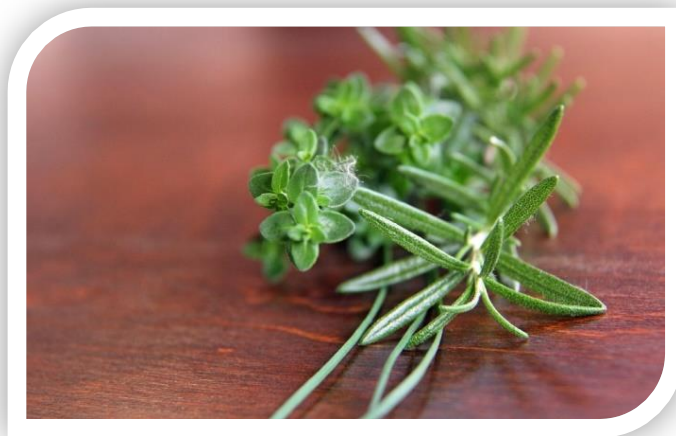
- In tomato sauce or coulis
- With eggs, dried beans and vegetables

*If the whole bunch is used, remove the stem before consuming it.



Conservation

| | |
|---------------|---|
| Refrigeration | <u>YES</u> Cover with a damp cloth or put in a glass of water, like a bouquet of flowers. |
| Freezing | <u>YES</u> |
| Drying | <u>YES</u> |



Tilapia with tomatoes and onions

Servings: 4

Time: 20 min

Ingredients

- ❖ 2 large tomatoes, sliced
- ❖ 16 cherry tomatoes
- ❖ 1 onion, cut into four
- ❖ 2 garlic cloves, minced
- ❖ 4 branches fresh thyme
- ❖ ¼ cup oil
- ❖ 4 tilapia fillets, fresh or frozen
- ❖ 2 tbsp chives, minced
- ❖ Salt and pepper, to taste



Preparation

1. Place oven rack on top. Heat the oven to **broil**.
2. On a cooking plate, mix the tomatoes, onions, garlic, thyme and oil.
3. Cook in the oven about **10 minutes**.
4. Lightly oil the tilapia fillets.
5. Add salt and pepper, to taste.
6. Place the fillets on the vegetables.
7. Continue baking about **5 minutes** or until the fish is cooked.
8. Sprinkle with chives and serve with rice.

<https://www.ricardocuisine.com/recettes/5222-tilapia-aux-tomates-et-aux-oignons-rotis>

Quick Pinto bean chili

Portions : 4

Time : 30 minutes

Ingredients :

- ❖ 1 onion, chopped
- ❖ ¼ cup oil
- ❖ 4 garlic cloves, chopped
- ❖ 3 large tomatoes
- ❖ 2 cans (540 ml) pinto beans, rinsed and drained
- ❖ 1 tbsp dried basil
- ❖ 1 tsp dried thyme
- ❖ 1 tsp dried oregano
- ❖ 2 tbsp chili powder
- ❖ Salt and pepper to taste



Preparation:

1. In a saucepan, cook onion in oil.
2. Add the remaining ingredients and cook for 10 minutes.
3. Serve with bread.

<https://www.ricardocuisine.com/recettes/640-chili-express-aux-haricots-pinto>

Tomato



Preparation

1. Peel: Dip 15 to 30 seconds in boiling water and let cool; Make small cuts on the skin of the tomato and remove the skin with your fingers.
2. Remove the seeds: Cut in half and squeeze the tomato until the juice and seeds are all removed.
3. Remove the tail: Using a knife

Consumption

Raw: In a salad, a sandwich or raw vegetables

Cooked: In a stuffing, soup, sauce, omelet or marinade

It goes well with garlic, basil, thyme, laurel, oregano, cumin and olive.

TIP: Do not cook it in an aluminum dish because it can take a metallic taste.



Conservation

| | |
|------------------|---|
| Room temperature | <u>YES</u> 1 week *Wash just before use. |
| Refrigeration | <u>YES</u> 2-3 days |
| Freezing | <u>YES</u> *Dip in boiling water for 30-60 seconds, rinse in cold water, and remove skin. <u>OR</u> *Cook for 5 minutes with 1 tsp. of salt and sugar. |
| Canning | <u>YES</u> *Use clean jars. After cooking, add 1tbsp. of lemon juice + 2 pinches of salt for 2 cups of tomatoes. |

Cherry tomatoes and corn salad

Servings: 6

Time: 20 min

Ingredients

- ❖ 4 cups frozen corn
- ❖ 2 cups cherry tomatoes, cut in half
- ❖ 1 cucumber, diced
- ❖ ½ cup onions, chopped
- ❖ ¼ cup fresh cilantro and fresh basil, minced
- ❖ ¼ cup oil
- ❖ 3 tbsp lemon or lime juice
- ❖ 1 ½ tsp chili powder
- ❖ Salt and pepper, to taste



Preparation

1. Boil the frozen corn into hot water for **5 minutes**. Drain and rinse with cold water.
2. In a big bowl, mix all the ingredients.
3. Season to taste. Serve as a side dish.

<http://www.arcticgardens.ca/fr/recettes/salade-de-mais-et-tomates-cerise/>

Tuna stuffed tomatoes

Servings: 8

Time: 50 min



Ingredients

- ❖ ½ cup water
- ❖ 2 tsp margarine
- ❖ ½ cup couscous
- ❖ 8 medium tomatoes
- ❖ 1 can 198 g (7 oz) tuna, drained
- ❖ ¼ cup oil
- ❖ 3 green onions, minced
- ❖ 2 tbsp parsley, minced
- ❖ 1 tsp lemon juice
- ❖ Salt and pepper, to taste

Preparation

1. In a pot, bring the water and margarine to a boil.
2. Remove from heat and add the couscous.
3. Cover and let it sit for about **5 minutes**.
4. Fluff with a fork. Reserve in a big bowl.
5. Cover and refrigerate about **20 minutes**.
6. Cut the upper part of the tomatoes, taking care to keep the stem. Reserve the pieces.
7. Remove a thin slice from the bottom of the tomatoes so they can stand upright.
8. Use a spoon to peel the skin and remove the seeds.
9. Add the rest of the ingredients in the couscous. Add salt and pepper.
10. Put 1/3 cup of the tuna couscous mixture in each tomatoes and place the upper parts back.

<https://www.ricardocuisine.com/recettes/1041-tomates-farcies-au-thon>

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