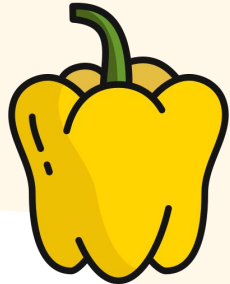
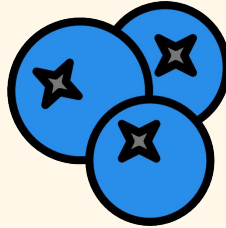
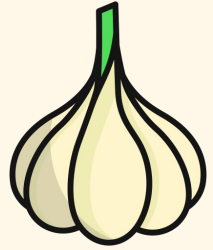
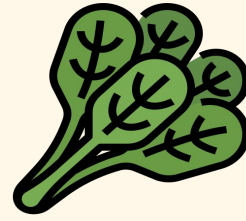


Urban Harvest

Workshops

Urban Harvest is an urban food initiative that aims to harvest and redistribute surplus produce found right in our own backyards to reduce food waste. This initiative is one of the five Community Reduce and Reuse Programs, part of the City of Toronto's Long Term Waste Management Strategy.



BLACK CREEK COMMUNITY FARM



PRESENTER: Vidula Monga

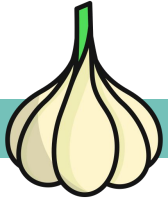


Vidula has been volunteering with BCCF for the past 2 years as Urban Harvest Community Leader. This is the opportunity she has enjoyed most in her life in Canada. Her passion is to teach everyone to cook and eat healthy food in a practical way without spending a lot of money. Her education is in Foods and Nutrition and her mission is to guide the community about healthy eating habits and cooking.

PRESENTER(S): Vidula Monga



Building a greenhouse with scrap wood to extend the growing season, and painted with free and recycled paint.

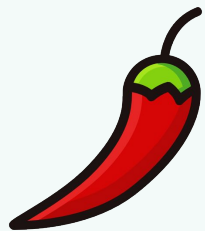


MAKING TODAY: HEALTHY VEGGIE WAFFLES

What is in it for you :

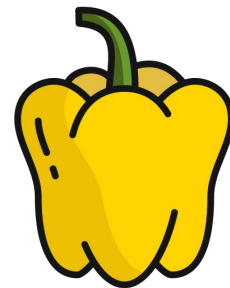
- Very Low Cost and Vegetarian
- Completely Gluten Free-can be vegan
- Perfect nutritive value
- Choice of different vegetables
- seasonings-Indian/Italian/Caribbean...
- Quick to make
- Common pantry ingredients
- Easy to modify-can use eggs/yogurt/leftover cooked food
- No waffle maker? Can be made as fritters or in a flat pan





Ingredients

- Cabbage or any mix of vegetables - (shredded or finely chopped)- 4 cups
- Onion (finely chopped)- 1 cup
- Plain Yogurt (can use old)- 1½ cup
- Oats (Instant Plain) - 2½ cup
- Chickpea flour- ½ cup
- Salt & Seasonings: according to your choice and taste
- Oil or Butter for greasing





Recipe

1. In a big bowl mix all the vegetables, yogurt, salt, seasonings and give it a good rub
2. Mix in the chickpea flour evenly
3. Add the oats to the bowl and mix thoroughly
4. Let it sit for a couple of minutes
5. Grease the waffle iron and heat it up
6. Put scoops of the mix and cook till it turns brown and crisp-say about 3 to 5 minutes



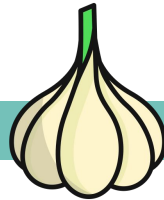
Next Presenter!

Transition

PRESENTER: Malti



Malti has been volunteering at BCCF for the last 8 years. At the farm, she has learned the arts of planting, potting and repotting, and she participates in the Cooking and Preservation workshops where she has met many new friends! She enjoys the planting and gardening, and says that what they plant is shared amongst themselves (volunteers) and the community, and is also used for the workshops!

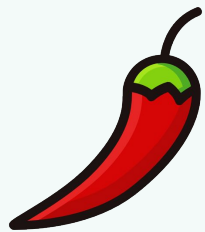


MAKING TODAY: Quinoa Fried Rice

What is in it for you :

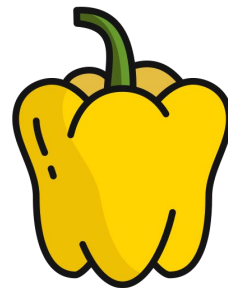
- Very Low Cost
- Can be vegan, vegetarian or with meat
- Choice of different vegetables
- Try different seasonings
- Quick to make (25 min or less)!





Ingredients

- ½ cup quinoa (boil in 1 cup of water, or more)
- ½ cup mixed vegetables
- ½ cup fresh broccoli and zucchini
- 1 small onion chopped
- 2 cloves of garlic
- 1 inch of ginger, crushed
- Oil and soy sauce
- 1 egg, beaten (optional*)
- salt , paper and seasonings to taste (optional*)
- Sesame oil (optional*)





Recipe

1. Boil and prepare quinoa in water (until ready)
2. Cut all vegetables, and crush garlic and ginger
3. Heat pan on medium, add 1 tsp oil
4. When hot add crushed ginger, fry for 2 minutes
5. Add crushed garlic and onion, fry till onion is cooked
6. Add vegetables and fry for 3-4 minutes
7. Add in egg (optional) - shift veggies to the side and fry
8. Add quinoa, then fry with soy sauce, salt, pepper and seasonings to flavor, including sesame oil (if you wish)
9. Plate, and garnish with thin cut vegetables (carrots, etc)



PRESENTATION

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PHOTOS OF THE FINAL PRODUCT



**Plated and garnished
with sliced carrots
and cabbage**

THANK YOU!

BLACK CREEK  **COMMUNITY FARM**

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