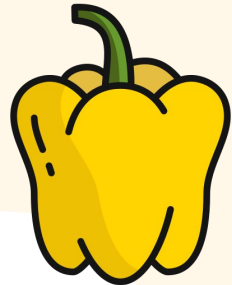
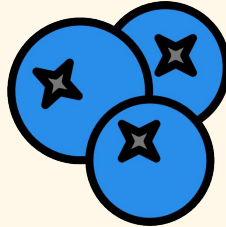
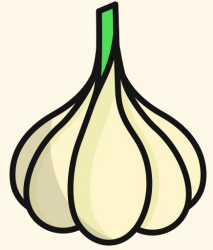


Urban Harvest

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



TORONTO

PRESENTER: Angela



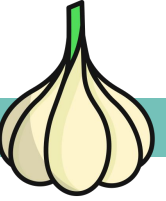
Angela is passionate about cooking, and works professionally as a freelance chef. She also runs a catering business called First Fruits Catering.

Her life's work has revolved around food and food education; in the past she was a nutrition coordinator at schools!

She continues to be involved in community projects in our Jane and Finch community that center seniors so they are able to stay connected to each other - some including her work with Black Creek Farm and her church.



MAKING TODAY: CRANBERRY QUINOA SALAD



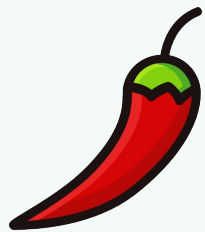
Tips and tricks on what will be made (eg. low cost, easy to find, easy to harvest, background information. etc.)

-Quinoa is a great and healthy alternative to rice

-Pantry friendly and easy to cook!

-Versatile: can be used in a salad, or as a rice alternative





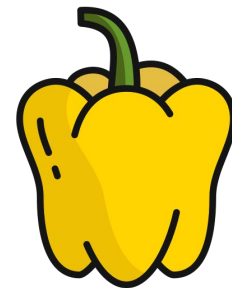
Ingredients

Cranberry Quinoa Salad

- 1 Cup Quinoa
- 1 cup cucumber chopped
- 1/2 cup parsley chopped
- 1 red bell pepper chopped
- 1/2 cup red onions chopped
- 1 cup green/red apples chopped
- 1 cup kale chopped
- 1cup cherry tomato chopped
- 1/2 cup cranberry

Condiments

- 1/4cup lemon juice
- 1/4 cup olive oil
- 1 tbsp red wine vinegar





Recipe

1. Boil quinoa
2. Let cool in refrigerator for 15 mins
3. Mix lemon juice, red wine vinegar, olive oil together
4. Add to quinoa, tossed with salt, pepper, garlic powder



PHOTOS OF THE FINAL PRODUCT



Delicious Quinoa Salad!

Next Presenter!

Transition

PRESENTER: Erma

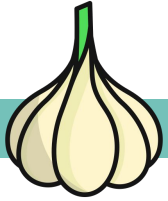


Erma is an Urban Harvest leader and is also involved a lot of community work with her church.

Erma loves food preservation and canning as a way of saving money and food. She loves to share her knowledge at Urban Harvest workshops, and emphasizes teamwork and collaboration!



MAKING TODAY: PROTEIN PACKED QUINOA SALAD



Tips and tricks on what will be made (eg. low cost, easy to find, easy to harvest, background information. etc.)

- **Vegetarian/plant based**
- **Protein alternatives are shelf stable**
- **Packed with protein from beans, legumes, and nuts**
- **Filling and healthy**
- **You can be as creative with your ingredients**



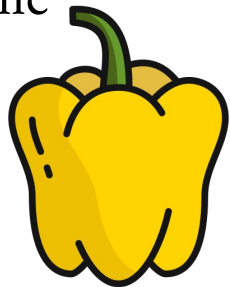


Ingredients

- 3½ cups quinoa (cooked and chilled)
- 1½ cups of lentils (cooked)
- 1½ cups of edamame beans (cooked)
- 1½ cups of mung beans (cooked)
- 1 cup raw sliced almonds
- 1 large bell pepper (sliced)
- 1½ cups tomatoes (diced)
- ½ cup of red onion (diced)
- 2 cups diced English Cucumber)

Dressing:

- ⅓ cup avocado or olive oil
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- ⅓ cup fresh finely chopped parsley
- ½ cup chopped cilantro
- 2 tsp minced garlic
- Salt to taste





Recipe

1. Combine dry ingredients
2. Combine dressing
3. Combine dressing into salad and toss until even!



THANK YOU!

BLACK  CREEK COMMUNITY FARM

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