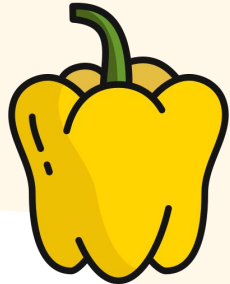
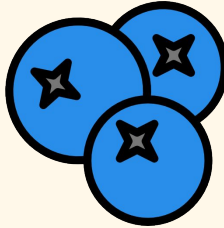
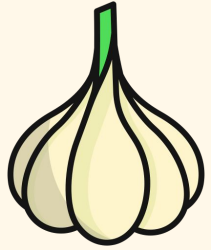
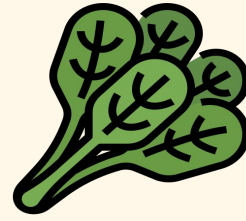


Urban Harvest

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.



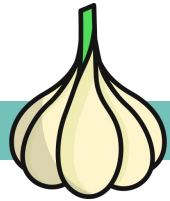
BLACK CREEK COMMUNITY FARM



PRESENTER: Celia Smith



- **Founder and director of the Jane Finch Youth group for over 14 years, working with children and youth in the neighbourhood, including homework tutorial**
 - **Lead coordinator of the Driftwood Parkette Community Garden**
 - **Lead resident for the 415 Driftwood Resource Community Centre**
 - **Senior Community Garden coordinator, at Black Creek Community Farm**
 - **Some words to describe Celia: committed, dedicated, punctual, and community leader.**
 - **Personal Interests: Community Development, singing, counselling, praying and reading the bible**
-



MAKING TODAY: MIXED GREENS STIR FRY

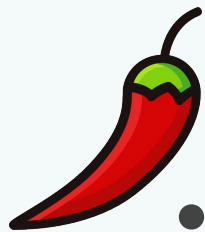
“Reducing food waste is important, because we are protecting the environment. I have learnt over the years how to can, freeze and to dry different type of food, fruits, and herbs” - Celia

Today Celia will be teaching us how to cook with frozen greens.

What's in it for you:

- frozen greens that will be transformed to a fresh and delicious meal
- low cost and reduces waste



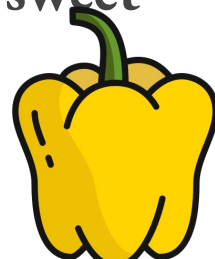


Ingredients

- 1 small pack shrimp (170g)
- 1 tablespoon margarine/butter
- ½ cup olive oil
- 2 cloves garlic
- 1 small onion
- 1 stalk green onion
- 2 small tomatoes (1/2 lb)
- 1/4 tsp scotch bonnet pepper
- 6 allspice pimento seeds
- Seasoning: salt, cayenne, pepper

(*) fresh or frozen

- Herbs - fresh or dried: parsley, rosemary, basil, oregano, thyme, onion and garlic chives
- 2 cups kale (*)
- 2 cups swiss chard (*)
- 2 cups callaloo (*)
- 1 cup yellow, red, orange and green sweet pepper (*)





Recipe

1. Peel and dice onion, garlic, green onion, tomatoes, and garlic.
2. Cut and wash shrimp.
3. Use a 3 quart skillet (med saute pan) on the stove and preheat at 350°f (med-high heat), then add ½ cup olive oil to the skillet
4. Sauté onion, green onion, sweet pepper, tomatoes, green herbs and garlic for 3 minutes.
5. Add the shrimps and sauté for another 3 minutes.
6. Add all the swiss chard, callaloo, and kale in the pot, then mixed all the ingredients in the skillet together. After which you will add the seasoning salt, cayenne pepper, dried herbs, thyme, pimentos (whole and grind) and 1 tablespoon margarine to taste.
7. On low heat, cover the skillet and let all the ingredients cook for 15 minutes and serve. Enjoy with rice, mashed potatoes and/or bread.



**Next
Presenter!**

PRESENTER: Daniel Cosgriffe



- **Highly skilled pastry chef and cook, with a culinary career that took him all over the world, including Papua New Guinea, France, & the British Isles**
 - **knowledgeable about baking with non-commodified wheats/ non- industrial flour (and why it's important!)**
- **In the past, was politically active with the International Socialists, working for many social causes including union rights**
- **Passionate about healthy cooking and eating and its impact on quality of life; wants to share this knowledge with others**

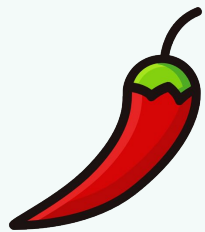
MAKING TODAY: ZUCCHINI MUFFINS - VEGAN DBL CHOCOLATE + WHOLE WHEAT

“As members of the working class all we can do is to make what we have last longer, purchase more and at a reduced cost, which is not always an easy task and allow this to be as healthy for our bodies and mind as best as we can afford and understand.” - Daniel

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

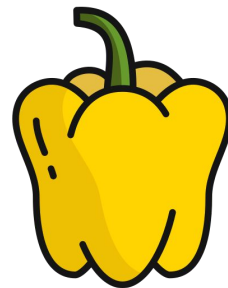
- adaptable to allergen sensitive food diets
- healthy dessert
- most ingredients are pantry friendly
- zucchini are highly in season right now





Ingredients for Zucchini Vegan Double Chocolate Muffins:

- ½-cup (112g) olive oil or some kind of vegetable oil
- 1½-cup (300g) granulated sugar
- 1-tablespoon vanilla extract
- 2 -cups (256g) all-purpose flour
- ½-cup (64g) unsweetened cocoa powder
- 1½-teaspoons baking soda
- 1-teaspoon baking powder
- 1-teaspoon salt
- 3-cups finely shredded zucchini, do not drain
- 1-cup (210g) chocolate chips or chunks

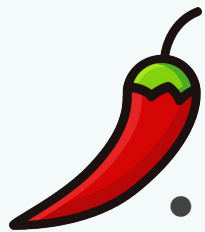




Recipe

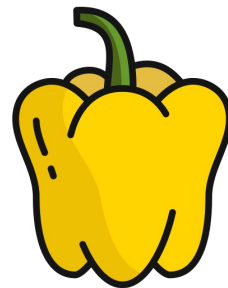
1. Preheat oven to 350°F and prepare muffin pan with 12 cupcake liners.
2. In a large bowl or in the bowl of a stand mixer, combine oil, sugar, and vanilla until fully incorporated.
3. Add in the flour, cocoa, baking soda, baking powder, and salt. Slowly stir the dry ingredients into the sugar mixture and mix until just combined.
4. Fold in zucchini and the chocolate chunks by hand.
5. Scoop and fill each muffin liner no more than $\frac{3}{4}$ -full of muffin batter.
6. Bake for 25-30 minutes





Ingredients for Whole Wheat Zucchini Muffins:

- 270g or 2¼-cup whole wheat or whole wheat pastry flour (or all-purpose flour)
- 1¼-tsp baking soda
- ½-tsp baking powder
- ¾-tsp fine grain sea salt
- 220g (1¾-cups) chopped of toasted walnuts: 160g (1 1¼cup) of chopped toasted walnuts for the muffin batter and then 60g (½-cup) for to mix with cinnamon
- 85g or 6-tbs unsalted butter, room temperature
- 150g or ¾ cup granulated sugar, plus more for topping
- 65g or 1/3 firmly packed cup of brown sugar
- 100g or 2 XL eggs
- 1½-tsp vanilla extract
- 2½-cups grated zucchini (about 2-3 medium), skins on





Recipe

1. Preheat your oven to 350°F with a rack in the middle. Prepare muffin pan with 12 cupcake liners
2. In a medium bowl combine the whole wheat pastry flour, baking soda, baking powder, salt, and 1¼ cups of the walnuts.
3. Using a mixer or by hand, beat the butter until fluffy. Add the sugars and beat again until mixture comes together and is no longer crumbly. Add the eggs one at a time, mixing well and scraping down the sides of the bowl between each addition. Stir in the vanilla. Squeeze some of the moisture out of the zucchini or not and then fluff it up a bit before stirring it into that batter by hand.





Recipe

4. Add the dry ingredients to the wet ingredients in two batches, stirring between each addition. Stir just until you have a thick, uniform batter. Pour the batter into prepared liners only $\frac{3}{4}$ full.
5. Sprinkle with the remaining walnuts, and 2-3 tablespoons of sugar or cinnamon or both.
6. Bake for about 15-20 minutes keeping a close eye 15 minutes.
7. When done, remove from the oven and cool on a rack about ten minutes and remove from pan.



PHOTOS OF THE FINAL PRODUCT



THANK YOU!

BLACK CREEK COMMUNITY FARM

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