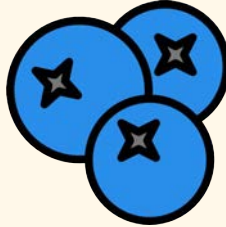
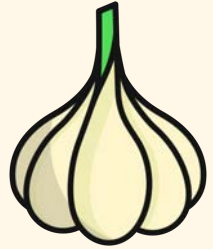


Urban Harvest

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: Christina Hoang



I care deeply about community development and believe that improving local food systems can be such a positive force for change. My background with food justice is personal, as I grew up (and still live) in a food desert, often eating unhealthy and processed foods that were convenient and available.

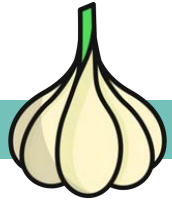
PRESENTER: Christina Hoang



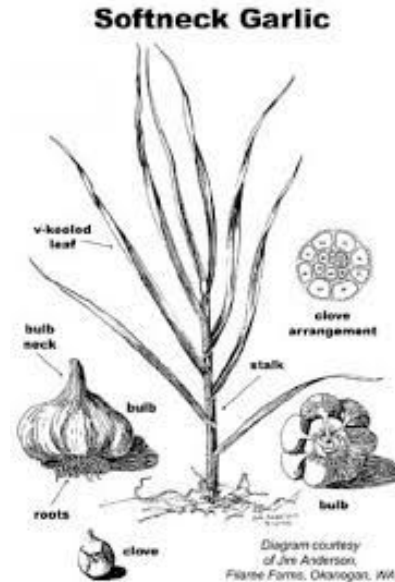
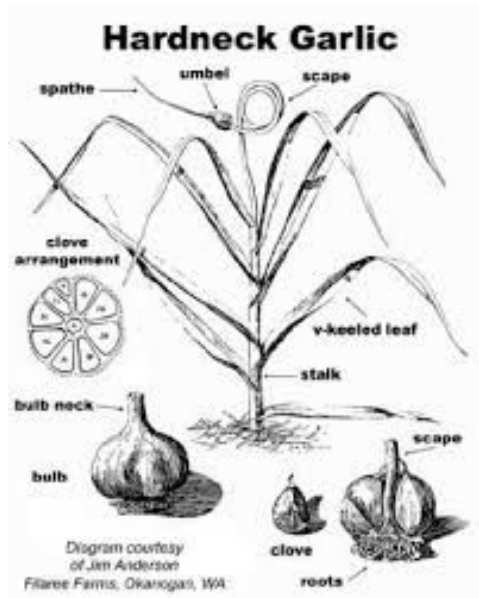
A bit of my background:

- managed a good food market (partnered with Foodshare) while at York University
- worked at various farmer's markets across Toronto for First Fish - an Inuit wild fish distribution enterprise
- in farm school at Sundance Harvest

MAKING TODAY: Garlic Scape Pesto

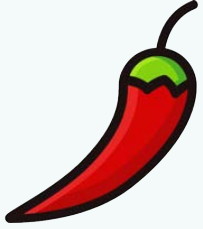


There are two types of garlics: hardnecks and softnecks



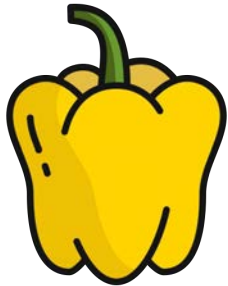
Garlic provides two types of harvest: scapes and bulbs! We are currently in the season of scape production.





Ingredients

- 1 cup garlic scapes, sliced crosswise (about 10 to 12 scapes)
- ¼ cup raw sunflower seeds; cost-effective replacement for pine nuts (hemp seeds are really great as well to get that course texture)
- ½ cup extra virgin olive oil
- ¼ cup Parmesan cheese; you could also use nutritional yeast if you are plant based
- ½ -1 cup basil leaves
- Juice of ¾ - one lemon; could be a fresh lemon or dilute a lemon concentrate.





Ingredients (images)





Recipe

Pg 1 of 2

1. Add the garlic scapes in a food processor and pulse for 30 seconds. Note: garlic scapes can be very punchy/pungent/strong in taste. One way to mellow the taste and bring out the scapes sweetness is to blanch it: cut it up and toss it in a pot of hot/boiling water for 10-20 seconds. Put it immediately into a bowl of ice to stop the cooking.
2. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.
3. Add the olive oil and process on high for 15 seconds.





Recipe

Pg 2 of 2

4. Add the Parmesan cheese and pulse until the ingredients are combined; skip this step if you plan on freezing your pesto
5. Add the basil and lemon juice, and process until reaching the desired consistency.
6. Add salt to taste.

Recipe from the New York times:

<https://cooking.nytimes.com/recipes/1015301-garlic-scape-pesto>



PHOTOS OF THE FINAL PRODUCT

Garlic Scape Pesto!



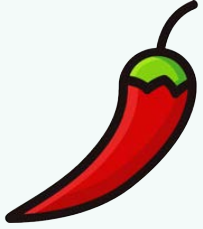
Next Presenter!

Transition

PRESENTER: Eti Pazos



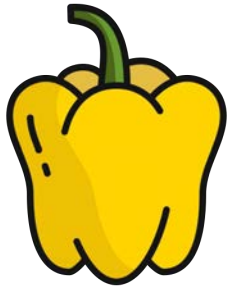
My name is Eti Pazos. I'm a 'Growth woman' - a student for life, always loving to learn and to share my knowledge with those who are interested in what I know. I believe it is important to be part of a community and give my time to volunteering. That's why I love been a volunteer of the Black Creek Community Farm!



Ingredients

- Plain yogurt (750 g container)
- Salt
- Chili flakes
- Your favorite herbs!

Also you will need cheesecloth!



PHOTOS OF THE FINAL PRODUCT



THANK YOU!

BLACK CREEK COMMUNITY FARM

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