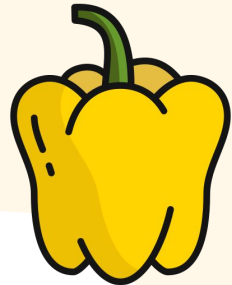
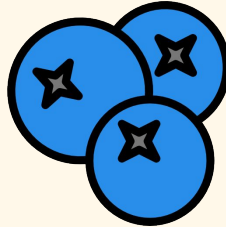
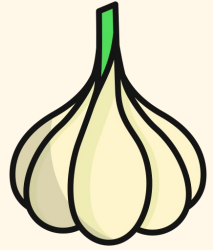
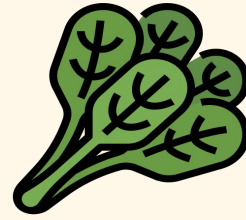


Urban Harvest

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

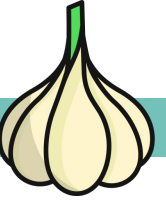
PRESENTER: VIDULA



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.



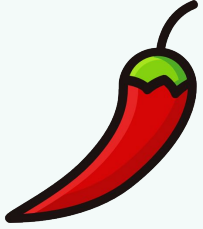
MAKING TODAY: APPLE CHUTNEY



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

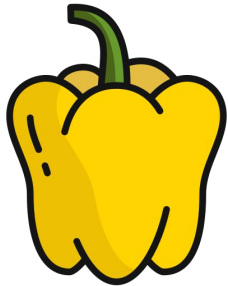
- **Modified her granny's mango chutney recipe using local, foraged apples**
- **Can last in the fridge for a month; if canned, can last for a year!**
- **Pantry friendly ingredients**





Ingredients

- Apples 6lb
- Sugar 1 cup
- Salt 3tsp
- Black Rock Salt 1tsp
- Pepper 1tsp
- Red chilly powder 1/2 tsp
- Roasted ground cumin 2tsp





Recipe

1. Core and chop cleaned apples into 1 inch pieces.
2. Put in a heavy bottom pan and stir in one cup sugar.
3. Put the pan on high heat and keep stirring till the juices are released. Once the mixture boils lower the heat to medium and cover the pot with the lid. Let the apples simmer for 5-7 min stirring occasionally.
4. If too thin, cook without lid for another five minutes to thicken a bit
5. Add the rest of the ingredients and mix them well. Simmer for a couple of minutes then turn off the heat. Transfer to sterilized jars.



Next Presenter!

Transition

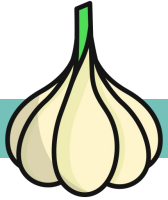
PRESENTER: Mildred



- **Active resident, volunteer and organizer in the Jane and Finch community for the past 10 years**
 - **Gardening and preserving food is a way of life for her family**
 - **Coordinator of the Urban Harvest Program, a joint partnership between Black Creek Community Farm and the City of Toronto**
 - **Involved in grassroots and community organizing:**
 - **Parenting Centers**
 - **Moms Group at Black Creek Community Farm**
 - **Community Facilitator in helping develop the design for the future Community Hub next to the Metrolinx Storage Facility currently under construction**
-



MAKING TODAY: APPLE CIDER



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

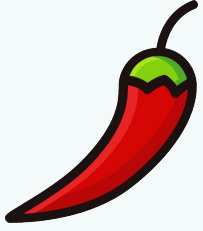
-HOW TO USE ALL PARTS OF AN APPLE - YES, EVEN THE APPLES THAT HAVE WORMS IN THEM

-FORAGED! (low cost)

-FRESH AND DELICIOUS!

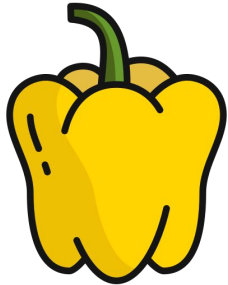
-HEALTH BENEFITS INCLUDE: High in Vitamin C, and Vitamin A; Lowers the risk of heart disease; Acts as a probiotic; Promotes the growth of good bacteria in the colon; Lowers the risk of cancer; Regulates the immune system; Facilitates detox in the body





Ingredients

- About 12 medium apples (assorted types), quartered
- 2 oranges, quartered (also peeled, if you would like your cider less tart*)
- 4 cinnamon sticks
- 1 tbsp whole cloves
- optional extra seasonings: 1 teaspoon whole allspice, 1 whole nutmeg, and/or 1 inch fresh ginger
- 8 cups water
- 1/2 cup sweetener (brown sugar or maple syrup)





Recipe

1. Combine all ingredients in a stockpot. Cover with water leading 1-2 inches of space at the top.
2. Turn on high heat. Once it reaches a simmer, reduce to med-low heat, cover and simmer for 2 hours (or until apples are completely soft)
3. Mash apples and oranges with a wooden spoon or masher. Then cover and simmer for 1 more hour
4. Strain the solids out using a strainer or cheesecloth
5. Sweeten to taste, and serve warm!

Note: can be refrigerated for 5 days; frozen for 3 months

Source: <https://www.gimmesomeoven.com/homemade-apple-cider/>





THANK YOU!

BLACK CREEK  **COMMUNITY FARM**

Design credit: [Victoria Barnett](#)

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