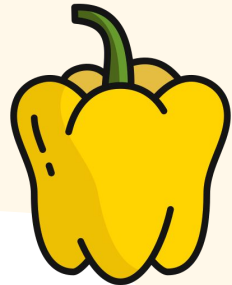
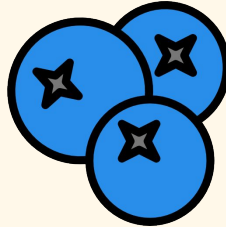
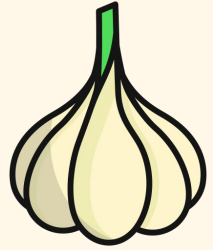
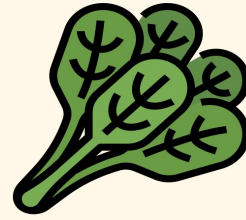


# Urban Harvest

## Workshops

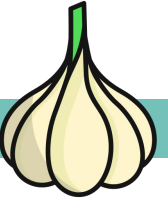
Urban Harvest is an urban food initiative that aims to harvest and redistribute surplus produce found right in our own backyards to reduce food waste. This initiative is one of the five Community Reduce and Reuse Programs, part of the City of Toronto's Long Term Waste Management Strategy.



## **PRESENTER: Christina Hoang**



- **Urban Harvest Assistant and Community Leader**
- **Passionate about community development, urban agriculture, and food!**



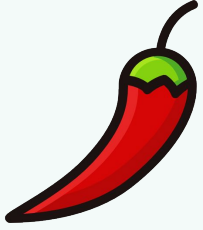
## MAKING TODAY: Veggie Scrap Broth

-healthy

-saving money

-making the most of food “scraps” before composting



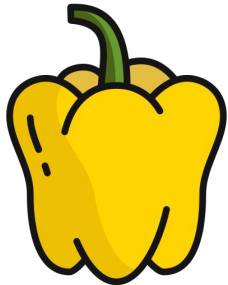


# Ingredients

- 1 cup of scraps\* to 1 cup of broth
- Reference: 1 gallon freezer bag = 16 cups
- By the end → 16 cups will yield about 8-9 cups of broth
- Fresh herbs: thyme, parsley, cilantro, rosemary
- Optional: ginger, turmeric

Scraps: **carrot, celery, onion, garlic**, bell peppers, leeks, green onions, corn cob, and mushrooms.

Avoid: brassicas (ex. Kale, broccoli), starchy veggies (potatoes, beets)





# Recipe

1. Add frozen vegetable scraps to a large stock pot. Add water and the remaining ingredients.
2. Cover and bring to a boil. Reduce heat to a simmer, and cook, uncovered, for 1 hour, stirring occasionally.
3. Take the pot off the stove and remove all the vegetables with a slotted spoon or a skimmer.
4. Set your strainer (or cheesecloth) over a large bowl and pour the broth through. Broth should be clean and clear
5. Cool at room temperature and then divide into storage containers or gallon size freezer bags. Store in the refrigerator for up to one week or freeze for up to 3 months.

<https://www.littlebroken.com/how-to-make-vegetable-broth-with-kitchen-scraps/>



# Next Presenter!

Transition

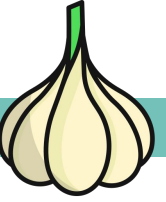
**PRESENTER: Eti Pazos**



**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!**

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## MAKING TODAY: Tepache



# Ingredients

- Skin of 1 pineapple
- 1 piloncillo (panela/cane sugar/palm sugar puck)
- water







## **Recipe**

- 1. Rinse off the pineapple and remove skin**
- 2. Stuff the skin in a jar. Add the piloncillo and fill it up with water**
- 3. Seal the jar with a cheesecloth and set on a counter for 72 hours**



# THANK YOU!

**BLACK CREEK**  **COMMUNITY FARM**

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