



Cooking Skills Workshops Fresh, In-Season Vegetables and Fruit



Goodness in Many Ways.

A campaign to increase access to, and consumption of, fresh, canned, and frozen vegetables and fruit for Nova Scotians and their families.

freshcannedfrozen.com



HEART & STROKE
FOUNDATION
OF CANADA



Canadian Cancer Society
Société canadienne
du cancer

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Goodness in Many Ways Cooking Skills Workshops

The workshops are part of a larger province wide campaign called Goodness in Many Ways, which is led by the Heart and Stroke Foundation, the Canadian Cancer Society (Nova Scotia Division) and the Nova Scotia Department of Health and Wellness. The campaign focuses on increasing awareness of the benefits of fresh, canned and frozen vegetables and fruit.

About the Workshops

The content and modules used as part of the Goodness in Many Ways Workshops were designed based on pilot testing in 2010. Each workshop covers a specific topic related to fruit and vegetable food preparation, and it is designed to support the development of cooking skills, healthy eating knowledge and habits. The modules are designed to build on each other over four weeks, however they are can also be offered on a standalone basis. Be sure to check out all of the workshops at www.freshcannedfrozen.com.

Goodness in Many Ways was funded by the Nova Scotia Department of Health and Wellness and the Public Health Agency of Canada from 2010-2012. **Note:** The Workshop modules are provided for community use and should acknowledge the Goodness in Many Ways campaign when being used. You may not adapt this work without permission.



Nova Scotia Vegetables and Fruit

Vegetables and fruit come in many forms. Frozen, fresh and canned vegetables and fruit are healthy choices for you and your family. A wide variety of vegetables and fruit options are available in your local grocery stores, markets, or from your own garden.

Canned and frozen vegetables and fruit provide a healthy and affordable year round supply of vegetables and fruit. Canned and frozen vegetables and fruit are an excellent choice when fresh vegetables and fruit are not available or are too expensive. Canned produce is picked and canned at its peak and has very good nutritional quality. Frozen vegetables and fruit have very good quality and the cost is similar or cheaper than fresh or canned options.

When shopping for vegetables and fruit

- Buy all forms of vegetables and fruit in the store including frozen, fresh and canned.
- Frozen and canned vegetables and fruit, whether purchased from a store or prepared at home, are available all year round.





- ✓ The goals of the first workshop are to:
- ✓ Learn about the availability, cost and preparation of in-season, fresh vegetables and fruit in Nova Scotia.
- ✓ Learn about safe food handling procedures for vegetables and fruit.
- ✓ Learn about storage and preparation of fresh vegetables and fruit.
- ✓ Learn food preparation techniques related to vegetable and fruit preparation.
- ✓ Understand that canned and frozen vegetables and fruits can be substituted for fresh vegetables and fruit in recipes.
- ✓ Prepare recipes from the *Strive for Five at School!* Cookbook for Families



Seasonal Availability of Fresh Nova Scotia Vegetables and Fruit

Some vegetables and fruit are available for more than one season. Some, like apples, are available all year!

Seasonal availability chart of fresh Nova Scotia vegetables*

Vegetable	Spring	Summer	Fall	Winter
Asparagus	✓			
Beans		✓		
Beets			✓	✓
Broccoli		✓	✓	
Brussels Sprouts			✓	
Cabbage		✓	✓	✓
Carrots		✓	✓	✓
Cauliflower		✓	✓	
Celery		✓	✓	
Cucumber Field		✓		
Eggplant		✓		
Leeks			✓	✓
Greens	✓	✓	✓	
Mushrooms	✓	✓	✓	✓
Onions		✓	✓	✓
Parsnips			✓	✓
Peas	✓	✓		
Peppers		✓	✓	
Potatoes		✓	✓	✓
Pumpkins			✓	
Radish	✓	✓	✓	
Spinach	✓	✓	✓	



Vegetable	Spring	Summer	Fall	Winter
Squash			✓	✓
Sweet Corn		✓	✓	
Swiss Chard		✓	✓	
Tomatoes		✓	✓	
Zucchini		✓	✓	

Seasonal availability chart of fresh Nova Scotia fruit *

Fruit	Spring	Summer	Fall	Winter
Apples	✓	✓	✓	✓
Cranberries			✓	
Blueberries		✓	✓	
Blackberries		✓	✓	
Peaches		✓		
Pears			✓	
Plums		✓		
Raspberries		✓	✓	
Rhubarb	✓			
Strawberries		✓	✓	

*Adapted from <http://www.selectnovascotia.ca>



Safe Food Handling Procedures for Vegetables and Fruit:

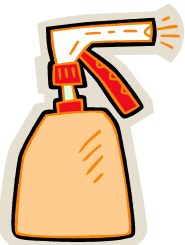
Keeping food safe is an important goal in food preparation. Proper hand washing is the first step towards safe food handling.

- Wash your hands every time you handle any type of food in your kitchen.
- Fresh vegetables and fruit may carry bacteria, viruses or parasites which could cause food borne illness to members of your family.

To keep food safe:

- Your kitchen should be as clean as possible. All work surfaces, including cutting boards and utensils should be clean and sanitized using mild bleach solution.

Recipe for a safe kitchen



1 tsp	chlorine bleach (Javex)	5 mL
3 cups	water	750 mL

1. Mix the bleach (Javex) in the 3 cups of water.
2. Store in a spray bottle.
3. Label BLEACH solution and use to clean counter tops, cutting boards, knives, dish cloths and sponges.



Goodness in Many Ways

Vegetable and fruit food safety tips:

Cleaning:

- Remove and discard the outer leaves of leafy vegetables.
- Wash all vegetables and fruit with cool running, drinkable water. Running water over vegetables and fruit removes dirt and is better than soaking.
- Leafy vegetables like spinach and lettuce should be covered with water in a basin or sink. The leaves should be lifted gently from the water and patted dry with a paper towel or spun in a salad spinner and placed in a bag in the refrigerator.
- A clean produce brush can be used to scrub firm produce such as watermelons and cantaloupes, and vegetables like potatoes and squash that can be eaten with the peel remaining on.

Storage:

- Store vegetables and fruit in the refrigerator above raw meats and poultry or in the crisper drawer.

Vegetable Preparation

Vegetables are packed with goodness and valued in menu planning for their nutrition, flavour and texture.

- Choose a wide variety of frozen, fresh, and canned vegetables
- Learn to prepare and cook vegetables using a variety of different cooking methods

Menu planning that includes vegetables in main meals, side dishes or snacks will help increase the vegetable intake of your family.



Preparation and Cooking Methods

Raw - raw vegetables are nutritious and add crunchy texture to your menu choices. Many vegetables such as carrots, celery, broccoli, cauliflower, peppers, mushrooms, tomatoes, cucumbers, snow peas and salad greens like lettuce and spinach are excellent choices for snacks and meal time.

- Refrigerated, cut-up vegetables make an excellent snack for all family members anytime of the day!

Boiling - this is the most common way to prepare vegetables. Boiled vegetables that are cooked properly will retain their colour and crunchiness.

The basic steps to boil vegetables include:

- Place the vegetable in boiling water; it is not necessary to add salt.
- Return the water to boil as fast as possible.
- Cook in just enough water to prevent scorching and with a lid on the pan. Cook the vegetable just until it becomes tender to a fork.

Baking - The advantage of baking a vegetable is that water does not come in contact with the vegetable. This helps to keep the nutrients in the vegetable. Vegetables like potatoes and squash are commonly baked in their skins. Baking or roasting is an excellent way to add delicious and often sweeter flavours to your meal plan. Young children and teenagers enjoy these appealing flavours!

- Roasted red peppers add flavours to all types of sandwiches or pastas.
- Roasted vegetable combinations like potatoes and parsnips or asparagus with tomatoes can add variety and flavour to your meals.



Stir Frying - is a quick way to cook vegetables on top of the stove and helps keep vegetable colour and flavour.

The basic steps of stir frying are:

- Add a small amount of oil (See box to the right) to a large pan.
- Add the vegetables to the pan. The vegetables should be stirred for the first few minutes. At first the heat is high so that the heat penetrates the vegetables quickly.
- After a few minutes, the heat is lowered so that the water will not be lost and the pan will not become too dry.

Cooking Strong Flavoured Vegetables

Vegetables such as broccoli, cabbage, cauliflower, and turnip belong to the Brassica family and are noted for their distinct aromas and strong flavours.

Because of their strong taste and unpleasant smell, people often do not eat these vegetables. It is important to include this family of vegetables in your menu planning since they are tasty, affordable and highly valued for their health benefits. To prevent strong flavours follow your recipe carefully and be careful not to overcook these vegetables.

Tip:

Select an economical and healthy cooking oil such as canola oil. Canola oil works well for stir frying. It has

- a high tolerance to heat
- mild flavour and
- smooth texture



Fruit Preparation

Fruits are packed with goodness and valued in menu planning for their nutrition, attractive colour, pleasant smell and their sweet-tart taste. Like vegetables, they also have a crisp and crunchy texture.

- Choose frozen, fresh or canned fruit more often than juice.
- Enjoy fruits on their own, in salads, salsas, healthy muffins, main dishes and fruit-based desserts.

Menu planning that includes frozen, fresh or canned fruit provide a range of appealing colours and tastes and will help increase the fruit intake of your family.

Preparation and Cooking Methods

Raw – raw fruit like apples, pears, blueberries, cranberries, raspberries and peaches are readily available in Nova Scotia. A fresh raw apple or pear or a handful of fresh picked blueberries or raspberries makes an excellent snack anytime of day.

- All raw fruit should be washed before eating.
- Leave the skin on fresh fruit like apples and pears. This saves preparation time and helps maintain nutrition quality, including fibre.

Stewed – stewed fruit may be served as a sauce like rhubarb or applesauce or it may be strained to remove seeds, like raspberry sauce.

- Stewed fruit need a small amount of water added during cooking to prevent scorching on the bottom of the pot.
- Stewed fruit are cooked when they are soft and tender to a fork.
- The core and the skin may be left on apples and pears when making sauce. The cooked fruit is then passed through a strainer which removes the core, peel and seeds.
- Nova Scotia apples like Gravenstein, Cortland and MacIntosh make excellent applesauce and Nova Scotia pears like Clapp, Bartlett and Anjou make excellent pear sauce.



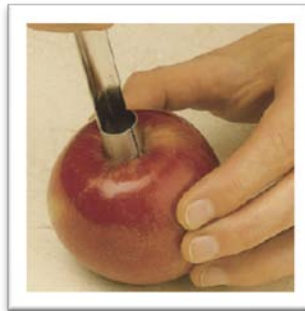
Baked – fruit may be baked alone or combined with other ingredients.

- Some fruit, like apples, are baked whole or in slices while pears and peaches may be baked in halves after the core or pit is removed.
- Baked fruit are bright in colour and have appealing, sweet flavours.

Basic Fruit Preparation Tips:

How to core an apple:

Place the apple on a cutting board or counter. Press the apple corer into the center of the apple (surrounding the core) until you reach the cutting board or counter. Twist the corer and pull it up toward you to remove the core.



How to prevent fruit from turning brown:

How to core a pear:

Cut the pear in half, use a melon baller or a spoon to remove the core and make a hole that is large enough to hold approximately 2 Tablespoons (30 mL).



Note: You will need to core an apple for the Strive for Five at School fruit recipes like Baked Nova Scotia Apples (p.130) and Glazed Apple Slices (p. 16).

You will need to core a pear for the Strive for Five at School fruit recipes like Baked Gingersnap Pears (p.111) and Maple Granola Bartlett Pears (p.116).

- Many fruit like apples, pears and peaches that are cut and left at room temperature will turn brown.
- Look at a Cortland and Gravenstein apple. Which one browns the fastest?

Answer: The Cortland apple does not brown as quickly as the Gravenstein. Cortland apples are a good choice for salads and fruit trays.

Many fruit recipes use a small amount of an acid ingredient such as lemon juice to prevent the browning reaction.

Methods to prevent the browning reaction

- Brush the fruit with lemon juice OR
- Mix ¼ cup (50 mL) lemon juice with 4 cups (1 L) of water. Add the sliced fruit to the water and lemon juice mixture.

A Cookbook for Families: Adapted from *Strive for Five at School!*

The Goodness in Many Ways cooking skills workshops use recipes adapted from the *Strive for Five at School!* Cookbook for Families. Many of these recipes are featured on the Goodness in Many Ways website www.freshcannedfrozen.com.



Workshop Activities

Preparation of seasonal vegetable and fruit trays

Vegetable and fruit trays will be prepared according to the seasons. Recipes are provided in your binder for Spring, Summer, Fall and Winter vegetable and fruit trays.

Preparation of Strive for Five at School! Vegetable and Fruit recipes

<i>Cooking Method</i>	<i>Vegetable Recipes</i>	<i>Fruit Recipes</i>
<i>Raw</i>	Marinated Broccoli & Cauliflower Salad (p. 105) Crispy Vegetable Salad (p. 35)	Confetti Rice and Apple Salad (p. 96) Sassy Salsa Peaches (p. 72)
<i>Stewed</i>		Basic Rhubarb Sauce (p.159) Applesauce (p. 128)
<i>Boiled</i>	Powerful Pea Soup (p. 76) Chuck Wagon Taco Pie (p. 25)	
<i>Baked</i>	Oven Baked Parsnip & Potato (p. 148) Spectacular Garden Squares (p. 121)	Gingersnap Baked Pear (p. 111) Glazed Apple Slices (p. 16)
<i>Stir Fry</i>	Rainbow Pepper & Beef Stir Fry (p. 78)	



Workshop Checklist

Thank you for coming to the Goodness in Many Ways Workshop! Before you leave, please make sure that you have completed the following:

- Signed up on the 'Freezing Sign Up List' to select a fruit or vegetable to freeze in Workshop # 2 **Freezing Vegetables and Fruit**

To prepare for Workshop # 2 **Freezing Vegetables and Fruit** please find a few minutes at home to:

- Look through the *Strive for Five at School!* Cookbook for families.
- Look over the Workshop # 1 content to review the many things discussed today. Bring any questions to Workshop # 2!

Reminder: Please bring your binder, cookbook and apron to the next workshop.

Date:
Time:
Location:



