

100 Mile Diet: Eating Local in Revelstoke

(originally presented as Garden Guru Workshop in August 2016)

With Sarah Darval & Jodi Kay

“Eating home-cooked meals from whole, in-season ingredients obtained from the most local source available is eating well, in every sense. Good for the habitat, good for the body.” - Barbara Kingsolver; Animal, Vegetable, Miracle.

Why do we care about local food? (from Creston Valley Food Action Coalition)

1. More dollars kept locally.
2. Making local farms viable.
3. Buying bulk in season is affordable!
4. Growing your own veggies is even cheaper.
5. Less food miles.
6. More biodiversity.
7. Less chemicals.
8. Less packaging.
9. Freshness Counts
10. Fewer Toxins
11. Better Nutritional Value
12. Better Flavour.
13. Keeps us in touch with nature
14. Every meal has a story
15. More variety
16. Informed food choices.

Eating Local in Revelstoke

- 1) Budget-how to save \$ by eating locally
 - a) Gleaning-Bear Aware Program, www.revelstokebearaware.org, neighbors, stokelist
 - i) Fruit trees... Cherry, Plum, Pear, apple
 - ii) Foraging: raspberries, blueberries, huckleberries
 - iii) Ask your neighbors
 - iv) Freeze, dehydrate, jam, applesauce, chutneys
 - b) Buying in Bulk in season
 - i) Hermann at Wildflight Farms sends bulk items in e-newsletter each week <http://www.wildflightfarm.ca/newsletter.html>

- ii) Terra Firma CSA
 - c) Homemade whole foods
 - i) www.fieldstoneorganics.ca, source for local grains and legumes
 - ii) Sarah's Soup Solution
 - (1) Warm ghee (or fat), dry herbs and alliums, add any other sautee veggies, pour boiling water and verdurette (or broth), add grains, legumes and any other non sauteed veggies, add sour (lemon, lime, ACV) and possibly sweet and garnishes at end (cilantro, yogurt, etc)
 - iii) Keep cooked grains and legumes in fridge
 - iv) Keep at least one dressing/sauce/spread in fridge
 - d) Drying herbs-oregano, sage, rosemary, thyme, parsley
 - e) Harvesting wild plants-nettles, clover, rose hips, mushrooms, dandelion, berries, etc. (workshop series next spring and Hunting and Gathering Series this fall)
 - f) Making your own broths and verdurette
 - g) Drying herbs for tea-chamomile, mint, lavender
 - h) GARDEN! Starting from seed, succession planting, community garden, education garden
 - i) Easy plants-garlic, oregano, sage, potatoes, chives, mint, radishes, mesclun mixes, zucchini
- 2) Superfood hype
- a) Canadian options-Hemp seeds, flax seeds, fruits and berries, maple syrup
 - b) Honey-Creighton Valley (Lumby) and de Hoog (Salmon Arm)
 - c) Kale, nettles
 - d) quinoa-Fieldstone (bulk order possibility)
- 3) Processing
- a) Big Mountain Kitchen supply
 - i) Canning equipment, dehydrator, cherry pitter, apple peeler, food mill, fruit crusher, fruit press, pressure canner, sauce master, steam juicer
 - b) Ease of the freeze
 - c) Dehydrating

Fresh Ideas for the Kitchen!

Yogurt (dehydrator style)

Take 3 c milk (I use this much because it fits in the big ball jars) and bring to 185 degrees F over medium heat in a heavy bottom pot. Take it off the burner once it has reached that temperature and let it cool to 110 degrees F. Stir in 2 T of live culture yogurt, mix well. Place in your jar with a tight lid and put in your pre-heated dehydrator at 105 degrees F. Leave for 8-10 hours.

Fruit + Yogurt Popsicles

2 cups fresh or frozen berries (or a mix of your favorite fruit)

2 cups natural yogurt

¼ cup honey

Place all ingredients into a blender and blend until smooth. If you don't have a popsicle mold paper cups, popsicle sticks and aluminium foil will do the the trick. Fill paper cups ¾ full of with fruit mixture. Cover the top of each cup with foil. Insert popsicle stick through the center of each cup. Place cups in the freezer for 5 hours. To serve, remove foil and peel off paper cup! (You can also use silicone popsicle molds from Big Mountain Kitchen).

Remember....you can take any smoothie and turn it into a popsicle :)

Verdurette

(adapted from www.northcountryfolk.com)

All winter long we rely heavily on stock. It's the base of our soups and the added oomph to winter staples like rice or beans. While simple enough, homemade stock takes time and forethought. It also takes up space in the freezer. With the introduction of a verdurette to our kitchen staples we have a fresh to the taste and quick to the pot homemade stock. Our winter meals are already thanking us.

A verdurette is a mix of 1 part salt and four parts herbs and vegetables. The salt ratio to vegetables is key in preserving your verdurette all winter long, up to a year even if you like. So long as you're diligent with your salt the rest is up to your own preferences.

Your basic formula..

1/5 salt

1/5 celeriac or celery

1/5 root vegetable medley

1/5 allium

1/5 herbs and greens

What my first batch looked like..

1/2 lb salt

1/2 lb celeriac (greens included)

1/2 lb carrots

1/2 lb leeks

1/2 lb mix of parsley, sage, thyme, rosemary, and beet greens

Simple directions..

Process each ingredient separately until very fine. If you don't have a food processor you can mince by hand. In a large bowl combine all vegetables and herbs. Stir together. Optional step: at this point I processed a few cups at a time to make sure everything was quite fine and thoroughly mixed.

Stir in salt. Store in jars in the refrigerator for up to a year. Now you have broth at the ready for the inevitable winter sick days and extra flavor to add to the endless line of soups, grains, and beans that come with winter.

Pesto Sarah's "recipe"

Chop 3-6 garlic scapes (or 1-2 bulbs of garlic, scapes give you more bulk!) and place in food processor with ½ lemon juice and ¼ c. olive oil. Blend. Add ½-1 of Wild Flight Farms bulk bags of basil with stems cut off, lemon juice from other ½ and salt (~½ t) and blend. Add ¼ c hemp seeds, ¼ c sesame seeds (cheap! Can also use sunflower seeds from fieldstone or more traditional nuts) and ¼ c nutritional yeast or hard cheese shredded. Blend. Taste and adjust. I freeze as many jars of this as I can for the winter!

Freezer Jam

4 cups strawberries (or fruit of choice)

¼ cup honey (or more, to taste)

Place strawberries in a large pot and give them a quick mash using potato masher. Place pot over medium heat and bring strawberries to a boil, then reduce heat and add honey. Stir to combine. Simmer for 20-30 minutes, stirring often to prevent burning on the bottom. When jam is thick and reduced - it's ready. If you drag your spoon/spatula on the bottom of the pot through the jam and it takes a few seconds for the jam to fill the hole behind your spoon, that's when you know it's ready. Allow to cool before storing in jars. Jam will keep for up to two weeks in the fridge, or six months in the freezer. If you're keeping jam in the fridge, a little squeeze of lemon juice will help preserve the flavor.

Raspberry Chia Jam

(Yields about a cup of jam)

Bring 3 cups of raspberries and ¼ C. maple syrup to a simmer in a medium saucepan.

After about 5 minutes of simmering, throw in 2 T. chia seeds. Continue to simmer for another 10-15 minutes or until it has thickened. Take off burner. Stir in 1 t. Vanilla extract.. Put into an airtight container and chill overnight or freeze and use throughout the winter. I usually double or triple this recipe after a big berry pick!

Veggie Stock

2 medium onions, roughly diced (you can leave skin on - adds color!)

2 medium carrots, scrubbed and roughly diced

2 stalks celery, scrubbed and roughly diced

1 large leek, cleaned and sliced

4 cloves garlic

1 teaspoon black peppercorns

3 bay leaves

5-6 sprigs of thyme

3-4 parsley stems (not the leaves)

Celery leaves, a small handful

2L filtered cold water

Add all ingredients to a heavy bottomed sauce pot and cover with water. Bring to boil and then heat and simmer for 1 ½ hours. Remove from heat and cool quickly (over ice or in cold water in

the sink) then strain and store. Store in sealed containers in the fridge (5-6 days) or freezer (6 months).

Notes + Tips

- Add good stock ratio is about 50% onions and equal parts carrots + celery. From there you can add in a few different vegetables; traditional leeks or parsnips, corn or corn cobs will add a buttery texture, tomatoes and dried mushrooms will add depth of flavor, fennel seeds and sundried tomatoes will add mediterranean flavors, lemongrass, star anise, and tamari for an asian influenced broth, etc.
- Stay away from strong flavored vegetables, such as beets - which will overpower your stock
- Don't add salt because you can adjust seasoning when making soups and stews.
- Add only parsley stems (or dill stems) - the leaves have too much chlorophyll and will turn your stock murky.
- Stocks are a good way to clean out the crisper. When you only have one lonely carrot or onion sitting in there, or that last bit of celery that nobody ever eats - these items can be prepared and frozen for stock. A few vegetables to store/freeze for future stock making - parsley stems, greens parts of leeks, dill stems, kale stems, corn cobs, celery, carrots, onions, parsnips. But remember that your homemade stock is going to be the building blocks of your future meals, so you don't want to use only scraps :)

Sprouting

Chinese discovered sprouting centuries ago as a way to prevent scurvy because...when you sprout a seed it makes Vitamin C bioavailable! It also increases Vitamin B2, B5, and B6 and phytic acid is neutralized, which inhibits absorption of many minerals including calcium. Eat raw, add to soups, salads, sandwiches, breakfast cereals, dehydrate and grind for bread...and on and on.

General directions: fill 1/3 of jar with bean, grain, seed and cover with water to soak overnight. Pour off the water. Rinse the seeds 2-6 times a day to keep moist. In 1-4 days the sprouts will be ready. Store in the refrigerator.

Common sprouters...[wheat](#), [rye](#), [barley](#), [buckwheat](#), mung beans, adzuki beans, kidney, lima, black beans, [lentils](#), [sunflower seeds](#), unhulled sesame seeds, chia, radish, fenugreek, poppy. [\(Can get local.\)](#)

Ghee

Melt 1lb or more of unsalted butter (I use organic unsalted that you can get at Le Marche for \$7 in freezer), as it starts to bubble skim off any foam, and reduce heat to med/low as it simmers. Some milk solids will start to collect on the bottom and turn light brown. Skim any other foam off of the top and pour through a cheesecloth into ball jar with lid. Can store at room temperature. Great for sauteing.

Paneer (fresh cheese)

Pour 2L whole milk into a pot over medium heat. Bring milk to simmer (just below boiling, about 200 F°.) Stir the milk often, making sure it doesn't burn on the bottom. The milk will look foamy and steamy when ready. Remove milk from heat and stir in ¼ cup lemon juice or vinegar. (The milk should curdle, but if it's doesn't it's ok - keep going!) Cover the milk with a kitchen towel and let sit for 10 minutes. After 10 minutes, check to make sure the curds have separated, if not, try adding another tablespoon of lemon juice. Line a colander or strainer with cheesecloth and set over a large bowl. Scoop out the curds and into the strainer and let the liquid (whey) collect in the bowl. Gather up the cheesecloth and squeeze out any excess liquid using your hands. Open the cheesecloth and sprinkle ¼ teaspoon of salt over the curds. Set your cheesecloth full of curds onto a dinner plate and shape into a rectangle. Use the cheesecloth to make a nice, tight package. Set a second dinner plate on top of the package and weigh it down. Leave for 15 minutes or up to one hour. Once pressed your cheese is ready! Sliced into cubes and use immediately or keep in the fridge for a few days.

Ricotta

Pour 2L whole milk into a pot over medium heat. Slowly bring milk to simmer (just below boiling, about 200 F°.) Stir the milk often, making sure it doesn't burn on the bottom. The milk will look foamy and steamy when ready. Remove milk from heat and stir in ⅓ cup lemon juice. Let the milk sit undisturbed for 10 minutes. After 10 minutes, the milk should have separated into curds and whey, if not - add another tablespoon of lemon juice and let set for a few more minutes. Set a strainer over a bowl and line the strainer with cheesecloth. Using a slotted spoon scoop out the curds and transfer to the strainer. Pour remaining curds and whey through the strainer and let strain for 15 minutes (or up to one hour for a dryer cheese). Use immediately or keep in the fridge for up to one week.

PRICE COMPARISONS (prices from 2016)

(Dolan Home Delivery www.dolanhomedelivery.com (Free weekly Delivery))

Red indicate non-local for price comparison.

Dairy

Farm	Product	Price	Amount
GrassRoots (organic, grass fed)	Milk (whole non-hom)	\$6	2L
D Dutchmen	Milk (whole)	\$2.25	1L
Kootenay Meadows (organic)	Milk (whole)	\$5.99	2L
<i>Dairyland (Organic)</i>	<i>Milk (whole)</i>	<i>\$5.69</i>	<i>2L</i>
D Dutchmen	Whipping Cream	\$5.75	500ml
Kootenay Meadows (organic)	Whipping cream	\$4.89	500ml
D Dutchmen	Chocolate Milk	\$2.95	1L
D Dutchmen	Butter	\$5.75	1lb
Happy Days	Goat Milk	\$3.95	1L
GrassRoots	Yogurt	\$6.50	750 g
Bella Stella (winter market cheese guy, organic)	Yogurt	\$5.00	750 g
Happy Days	Goat Yogurt	\$5.99	475g
Happy Days (Mtn goodness)	Goat Cheese	\$5.25	150g
Happy Days (Mtn Goodness)	Feta	\$5.75	190g

Eggs

Farm	Grade	Price	Sold at
Aberdeen Poultry (Salmon Arm)	Free Run	\$4.50/dozen	Le Marché
Terra Firma	Organic, Free Range	\$5.50/dozen	Farmstand Egg Cart, Hwy 23 S
Rabbit River Farms (Abbotsford)	Free Range	\$6/dozen	Mountain Goodness
Rabbit River Farms (Abbotsford)	Organic, Cage Free	\$7.39/dozen	Save on Foods
<i>Western Family</i>	<i>Organic, Cage Free</i>	<i>\$6.49/dozen</i>	<i>Save on Foods</i>

Grains/Legumes

Grain/Legume	Price	Amount	\$/xx	Sold at
Barley (Fieldstone Organics)	\$5.95	750g	\$7.95/kg	Le Marché
<i>Barley (Western Family)</i>	<i>\$2.99</i>	<i>450g</i>	<i>\$6.64/kg</i>	<i>Save on Foods</i>
Buckwheat (Fieldstone)	\$12.95	750g	\$17.25/kg	Le Marché
<i>Buckwheat (Western Family)</i>	<i>\$4.99</i>	<i>450g</i>	<i>\$11/kg</i>	<i>Save on Foods</i>
Green Lentils (Fieldstone Organics)	\$6.95	750g	\$9.25/kg	Le Marché
<i>Green Lentils (Western Family)</i>	<i>\$3.99</i>	<i>450g</i>	<i>\$8.85/kg</i>	<i>Save on Foods</i>
Wolfgang's Buckwheat Flour (Enderby)	\$7.99	1kg	\$7.99/kg	Save on Foods
Wolfgang's Whole Wheat Flour (Enderby)	\$4.59	1kg	\$4.59/kg	Save on Foods
Wolfgang's Whole Spelt Flour (Enderby)	\$5.99	1kg	\$5.99/kg	Save on Foods

Other grains available from Fieldstone Organics at Le Marché; durum wheat, rye, spelt, einkorn, red fife wheat, khorasan, apple cereal and white wheat. There is also a small mill to grind your own flour. Bulk orders and more grains at www.fieldstoneorganics.ca

Meat

Farm	Product	Price	Sold At
Greenslide	Lean Ground Beef	15.43/kg	Le Marché
Bastion Ranch (Tappen)	Lean Ground Beef	17.50/kg	Mountain Goodness
<i>Western Canadian</i>	<i>Lean Ground Beef</i>	<i>\$15.19/kg</i>	<i>Save on Foods</i>
BA Sausages (Revelstoke)	Bratwurst	\$14.50/kg	Le Marché
Kurt's Deli (Free range, antibiotic and hormone free)	Bratwurst	\$25.90/kg	Le Marché
Wild Moon Organics	Bratwurst	\$26.00/kg	Dolan Home Delivery
<i>Johnsonville</i>	<i>Bratwurst</i>	<i>\$13/kg</i>	<i>Save on Foods</i>
BA Sausages	Bacon	\$21.50/kg	Le Marché
Two Rivers (Vancouver)	Bacon	\$25.70/kg	Le Marché
<i>Western Family</i>	<i>Bacon</i>	<i>\$20/kg</i>	<i>Save on Foods</i>
Terra Firma Farms	Whole Chicken (Organic)	\$16.25/kg	Le Marché
Bradner Farms Abbotsford	Whole Chicken (organic)	\$16.95/kg	Dolan Home Delivery
Farmcrest Foods (Salmon Arm)	Whole Chicken (Free Range, No GMO, No antibiotics, no hormones)	\$10/kg	Mountain Goodness

Honey

Sweet Acres Apiary	Basic honey	\$16/kg	Dolan
Creighton Valley Apiaries	Wildflower honey	\$15/kg	market
De Hoog Apiary			Winter market
John. O. Stan Apiary (Vernon)	Wildflower honey	\$11.50/kg	Le Marche
Elias Apiaries (Prince George)	Wildflower honey	\$16/kg	Mountain Goodness

Fresh Produce

Fresh produce is abundant in Revelstoke!

Some great resources to find fresh, local, organic produce in Revelstoke include

- Le Marché Gourmand, including greens and sprouts from Sunnyside Farm in Revelstoke
- Mountain Goodness
 - Terra Firma-tomatoes, greens, squash cucumbers in summer)
 - Wild Flight Farms-carrots, beets, potatoes, onions, apples, pears, cabbage, garlic
- Terra Firma Farms
 - farmers market
 - CSA-full for this summer,
 - Full Share CSA, 18 weeks from June 15th - October 12th, \$475 (2016)
 - Small Share CSA, 18 weeks from June 15th - October 12th, \$350 (2016)
 - Add-ons, egg share \$90, flower share \$90
 - Eggs-farmstand on Hwy 23 South
- Wild Flight Farms (Mara), summer and winter market
- Saturday LFI Farmer's Market (Bird Tree Urban Farm and other vendors)

Here is just a small sample of what you can find locally in July

Rainbow Chard, Kale (\$3/ large bunch!), Broccoli, Cauliflower, Lettuces, Celery, Onions, Baby, Kale, Arugula, Sugar Snap peas, Potatoes, Kohlrabi, Cabbage, Zucchini, Cucumber, Carrots, Berries, Apples, Beets, Cherries, Blueberries (\$15-20/5lb), Plums, Oregano, Basil, Rosemary, Parsley, Cilantro, Chervil, Lemon balm, Dill

Other Notes:

Track Street Growers, trackstreetgrowers@gmail.com

- Garlic Festival-September 18th, 2016
- Start Sale in May
- Green Bucket Compost Program
- Egg stand *new in 2018

This information is NOT exhaustive! Hopefully it is a growing document in process that we can keep on the LFI website for reference.