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Access Community Garden Produce Bags & Recipes

Purchasing these bags has created 9 employment opportunities through ACCESS County Community Support Services!



This booklet was created by 2 people hired by ACCESS that receive employment services through Career Compass. Read through some of the healthy yet delicious recipes that you can make from the comfort of your home using some of the quality produce grown right at ACCESS!

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Recipe

Chocolate Zucchini Bread



When I think zucchini, I think of grilling it or sautéing it in a stir-fry. The thought of chocolate and zucchini in a recipe made me wonder if it would be tasty. This was a really fun recipe to make! You can't even tell that you're eating two cups of vegetables! I made it and measured - there's a lot of zucchini in there! It's really moist and chocolatey like chocolate cake!

Ingredients

2 cups sugar 

1 cup canola oil 

3 large eggs, room temperature 

3 teaspoon vanilla extract 

2 1/2 cups of all-purpose flour 

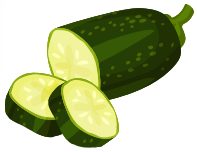
1/2 cup baking cocoa 

1 teaspoon salt 

1 teaspoon baking soda 

1 teaspoon ground cinnamon 

1/4 teaspoon baking powder 

2 cups shredded peeled zucchini 

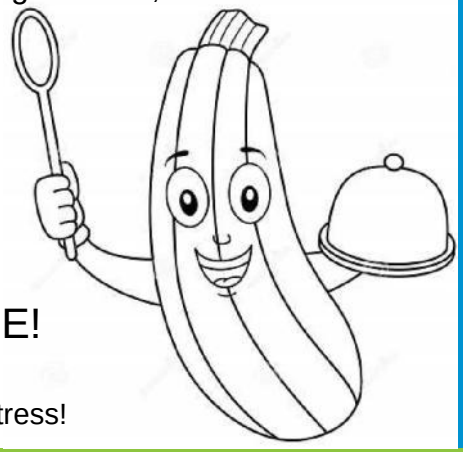
Procedure

- In a large bowl, beat the sugar, oil, eggs and vanilla until well blended.
- Combine the flour, cocoa, salt, baking soda, cinnamon and baking powder; gradually beat into sugar mixture until blended.
- Stir in zucchini. Transfer to 2 greased 8x4-in loaf pans.
- Bake at 350° for 50-55 minutes or until a toothpick inserted in the center comes out clean.
- Cool for 10 minutes before removing from pans to wire racks to cool completely.

Fun Facts

- Did you know that a zucchini has more potassium than a banana? Potassium is really important to keeping your body strong and healthy. Our bodies don't make potassium on their own though, so we have to eat food that has potassium in it!
- April 25th is National Zucchini Bread Day! Make sure you make our chocolate zucchini bread recipe for next year's celebration.
- One zucchini is actually called a zucchina; zucchini refers to more than one!
- The Guinness world record for the longest zucchini measured 2.5 metres and was achieved in Niagara Falls, Ontario!





COLOUR ME!

Did you know?
Colouring relieves stress!

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Recipe



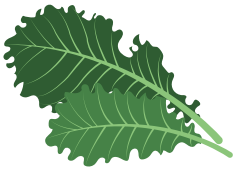
Kale Smoothie

I picked kale as my ingredient because I hadn't eaten a lot of kale before. I had never had kale in a smoothie. I had it in a wrap with chicken and thousand island dressing and it was really good. I know what kale tastes like alone and I wasn't sure if it would be good in something sweet. This was really delicious. I'm really texture sensitive and this had a good texture and flavour.

Procedure



- In a large bowl, mix kale & fruits.
- Pour in milk, yogurt, and honey. Stir to combine.
- Process in batches in a blender until smooth.





Ingredients

1 small bunch of kale 

1 medium pear, chopped 

1 cup mixed berries, fresh or frozen 

1 medium banana 

1 cup milk 

1/2 cup low-fat vanilla yogurt 

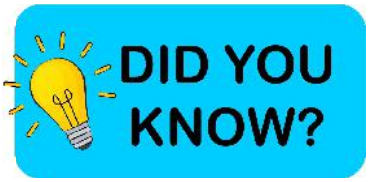
3 tablespoons honey 

Fun Facts

- Did you know that kale doesn't lose any nutritional benefits when you cook it?
- It is also a great source of Vitamin C, Vitamin A, Vitamin K, Calcium, and a plant source of antioxidants and omega-3 fatty acids.
- Kale can be used in skincare products and even nail polish!
- During the winter, kale actually becomes sweeter in flavour. This is good because kale can sometimes be bitter for people who have sensitive tongues.

Gardening Tip:

- Kale can be used as a decorative plant in gardens! This is called edible landscaping. Edible landscaping is good for us and for the environment.



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Recipe

Mushroom Rice

Mushrooms aren't something I eat all the time, but I've learned there a bunch of different ways to eat mushrooms - and so many different kinds! I wanted to try to make a dish that encourages me to eat mushrooms more often because of how good they are for your health. Mushroom rice is one of my favourite things to look for when I go for Chinese food. I wanted to see if it would be just as tasty as at home. I learned something new about washing rice while doing this recipe, which helps keep your rice from being so starchy.



Ingredients

2 teaspoons butter



6 mushrooms, coarsely chopped



1 clove garlic, minced



1 green onion, chopped



2 cups chicken broth



1 cup uncooked white rice



½ teaspoon parsley, fresh or dried



salt and pepper to taste



Procedure

- Melt butter in a saucepan over medium heat.
- Rinse the rice until the water running through it looks clear.
- Cook mushrooms, garlic & green onion until mushrooms are cooked and liquid has evaporated.
- Stir in chicken broth & rinsed rice.
- Season with parsley, salt & pepper.
- Reduce heat, cover & simmer for 20 minutes.

Fun Facts

- Did you know there are over 14,000 different types of mushrooms? Only 250 kinds are safe to eat, so only eat mushrooms that you buy at the grocery store.
- Mushrooms are one of the only plant sources of Vitamin D - that's the vitamin you get from the sun! They're very good for your brain and bone health, and can even give you a little bit of plant-based protein. Tasty!
- There is a type of mushroom called Chicken of the Woods that tastes like chicken! There are other kinds of mushrooms like this too, like Lobster of the Woods.

Isn't This Cool?

- There are 75 kinds of mushrooms that can actually glow in the dark!
- Plants and creatures that grow in the dark have something special called bioluminescence.



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Recipe

Rice Bowl

Corn is a vegetable I love eating on its own or mixing all together with a bunch of things. Rice bowls are a good way of eating lots of tasty vegetables while also feeling really full at the end. I even used my air fryer to cook my vegetables and it only took ten minutes. It was really easy to put all of the vegetables together. You can use whatever your favourite rice is and also put any kind of sauce you like on it - that could be soy sauce, BBQ sauce, or honey garlic (like I did!).



Ingredients

1 cup rice, white or brown

1 head of cauliflower, cut into bite size pieces

1 head of broccoli, cut into bite size pieces

3 medium carrots, cut into coins

1 cup of corn, fresh or frozen

1 can (15 oz) chickpeas rinsed, drained and patted dry

2 teaspoons extra virgin olive oil

Salt and pepper to taste

2 tablespoons sesame seeds
Arugula, baby kale, or spinach optional

Procedure

- Preheat oven to 400°F.
- Line 2 baking sheets with parchment paper and set aside.
- Rinse & cook the rice according to package directions.
- While the rice is cooking, toss the cauliflower & broccoli with 1 teaspoon oil, sprinkle with a pinch of salt & pepper and spread out into one even layer on one prepared baking sheet. Toss the chickpeas, corn, and carrots with the remaining 1 teaspoon of oil, sprinkle with salt and pepper, and spread out into one even layer on the other prepared baking sheet.
- Roast for 20 to 30 minutes, turning the pans & giving them a shake every ten minutes.
- To serve:
  - Place some rice in a bowl, top with greens, if you're using them, then some roasted vegetables and chickpeas.
  - Sprinkle with sesame seeds & drizzle a few tablespoons of sauce over everything.

Fun Facts

- Did you know corn is a cereal crop part of the Grass family?
- Corn is actually the vegetable with the most fat content!
- There are over 3500 uses for corn, like in fireworks, cosmetics, & even in photographic film!
- One bushel of corn can sweeten 400 cans of soft drinks - talk about sweet!
- Corn and its by products are also found in many non-food items such as fireworks, rust preventatives, glue, paint, dyes, and many more products!
-

Have you ever seen Glass Gem corn?

- This kind of corn comes in a ton of different colours. It looks like little gems on a cob!



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Recipe

Garlic Dip

Garlic is something that I think I eat every single day. Sometimes it is fresh and sometimes it is powdered. I put it in my pasta sauce and in my roasted vegetables a lot. Make sure you wash everything right away when you cook with garlic because it smells very strongly. I really like to eat garlic dip from the store, so I tried to make my own and it turned out amazing! You can eat it with vegetables like broccoli, cucumber, celery, cauliflower, tomatoes, and snap peas. I hope you enjoy it as much as I do!



Ingredients

100mL Greek yogurt, unsweetened



2 tablespoons cream cheese



2 garlic cloves, crushed



1/2 tablespoon parsley, fresh or dried
Salt and pepper to taste



Procedure

- Combine all ingredients in a bowl and mix until smooth.

Fun Facts

- Did you know garlic bulbs are the root of a plant? The plant has a long stem and makes pretty flowers! You can even eat the stem of a garlic plant - it is called a scape!
- Garlic is in the onion family! It is related to green onions, chives, and shallots.
- Garlic is really good to eat if you're not feeling well, like if you have a cold. It has been used for centuries to make people feel better when they are sick!

Word Search

Look for different vegetables!

c	a	b	b	a	g	e	m
c	a	r	r	o	t	x	u
o	i	o	n	i	o	n	s
r	k	c	d	y	b	r	h
n	g	c	w	e	g	r	r
w	p	o	t	a	t	o	o
h	o	l	y	k	a	e	o
e	r	i	p	e	a	s	m

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Recipe

Cauliflower Casserole



I wanted to focus on a vegetable I eat many different ways, cauliflower! Though I cook cauliflower, I had never made cauliflower in a casserole before. You can also do this recipe with other vegetables instead of cauliflower, like broccoli, carrots, and even mushrooms! It is even okay to use frozen vegetables because you are going to bake this dish in the oven. This dish is perfect to make in advance and put in the fridge – it didn't take me very long to put all of the ingredients together. It is so cheesy, salty, and delicious! You have to try it!

Ingredients

2 lbs cauliflower florets, fresh or frozen



1 box (8 ounces) cream cheese, softened



1/2 cup sour cream



3 cups shredded cheese



1 teaspoon garlic powder



1/2 teaspoon onion powder



6 slices crispy cooked bacon, chopped



1/4 cup chopped chives, fresh or dried

Salt and Pepper to taste



Procedure

- Steam cauliflower until fork tender; approximately 10 minutes.
- Drain well in colander.
- Preheat oven to 425 degrees.
- Grease 9 x 13 inch baking dish.
- In a large bowl combine cream cheese, sour cream, shredded cheese, garlic powder & onion powder.
- Mix until creamy and smooth.
- Gently stir in cauliflower, 1/2 of the bacon and chives.
- Season with salt & pepper to taste.
- Spoon into casserole dish & top with remaining bacon.
- Bake uncovered for 20-25 minutes or until the cheese is melted.

Fun Facts

- Cauliflower is really good for your body! It is full of Vitamin C and Vitamin K, and it is full of natural fiber.
- Did you know that you can eat the leaves and stem of the cauliflower too? You can cut them up and cook them in different ways, like soups or sauces!
- Even though we see a lot of white cauliflower, cauliflower can come in a bunch of different colours! Cauliflower can be white, orange, purple, and green. The colour might be different, but the flavour is all the same!
- The world's heaviest cauliflower weighed 60lbs and was over 6 feet wide!



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Recipe

Stuffed Pepper

I wanted to choose a recipe this week that had one of my favourite vegetables as the star – peppers! I had never had a stuffed pepper before making this. I liked chopping up all the vegetables to make this for my friends. I love this dish because you can make it really cheesy. I even used lactose-free cheese and it turned out amazing! You can also make this dish spicy if you want. A stuffed pepper can also be made vegetarian – instead of using ground beef, you can cut up your favourite vegetables and put them inside.

Ingredients

4 large bell peppers (any color)



1 lb lean ground beef



2 tablespoons chopped onion



1 cup cooked rice



1 teaspoon salt



1/2 teaspoon basil, fresh or dried



1 clove garlic, finely chopped



1/2 diced tomato, canned or fresh



3/4 cup shredded cheese



Procedure

- Heat oven to 350°F.
- Remove the tops, seeds, & membranes of the peppers & rinse.
- Fill a pot with enough water to cover the peppers.
- Boil the water and add the peppers.
- Cook the peppers for two minutes and drain.
- In a skillet, cook beef and onion over medium heat for 8 to 10 minutes, stirring occasionally until beef is brown. Stir in rice, salt, garlic, basil, and 1 cup of the tomato sauce.
- Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.
- Cover tightly with foil.
- Bake 10 minutes. Uncover & bake about 15 minutes longer or until peppers are tender.
- Sprinkle with cheese.

Fun Facts

- Bell peppers actually have more Vitamin C than oranges do! They are also good sources of Vitamin A. They make a very healthy snack!
- Peppers change their colours because of how much light they get. The more ripe a pepper is, the sweeter it is going to taste.
- Some peppers are really spicy! The measurement of how spicy a pepper is is called a Scoville.

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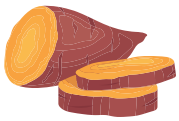
Recipe

Twice-Baked Sweet Potato

Sweet potatoes are something I love to eat all the time. It's one of my favourite things to snack on in so many different ways. I loved that my mom used to make double-stuffed potatoes. Our recipe goes back four generations! I thought it would be cool to make a double-stuffed potato with sweet potatoes.
I hope you like it!



Ingredients

1 sweet potato 

½ tablespoon of brown sugar 

½ tablespoon of butter 

1 tablespoon of cream cheese 

Pinch of cinnamon 

Pinch of nutmeg 

Pinch of ginger 

Salt & pepper as you like 

Procedure

- Preheat oven to 375 degrees F.
- Place sweet potatoes on sheet tray and bake for 1 hour or until soft. Remove from oven and let stand until cool enough to handle.
- Split potatoes and remove the flesh to a medium sized bowl, reserving skins.
- In another bowl, add brown sugar, butter and cream cheese and the all of the spices and mash with a fork or rubber spatula.
- Add the butter and cream cheese mixture to the sweet potato flesh and fold in completely.
- Add the filling back to the potato skins and place on a half sheet tray. Bake for 15 minutes or until golden brown.

Fun Facts

- Did you know sweet potatoes are really good for you? Sweet potatoes are great to eat for their nutrients, like Vitamin A, Vitamin C, iron and potassium! They're considered the most nutritious vegetable!
- Sweet potatoes actually aren't potatoes at all! Potatoes are actually tubers, but sweet potatoes are considered true root vegetables.
- If you eat a lot of sweet potatoes, your skin can turn a little orange! This also happens if you eat a lot of carrots.
- Have you ever had a sweet potato pie?
- Sweet potatoes can be used for both sweet and savory meals. Tasty!
- The world record for heaviest sweet potato is 81lbs, 9 ounces!



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Recipe

Cucumber Salad



Cucumbers are one of my favourite vegetables. That's because they are really tasty and good for you too! I made this salad and it was easy to make and really delicious. You can eat this by itself for a meal or as a side dish with your meal too.

Ingredients

2 long English cucumbers 

½ cup of sliced onion 

¼ cup of dill (dried or fresh) 

1 teaspoon of salt 

1 teaspoon of pepper

1 teaspoon of lemon juice 

Add your favourite salad dressing too! Mine is thousand island dressing! 

Procedure

- Peel cucumbers and cut in half length wise
- Scrape out the seeds, if desired, and slice into 1/4" slices
- Chop onion in fine slices
- Put onion and cucumber together in bowl
- Add salt, pepper, dill and lemon juice
- Mix together
- Refrigerate for 1 hour before serving

Fun Facts

- Did you know the phrase 'cool as a cucumber' happened because cucumbers can be used to cool your body? When put on your skin, cucumbers can also help reduce swelling – that's why they are used in facials!
- If you take a slice of cucumber and hold it to the roof of your mouth for 30 seconds, it can help with bad breath and cool down your temperature! Talk about cool!
- It's important to stay hydrated in the summer! Try to eat cucumbers to prevent dehydration during really hot days. They are made up of 95% water, and can help with keeping away hunger.

The Albino Squirrel says:

- Plant marigolds beside your cucumbers to help keep bugs away!

Yes, that's a picture of a real albino squirrel!



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