



# CFSG NEWSLETTER

SEASONAL NEWSLETTER BY THE CAMPUS FOOD STRATEGY GROUP

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## CFSG Mandate

**WE, THE CAMPUS FOOD STRATEGY GROUP, BELIEVE:**

Food significantly helps define a campus culture.

The university experience is enhanced when students are connected to and happy with their food and food environment.

University students should feel empowered to speak and act on food issues that affect them.

UM has the capacity to house a safe, healthy, just and sustainable food system that meets the social, cultural, economic, nutritional and environmental needs of its community members.



# News and Updates

## CanU Garden

Our gardening program with CanU was a success! This experience included fun hands-on activities at the Nutrition Education Permaculture Learning Garden and the \*NEW\* CanU Garden by Parker. Sessions ran on Wednesday evenings from 4:30 pm - 6:30 pm. Participants of CanU spent time learning about interesting lesson topics such as:

- What is Permaculture?
- All about Soils
- Seeds
- Plants are Needy
- Indigenous Speaker
- Composting 101
- Nutrition in the Garden
- Garden Bugs
- ... and more!

The program wrapped up with a harvest of the produce. Thanks to all participants, mentors, and volunteers for a great season!



## What's Growing?

The Nutrition Education Permaculture Learning Garden (NEPLG) has had a busy summer! Feel free to stop by, explore the space, and check out what we've been growing through the past few months!

**Box 1:** Potatoes and cucumbers

**Box 2:** Celery, onions, beets, calamine, loofah sponge, cucumbers

**Box 3:** Lettuce, kale, peppers

**Butterfly Garden:** Native species, chives, mint

**Salsa Garden:** Tomatoes, chives, rhubarb, gooseberry bush

**Herb Garden:** Assorted herbs

**Berry Garden:** Raspberry and strawberry bushes

**Squash Garden:** Squash, zucchini, pumpkins





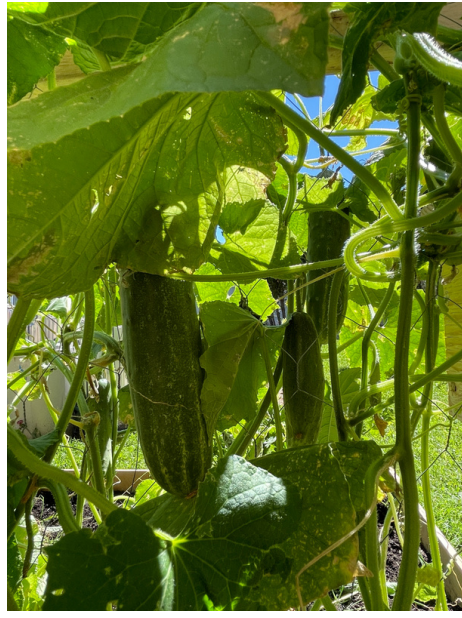
Some of the CanU Garden participants posed for a picture at our harvest session! Check out [THIS VIDEO](#) of the kids shoveling soil into the CanU Garden!



Our raised garden beds were packed with vegetables!



We also added two rain barrels, two bee hotels and two compost bins (not pictured) to the garden this year!



They grow up so fast! Check out the growth for these cucumbers and the herb garden. The basil is monstrous!



Some peppers to spice up your life!

Celery and raspberries in the garden!



# NEPLG STEWARD 2022

## Meet our Steward!

Hello everyone,

My name is Hao and I am in my second year of Master of Science in Agriculture. My research is focused on identifying molecular markers that can be used to select canola plants that are resistant to lodging and increase the yield of the plant. The ultimate goal of this selection is to allow us to develop new canola varieties that are more naturally resistant to lodging without the use of any chemicals..



My duties in the garden are taking good care of all the amazing vegetable plants. To do so, I have to play various roles while working in the garden. I am a weed detective who is always on high alert to identify and remove weed enemies that are invading on the plants.



I am a custodian whose job is to prune, to water, and to remove any dead leaves, which encourages growth. What I enjoy the most is experiencing the whole process, in which the plants all start from tiny seeds, then grow to be as tall as us.



It also makes me happy to see the plants look happy, which allows them to produce as much food as they can while they are living here. This garden serves as a reminder that anyone who is willing to put in the time and effort can grow their own food at home. All they need is soil and the seeds of the vegetables they wish to grow.



# TIPS FOR PRESERVING FRESH FOODS

MAKE THE MOST OF THE SUMMER'S OFFERINGS

## DEHYDRATE

1 One of the simplest ways to preserve fresh produce is to remove moisture to prevent spoilage. Herbs such as dill or basil can be tied in bundles and allowed to air-dry. Fruit and tomatoes can be dried using a dehydrator or an oven on its lowest setting, with the door left slightly ajar.

## LACTO-FERMENT

2 Lacto-fermentation is a process by which microorganisms naturally occurring on foods ferment carbohydrates and effectively pickle the produce through production of lactic acid. Common foods that use this process are sauerkraut, kimchi, and hot sauces.



## PICKLE

3 Another method of pickling is to prepare a simple brine and pour over prepared vegetables, such as cucumbers, zucchini, or carrots. See the recipe on page 6!



## CANNING

4 Canning is one of the most popular methods to preserve summer produce. Canning is a great method to preserve jams, chutneys, jellies, and pickles.



# What's in season?



Apples and pears

Beans and peas

Beets

Shallots, onions, garlic

Cabbage, brussel sprouts

Celery, celery root

Cherries

Herbs: basil, cilantro, parsley, mint, dill etc.

Honey

Kale, Arugula, Lettuces

Melons

Stone fruit: plums, peaches, nectarines, cherries

Berries: blueberries, strawberries, raspberries, haskaps



Tomatoes and tomatillos

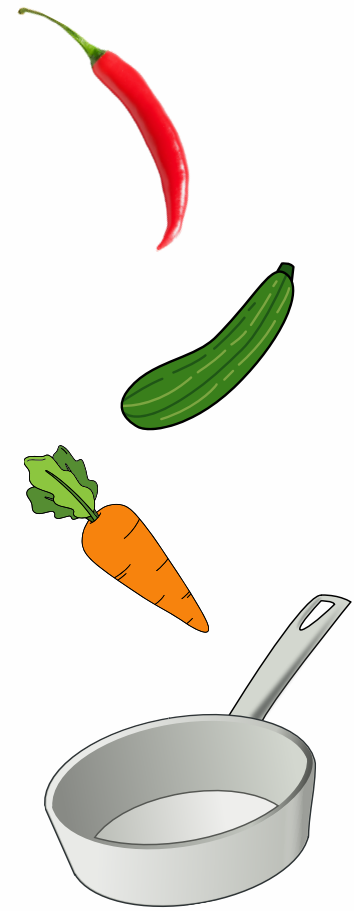
Cucumbers

Corn

Carrots

Zucchini





## Pickling

PHOTOS AND RECIPE BY ANNA MACDONALD

Pickling is one of the most popular and easiest methods to preserve fresh produce. Many of us may associate the term 'pickle' with certain vegetables, such as cucumbers or beans, but this technique can be applied to just about any type of vegetable, and even some fruits. Zucchini, carrots, peppers, cabbage, onions, beets, squash, and celery can be pickled during summer months to prolong their shelf life and allow us to use these ingredients well past their growing season. This pickle brine recipe can be adjusted to taste sweeter, saltier, or spicier, depending on your personal preference and what suits the item you're pickling. Adding dried chilies, mustard seeds, garlic, or herbs can add flavour and add some diversity to your pantry. The pickle possibilities are endless!





# EASY PICKLED VEGETABLES

**COOK TIME: 5 MINUTES    PREP TIME: 10 MINUTES    YIELD: 1 LITRE OF BRINE**

## INGREDIENTS

Brine:

- 500 ml white vinegar
- 500ml water
- 2 Tbsp sugar
- 2 Tbsp salt

Whatever you want to pickle!

- Cut into spears, wedges, slices, or bite size pieces; enough to loosely pack a one litre jar (or a few, smaller jars)

Optional:

- Dried chilies, fennel seeds, mustard seeds, coriander seeds, bay leaves, fresh dill, garlic, or any spices you enjoy

## DIRECTIONS

1. Combine all brine ingredients into a saucepot and place over low to medium heat. Bring to a boil to dissolve salt and sugar, stirring occasionally. Once it has come to a boil, turn off heat.
2. Prepare vegetables or fruit to pickle. Wash produce, cut off roots or stems, peel any tough skin, and cut into desired shapes and sizes. Place chopped produce into glass or heat-safe containers.
3. Pour hot brine into container. Be sure the level of brine is high enough to cover all of your soon-to-be pickles. If necessary, you can push any bobbing pickles under the brine with a spoon or canning weight, to ensure they're all submerged. Don't worry if a few float at the surface- it'll be fine.
4. Allow pickles to cool before sealing with a lid and placing in the fridge.



“Only if we understand, can we care. Only if we care, we will help. Only if we help, we shall be saved.”

-JANE GOODALL

Thank you for subscribing to our newsletter!



Comments, questions or concerns about this newsletter? Let us know!