



# CFSG NEWSLETTER

SEASONAL NEWSLETTER BY THE CAMPUS FOOD STRATEGY GROUP

## What's Inside

News and Updates  
[PAGE 2](#)

Farmer's Market Field  
Guide  
[PAGE 3](#)

Tips for Small Space  
Gardening  
[PAGE 4](#)

What's in Season?  
[PAGE 5](#)

Recipe  
[PAGE 6+7](#)

Opportunities!  
[PAGE 8](#)

Sustainability Quote  
[PAGE 9](#)



## 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

## WCOC COOKBOOK

In response to the 2021-2022 school year remaining online, CFSG adjusted the What's Cooking on Campus event to provide students with virtual access to a recipe cookbook containing easy and nutritious recipes they can prepare from their own home.

The cookbook contains lots of fun recipes to try, and can be found by clicking on the picture below! You can also find posts, videos, and a recording of our virtual cook-along on the [NECO Instagram page](#)!

### *Student Life on a Plate*



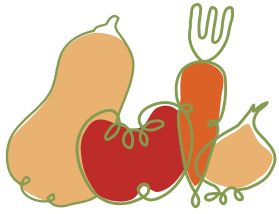
## PERMACULTURE GARDEN

Will you be on campus this year for classes? Or do you happen to live nearby? Well, if you need a break from the classroom come down to the Nutrition Education Permaculture Learning Garden!

This beautiful garden is located beside the Art Barn studio and it is home to perennial plants, and herb garden, four plots filled with delicious vegetables and beautiful art installations. The garden will also welcome youth through a hands-on gardening program with CanU. In this program, they will learn to garden, appreciate the living earth, and reap the harvest of fresh produce they can share with their families.

If you are interested in supporting this gardening program, or if you simply want to visit the garden and water the plants once in a while, feel free to email us! See you all this summer!

- Jojo Candas



# FARMER'S MARKET FIELD GUIDE

SUPPORT LOCAL, BUY SEASONAL, ENJOY  
THE SUMMER!

## Tips and tricks

- Arrive early! The best products may be picked over later in the day.
- Ask vendors for their recommendations and how they personally prepare their products.
- Remember to bring cash and a reusable tote!
- Try something new! Vendors may offer a leafy green, varietal of squash or preserve you haven't seen before.

## Locations to check out

- St. Norbert Farmer's Market
- South Osborne Farmer's Market
- Downtown Farmer's Market
- River Heights Farmer's Market
- Bronx Park Farmer's Market
- East St. Paul Farmer's Market



# TIPS FOR SMALL SPACE GARDENING

MAKE THE MOST OF YOUR LIVING SPACE

1

## CONSIDER SUNLIGHT

If you're limited to an apartment balcony, a small piece of yard, or even just through your windows, keep in mind how much light your garden space receives, and plan accordingly.



2

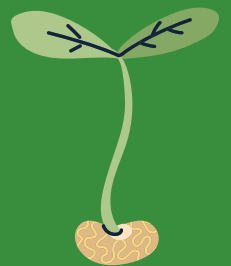
## GET THE MOST BANG FOR YOUR BUCK

When choosing what to grow over the season, opt for plants which continually grow and produce throughout the summer, and which can be used in a variety of dishes. Herbs like basil, mint, and chives will regrow and provide flavourful additions to dishes. Chili peppers and tomatoes take up little surface area, and often produce fruit for several months.

3

## GET CREATIVE!

Consider hanging baskets or vertical planters which can optimize your space without taking up much real estate. Vining plants like peas and beans can crawl up stakes and lattices and take up less space than bushier plants and root vegetables.



4

## COMMUNITY GARDENS

Many neighbourhoods have community gardens you can access or consider renting a seasonal plot with friends or family. These spaces can be great opportunities to meet new people, develop new skills and become active in your community.





# What's in season?

## Early summer

### **Asparagus**

White and green asparagus are in season as early as May!

### **Morelle and chantrelle mushrooms**

### **Pea shoots**

### **Spring onions**



## Late summer

### **Green beans and peas**

### **Berries**

Blueberries, raspberries, strawberries and haskaps

### **Lettuces and other leafy greens**

Arugula, collard greens, chard, kale and lettuces

### **Tomatoes**

### **Apples**

### **Melon**

### **Corn**

### **Bell, jalapeno, chili peppers**



# Apple and Raisin Cinnamon Buns

PHOTOS AND RECIPE BY ANNA MACDONALD

Whether you're starting a summer job, enrolled in spring classes, or enjoying some summer activities, its always nice to start the day with fresh, homemade baking! Preparing baked goods at home is a great way to develop food preparation skills, avoid purchasing processed foods, and cut back on grocery store spending. While store-bought cinnamon buns can be packed with sugar and fat, baking your own allows you to add more nutritive ingredients and reduce the less healthy ones. This versatile recipe adds whole grain flour and apples and is great for vegans and dairy-free diets. These buns make a great breakfast or snack option, and preparing a batch on the weekend can save you time throughout your week- whatever your summer may look like!



# APPLE AND RAISIN CINNAMON BUNS

**COOK TIME: 50 MINUTES    PREP TIME: 30 MINUTES (PLUS PROOF)    YIELD: 12 SERVINGS**

## INGREDIENTS

### Dough:

- 2 cups water, warm
- 3 Tbsp granulated sugar
- 1 Tbsp instant yeast
- 1/3 C canola oil
- 1 tsp salt
- 3 C all-purpose flour
- 1 C whole wheat or rye flour

### Filling:

- 1/2 margarine or butter (and some to grease pan)
- 1 apple, diced
- 1/2 raisins
- 1 C brown sugar
- 2 tbsp cinnamon

### Glaze (optional):

- 1 C icing sugar
- 2 tbsp milk of choice
- 1 tsp vanilla

## DIRECTIONS

1. Combine warm water, sugar, and instant yeast in a large bowl and allow to sit for 10 minutes.
2. Add canola oil, salt, and flour. Mix dough to bring it together and knead for 7-10 minutes, adding more AP flour if it becomes sticky.
3. Once dough is smooth and well-kneaded, place in a bowl, cover, and allow to proof for 45 minutes, or until the dough has risen an extra inch.
4. Melt butter in a pot. Add diced apples and raisins and cook until apples are soft. Cool to room temp, and add brown sugar and cinnamon.
5. Once dough is proofed, rolled dough out into a large rectangle, roughly 1/2" thick. Spread filling uniformly across entire surface. Starting on the long edge, gently roll the dough into a long tube. Cut tube into 12- 1 inch thick rings.
6. Lay rings into a greased 9x13" pan and let proof for 10 minutes while the oven pre-heats to 375 F.
7. Bake at 375F for ~50 minutes, until golden brown and dough springs back to the touch.
8. Cool on a baking rack. Combine glaze and drizzle on top, if desired. Garnish with seeds or toasted nuts (optional).

# OPPORTUNITIES TO GET INVOLVED!



## CANU-CFSG GARDEN PROGRAM


We have partnered with CanU to create a weekly gardening program! Check out our [Instagram post](#) for more info! Openings this position are now closed but thank you to all of the students that signed up to volunteer!



## NEPLG STEWARD POSITION

We're once again looking for a motivated individual to take over our garden steward position! Stay tuned to the NECO Instagram account for more details! Interested? Send us a message containing your experience to [cfs gumanitaoba@gmail.com](mailto:cfs gumanitaoba@gmail.com)!

## MORE OPPORTUNITIES!

-  Meal Exchange (Hiring)
-  West Broadway Community Organization (Hiring)
-  Food Matters Manitoba
-  Harvest Manitoba (Hiring)
-  Child Nutrition Council of Manitoba
-  NorWest Community Food Centre
-  Manitoba Association of Rights and Liberties (Hiring)
-  T&T Seeds (Hiring)





"Sustainability is no longer about doing less harm. It's about doing more good."

JOCHEN ZEITZ

Thank you for subscribing to our newsletter!

[CLICK HERE](#)



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