

FEATURING... **CUCUMBERS**

3ACRES

TASTEBUDS' LOCAL HARVEST PROGRAM

BULLETIN

DECEMBER 2014

Welcome to the second year of 3Acres, Tastebuds' Local Harvest Program! This year, local farmers and producers will drop their food off at the new Tastebuds Hub, located at St. Helen's Centre at McQuesten, on Mondays. On Tuesdays Jung, our driver, will deliver the food to your programs!

3Acres will be adding more products as the weeks go on, but for now check out the list of fresh, local food items available for your program to order:

Lincoln Line Orchards, a 66 acre orchard, in production for over 40 years, provides us with delicious **apples, pears and apple cider** grown locally in Smithville, **23 km** from the Tastebuds Hub.

We're now able to offer **5 lb blocks and bags of cheese** from Jensen Cheese, a family-run business that has been around since 1925. They are located in Simcoe, **64 km** from the Tastebuds Hub.

Make yogurt parfaits, smoothies or baked goods with **frozen blueberries!** Located alongside Lakeshore Rd across from Lake Erie, Blueberry Hill Estates is a high bush blueberry operation that has an onsite winery and farm market.

These berries come to us from St. Williams, **83 km** from the Tastebuds Hub.

A fan favourite from last year is back: **sweet potato cookies and sweet potatoes** from Round Plains Sweet Potato Plantation. After 70 years of family farming, Juli and Bob Proracki switched the business from tobacco to sweet potatoes in 2001 and they never looked back. They are **52 km** from the Tastebuds Hub in Waterford.

We have perfectly sweet **grape tomatoes** from Sovereign Farms, a vegetable greenhouse operation specializing in grape tomatoes. They seek to grow environmentally friendly grape tomatoes, and are always looking for different varieties that provide the best flavor. They are **51 km** from the Tastebuds Hub in Waterford.

And newly added to the product list, we have locally grown **lettuce, carrots and kohlrabi!**

Remember to place your 3Acres orders between Monday at noon and Wednesday at noon. Orders will be delivered on Tuesdays between 9:00 a.m. – 3:30 p.m.

And as always, please let us know how it is going! Thank you for your participation and continuous support in sprouting healthy relationships with food!



**JUNG HAN,
3ACRES DRIVER**

DID YOU KNOW?

- One cucumber has as much potassium as a medium banana.
- Have you ever heard the expression “As cool as a cucumber”? Well that’s because the internal temperature of a cucumber can be up to 20 degrees lower than the outside air.
- Cucumbers are 96% water. They are low in fat, sodium, and calories.
- A vegetable you say? Cucumbers are actually a fruit!
- Busy little bee: It takes 10-20 bee visits per flower to produce a cucumber.
- Cucumbers are in the same family as watermelon, pumpkins and squash.
- Did you know that one cucumber vine can produce 25-125 cucumbers?
- Cucumbers are part of the Vegetables and Fruit food group in Canada’s Food Guide. A Food Guide Serving of cucumber is ½ cup.
- This juicy treat has special chemicals that help keep your eyes seeing their best. They are a good source of vitamin C, vitamin K and potassium.

Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	Calories from Fat 0
<hr/>	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

WHEN ARE CUCUMBERS IN SEASON?



RECIPE - TRY IT AT HOME!

CUCUMBER WATERMELON SALAD

MAKES 6 CUPS

ADAPTED FROM EATRIGHT.ORG



INGREDIENTS:

- 2 tablespoons lime juice
- 1 tablespoon granulated sugar
- ¼ teaspoon salt
- ¼ cup minced fresh parsley
- 2 medium unpeeled cucumbers
- 3 cups watermelon, cubed

INSTRUCTIONS:

1. Combine the lime juice, sugar and salt in a 2-quart bowl; whisk together. Stir in parsley.
2. Wash and remove the ends of the cucumbers, slice lengthwise then crosswise
3. Add the cucumbers; toss with a rubber spatula, coating all cucumber pieces. Add the watermelon; fold in gently.
4. Cover, set aside and allow juice from the watermelon to mix with the other juices. Stir gently and let stand at room temperature 1 hour.

TIP: Choose a watermelon without a flat side and that sounds hollow when you knock on it. Look for a melon with a dull (not shiny) rind free of soft spots, gashes or blemishes.

PROGRAM SPOTLIGHT

ST. PATRICK CATHOLIC ELEMENTARY SCHOOL BREAKFAST PROGRAM

SERVES: 75 students daily

LOVES LOCAL: Carrots, pears, apples, apple cider, sweet potato cookies, sweet potatoes, kale, tomatoes

STUDENTS ARE EATING: Tomato sandwiches on English muffins, sweet potato muffins, apple pancakes, apple slices, carrots and dip

WHAT DO THE STUDENTS LIKE MOST?

The fresh taste of local food! The most consistent feedback from students was that the food from the farm (especially the apples and carrots!) tasted so much better. We honestly heard things like “this is the best carrot I’ve ever had in my life!” and “I didn’t know carrots tasted good!”. One student loved apple cider so much he wanted to write a thank you letter to the farmer (go ahead and stick their name in here) for growing the apples.



WHY IS IT IMPORTANT FOR YOUR STUDENTS HAVE ACCESS TO LOCAL, FRESH FOOD?

3Acres gave us a springboard to open up the conversation with our students about local food. Our grade 6 students learned about and charted food miles, our grade 2 students had the opportunity to meet Adam and see the food delivered by bike trailer and our whole school had the opportunity to meet and learn from a local farmer. Every morning that we had local food in our breakfast program we announced to the whole school where the food had come from and there was an awesome energy in our school about the program. The energy definitely would not have spread so much had the food not tasted so fresh and delicious!

INSIDE OUT CUCUMBER SANDWICHES

Try this quick and easy recipe out at your student nutrition program! Slice up cucumbers and then assemble sandwiches using:

- Low fat mayo
- Slices of cheddar cheese
- Slices of turkey meat
- Circles of toasted bread
- Slices of tomatoes



JOKES

Why did the cucumber lie down? Because cucumbers can't lie up.

When does a cucumber go as fast as a train? When it's on one.

What is green and red? Tomato working part time as a cucumber.

What is green and very noisy? Cucumber playing drums.

HOMEGROWN HERO

Hoogenboom Farms

THE FARMERS: Marco and Edith Hoogenboom

WHAT DO YOU GROW? We are specialized in hydroponically grown English cucumbers.

WHAT IS YOUR FAVOURITE WAY TO EAT A CUCUMBER? Cucumbers are best if you can eat them fresh from the vine. Another way that we like them is sliced up with some vinegar, sugar and pepper sprinkled on top.

ARE THERE ANY SPECIAL TECHNIQUES YOU USE TO GROW THE BEST CUCUMBERS? The cucumbers are grown hydroponically, which means we control all the nutrients the plant is getting as well as the amount of water. The climate is all computer controlled. Harmful insects are treated with biological predators; good bugs eat the bad bugs! We also treat fungus diseases with biological products.

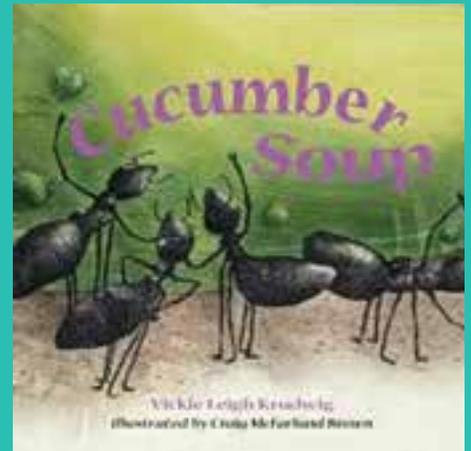


WHAT DO YOU LIKE ABOUT FARMING? We like the freedom that comes with farming and that you have control over what you do. Furthermore it's great to know that you grow one of the healthiest products out there!

HOW DID YOU GET INTO FARMING? In Europe my family has been in farming ever since I can remember and after we immigrated to Canada we continued doing this.

Hoogenboom Farms
712597 Middletown Line
Otterville, ON N0J 1E0

RECOMMENDED READING



CUCUMBER SOUP BY VICKIE LEIGH KRUDWIG

Discover what ten ants do when a cucumber falls on their anthill! All the insects in the garden, from ten little black pants down to one tiny flea, get involved in moving a fallen cucumber. Includes a recipe for cucumber soup and factual information about the insects in the story

Available at Hamilton Public Library
ISBN: 9781555913809

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