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## ***Reconnecting with Food at Home***

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For many of us we have spent the past few months at home and are spending less time on transit or stuck in traffic heading to work. As summer rears its head, this could mean more time to explore your local park and spotting edible plants in the wilderness. Are you trying out your green thumb? Exploring the depths of your pantry? Now is a perfect opportunity to re-connect with the goodness of food.

We welcome your feedback on the newsletter. If you have any ideas or suggestions you would like to share, please contact Wai-Yuen. You can reach her by email at [Waiyuen.Pang@bccdc.ca](mailto:Waiyuen.Pang@bccdc.ca) or by phone 604-875-7396.

Thank you for your dedication in the Food Skills program and we hope that you have a safe and joyous summer!

- Food Skills Team

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## **Edible Nature Walks**

B.C. is a lush province with many trails and parks to explore. The forests and parks are nature's kitchen and support B.C.'s wildlife. Here is a list of common plants you might encounter throughout the province. Being able to correctly identify a plant can be tricky and take some practice, click on each plant name below to find out what to look for.

- [Dandelions](#)
- [Seaweed & Kelp](#)
- [Stinging Nettle](#)
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The next time you go for a safely-physically-distanced summer hike with your family or friend see if you can spot some of these edible gems!

*NOTE: Under B.C. Ministry of Environment regulations, it is illegal to forage in B.C. Provincial Parks; this does not apply to Indigenous peoples who are participating in traditional activities on their ancestral land.*

Golden Rule of Foraging:

***When in doubt, leave it out.***

Do not eat it if you are not 100% sure that it is safe for consumption.



Picture: <https://www.natureessence.com.au/blog/health-articles/147796423-dandelion-root>

**Plant Name:** Dandelions

**Flavour Profile:** Leaves are slightly bitter

**Caution:** Dandelions on lawns might be sprayed with pesticides

**Ways to Eat:** Young dandelion leaves and its yellow flowers can be eaten raw in salads or steamed like spinach. Leaves and roots can be dried and made into an herbal tea

**Nutrients:** Potassium, magnesium, iron, zinc



Picture: <https://www.dreamstime.com/stock-vector-drawing-illustration-image-image36289>

**Plant Name:** Seaweed/kelp

**Flavour Profile:** Salty, briny

**Caution:** Do not eat seaweed from heavily polluted or industrialized areas. Seaweed washed up on shores may be rotting.

**Ways to Eat:** Raw, boiled, dried & roasted

**Nutrients:** Iodine, iron, calcium, magnesium

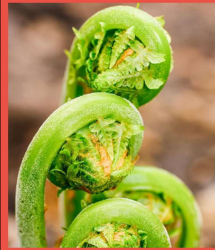
**Plant Name:** Fiddleheads

**Caution:** Fresh fiddleheads must be washed thoroughly, boiled or steamed for 15 min before using them to cook with.

**Flavour Profile:** Spring-like with a hint of nuttiness

**Ways to Eat:** Sautéed in salads, or added to soups and stir-fries

**Nutrients:** Vitamin C, potassium, niacin



Picture: <https://www.growforagerecipes.com/what-to-forage-in-spring/>



Picture: <https://idpimg.com/png/15791009>

**Plant Name:** Stinging Nettle

**Flavour Profile:** Mild spinach-like with peppery bite like arugula

**Caution:** Cover up exposed skin to avoid the stinging hairs of fresh nettle. Plants must be dried or cooked to avoid 'stinging'.

**Ways to Eat:** Boiled in stews or soups.

**Nutrients:** Iron, Vitamins A, B, C, Calcium



Picture: <https://www.123rf.com/photo/22487269-fresh-wild-berry-bush.html>

**Plant Name:** Berries, assorted

**Flavour Profile:** Ranging from sweet to tart

**Caution:** Many berries can be poisonous, be sure to follow a guide to properly identify.

**Ways to Eat:** Raw or baked in pies & tarts. Can be used to make jams, syrups or teas.

**Nutrients:** Fibre, vitamin C, antioxidants

## Back to Basics



Cooking out of your pantry and getting back to making your own bread is making a comeback! We might think that is what generations had to do before us, but trying your hand at some old-fashioned bread making and getting creative with pantry meals might save you a trip to the store and an hour-long line up!

**Inspiration for your next pantry meal:**

- [100 Simple Ways to Turn Pantry Staples into Complete Meals](#)
- [Pantry Cooking 101](#)
- [Theresa's Five Steps for Cooking from the Pantry](#)

**Check out these bread baking recipes:**

- [Sourdough Bread: A Beginner's Guide](#)
- [Whole Wheat Quinoa Bread](#)
- [Zucchini Bread](#)

## Kitchen Growers

Now is the time to use more and waste less in the kitchen. Before you throw out those scraps of green onion and lettuce, set it up by a sunny windowsill and give it a second life.

Click on the image or check out this [link](#) to see a list of herbs and vegetables you can easily re-grow from scraps!



## From the Food Skills Office

### **Food Skills Programming during COVID-19**

As BC has now progressed to [phase two](#) of transitioning to the 'new normal', it is our hope that Food Skills programs can begin to restart in September. As we progress, the Food Skills team will circulate details to all Hosts and Facilitators to keep you informed once new safety protocols and measure are in place.

With respect to any safety suggestions outside of the Food Skills program, there are lots of resources on the [BC Centre for Disease Control website](#) regarding COVID-19 and measures for community settings and event planning.

### **Food Skills for Families Mailing Address**



Include *all* information below to send mail to Food Skills:

Wai-Yuen Pang  
Food Skills for Families  
Population & Public Health  
BC Centre for Disease Control  
2095 - 655 West 12th Ave.  
Vancouver, BC V5Z 4R4  
Tel: 604-875-7396

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### **Food Safe Certification**

A reminder that as a Community Facilitator you need a current Food Safe Certificate filed with Food Skills for Families. If you have recently completed your training or have just renewed your certificate please scan a copy to the Food Skills team at [foodskillsbc@bccdc.ca](mailto:foodskillsbc@bccdc.ca).

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## **From a Fellow Facilitator**

Antonietta has some great Kitchen Demonstrations you can include in your program as well as some excellent safety tips to share:

Kitchen Demos:

- Show how to "ground" a cutting board to prevent it from sliding around by using a shelf liner (spongy web-like material) or a damp cloth. This ensures that the cutting board does not slip around.
- When working with round vegetables, like a carrot, cut a little bit off to create a flat surface. This acts as a base that steady's the vegetable in hand.

Safety Tips to Share with your participants:

- Never use a wet cloth to take something out of the oven; the steam that is created could cause a bad burn
- When walking around the kitchen with a knife the blade should be pointed down and close to your side. As you walk behind people, you say "behind you"
- If you are walking through the kitchen and carrying a hot tray or pots with hot liquids, make people aware by saying "hot, behind you" or "hot, coming through"

Thanks for sharing your tip Antonietta!

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If you have any tips or tricks that you would like to share with your fellow facilitators email Wai-Yuen ([waiyuen.pang@bccdc.ca](mailto:waiyuen.pang@bccdc.ca)) and we can include it in upcoming newsletters.

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