

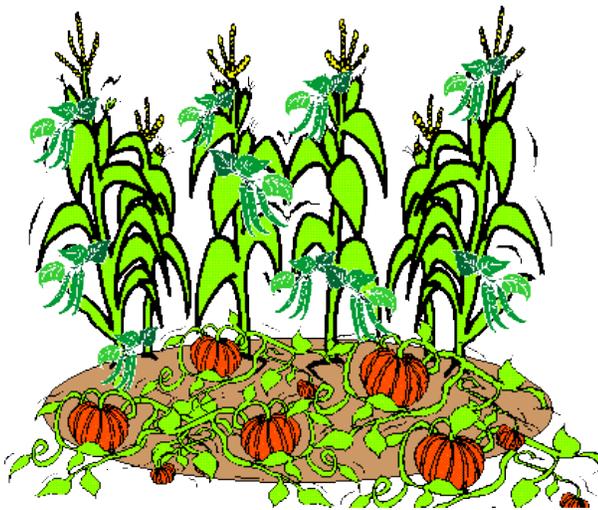
# York Region Food Network

## Good Food News



**August 2014**

**Foods of the Month, new  
potatoes and corn.**



The picture shows the Three Sisters in the farming system used by First Nations where corn is the support for the other sisters. Each sister played her part in a self-sustaining circle, the squash leaves provided shade and the beans fixed nitrogen from the atmosphere. This trio of crops is a good metaphor for all of creation – the crops support each other and there is

no concept of waste, with the old plants going back into the soil and feeding the next generation. A similar but more complicated version of this is known as permaculture, permanent agriculture.

This year's corn is fantastically sweet, it hardly needs anything! New potatoes are good enough to eat as a meal on their own with a sprinkle of sea salt and a dollop of butter.

Both potatoes and corn can be served as sides along with other dishes making them so savoury and satisfying that even carnivores will be happy.

This recipe is part of the series “How To Make A Little Go A Long, Long Way”. The idea is to have budget-conscious food with hearty goodness, zero waste and maximum taste. And to see left-overs as resources, not trash.

### *Any Vegetable, **But Really Good** With Zucchini, Frittata*

Ingredients:

- 1 large onion, peeled and chopped
- 2 zucchini, washed and sliced (or any left-over vegetables)
- A handful of cooked potatoes, sliced
- 2-3 cloves of garlic, crushed
- 4-6 eggs (depending on how many vegetables you use and how many people you need to feed!)
- Herbs – use a tablespoon of fresh chopped herbs, a teaspoon of dried herbs or two tablespoons of **pesto**, recipe below.
- Oil for frying

Method:

1. Preheat oven to 190C.
2. In a large frying pan, fry the onions and zucchini together until the onion is translucent and the zucchini are softening. Add the garlic about two minutes before you think the onions and zucchini will be ready – there's less risk of overcooking it this way.
3. In a large bowl, beat the eggs with the herbs or pesto, then stir in the cooked vegetables and sliced potatoes and mix thoroughly.
4. Pour the mixture into a greased, lined baking dish and bake for 20-25 minutes until puffy and golden.

**Pesto** is made with Parmesan cheese, which is not always suitable for vegetarians (because of the rennet). If you're cooking for vegetarians, look for a vegetarian or vegan brand or, better still, make your own. Simply use a food processor to whizz together your choice of fresh herbs and nuts, with some olive oil and salt and pepper. The varieties are endless for example sage and walnut pesto, or lemon balm and macadamia. Add vegetarian parmesan-style, if you like, but beware, a little goes a long way! Some fresh lemon zest or dried chili flakes would also work.

Here is another recipe from the interesting website [lovefoodhatewaste.com](http://lovefoodhatewaste.com) which is an excellent source of budget conscious recipes and ideas, many contributed by readers

## Make your own vegetable stock

To make tasty stock, keep a clear poly bag with a quick-clip in the kitchen freezer. Put in all the stems when preparing fresh herbs such as parsley, thyme, rosemary etc and the tough green parts of leeks, base plate of onions and any clean off-cuts of vegetables into this bag as you go along. Boil up this glorious mix to make tasty vegetable stock, without salt if you wish! Much better than any stock cube.

### Dates to Remember

**September 5** Good Food Box payment due.

**September 18** Good Food Box pickup.

