

# LOCAL CHEFS



*Cooking Workshops for  
Eating Local at Camp*



**ages  
5-6**

# *What is the Local Chefs activity?*

It's a tool consisting of three cooking workshops that teach your campers about foods grown locally. This activity will help them acquire cooking skills and learn more about eating healthy and local.

DO YOU KNOW HOW  
STRAWBERRIES GROW?

DO YOU KNOW THE PROPER  
WAY TO CRACK AN EGG?

CAN YOU MEASURE FLOUR?

DO YOU KNOW WHAT  
A GROUND CHERRY IS?

DO YOU KNOW HOW  
TO CHOP MINT?

HAVE YOU EVER TASTED  
A CRANBERRY?

DO YOU KNOW WHERE YOU  
CAN PICK APPLES?

Once they've taken the workshops, your campers will be able to answer "yes" to all these questions and many others!

*Psssst!*

You can also view Local Chefs activities for other age groups. You'll find recipes and learn different cooking techniques. You decide which activity is best suited to your campers.



# STEP 1

## DO YOU HAVE A GOOD KNOWLEDGE OF WHAT EATING LOCAL IS?

### What does it mean to eat local?

*It means consuming foods that were grown close to where you live.*

### WHAT ARE THE BENEFITS OF EATING LOCAL FOODS?

- **For health :** Local foods are fresher and generally of better quality. But there are still processed foods produced here that are not as healthy.
- **For the local economy :** Eating local means supporting local producers and processors, and by extension our economy!
- **For society:** Buying local encourages know-how among local processors.
- **For the environment:** Ensures that foods travel a shorter distance and limits the production of greenhouse gases. Less pollution! Cool, eh?



**DID YOU KNOW?**  
FOODS TRAVEL AN AVERAGE OF  
2,500 KM BEFORE THEY REACH YOUR  
PLATE. THAT'S THE DISTANCE BETWEEN  
HERE AND FLORIDA!

**GREENHOUSE GAS EFFECT:**  
GAS THAT TRAPS HEAT WHEN RELEASED  
INTO THE ATMOSPHERE AND CONTRIBUTES  
TO GLOBAL WARMING.



## FIVE TRICKS FOR EATING LOCAL

- 1 Look at where your foods come from when you buy ingredients for your cooking workshops at the grocery store.
- 2 Start a garden and grow your own vegetables, fruits and herbs!
- 3 Visit farms and producers in your region to purchase local foods.
- 4 Present a pick-your-own activity with your campers.
- 5 Buy the ingredients for your next cooking workshop or tasting activity from local producers at a public market.

CHECK OUT THE "GARDENER'S TOOLBOX" AVAILABLE ON THE POWER UP PORTAL BEFORE HEADING TO THE GARDEN WITH YOUR CAMPERS THIS SUMMER.

HAVE YOU HEARD OF THE "MARKET AT CAMP" ACTIVITY? GO TO THE POWER UP PORTAL TO DISCOVER IT WITH YOUR CAMPERS!

*Did you know?*

FOODS TRAVEL AN AVERAGE OF 2,500 KM BEFORE THEY REACH YOUR PLATE. THAT'S THE DISTANCE BETWEEN HERE AND FLORIDA

## WHY ARE COOKING WORKSHOPS IMPORTANT AT CAMP?

– *Because they allow campers to discover, learn about and appreciate a variety of nutritious foods.*

– *Because they allow campers to acquire cooking skills.*

– *Because they allow campers to associate healthy eating with self-realization.*

*Tips for quickly identifying foods produced in Quebec at the grocery store*



Look for one of the following logos on foods or their packaging.



*Psst!*

Psst! You might find the logo on the price tag

Visit the Aliments du Québec website at [www.alimentsduquebec.com](http://www.alimentsduquebec.com). You'll find an online directory that tells you which grocery stores carry the foods you want.

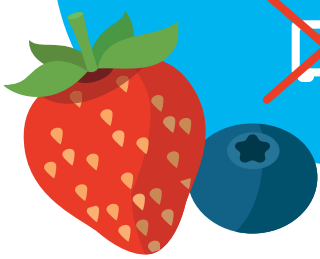


# STEP 2

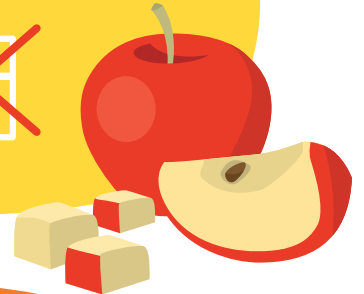
## MAKE YOUR CHOICE!

*Discover three super fun recipes!*

### NO-COOK BLUEBERRY JAM WITH CHIA SEEDS



### LOCAL FRUIT SALAD



### STRAWBERRY SHORTCAKE IN A CUP



*SOS allergies!*

Read suggestions for replacing allergenic foods on each recipe card.



Must be refrigerated



Can be cooked in the microwave



No refrigeration necessary



No cooking required



# STEP 3

## BECOME AN ORGANIZATION CHAMPION!

*The following checklist will help guide you.*

*What to do before your workshop:*

### ☐ A. EQUIPMENT AND EQUIPMENT

Do you have everything you need? Check the complete recipe card to make sure.

### ☐ B. STORAGE

Are non-refrigerated and/or refrigerated spaces available to store the ingredients and prepared recipes?

### ☐ C. GROCERIES

☐ Are the foods you need on your grocery list?

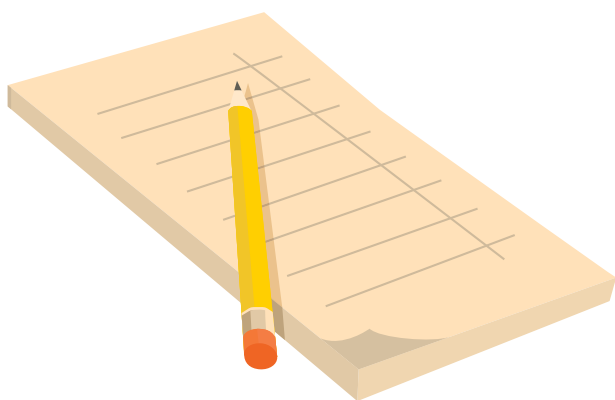
**Psst!** If your coordinator is doing the grocery shopping, give them the list!

### ☐ D. RECIPE

If possible, print copies of the recipe to post or distribute to each camper on the day of your workshop. You'll find the print version at the end of this document.

### ☐ E. NOTE TO PARENTS

Have you sent a reminder to parents about this activity? Send them the recipe so that they can inform you if their child has an allergy.



## *SOS allergies!*

Carefully read the list of ingredients for each product you use in your recipe to make sure it doesn't contain allergens. The priority allergens are named under the list of ingredients, with the mentions "Contains" or "May contain."



## 2. What to do on the day of your workshop:

### ☐ A. SPACE

Organize the space where you intend to present your workshop. It could even be outdoors! Set up the tables and chairs beforehand to save time!

**DO SOMETHING DIFFERENT!  
IF THE WEATHER PERMITS, SET UP  
OUTDOORS ON PICNIC TABLES TO PRESENT  
YOUR WORKSHOP.**

### ☐ B. WASTE MANAGEMENT

Make sure there are garbage cans, recycling bins and a compost bin (if available) at your disposal. Remind your campers where the different types of waste go at the start of the activity!

### ☐ C. CLEAN SURFACES

Thoroughly clean work surfaces using a cleaning product.

### ☐ D. EQUIPMENT

Distribute the cooking equipment. Each camper must have their own equipment in order to avoid contamination.

**HAVE YOU CONSIDERED  
COLLECTING INDIVIDUAL BINS WITH  
YOUR CAMPERS TO STORE THEIR  
COOKING EQUIPMENT?**

### ☐ E. INGREDIENTS

Distribute the ingredients to each camper so that they don't all handle the same container. And remember to take out the refrigerated ingredients right before you use them.

### ☐ F. CLEANING AND STORING

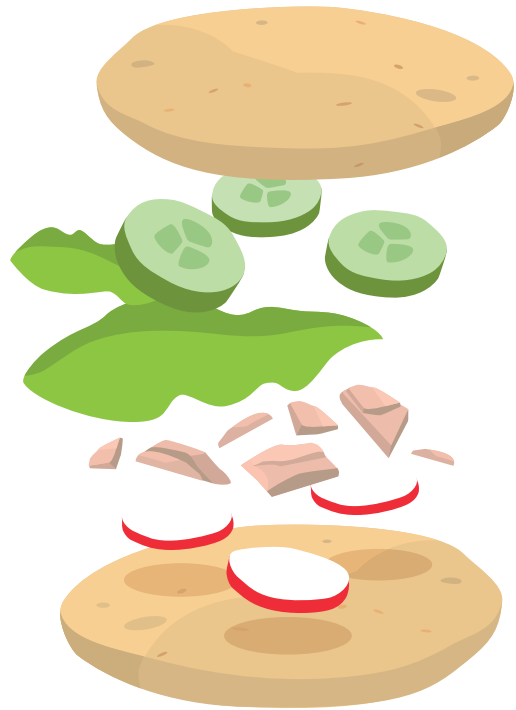
Set up a one-way course with separate places for the garbage can, recycling bin and compost bin, as well as a place where your campers can wash, dry and store their dishes individually.



# STEP 4

## TO MAKE EVERYTHING RUNS SMOOTHLY!

*Follow this guide to ensure that your workshop runs like clockwork!*



### I. WELCOME YOUR GROUP

→ To create some atmosphere in your room, do as though you were visiting the local market and ask your campers to draw the different foods in your recipe and stick them to the wall! Be original!

→ Take attendance and make sure that no one is wearing jewelry or a watch, that the campers roll up their sleeves, and that those with long hair tie it up.

→ Get to know your campers. **What do they like to eat at home? Do they help their parents prepare meals? What are their favourite recipes?** These questions will allow you to adapt your workshop accordingly.



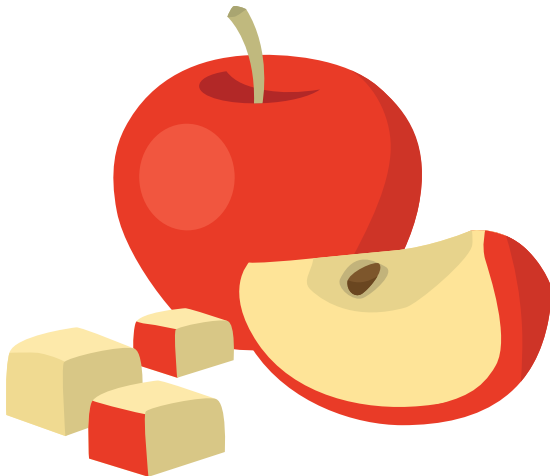


## 2. THE ABCS OF HYGIENE, CLEANLINESS AND SAFETY

→ Have you seen the Power Up poster on hygiene, cleanliness and safety in your local workshop? Show it to all your campers at the start of the activity. The poster is available on the Power Up portal at <https://portail.tremplinsante.ca/>



## 3. PRESENT YOUR RECIPE AND THE STAR INGREDIENT



- ✓ Show a colour photo of the recipe to your campers to get them excited about it.
- ✓ Be sure to show the steps in the recipe.
- ✓ Present the star ingredient in your recipe using the introductory questions.
- ✓ Present the other ingredients and ask your campers about them.

USE THE "DISCOVERING LOCAL FRUITS AND VEGETABLES" KIT TO LEARN MORE ABOUT THE STAR INGREDIENT IN THE RECIPE. THE KIT IS AVAILABLE ON THE POWER UP PORTAL.



## 4. WHAT'S IT FOR?

### PRESENT THE COOKING EQUIPMENT

- ✓ Review the list of equipment with your campers.
- ✓ Ask your campers if they know what each utensil or tool is used for.

WHY NOT INVENT GUESSING GAMES OR PLAY CHARADES TO HELP THEM FIND THE ANSWERS?

## 6. READY, SET, COOK!

- ✓ Carefully read each step in the recipe with your group.
- ✓ Ask your campers pay attention as you prepare the recipe step by step.
- ✓ Walk among your campers and help those who have more difficulty. Let them experiment, but don't complete the steps for them.

## 5. DEMONSTRATE THE COOKING TECHNIQUES

→ All the cooking techniques you show your campers are featured in a pictogram on your recipe card. Find the pictograms on the appendix page entitled "Glossary of Cooking Techniques" at the end of the document.

*Psssst!*

The important thing is that everyone tastes the food at the same time. The faster or more skilled campers can help the others.



## 7. BOY THAT'S DELICIOUS!

- ✓ Taste your recipe together.
- ✓ Ask your campers about the recipe and the activity just completed.

- Did you enjoy this activity?
- Would you like to make this recipe at home?
- What step was the easiest? The most difficult?
- Does it taste good? What would you change in this recipe?
- Did you enjoy discovering the star ingredient? Did it taste sweet? Acidic? Bitter? Salty?
- What did you learn today?

SEE THE "TASTING EXPERT"  
TOOL FOR A SUCCESSFUL TASTING  
WITH YOUR CAMPERS.

## 8. OPERATION CLEAN-UP

- ✓ Take the opportunity to help your campers learn the difference between garbage can, a recycling bin and a compost bin so that they sort their waste properly. You can also complete this step before you start your workshop.
- ✓ Make a sink and two bins available to your campers so that they can wash the dishes in warm soapy water.
- ✓ Guide your campers so that they can store their equipment in the proper place.



# STEP 5

## PRACTICAL GUIDE FOR A SUCCESSFUL ACTIVITY

*The following ideas  
are meant to motivate  
your campers.*



### A. INTRODUCE YOUR THEME IN A DYNAMIC WAY

→ Ask your campers what they know. The following examples will give you an idea of the types of questions you can ask to open the discussion:

- 1 Can anyone explain what eating local means? (It means eating foods that were grown, raised or processed close to where you live.)
- 2 What are the benefits of eating local? (On health, the economy, society and the environment.)
- 3 Have you ever eaten local foods? If so, which foods did you eat?
- 4 Have you ever visited a farm? A public market?
- 5 Have you ever grown a garden? If so, what did you grow?

→ Use the questionnaire game to introduce the recipe you've chosen.



*Suggestion*

Start your day with the “Market at Camp” activity available on the Power Up portal.



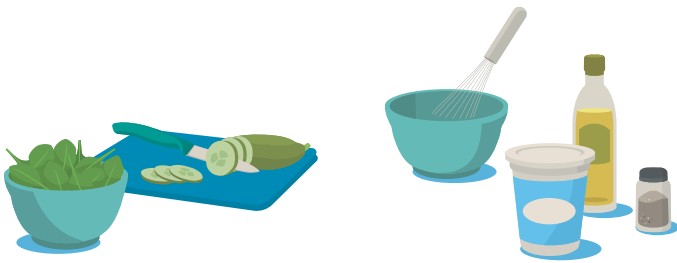
## B. COIN A RALLYING CRY

With your campers, create a rallying cry for the star ingredient in your recipe. If you get the impression you're losing their attention, use the rallying cry to bring them back to the activity.



## C. LET THERE BE MUSIC!

Is your group lacking in enthusiasm? Play some catchy music during the activity: A quick and easy trick for livening up the room! Keep the volume at a reasonable level: This is a cooking workshop, not a dance activity.



## D. CHALLENGE YOUR CAMPERS

During the activity, announce a challenge to stimulate your campers. The recipe card will give you a few ideas. Have fun while staying safe.



## E. RESPOND APPROPRIATELY WHEN A CAMPER COMMENTS ON THE WORKSHOP

### *when a camper comments on the workshop*

It's possible that a camper will make a comment to the effect that "I don't eat sugar" or "My mother is vegan, I can't eat this."

**How should you respond?** Unfortunately, there's no perfect answer. Explain that there are many different ways of cooking and eating, and that today, you're introducing the campers to a food item that you like. Remind the camper who made the comment that they are not obliged to sample the recipe if it makes them uncomfortable.



### *Don't forget*



- If you don't have time to review all the content, it's no big deal!
- Be spontaneous! Ask a question and see where it leads!
- Don't put too much pressure on yourself during the activity. Your campers will enjoy themselves, regardless of the formula.
- Return the recipe to each camper at the end of the activity so they can make it at home. They'll be proud to show off their skills to their families!

## F. ADAPT YOUR WORKSHOP TO YOUR CAMPERS

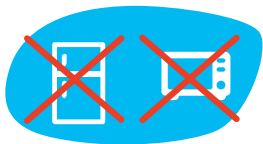
If you see that your campers are more advanced in their cooking techniques, try the recipes for the 9-12 or 13 and older age groups. You can also go to the Power Up website and make this delicious pita:

<https://tremplinsante.ca/en/recipes/chicken-grape-and-curry-pita/>

*Did you mistake the salt for the sugar in your cake recipe?  
Is your jam too liquid?*

No worries! The important thing is that everyone has fun!  
At the conclusion of the activity, congratulate everyone. A round of applause!





# LOCAL FRUIT SALAD

## Introduce the theme

- ✓ Ask your campers to name berries that grow locally. Strawberries, blueberries, raspberries...
- ✓ Ask your campers to name berry products available at the grocery store. Jam, jelly, compote, vinegar, dried fruit, frozen fruit, confit or chocolate-covered berries
- ✓ Ask your campers which berries they've picked before.

STAR INGREDIENT:  
THE GROUND CHERRY



UH OH! ONE OF YOUR  
CAMPERS HAS A FOOD ALLERGY. WHY  
NOT REPLACE THE STRAWBERRIES WITH  
LOCAL RASPBERRIES?

THE EQUIPMENT  
AND INGREDIENTS BELOW  
ARE FOR ONE PERSON.

## PREPARATION

15 MINUTES

## PORTION

1 PORTION

## POSSIBLE ALLERGEN:

STRAWBERRY

## INGREDIENTS:

- ¼ apple
- 5 small strawberries
- 5 ground cherries
- About 15 blueberries
- 3 mint leaves
- 2 tablespoons of 100% pure apple juice

## EQUIPMENT:

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 tablespoon
- Scissors

## PREPARATION :

1. Wash the fruits and herbs.
2. Core the apple.
3. Cut the apple into small cubes.
4. Remove the strawberry tops.
5. Cut the strawberries into four pieces.
6. Separate the ground cherries from their papery husks.
7. Cut the ground cherries in half.
8. Chop the mint leaves.
9. Place all the fruits in a bowl.
10. Add three tablespoons of apple juice to the bowl.
11. Carefully mix all the ingredients using a spoon.
12. Taste your masterpiece.

## Did you know ?

You can grow your own mint? Better still, it's super easy! Check out the "Gardener's Toolbox" guide on the Power Up portal to learn how to grow it at camp.



## Zero-waste challenge

Craft a lovely flower using papery ground cherry husks.



# GROCERY LIST

*All you need to make... Local fruit salad*

*No need to panic!*

If you don't have the exact number of fruits for the recipe, not to worry! It'll still be good!

If you have too much, on the other hand, keep it for a future recipe or distribute it to your campers.

**Circle the number of participants in your workshop**

<i>Ingredients/ quantity</i>	<b>8</b>	<b>12</b>	<b>15</b>	<b>20</b>
<i>Apples</i>	<i>4 units</i>	<i>6 units</i>	<i>8 units</i>	<i>10 units</i>
<i>Strawberries</i>	<i>1 L basket</i>	<i>2 x 1 L baskets</i>	<i>2 x 1 L baskets</i>	<i>3 x 1 L baskets</i>
<i>Ground cherries</i>	<i>2 x 100 g pints</i>	<i>3 x 100 g pints</i>	<i>4 x 100 g pints</i>	<i>4 x 100 g pints</i>
<i>Blueberries</i>	<i>1 pint 170 g</i>	<i>2 X 170 g pints</i>	<i>2 X 170 g pints</i>	<i>3 x 170 g pints</i>
<i>Mint</i>	<i>1 bunch</i>	<i>1 bunch</i>	<i>1 bunch</i>	<i>1 bunch</i>
<i>Apple juice</i>	<i>1 container 960 ml</i>	<i>1 container 960 ml</i>	<i>1 container 960 ml</i>	<i>1 container 960 ml</i>





# Equipment

Circle the number of participants in your workshop

Equipment/quantity	8	12	15	20
Bowls				
Cutting boards				
Paring knife	8	12	15	20
Tablespoon				
Scissors				

Culinary techniques developed



Mixing



Chopping



Cutting  
herbs



Measuring



Wash

## Tasting Section!

Ask your campers the following questions after their first bite:

WHAT IS YOUR FAVOURITE  
TEXTURE? YOUR FAVOURITE  
INGREDIENT?

HOW DID YOU FIND  
THE COMBINATION OF  
INGREDIENTS?

IF YOU HAD TO MAKE IT  
AGAIN, WOULD YOU CHANGE  
CERTAIN FRUITS?





# NO-COOK BLUEBERRY JAM WITH CHIA SEEDS

## Introduce the theme

- ✓ **Name all the ways that you can eat a blueberry.**  
Fresh, in a jam, dried, in yogurt, in a pastry or a muffin, in a dessert like pie, covered in chocolate, etc.
- ✓ **Did you know that** anthocyanin gives blueberries their blue colour?
- ✓ **Wild blueberries exist. TRUE OR FALSE?** TRUE

STAR FOOD ITEM:  
BLUEBERRY

THE EQUIPMENT  
AND INGREDIENTS BELOW  
ARE FOR ONE PERSON



## PREPARATION

15 MINUTES

## PORTION

1 PORTION

## POSSIBLE ALLERGENS

NONE

## INGREDIENTS

- 6 tablespoons thawed blueberries
- 2 tablespoons maple syrup
- 1 tablespoon chia seeds

## PREPARATION

1. In a Mason jar or a bowl, crush the blueberries using a fork.
2. Add the chia seeds and the maple syrup.
3. Use your spoon to mix together the ingredients.
4. Put the jar or bowl in the refrigerator for two hours before tasting.

## EQUIPMENT

- 1 125 ml Mason jar with cover
- 1 fork
- 1 tablespoon

*Psst!*

Your jam will keep in the refrigerator for two weeks.

*Practical tip*

Take the frozen blueberries from the freezer about one hour before your workshop so that they're easy to mash.

**DID YOU KNOW ...**

**CHIA SEEDS MIXED WITH LIQUID FORM A GEL THAT LOOKS A BIT LIKE JELL-O! TOO COOL!**



# GROCERY LIST

*All you need to make... No-Cook Jam*

*Psst!*

In the memo you send to parents before the workshop, ask them to give their child a jar or a container that they can bring home the jam after the workshop. Set aside a few jars or containers in case they forget.

Circle the number of participants in your workshop

Ingredients/ quantity	8	12	15	20
Frozen blueberries	1 bag 600 g	2 x 600 g bags	2 x 600 g bags	2 x 600 g bags
Maple syrup	1 can 540 ml	1 can 540 ml	1 can 540 ml	1 bottle 946 ml
Chia seeds	1 bag 90 g	1 bag 130 g	1 bag 170 g	1 bag 240 g

## Equipment

Circle the number of participants in your workshop

Equipment/quantity	8	12	15	20
Mason jars 125 ml				
Forks	8	12	15	20
Tablespoons				



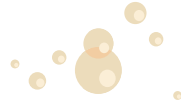
## Culinary techniques developed



Mixing



Measuring



Wash

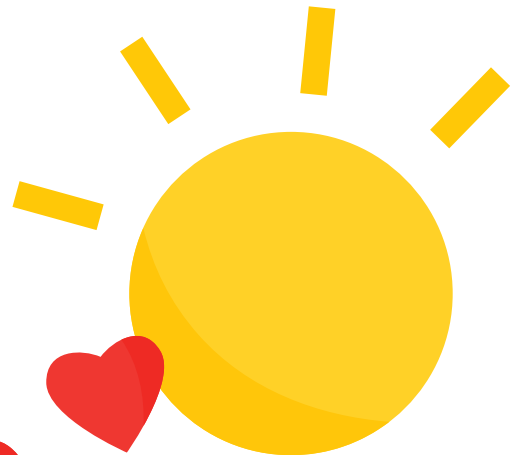
## Tasting Section!

Ask your campers the following questions after their first bite:

HOW DID THE CHIA SEEDS  
TASTE IN THE JAM?

IF YOU HAD TO MAKE IT  
AGAIN, WHAT WOULD YOU  
ADD TO THE JAM?

DO YOU LIKE THE TEXTURE  
OF THIS RECIPE?





# STRAWBERRY SHORTCAKE IN A CUP



## Introduce the theme

- ✓ Have you ever picked strawberries?
- ✓ During what months of the year are local strawberries available at grocery stores or the local market?  
From the end of June until the first frost in October.
- ✓ What is your favourite way to savour strawberries.

**STAR INGREDIENT:  
STRAWBERRY**

## Ecological tip

Keep the strawberry tops to make flavoured water.

## PREPARATION

**15 MINUTES**

## PORTION

**1 PORTION**

## POSSIBLE ALLERGENS

**EGG, MILK, WHEAT, STRAWBERRIES**

## COOKING TIME

**1 MINUTE 30 SECONDES**

## INGREDIENTS :

- 3 tablespoons flour
- 2 tablespoons white sugar
- Pinch of baking powder
- 1 egg
- 2 tablespoons strawberry yogurt
- 1 tablespoon canola oil
- 3 fresh strawberries

## PREPARATION :

1. Wash the strawberries.
2. Dehull the strawberries and set them aside.
3. Mix together all the dried ingredients (flour, white sugar, baking powder) in the cup.
4. Add the wet ingredients (egg, yogurt, oil).
5. Mix well using the spoon.
6. Cook the mixture for one minute and 30 seconds in the microwave.
7. Place the strawberries on top of the shortcake.
8. Taste your masterpiece!

## EQUIPMENT

- 1 cup
- 1 tablespoon

Don't forget to keep an eye on your recipe while it cooks, as cooking times can vary, depending on the appliance.

## True or false?

Strawberries grow on trees.  
False. They grow on small plants along the ground.

Is one of your campers allergic to an ingredient? No need to panic!  
You can substitute as follows:

- Eggs: 3 tablespoons of yogurt or ¼ cup of apple sauce
- Milk: enriched soy or rice milk
- Wheat: oat flour
- Strawberries: raspberries



# GROCERY LIST

*All you need to make... Strawberry shortcake*

*For your future recipes*

Don't forget to store the remaining flour and sugar in a cool and dry place. You can also transfer them to an airtight container

Circle the number of participants in your workshop

<i>ingrédients / quantité</i>	<b>8</b>	<b>12</b>	<b>15</b>	<b>20</b>
<i>Flour</i>	<i>1 bag 2.5 kg</i>	<i>1 bag 2.5 kg</i>	<i>1 bag 2.5 kg</i>	<i>1 bag 2.5 kg</i>
<i>White sugar</i>	<i>1 small bag</i>	<i>1 small bag</i>	<i>1 small bag</i>	<i>1 small bag</i>
<i>Baking powder</i>	<i>1 container</i>	<i>1 container</i>	<i>1 container</i>	<i>1 container</i>
<i>Eggs</i>	<i>1 dozen</i>	<i>1 dozen</i>	<i>1 dozen and a half</i>	<i>2 dozen</i>
<i>Strawberry yogurt</i>	<i>1 container 650 g</i>	<i>1 container 650 g</i>	<i>1 container 650 g</i>	<i>1 container 650 g</i>
<i>Canola oil</i>	<i>1 bottle 375 ml</i>	<i>1 bottle 375 ml</i>	<i>1 bottle 375 ml</i>	<i>1 bottle 375 ml</i>
<i>Fresh strawberries</i>	<i>1 basket 1 L</i>	<i>1 basket 1 L</i>	<i>1 basket 1 L</i>	<i>2 baskets x 1 L</i>



Circle the number of participants in your workshop

Equipment/quantity	8	12	15	20
Cups	8	12	15	20
Tablespoons				

### Culinary techniques developed



Cracking an egg



Mixing



Measuring



Wash

## Tasting Section!

Ask your campers the following questions after their first bite:

DID YOU ENJOY MAKING  
A RECIPE IN A CUP?

HOW WOULD YOU DESCRIBE  
ITS TEXTURE?

IF YOU HAD TO MAKE IT AGAIN, WHAT  
FRUIT WOULD YOU USE AS A SUBSTI-  
TUTE FOR THE STRAWBERRY?



# GLOSSARY OF COOKING TECHNIQUES



Cracking an egg



Cutting herbs



Chopping



Mixing



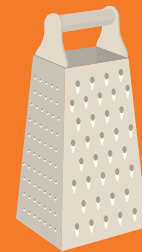
Measuring



wash

*Not sure you have a good knowledge  
of cooking techniques?*

Visit the video section of the Power Up portal to view the capsules and learn more. You can also use the visual tool entitled My cooking techniques, which you can print and place on the tables to remind you what to do and how to show the campers during the workshop.



Grating cheese





# FROM CAMP TO HOME



Distribute these three simplified cards to your campers during the workshop so that they can make the recipe at home.

On the reverse side of the recipe, campers and their families can view the seek & find activity that they can play at the grocery store.

## Strawberry shortcake in a cup

**Preparation:** 15 minutes  
**Portions:** 1  
**Possible allergens:** egg, milk, wheat, strawberries

### Ingredients

- 3/4 cup wheat flour
- 1/2 cup white sugar
- 4 pinches baking powder
- 4 eggs
- 1/2 cup strawberry yogurt
- 1/4 cup canola oil
- 12 fresh strawberries

### Equipment:

- 4 coffee cups
- 1 spoon
- 1 medium-sized bowl

### Preparation:

1. Hull the strawberries and set them aside.
2. Blend all the dried ingredients (flour, sugar, baking powder) in the bowl.
3. Add the wet ingredients (eggs, oil, yogurt).
4. Mix together using the spoon and divide the mixture into the four coffee cups.
5. Cook for one minute and 30 second in the microwave at high setting.
6. Top with the strawberries and taste your masterpiece.



## No-cook blueberry jam with chia seeds

**Preparation:** 15 minutes  
**Portions:** 4  
**Possible allergens:** none

### Ingredients:

- 4 cups thawed blueberries
- 1/2 cup maple syrup
- 1/4 cup chia seeds

### Equipment:

- 1 Mason jar 125 ml with cover
- 1 fork
- 1 tablespoon

### Preparation:

1. Wash the blueberries.
2. In a jar or a bowl, crush the blueberries with a fork.
3. Add the chia seeds and the maple syrup.
4. Mix together the ingredients.
5. Refrigerate for two hours before tasting.



## Local fruit salad

**Preparation:** 15 minutes  
**Portions:** 4  
**Possible allergens:** strawberries

### Ingredients:

- 1 apple
- 20 small strawberries
- 20 ground cherries
- About 60 blueberries
- 12 mint leaves
- 3/4 cup of 100% pure apple juice

### Equipment:

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 tablespoon
- scissors

### Preparation:

1. Wash the berries and herbs.
2. Core the apple.
3. Cut the apple into small cubes.
4. Remove the strawberry tops.
5. Cut the strawberries into four pieces.
6. Remove the husk from the ground cherries.
7. Cut the ground cherries in half.
8. Chop the mint leaves.
9. Place the berries in a bowl.
10. Pour 3/4 of a cup of apple juice into the bowl.
11. Blend at the ingredients using the spoon and taste!



# SEEK & FIND



Here are some images of some of the fruits that you discovered in the recipes. Can you find them at the grocery store?

No-cook blueberry jam with chia



Strawberry shortcake in a cup



Local fruit salad

