

SPRING
CONFERENCE
RECAP
PAGE 3

WHAT'S GOING
ON
PAGE 6

MEMBER
PROFILES
PAGE 8

FALL CONFERENCE
ITINERARY
PAGE 9

NOTES FROM THE
B. O. H.
PAGE 11

THE BOUQUET GARNI

Newsletter of the British Columbia Culinary Arts Specialist Association



President's Message



I hope everyone has had an incredibly successful start-up. There is no doubt that September has always been an extremely busy time of the year for teaching chefs. So much time and energy go into starting this huge machine, to get it running smoothly and flowing as we like it. Even if we make it look easy to those looking in. More than ever before, I am looking at September as the perfect time to reflect on what is most important, what works and what doesn't. I am using this time to fine tune different aspects of my classroom, pedagogy and even BCCASA. As a goal setting individual, I like to use this time to set personal and

professional goals each year as a method for growth and learning. This year, I really wanted to set some challenging and exciting goals for BCCASA to achieve.

When coming up with these BCCASA goals, I couldn't help but reflect to our spring conference where for the first time in what seems like forever, we had the chance to truly connect. Having an opportunity to welcome new faces to our PSA and reconnect with long-time friends and colleagues in a fun and active environment, made for the perfect conference. I left that hotel feeling inspired and energized. This year, I would like BCCASA to spend a lot of time and energy connecting members from all over the province to grow our PSA and grow our profession. There will be a great number of resources dedicated to collaboration. We will also be moving to launch a lesson and material share site. Lastly, will also be coming up with a platform to connect all BCCASA members to as many industry leaders as possible. This will be an effort to streamline student employment opportunities to everyone, regardless of where you are based or who you know or do not know while helping industry fill the employment gaps.

For me, everything we do as a PSA is all about bringing us together as friends and professionals and lifting each other up to be the best we can be. This is also why I am so excited to attend our fast-approaching BCCASA Conference and AGM. We finally get to be in person, to see and experience so many unique learning opportunities and of course, connect with each an even larger group. I expect that it will be very difficult to leave this conference without feeling some sort of joy and excitement. I must thank two very special people who have made this all happen. First our host, Chef Mark Kilner who as you will see, is doing some unbelievable work with his students on a day-to-day basis and still agreed to be our host for

this return conference. Of course, none of this would be reality without the continuing dedication and talent of Lori Pilling. She truly conducted this symphony of activities this past July while on vacation. Thank you both for all the work you have done and will do to make this so special for so many of your friends and colleagues.

Finally, I am inspired this year by the BCTF's theme of this PSA day, "Celebrating 50 Years of PSAs". I have had a chance to review so much history from the infancy of BCCASA to where we are now. While it is hard to believe how much we have accomplished and how far we have come, it is exciting to see where we will go from here. I look forward to sharing some of this history with you at our AGM.

From the Desk of Scott Roberts:

Over the past year, Meghan and I have been developing a new and improved platform for the BCCASA Google doc share site. Several changes were made along with some housekeeping. The greatest advancement you will notice is that access to all material is now easier than ever! Please consider contributing recipes, lesson plans, assessment strategies or anything else you may consider helpful to other BCCASA members.

This is a project that can only grow with the help from all BCCASA members. If you would like to contribute to this site, please email Meghan Dehghan at dehghan_m@surreyschools.ca

You will also find the link to the share site on the BCCASA website under Resources. If you have any questions about access, please email me, Scott Roberts at scott.roberts@abbyschools

https://drive.google.com/drive/folders/1DdQ4PRw5bSFTObCqXOvYwLn_2bWZd8ze

Editor's note:

Hello folks! It dawned on me the other day that this is my first official fall conference with BCCASA as an official executive member, weird. The covid times was like some kinda strange blip we were all on. Glad to be back to (somewhat) normal.



If you've been watching the new TV show "The Bear", with its unflinching portrayal of a very realistic chaotic and demanding kitchen, you realize that the culture of many kitchens is unsustainable. With the recent Cook's Camp symposium at North Arm Farm in Pemberton organized by the Chef's Table Society, which had a major focus on mental health, along with the current article in Toronto Life Magazine, illustrates that our industry is currently going through a lot of upheaval at the moment. I'm glad the conversation has started, there's hope for change, reflection, and innovation.

On another note, on October 27th, The Michelin Guide will officially announce which restaurants in Vancouver will be awarded one, two, or a rare chance of three Michelin Stars. This is a major deal, and will undoubtedly change the city's culinary industry, as well as a few chefs' careers, overnight. Stay tuned!

That's all for now, happy Fall, really looking forward to a fun weekend!

See ya on Friday!!
Your friendly neighbourhood editor,
Stephen Schram

Spring Conference



“Connections”

Abbotsford & The Fraser Valley

by Stephen Schram

It had been a long pandemic for our small group of foodies, chefs, and educators. Abbotsford, the heart of the Fraser Valley, was the setting of our long-awaited return to face-to-face meeting, where we could once again swap our stories and ideas. It was an eclectic group of passionate producers and fantastic farmers allowing us a glimpse into what inspires them in their daily work.

Friday June 17th

We began the day at the Clarion Hotel and Conference Centre in Abbotsford. It was surprising to note that the



hotel was right beside Castle Fun Park, the subject of many online photos highlighting the devastation and extent of the

high water during 2021's November flood in the Sumas plain. Luckily the hotel had been quickly renovated and was able to host us for the morning with a delectable buffet breakfast.

First up was an interesting talk with BC Egg Farmers which included Amanda Brittain and Charlotte Watts



with us live, and live camera tours of organic egg laying operations in Chilliwack and Agassiz. It was surprising to see so much automation, organization, and cleanliness in both farms we surveyed.

Afterwards, Paul Boudreau who gave us an overview our familiar and very helpful program Take A Bite of BC, which connects our teaching kitchens to the many dedicated farmers of the Fraser Valley and all over BC. Personally, I love getting access to all these amazing local products, allowing me to showcase all that BC produces locally, to our students. Receiving it free of charge is just icing on the cake.



From there we loaded onto a bus and were whisked off to Elk Ridge Dairy in Chilliwack to learn about the intricacies of raising and maintaining a herd of heifer to produce milk. We were greeted by Wim Kloot, son of the original owner who talked to us about his family

and the history of the farm. We



learned about all the hard work, research, technology, and science that is required to operate a successful modern dairy farm. Their feed and nutrition expert explained to us how the proper nutrient level maintain through the silage is crucial



to ensure good milk production. Much of the work, from milking to pushing the feed closer for the cows is now done by hyper specialized robots, for greater accuracy and to reduce labour costs.

After our tour we were treated to a mazing catered BBQ lunch on the lawn outside the dairy.



Next was a tour of Farmer's Fresh Mushroom, a family run indoor farm in Abbotsford, growing white button, cremini, portobello and other specialty mushrooms in an efficient operation. Started 20 years ago by Tan Truong, and currently run buy his son Tim, we toured the growing

rooms where they seed their crops, allowing for multiple harvests over several weeks. The cool musty rooms seemed like a perfect mix of a relic from the past, and a modern warehouse. The amount of product on site that day was immense, illustrating the amount of food that can be created in non-conventional farms. The family not only grows mushrooms, but also creates through an intensive process, their own compost material which becomes the growing medium for the mushrooms.



Last we arrived at Gravis Greenhouses to view the red pepper forest that towered above us in neat rows. The massive glassed-in rooms housed thousands of plants all grown in

a tightly controlled environment. The picking was done by hand, but with the aid of lift machines supported on a network of inter greenhouse rails. The grading was done by 6-lane Greefa Sizer, a fancy produce sorting and grading machine from Europe. Once again it was very noticeable the impact technology was having on the agricultural industry. Everything was clean, organized, and automated. We finished the day with a dinner nestled amongst the colossal plants, with catered deli sandwiches and other tasty treats.

Saturday June 18th



Trethewey House Heritage Site, in Abbotsford, was where we began our morning. We were first led by a Metis educator who gave a talk on her history and the indigenous plants in the Sylvia Pincott Heritage Garden. The garden was opened in 2002 and named after local environmentalist Sylvia Pincott, founder of Abbotsford's

Backyard Wildlife Habitat Program and leading advocate of the Naturescape program. Our Metis guide encouraged us to check out all the plants, as she discussed the history of the garden, tasting the fresh salmon berries along the way.



Anneleen van Dijk then escorted us on a tour of the Trethewey House itself, which was built in 1919 for B.C. lumber baron Joseph Ogle “J.O.” Trethewey. President of the Abbotsford Lumber Company. The House was built in an “arts and crafts” style and is constructed using primarily local materials and contains old-growth Abbotsford fir lumber and bricks and tile crafted from clay mined on Sumas Mountain.



After the tour we walked across the lawn The Abbotsford Horseshoe Club, which was directly adjacent to the heritage site. The seasoned pros

of the club coached us through the finer points of chucking a curved piece of metal at a post in the sand. In no time chefs turned into horseshoe athletes and were nailing ringers. Afterwards we ate outside at the club for a delicious deli lunch.



After lunch it was off to The Valley Golf Centre golf course to take a few practice swings on the driving range, with the help of a local pro. Once we were properly frustrated, we were let



loose onto the links to chase a little white ball around the manicure lawns and greens. Word on the street was that Terry Larsen, in traditional Scottish fashion, ripped up the course. Whatever the outcome, it was a wonderful afternoon to spend outside in party cloudy skies.

After a refresh at the hotel, we departed for our final dinner at Restaurant 62, an upscale restaurant in downtown Abbotsford. It’s always interesting to find these hidden gems outside of the big city of Vancouver. We were offered the choice of 3 excellent, well prepared, and well executed courses; items such as mushroom risotto, pork belly, braised beef, and crème brûlée. The menu proved an excellent finishing touch on the fantastic weekend.

BCCASA members proved that we love to learn, eat, drink and be merry. It was so great to reconnect and make evocative connections to some of the fantastic producers just steps away for our schools.



WHAT'S GOING ON

...around British Columbia

B.C. food and beverage industry networking event returns

Members of the British Columbia food and beverage industry will come together at the Every Chef Needs a Farmer, Every Farmer Needs a Chef event in the fall and winter.



"This event is a great opportunity for chefs to meet the people in our agricultural and food industry, and learn more about the amazing ingredients and products available in B.C.," said Lana Popham, Minister of Agriculture and Food. "And for farmers, ranchers, shellfish growers and other producers, being able to showcase their best to the restaurant industry is helping bring more local flavours to tables around the province, and strengthening the provincial food system and food economy."

The third Every Chef Needs a Farmer, Every Farmer Needs a Chef networking event is welcoming back farmers, chefs and food service professionals after a three-year hiatus. This season, the event is returning with two smaller regional half-day events: one in Victoria on Nov. 7, 2022; one in the Okanagan on Feb. 28, 2023.

"As chefs, it is our jobs to celebrate putting food on the tables of B.C. and highlighting the stories of the producers, farmers, fishers, makers, artisans and processors from across our great province," said Ned Bell, Buy BC chef ambassador. "The two unique Every Chef Needs a Farmer

events allows chefs, cooks and restaurateurs to come together to meet with the people and families responsible for providing food for our tables and build those essential relationships for buying from within our province to create delicious dishes that support our fellow British Columbians to grow and succeed."

Exhibitors from B.C.'s agricultural industry, farmers, ranchers and producers, will be invited to showcase their products and share information about the variety of what is produced in different regions of the province. The event will also include speaker sessions with chefs, farmers and local food champions.

The Every Chef Needs a Farmer, Every Farmer Needs a Chef event is part of the Ministry of Agriculture and Food's Buy BC marketing program. Buy BC helps farmers, ranchers and producers market their products as locally grown, raised, harvested or produced, making it easy for British Columbians to Buy BC.

Quick Facts:

- In 2019, nearly 500 farmers, chefs, food processors, and other members of the B.C. food and beverage industry attended Every Chef Needs a Farmer, Every Farmer Needs a Chef event.
- Approximately 60 agrifood and seafood producers and processors exhibited their products such as eggs, mushrooms, scallops, haskap berries, garlic, sea salt, beef, vegetables, water buffalo cheese, apples, blueberries, pork, seaweed and vegan meat in the agriculture showcase at the event

Who should attend this event?

- Producers of all sizes and all crops, livestock and other agriculture and seafood products interested in selling directly to restaurants

- Food and beverage processors interested in selling directly to restaurants
- Chefs, cooks and restaurateurs, Industry associations and non-profit organizations
- Culinary institutions
- Other members of the food and beverage industry

Learn More:

- Visit the Every Chef Needs a Farmer, Every Farmer Needs a Chef event site:
<https://buybc.gov.bc.ca/every-chef-needs-a-farmer>
- Every Chef Needs a Farmer, Every Farmer Needs a Chef success story, Forage and High Mountain Farm:
<https://www.youtube.com/watch?v=OOtVzghtQLo&t=33s>
- Every Chef Needs a Farmer, Every Farmer Needs a Chef success story, The Acorn Restaurant and Fraser Valley Hazelnuts:
<https://www.youtube.com/watch?v=hoZG6u21B6o>
- Visit the Every Chef Needs a Farmer, Every Farmer Needs a Chef event site: <https://buybc.gov.bc.ca/every-chef-needs-a-farmer>

Greenhouse Day Ladner



and what it is about.

To support BC's agriculture and bring local food closer to Canadians two volunteers, Chiara-Marie Brogsitter &

Iliya Karimi, from Delta Secondary School, spend the day at West Coast Vegetables Greenhouse under the lead of Chef Trevor Randle and prepared a Vietnamese sandwich only made of vegetables from all the greenhouses around Ladner.

We, as Delta Secondary School students, who volunteered to go to the greenhouse opening day, we had the chance to experience this day behind the scenes. We made the sandwiches for the public and got to talk with a lot of different people. It was a great experience, we practiced working as a team together and being in contact with so many people which helped us to get a deeper view in serving business. It was also a lot of fun preparing the sandwiches.



On our break we also had the opportunity to see inside and processes of the greenhouse for ourselves. It was really stunning how big and beautiful it was, we also got to learn a lot about greenhouses, farmers, and the processes of planting and growing vegetables. In general, we definitely recommend the experience and the Greenhouse Day to all other students and people. We had a great time, and we learned a lot

More Information about the Greenhouse Day at:
<https://bcgreenhouse.ca/bc-veggie-day/>



Member Profiles

No Flash in the Pan - A Teacher Profile of Mike Austin

By Gerry Brach, Brooks Secondary School Counsellor



Mike Austin's long cooking career is coming to an end on July 1, as he officially retires from Brooks. As he looks back on his 28-year teaching career, and on the cooking he has done on private yachts, he feels fortunate to have met so many interesting people along the way.

Mike first became interested in cooking when he was a student at North Delta Senior Secondary School, in the late 1970's. He enrolled in the culinary arts program

in Grade 11 + 12 but wasn't sure he wanted to cook as a career. After graduating from high school, he worked for B.C. Hydro for a year, first emptying bus fare boxes on a grave-yard shift and later sorting and delivering mail. Realizing he needed more skills training; he signed up for a meat-cutting course at Pacific Vocational Institute (BCIT). As there was a two year wait list for the meat cutting course, he ended up completing a Level 1 Cooks Training Course instead.

After finishing his cooks training, he travelled to Australia and New Zealand for a fifteen-month working holiday. Missing Canada, he returned to a job cooking at a restaurant on Granville Island and earning his Red Seal Certification. From there he went looking for more adventure and ended up finding a job as a cook on a private yacht. Over the next few years Mike continued cooking on private yachts including Western Broadcasting (Frank Griffiths), Belkins Paper and Arrow Transportation. During this time, he worked long hours cooking for corporate clients while cruising the BC coast from Vancouver to Florida via the Panama Canal. He also enjoyed sport fishing and guiding when not cooking on the

yachts. Other perks were getting to meet the Vancouver Canucks on Frank Griffith's yacht and getting free tickets to Canuck games. "I met a lot of interesting people, including politicians, world leaders, and Holly wood types like Sydney Poitier and Merv Griffin."

Although Mike liked his job, he realized that he needed to find something that provided a more normal life for his family, as he was away for months at a time. After doing some research he ended up completing a Provincial Instructors Program from Vancouver Community College in 1992 and then taught for two years at Johnson Heights Secondary School in Surrey. He taught another year on the Gulf Islands before taking a job at Brooks Secondary in 1996. Along the way Mike worked hard to obtain his Bachelor of Education degree at the secondary level by attending five summer school sessions at U.B.C.

Highlights of his twenty-five years of teaching at Brooks include: catering for 1300 people for one week at the B.C. Festival of Arts, setting up food service for a 500 -person camp at a Run of the River Project at Toba Inlet, hosting the B.C. Chef Education Conference in 2015, and taking many students over the years to B.C. Skills Competitions where he judged four times at the Provincial level and once at the National level. Mike has also enjoyed sponsoring the Brooks golf team since 2000. Mike is not sure what the future holds once he retires, but he does know that he will be spending a lot of time outdoors, fishing, golfing, hiking, kayaking, and riding his ATV. He just purchased an RV, so he is planning on taking a few trips with his wife Clara who recently also retired.

When it comes to cooking, Mike has proven over the long haul, that he is "No Flash in the Pan."

Congratulations on your well-deserved retirement, Mike!

SALT ISLAND SPRING

Fall Conference

October 21st & 22nd

The official hotel of the 2022 BCCASA Conference and AGM will be the beautiful Harbour House Hotel.
121 Upper Ganges Road Salt Spring Island -- 1-250-537-4700

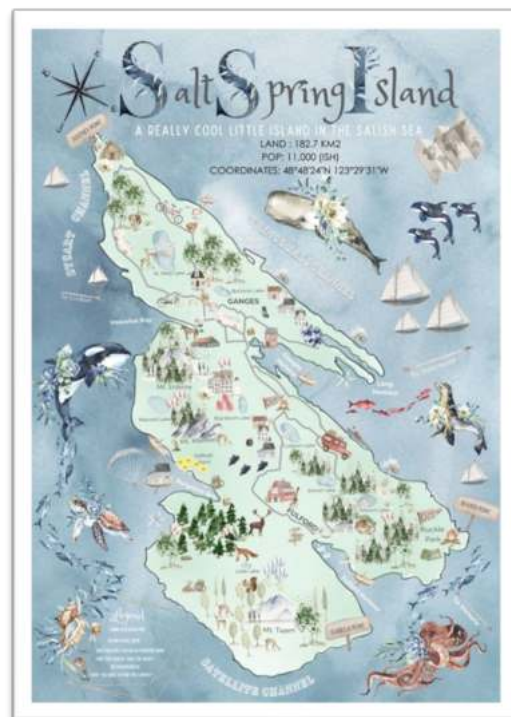


Friday October 21, 2022

- 7:30-9:00am - Breakfast at Harbour House
- 9:15am - Bus to Gulf Island Secondary
- 9:30 - Tour Chef Mark Kilner's GISS kitchen and greenhouse
- 10:30am – AGM at GISS
- 11:30 am - Lunch prepared by Chef Mark Kilner and the GISS Culinary Arts students

Groups will be divided into two groups for rotating tours

- 12:30 pm - Board designated bus
- 12:45 pm
 - Group #1 Arrive at Salt Spring Island Cheese (1hr)
 - Group #2 Arrive at Ruckle Heritage Farm (1hr)
- 1:45 pm - Groups board bus & swap tours
- 2:00 pm - Alternate tours begin (1hr)
- 3:15 pm – Both groups board their respective busses to travel to next double tour
- 3:30 pm
 - Group #1 Arrive at Salt Spring Island Mead Company (1hr)
 - Group #2 Arrive at The Garden (1hr)
- 4:30 pm - Groups board bus & swap tours
- 4:45 pm – Alternate tours begin (1hr)
- 6:00 pm - Dinner at Moby's Pub in Ganges



Saturday October 22, 2022

- 7:30-9:00 am - Breakfast at Harbour House
- 9:00-10:30 am - Walk on your own to SSI Saturday Farmer's Market
 - 10:45 am - Board Designated Bus at Hotel
 - 11:00 am - Board Designated Bus at SSI Saturday Farmer's Market



Groups will be divided into two groups for rotating tours

- 11:15 am
 - Group #1 - Ernst & Elsie Farmworks Tour - learn to cull & clean quail (1hr)
 - Group #2 - Salt Spring Island Brewery tour (1hr)
- 12:15 pm - Both groups walk to opposite venue
- 12:30 pm – Alternate tours begin (1hr)
- 1:30 pm - Groups board designated bus
- 1:45 pm - Lunch at The Woodshed Provisions
- 3:00 pm - Groups board designated bus
- 3:15 pm
 - Group #1 - Tour Salt Spring Apple Company Orchard (over 400 varieties) (45m)
 - Group #2 - Ciderworks tour (45m)
- 4:00 pm – Alternate tours begin (45m)
- 5:00 pm - Groups board designated bus
- 5:15 pm - Time at Harbour House Hotel -- rest, freshen up and change clothes
- 6:45pm - Walk to Hasting House Country House Hotel
- 7:00 pm - Dinner at Hasting House -- 4 courses/fine dining



NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

B.C.'s proposed new school food guidelines 'go too far,' some parents say

By Jon Hernandez · CBC News ·
Apr 06, 2022

B.C. is changing its guidelines for food and drinks served and offered in schools, and some parents fear the proposed update could hamper beloved fundraisers like hot lunch programs while stigmatizing some foods over others.

The province unveiled its proposed [2022 B.C. School Food Guidelines](#) to parents this month as it looks to secure feedback by April 30.

Under the proposed voluntary system, schools would move towards a "gold standard" in nutrition with a larger number of foods placed on a "foods to avoid" list, including fruit juice, hot dog wieners and deli meats, energy and protein bars, sweetened milk, frozen treats, and anything deep fried. The guide suggests items like pizza that aren't 100 per cent whole grain should also be avoided.

The guidelines apply to food that's offered, served or sold in schools, including school food programs, as well as parent-organized events like hot lunches, fun fairs, and bake sales. It doesn't apply to

what kids bring to school for lunch.

Some school Parent Advisory Councils are raising concerns that the proposed voluntary guidelines could lead to policies at schools that limit food options served at popular hot lunch programs.

"This is really about food policing," said Cindy Dalglish, a mother of two and PAC president of Ecole Woodward Elementary in Surrey. "It definitely impinges on what a parent can decide for their child, what they can eat and what they can't eat."

Fundraising concerns

Dalglish says events like 'Pizza Day' and 'Freezie Day', which only happen every so often, go a long way to raise money for schools like hers.

She says typically the programs raise about \$20,000 annually for items like computer and sports equipment.

"PAC-sponsored events, they are solely about having fun a few times a month, a couple times a year," she said.

Dalglish says the guidelines could also promote a culture of food shaming.

"There are lots of people in this province living in this poverty, and the foods that are considered

healthy on this list are very expensive, especially over the last couple of years with our grocery bills going up and up," she said.

Dietary challenges

Other parents have voiced concerns that the guidelines don't take into consideration the dietary habits of many students and families — particularly for children with disabilities.

"Disabilities were not mentioned whatsoever [in the proposal]," said Chantelle Morvay-Adams, a Nanaimo mother of two neurodivergent children. "Folks with disabilities and neurodivergent people have food sensitivities, they have a specified diet, and there are challenges."

Morvay-Adams is a board member of BC Ed Access Society, a volunteer organization that serves children with disabilities.

"If a district decided to mandate [the guidelines], that would cut out most of the foods my kids eat," she said.

In a statement, the province said the guidelines align with Canada's 2019 food guide evidence related to promoting health and reducing the risk of nutrition-related chronic diseases.

"They are intended to support school staff and PACs in creating a

healthy school food environment," wrote a spokesperson from the Ministry of Health.

The ministry says it's consulting with public health experts, the education sector, the food and beverage industry and parents. Feedback will be considered for the final draft due later this year.

The B.C. Chapter of the Coalition for Healthy School Food said it supports the proposal but notes that "there will be different levels of acceptance and ability to implement the new guidelines due to differences in resources, staffing and infrastructure."

It says schools should also be provided with government

funding in order to meet criteria set out by the new guidelines.

As for parents like Dalglish, she hopes the ministry will reverse course and stick to current guidelines.

"This is one of those things that the ministry needs to butt out of, and let families do what they need to do for their own children," she said.

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Frank Hurt Secondary / 604.590.1311

Director

Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary / 604.858.9424

2nd Director

Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary / 604.853.3367

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001

Have something to share?

Response to an article?

Recipes?

Wanna join the Executive?

LET US KNOW!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

It is important that we keep
BCCASA current,
sharing the ideas and voices of
Chef Instructors throughout BC!