

Bouquet Garni

"Strange to see how a
good dinner and
feasting reconciles
everybody"
-Samuel Pepys



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President's Message Academics vs. Practical

Back at the beginning of 2008 the Teachers Qualification Service (TQS) requested that BCIT's Technology Teacher Education Department (TTED) develop a process for evaluating Red Seal credentials that would be applied towards Category 5+. Individuals would be eligible to receive credits based on their Red Seal certificate and related experience in their trade. However, as you may know, Red Seal evaluation will only take place for individuals who have completed a recognized Technology Teacher Education program. According to BCIT, Red Seal Chef training does not align with one of "our" TTED courses and "we would be unable to assign credits". In other words the only evaluations BCIT will do are their own graduates and any other Red Seals will not be evaluated.

It appears that when the TQS was looking to evaluate Red Seals, they

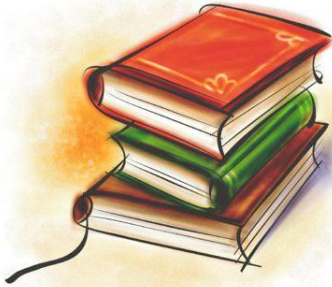


were looking for any university or institute in North America that had already done this, so I guess that they did not have any luck elsewhere. Apparently BCIT was the only interested party to evaluate Red Seals but to the exclusion of all other institution's Red Seals. Things look like they may be improving as Vancouver Island

University (VIU) has expressed an interest in evaluating Red Seals. This is good news for BCCASA because VIU has a culinary arts program and evaluation would be easier to assess.

Also BCTF has been taking my message to the TQS. I was arguing with the BCTF that any Red Seal regardless of its connection with BCIT is worth a Category 5+. Most Red Seals, including cooking, requires four years with a combination of formal and practical training. On top of the 4 years of university for the B.Ed., that is considerable amount of training. For any other teacher with four years of extra training this would most certainly fully qualify them for Category 5+. Is this fair? Also most teacher chef positions require a red seal to qualify for the job. How many teachers in your school do you know that have went on to get their Masters, unrelated to their every day

President's Message continued:



VS.



teaching domain, yet receive a Master's pay scale? The BCTF seems to be getting the message yet I think the biggest obstacle is that any academic training is perceived as more valuable than any practical training. They see academics as the only legitimate form of education.

In his book Out Of Our Minds, Ken Robinson, presents new ideas about academia as it relates to intelligence, creativity and practical endeavors. Sir Ken Robinson is an internationally recognized leader in the development of creativity, innovation and human recourses. He has worked with governments in Europe, Asia and the USA, and with international agencies and Fortune 500 companies. He speaks to audiences throughout the world on the changing needs of business, education and organizations in the new global economies. In 2005, he was named one of Time/Fortune/CNN's "Principal Voices". That is why I chose Sir Ken Robinson to present my thoughts on academics. He adds legitimacy to anything I would have to say on the subject.

Ken Robinson states that "one of the greatest problems that face the future of education is the persistent confusion of academic ability with intelligence". He says that the word academic is commonly used as a "synonym for educational". If there was no more to human intelligence than academic ability, most of human culture would not exist. He uses a number of examples of human culture, including practical science, music drama and cuisine that would have never happened without practical applications. "If all you had was academic ability, you wouldn't have been able to get out of bed in the morning" because there would

have been no bed to get out of. No one would have made one. "You could have written about the possibility of one", but not have constructed it. Although he recognizes that academics are vital to education it is not the whole of education. "Yet our educational systems are completely preoccupied with these abilities to the virtual exclusion of many others that are equally vital" "To educate people for the future, we must see through the academic illusion to their real abilities, and how these different elements of human capacity enhance rather than detract from each other".

Traditionally universities have rewarded academic degrees while other institutions give diplomas. Ken Robinson goes on to further enhance his point of academic vs. practical by using the arts as examples. If you wanted to do art, to paint, draw or sculpt you went to Art College and received a diploma. If you wanted a degree in art you went to university and studied art. You didn't do art at university; you wrote about it. "There is still resistance to the idea that degrees should be given for practical work in the arts. This is because universities in particular and education in general are still dominated by the ideology of academicism". He did not use culinary arts as an example but I believe that the point is the same. You can receive a Masters in Gastronomy but four years training as a cook is not recognized by TQS and excludes this post secondary training in it's qualifications.

I believe when TQS initiated the evaluation of the Red Seal for Category 5+ it recognized the practical aspects of education. It probably saw that in March of 2007 that 28,000 jobs created in B.C were from the trades. They initiated this

process to encourage qualified trades people to become teachers to fill the growing demand for trades. Yet they still don't recognize the practical training of its cooking and shop teachers as valuable as the academic teachers. They are still preoccupied with the notion that having a degree is evidence of advanced intellectual capacities and of employability. That is not true any more. They confuse academics with abilities and that many employers are complaining that universities don't teach what people now need to know and be able to do.

I know that many of our members will not be affected by any advancement in Category 5+, but I think it is important to us all to be recognized among our peers as equals. We, as trade's people and as teachers, need to see ourselves as having a very important role in the education of our students. That more than ever we are playing a much bigger role than what was traditionally thought and we need to be recognized as such.



28th Annual Sculpture Competition

submitted by Chef Terry Larsen - Enver Creek Secondary

First held in 1984, the Lard Sculpture Competition was the creation of Chef Instructor Wolf von Oelffen of Frank Hurt Secondary. The event was hosted by Chef Wolf for nineteen years at Frank Hurt Secondary and on his retirement the hosting duties were given over to Chef Terry Larsen and the Culinary Arts program at Enver Creek Secondary. For the first four years at Enver Creek the event continued to be held as a Lard Sculpture Competition, but in 2008 the event was renamed and revamped into a Culinary Sculpture Competition. The event now invites Culinary programs from throughout British Columbia to enter and compete with sculpture exhibits consisting of any of the following media: Lard/SPS, Chocolate, Bread or Pastry, Vegetable/Fruit, or Decorated Cakes. This has opened the competition to greater possibilities for Secondary School Culinary talent to show the skills developed and honed in our Culinary Arts programs in the teaching kitchens of British Columbia.

Top Male Exhibit:
"Obesity at its Finest"
Tamanawis Secondary
Nathan Sundeen and Derek Bender



Top Co-Ed Exhibit:
"Tiger"
North Surrey Secondary
Andrew Park and Michelle Han



Top Female Exhibit:
"Flowerpot Cake" (a fondant decorated cake, not a
Lard Sculpture)
L A Matheson Secondary
Lisa Blackwater



28th Annual Sculpture Competition continued

submitted by Chef Terry Larsen - Enver Creek Secondary

Judges: (from left to right)

Laurae McNally, Julius Pokomandy, Settimio Sicoli, Susan Chow

not in picture: Alan Jones



Silver Pieces



BCCASA Conference and AGM Penticton B.C.

“Mère Naturel” October 22 - 23 2010



Touch and taste the Natural Mothers of the South Okanagan and Similkameen Valley. Meet the scientists at the Pacific Agri-Food Research Center in Summerland, tour Valentine Farm tasting the Pinot Meunier and Gerwurztraminer grapes used to produce their red and white wine vinegar, combined with a sampling of “la mère naturel” in the Wine Vinegars and Infused Vinegars, White Balsamic and Verjus. Dinner hosted Friday evening at the Hooded Merganser, on Okanagan lake. Saturday to Cawston home of “organic farming” and the “mother tree” of the Ambrosia apple. The Mennell’s share the story of the mother tree, Wilfred demonstrates a “starch test” to determine optimum ripeness and harvest times, Sally tests your “apple savvy” with a “blind apple tasting”. A tasting of Certified Organic Fruit wines combined with a sampling of the exotic organic tree fruits used in their production at Forbidden Fruit, a boutique winery on Ven’Amour Organic Farms on the banks of the Similkameen River. What’s the Buzz? Join bee keeper Blair Tarves, a breeder of “Queen Bees”, as he works the hives and bees at

Similkameen Apiary while wife Cheyl demonstrates honey extraction. Conference fee includes transportation to the venues, lunch both days and dinner at the Hooded Merganser.

Conference Fee for Members of BCCASA \$200.00
For Non-members \$300.00.

To register on line, visit:

<http://web.me.com/lesgau/BCCASA/Welcome.html>

All cheques must be made out to BCCASA and mailed to:
Brian Smith
Thomas Haney Secondary School
23000 - 116th Ave.
Maple Ridge, B.C.
V2X 0T8



All printed registrations must be faxed to Brian Smith no later than October 8, 2010 at 604.467.9081

Penticton Lakeside Resort Convention Center & Casino

21 Lakeshore Drive W.
Penticton B.C. V2A 7M5
250-493-8221
Fax 250-493-0607

Accommodation Rates based on single/double occupancy

A Smoke Free Environment

Standard Park View:
\$110.00 plus applicable taxes.

Standard Beach View:
\$115.00 plus applicable taxes.

Standard Lake view:
\$120.00 plus applicable taxes.

Parking is \$5.00 per vehicle, per day for in-house guests.

A block of rooms have been set aside at the Conference rate [until August 21, 2010](#), to receive the rate identify you are with BC CASA when making your reservation.



Friday October 22nd Saturday October 23rd 2010 BCCASA Conference

Friday 9:00 am - 11:00 am Pacific Agri-Food Research Centre



Friday 11:30 am - 1:00 pm
Lunch Burnside Ridge Winery



Friday 1:15 pm - 2:30 pm
Vinegar Works
-Vinegar Tasting
-Grape Tasting

Friday 3:00 pm - 4:00 pm
Annual General Meeting

AGM
ANNUAL GENERAL MEETING

Fri 7:30 pm: Dinner at Hooded Merganser



PENTICTON
Mère Naturel

LAKESIDE RESORT

21 Lakeshore Drive West, Penticton, BC V2A 7M5 Tel: 1 800 663 9400



Saturday 10:00 am - 11:15 am
Mother Tree
Ambrosia Apple
-Mother Tree
-Apple Tasting



Saturday 11:30 am - 1:00 pm
Lunch Crowsnest Vineyard

Saturday 1:30 pm - 3:00 pm
Wine Tasting at Forbidden Fruits



Saturday 3:30 pm - 5:30 pm
Smikameen Apiary

Detailed info at <http://web.me.com/legaa/BCCASA/Conference.html>



BCCASA 2010 Conference and A.G.M. Registration Form

Name: _____

School: _____

Address: _____

Phone: _____

e-mail: _____

☐

Member \$200.00

☐

Non Member \$300.00

Please fax all registration forms to Brian Smith at 604-467-9081 no later than October 8, 2010 or download the form from our website and send it via e-mail. brian_smith@sd42.ca before the deadline.

Cheques are made out to BCCASA and mailed to Brian Smith at:

Thomas Haney Secondary School
23000 116 Ave.
Maple Ridge, B.C.
V2X 0T8



SD #42 3rd Annual Chowder Festival

submitted by Chef Trevor Randle, Maple Ridge Secondary



On May 6 over 60 students from 6 schools spanning 3 school districts all merged in the sunny courtyard of Maple Ridge Secondary School to participate in the 3rd annual SD#42 Chowder Festival.

At 9:15, the host and MC, Chef Trevor Randle, gathered all of the young cooks to welcome them and to explain how the unique judging system would work. As the format has always been since Chef Daniel Lesnes' original concept, there will be no judges brought in to taste the different chowders. Instead, the students will all be tasting each other's chowder and scoring using peer evaluation. The second prize would be awarded to the team who receives the most votes in the "people's choice" poll.



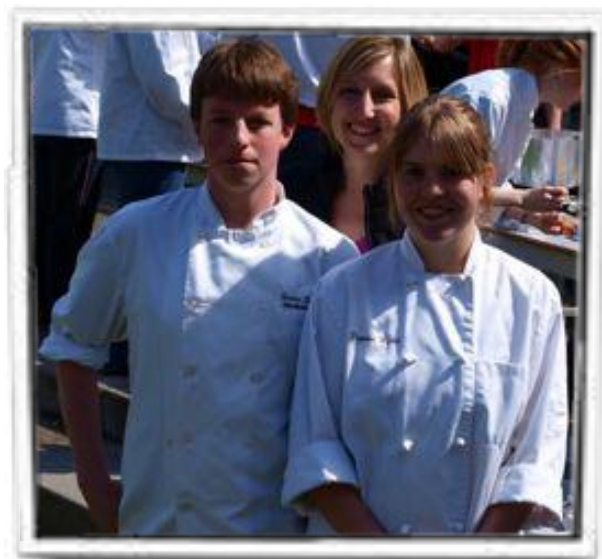
The atmosphere was very light and so much fun was had by all as the smells of so many unique and familiar ingredients were grilled, sauteed and smothered to perfection.

In the end, although only two teams won with the most points (first and second in the peer evaluation was separated by only half a point), everyone who showed up, and made a dish that they were proud of were able to walk away winners, ready to compete again.

A special thank you to Chefs Donna Frost, Gina Sena, Daniel Lesnes, Brian Smith and Richard Niezen and all of the culinary arts students that made such a great effort to make this event so successful. I look forward to seeing everyone again next year!!

SD #42 3rd Annual Chowder Festival continued

submitted by Chef Trevor Randle, Maple Ridge Secondary



Chef Donna Frost and the Sardis Secondary Team



Chef Gina Sena and the Richmond Secondary Team



The Garibaldi Secondary Team



Chef Richard Neizen and the Samuel Roberts Technical Team



Chef Brian Smith and the Thomas Haney Secondary Team



The Maple Ridge Secondary Team

For more great pictures and top recipes,
visit our website at [http://web.me.com/
lesgau/BCCASA/Welcome.html](http://web.me.com/lesgau/BCCASA/Welcome.html)

Local Specialists Activities

submitted by Chef Renee Thomas, Queen Elizabeth Secondary

Sous-Vide Primer with Chef Don Letondre

On Friday, May 7, 2010 Surrey CASA met at Barbara Jo's Books to Cooks. On the counter a Poly Science Temperature Controller and an assortment of vacuum pack bags, filled with mackerel and filet mignon. The menu Camargue Red Rice and Quinoa Salad, Oranges and Pistachios; Mackerel, served warm Citrus Escabeche (sous-vide) and Filet Mignon, poached in whiskey, blue cheese (sous-vide).

Sous-vide is a powerful new cooking method and perhaps one of the most important culinary innovations of our time. Developed in France in the early 1970's, sous-vide literally means "under vacuum", probably not the best name temperature control being critical for food safety. "Precision Cooking" may be a better term.

The Food Safety issues in sous-vide cooking are different from conventional cooking since the temperatures used are always below that of simmering water. The bacteria's of concern are Salmonella, Clostridium botulinum, E coli O157:H7 and Listeria, which all live in the anaerobic environment created in vacuum packaging. It is important to use the freshest foods possible keeping them refrigerated at 3C or below. The internal temperature must be 3C before packaging, once cooked if the food is being stored it must be chilled immediately in an ice bath to 1C or below then refrigerated at 3C or less. If you plan to hold the food for more than 3 days freeze it immediately in the cry vac. Cooked food should be served as soon as possible after cooking. The immersion circulator controls the temperature of the water bath once the water reaches

optimum temperature it stays there until ready to serve making it difficult to overcook the product.

Sous-vide cooking requires a vacuum packaging machine and an immersion circulator. Don demonstrated the use of the "Poly Science Temperature Controller", it has three features: a heating element that heats the water, a temperature control that maintains precise temperatures and a pump that circulates the water. It can be attached to whatever container you are cooking the food in. The digital temperature control is accurate to within a half degree and capable of heating a large deep hotel pan. If the cooking time is long (24 hours) you will need to cover the water's surface with saran wrap to prevent evaporation. He endorsed the use of a vacuum packaging machine it prolongs the life of the food, great for portioning and prevents cross-contamination in refrigerated drawers, but he questioned cooking in the vacuum bags being "healthy" for us.

Prior to cooking Don had the food at room temperature to prevent a drop in water temperature when he placed it in the water bath, emphasizing if the temperature drops begin timing once the water returns to temperature. He salted the mackerel to firm the flesh an hour before packaging, adding to each package 30ml marinade equal parts cider vinegar and olive oil along with a little Szechuan peppercorn, salt, cardamom, julienned zucchini, apple, green onion, orange, lemon and grapefruit rind which he had blanched three times to remove the "bitter", cooking it in the water bath 61C for 12 minutes. Scotch was added to the filet mignon bags cooked in water 51.7C for 19 minutes. The filet mignon was a perfect medium rare, there is no

surface caramelization that gives the filet the traditional eye appeal he seared it in toasted pine nut oil for 30 seconds, drying the surface with paper towel and seasoning with salt and pepper. Searing may be done before packaging. Filet Mignon, Oyster Mushroom Salad with Pine Nut Red Wine Juice scented with Scotch Marinade, and Blue Cheese. Wow!

Sous-vide cooking retains the integrity of the food, cooking in its own juices intensifies flavours using less salt, reduces shrinkage, nutrients are not leached out and the risk of over cooking minimal. Sous-vide cooks tough cuts of meat such as short ribs and pot roast medium rare cooking long enough it's tender. Less staff is required because you do not have to monitor the food during cooking, the food can be cooked before service and chilled or held and finished a la minute without compromising quality, producing consistent quality flavours and textures, increases shelf life preventing damage from oxidation, marinating foods in the vacuum bags is cleaner taking less space than the traditional big container filled with marinade, storing food sous-vide neat and efficient. The circulators are portable you can cook anywhere, freeing the stove top space for other preparations.

Amazed and inspired the Chefs left Barbara Jo's Books to Cooks appetites satisfied, all the talk "the perfect Filet Mignon", a new cook book in hand contemplating next years menu.

If you have a professional development activity that inspired, taught or simply entertained you and you would like to share your experience, contact Trevor Randle or Daniel Lesnes. Your write up and pictures will be posted on the BCCSA website and printed in the next Bouquet Garni.

Local Specialists Activities

Sous-Vide Primer with Chef Don Letondre continued



Chef Don Letondre



Let the Sous-Vide Process Begin



Plating the Mackerel with Warm Citrus Escabeche



Preparing the Beef Tenderloin for Sous-Vide



Chef Letondre serves his Camargue Red Rice and Quinoa Salad



Beef Tenderloin with Whisky and Blue Cheese is Platted

Take a Bite of BC Corn

WHAT IS CORN?

Corn is a vegetable. A kernel of corn is a yellow, soft seed. Corn kernels grow on cobs in cylindrical rows.



WHERE IS CORN PRODUCED IN BC?

Corn is grown commercially in the Okanagan Valley, the Lower Mainland and Vancouver Island. Corn is a hot weather crop. It cannot be seeded until after all danger of spring frost has passed and starts to deteriorate with fall frost.

HOW MUCH DO CORN WE PRODUCE?

BC produces 18 million kilograms of sweet corn which is about 5% of the Canadian production. Three-quarters of the corn grown is used by the processing industry.

HOW IS CORN PRODUCED?

Corn should be seeded, after the threat of spring frost, in a well-drained field. It will germinate quickly in warm soil and grow to a height of 1.5 to 2.5m. Pollen is produced on the tassels that form at the top of the plant. Cobs develop on the side of the stalk. Corn is ready to be harvested when the silk dries and the kernels are filled out. Corn is harvested by machine for the processing market and picked by hand for the fresh market.



WHAT DOES CORN LOOK LIKE WHEN I USE IT?

Corn can be eaten fresh, as corn-on-the-cob or as fresh cut kernels. It can be canned, creamed or frozen. Corn is a

good source of carbohydrates, fibre and niacin. Corn is also used as feed for cattle. The whole plant is cut, chopped up and later fed to cows mainly in the dairy industry to produce milk.

WHAT HAPPENS AFTER THE CORN LEAVES THE FARM?

After harvest, corn converts sugar to starch quickly within the kernel. Corn is best eaten soon after being picked. Much of the corn is sold the same day it is picked at roadside stands and farmers' markets. Corn which is sold to supermarkets is hydro-cooled (dipped in ice-cold water), packed into boxes, topped with ice and shipped to market in refrigerated trucks. Corn for the processing market is shipped to plants within hours of harvest. Specialized equipment removes the husks and then corn is blanched, cooled, cut from the cobs and frozen.

WHAT CHALLENGES DO CORN PRODUCERS FACE?

While BC corn growers have to contend with few insect and disease problems, so therefore rarely have to spray with pesticides, sometimes they are bothered by blackbirds and other birds that strip the husk and eat the corn. When this occurs, farmers have to use a variety of means to frighten the birds away.

Interesting Fact About Corn:

Sweet corn, which is the corn that we eat fresh, is the result of a gene mutation in field corn. This mutation occurred in the 1800s in the United States and prevented sugar in the kernel from being converted to starch.

Take a Bite of BC: Grilled Corn Chowder

- A. 1 kg Corn, fresh
- B. 500 g Bacon, diced
- C. 600 g Onion, diced
300 g Celery, diced
200 g Red Bell Pepper, diced
200 g Green Bell Pepper, diced
4 cloves Garlic, minced
- D. 800 g Yukon Gold Potato, diced
- E. 4 L Chicken stock
- F. 500 ml Cream
- G. Salt and Pepper
- H. Parsley, chopped



METHOD:

1. Peel and grill the corn until slightly charred. Remove the kernels and reserve the cob.
2. In a soup pot, sauté B until rendered. Remove crispy bacon and reserve.
3. Sauté C in bacon fat until tender.
4. Add D, E and the reserved corn cobs.
5. Simmer for 20 to 25 minutes or until potatoes are tender.
6. Add F and season with G.
7. Remove cobs and garnish with Crispy bacon and parsley.



Take a Bite of BC - Phase 2

submitted by Chef Trevor Randle, Maple Ridge Secondary



Agriculture in the Classroom has partnered once again with BCCASA to launch the second phase of the revolutionary program "Take a Bite of B.C." This program saw for the first time ever, Chef Instructors and local growers working together to educate culinary arts students and the entire school population about BC Agriculture. This was achieved by participating teaching kitchens receiving two deliveries per month of top quality BC Agriculture at no cost to the teaching kitchen from September through December. Some of the items included turnips, fryer chickens, milk, eggs and pork tenderloin.



The pilot program had such an amazing response from students, teaching kitchens and growers alike, that the decision was made to launch phase two to all forty teaching kitchens from Vancouver to Chilliwack in two stages, September through December 2010 and February 2011 to May 2011.

Thank you to all of the Chef Instructors who filled out and returned the application form. The 2010/2011 school year will see 32 teaching kitchens participate.



BCCASA Members in the Media

It seems that every month, one of our members, their teaching kitchen and their students are making headlines and representing BCCASA and all that we work for in a very positive light. The past few months have been no different. In this edition, Chef Al Irving, Chef Alison Bell and Chef Trevor Randle all share their great experiences. If your teaching kitchen or students have been featured in the media, and you would like to celebrate their success, send an electronic copy of the article or a write up and any pictures or web links related to the exposure to trandle@sd42.ca for it to be published in a future edition of the Bouquet Garni.



BCCASA Members in the Media continued

submitted by Chef Trevor Randle, Maple Ridge Secondary



On April 24th, Trevor Randle and four of his culinary arts students were invited to showcase B.C. chicken and B.C. blueberries at Agriculture in the City at Metrotown. In front of a full audience, the team cooked a grilled chicken and pesto panini with roasted tomato soup and a whole wheat buttermilk pancake (with flour ground on stage) with blueberry syrup and spiced whipped cream. It was such a great experience to share such amazing products and the students, although a little nervous before the demos, were very proud when they were done and everyone in the audience was able to taste and respond to what they had just cooked.



April saw Shaw's "The Sustainable Region" air a segment featuring the Maple Ridge Secondary teaching kitchen and the Take a Bite of B.C. program. It was a great experience for everyone involved. The students all handled themselves with great professionalism and represented our program very well. The segment can be viewed at <http://www.thesustainableregion.org>



BCCASA Members in the Media continued

submitted by Chef Alison Bell, David Thompson Secondary

High school students win BC Green Games

Students at David Thompson Secondary School won \$1,000 and provincial recognition as their "FoodMiles" project was among 10 winners selected in the annual Green Games competition. Teacher Alison Bell said all students were enthusiastic about the project when she proposed the idea.

Food miles represent the distance food travels from where it is grown to where it is purchased or prepared. "We thought it would be kind of fun to estimate how much carbon we were decreasing by sourcing our food locally," said Ms. Bell, who holds a Master's degree in Food Security. Her research is focused on food security in the Columbia Valley. She calls the valley "food insecure," which means we're reliant on food from outside the valley. She stressed the importance of sourcing food locally, an idea students are buying into.

"Supporting local farmers is better for the economy," said 17-year-old Darnell Hopkins, whose father, Fred, owns Hopkins Harvest, a Windermere produce store. Darnell called the valley's food miles "outrageous" and said that if you do the math on transporting food, it's a simple answer. "It's better to drive it on a 15-minute trip rather than a 24-hour trip," he said, adding "lazy people" are to blame, since they look for the most convenient options. "Everyone is trying to find the easier route instead of the healthier route."

International transfer student Yannick Jannsch from Cologne, Germany, said the project results surprised him. "I didn't think it would be that much," the 17-year old said about the miles saved by sourcing food locally. He said Cologne and the Columbia Valley are similar, with lots of farm land, but the valley has more food to go around due to lower population density.

Much of the food served in the Rocky Mountain Café at the high school comes from local producers, including the school's greenhouse.

According to the report, the students saved 12,430 kilometers by sourcing food locally. Sourcing local produce — including wheat, pork and vegetables — cost a mere 210 kilometers. The time saved on the road ended up yielding a net reduction of 620 kilograms of carbon, something the students were very proud of.

"We made quite a difference," 19-year-old Dean Matheson said. He said people shrug off the idea that buying locally can make a difference, adding that the results speak volumes.

"Every little person makes a difference." Darnell said the team wasn't trying to win the contest, but to simply advance the idea.

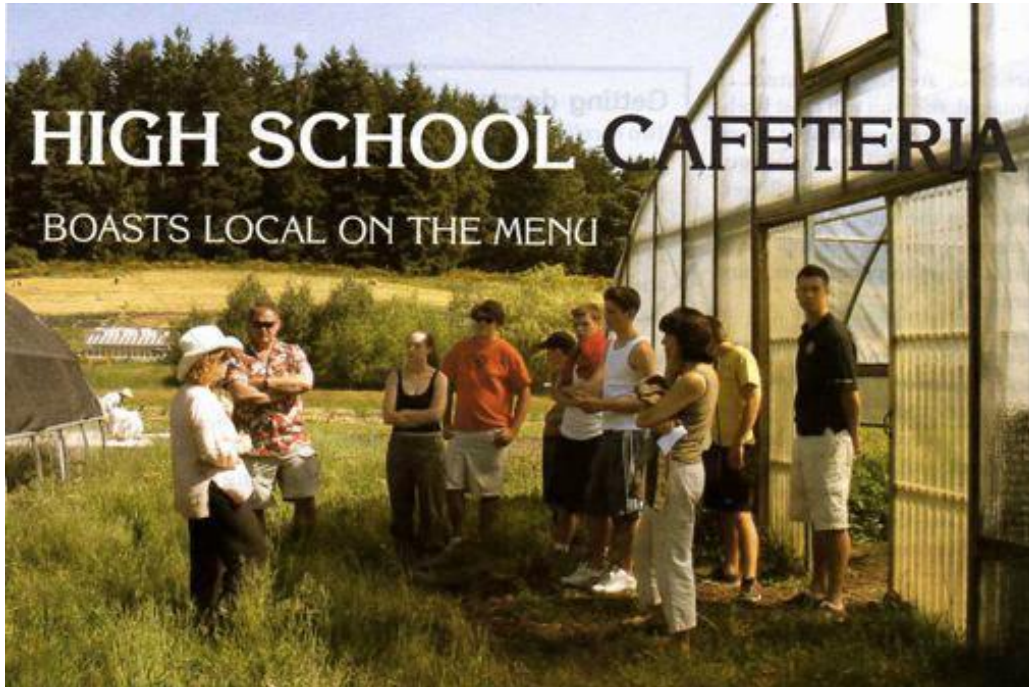
"I think by winning," he said, "we were heard." Ms. Bell said the money will fund food initiatives.

source: *Trevor Bacque* - Pioneer Staff



BCCASA Members in the Media continued

submitted by Chef Al Irving, Gulf Island Secondary



HIGH SCHOOL CAFETERIA BOASTS LOCAL ON THE MENU

By Madeleine Greey – The Canadian

Three to four hundred students, staff and local residents enjoy lunch at the school four days a week, enjoying such mouth-watering creations such as heirloom tomato, feta and basil salad; rainbow chard quiche; and roasted Hubbard squash lasagna made creamy with béchamel and spiked with home grown tarragon.

"When we have it, we advertise it," says chef and teacher Al Irving, referring to local, organic food. "It outsells the stuff delivered by truck, hands down."

The great local food is also inspiring a new breed of culinary program where students learn knife skills and food safety while gaining a much deeper appreciation of the origins of their food.

"Many of my students have never thought about this before," muses Irving. "But when a flat full of local

cherry tomatoes comes in the door and a fellow student pipes up "I grew these in my garden," it doesn't get any closer to home than that."

Last fall, the school's culinary program joined forces with Canadian Organic Growers in an innovative project called Growing Up Organic (GUO), which aims to increase marketing opportunities for organic farmers and provide local organic food to youth. Irving's culinary program and cafeteria kitchen is one such market. With monthly food orders exceeding \$9000.00, the high school is one of Salt Spring's largest food purchasers. One quarter of the cafeteria's overall food purchases are now made locally, thanks largely to the efforts of GUO Project Coordinator, Pat Reichert.

Just a year ago, the island community's high school kitchen relied solely on off-island food or what Reichert calls "big truck" food. All of this food was conventionally grown, imported and "shockingly cheap," says Reichert.

Reichert knows better than most how much it costs to grow good food. She is a strong supporter of sustainable agriculture and is deeply concerned about the island's loose grip on food sovereignty. Only four percent of Salt Spring Island's food is produced locally with the lions share met by imports. While the local COG chapter, Island Natural Growers, has set a goal to double local production by 2011, that increased supply won't mean anything unless there are buyers. That's why all eyes are focused on Gulf Island Secondary School.

"I'd forgotten what a tomato tasted like", says Irving, until box after box of colorful heirloom beauties started coming in the kitchen door last September. "I put out a flat for the students to try and they vanished. Kids were two-handing them into their mouths!"

Chief helmsman of 68 students, Irving has his hands full. In less than four hours, he and his "employees" produce much more than just lunch-it sounds like a smorgasbord with two daily soups, several entrees, lots of vegetable dishes, a different hot sandwiches every day, freshly baked bread and dessert.

Despite what Irving understandably considers a "nerve-wracking morning," he still finds time to introduce his students to the finer details, such as the difference-both in taste and appearance-between an imported melon versus a local, organically grown one. His students have come to appreciate that imported produce may win in good looks, yet often lacks the fresh, deep flavor of locally grown food.

"Each of my students has had an epiphany moment with this," says Irving who's the first to admit that he'd never find the time in his busy schedule to identify, order and arrange

BCCASA Members in the Media continued

submitted by Chef Al Irving, Gulf Island Secondary

delivery of all the local organic food that his kitchen/classroom now celebrates.

That job remains the domain of Reichert who rallied a dozen, tentative farmers by her side last September and now boasts an arsenal of three dozen ready to supply the school's kitchen this year. Each week, Reichert finds out what's ready to harvest, and then supplies Irving with an order sheet and waits for his reply. Then she goes from farm to farm, pick up orders, delivers them and supplies Irving with a single, simple invoice.

She revels in her job as chief distributor. "Every week I get to handle some of the most breathtakingly beautiful produce in the world," she says. It doesn't hurt that she seems to know everyone on this 180-square-kilometer island and, accordingly, it's up to her to organize numerous meetings among the farmers-sometimes with potential buyers.

Last fall, Irving, along with many of the island's chefs, attended one such meeting where he could finally "put a face" to so many of his suppliers. At the same time, he struck up conversations with cattle, poultry and sheep farmers, plus cheese makers. A few weeks later, he received an offer he couldn't refuse.

The school bought the entire carcass of an organically raised cow. "The students learned how to butcher 800 pounds of fresh beef," says Irving. "No kid is likely to ever see that again!"

So they named the cow Prudence and put Prudence goulash on the menu at the cafeteria.

"What kid likes goulash?" says Irving. "But because it was local, because it was organic, and because they'd been involved in the butchering process, any time we put Prudence on the menu, we were sold out."



If you have anything that you would like to share with BCCASA? Send your photos, write ups and articles to Daniel Lesnes or Trevor Randle and see your submissions posted on our website and published in the next Bouquet Garni!!





Lesnes' Brain Teaser # 22



I'm nuts. I'm native American. I was a staple food of native Americans dating back to 1528. In 1919, the 36th Texas Legislature made my tree the 'state tree' of Texas. My commercial growing production in the United States did not begin until the 1880s. Today, the U.S. produces between 80% and 95% of the world's production, with an annual crop of 150–200 thousand tons. My name come from an Algonquian word meaning "tough nut to crack". My trees prefer temperate climates and are widely grown in Georgia, Oklahoma and Texas, and as far north as Virginia. My hard thin shell averages about one inch in length. I am golden brown on the outside

and beige in the middle. Clinical research published in the Journal of Nutrition (September 2001) found that eating about a handful each day may help lower cholesterol levels similar to what is often seen with cholesterol-lowering medications. Research conducted at the University of Georgia has also confirmed I contain plant sterols, which are known for their cholesterol-lowering ability. I am a good source of protein and fiber. I also contain some iron, calcium, phosphorus, potassium, and B vitamins. I am used for eating out of hand, in sweet and savory dishes, but probably most famous for stuffing, cookies, and pies.

To see the answer to this brain teaser, visit our website at:

<http://web.me.com/lesgau/BCCASA/Welcome.html>

Ambrosia Apple Culinary Competition

submitted by Chef Renee Thomas, Queen Elizabeth Secondary

Ambrosia – an Apple

Ambrosia – “food of the God’s”, is a modern “bi-coloured” apple with a pink- red iridescent blush over a creamy yellow background with a creamy flesh. The Ambrosia apple is sweet, juicy, and aromatic; a distinct honeyed and slightly perfumed flavor reminiscent of pear. Flavor one-dimensional, a low acid apple with no acidity to balance the sweetness, best eaten cold directly from the fridge, its crisp texture fades quickly when left in the fruit bowl.

In the early 1990's the Mennell family of Cawston, BC discovered a chance seedling which became the “Mother tree” of all Ambrosia apples world wide. The orchard had been replanted with Jonagold trees, previously planted with Red and Golden Delicious trees. Its' parentage unknown since it was not the result of a lengthy scientific breeding program, but likely a cross between Jonagold and Golden Delicious, its flavor and appearance what you would expect from such a cross. The Golden Delicious the major contributor to the flavor and the appearance influenced by the Jonagold.

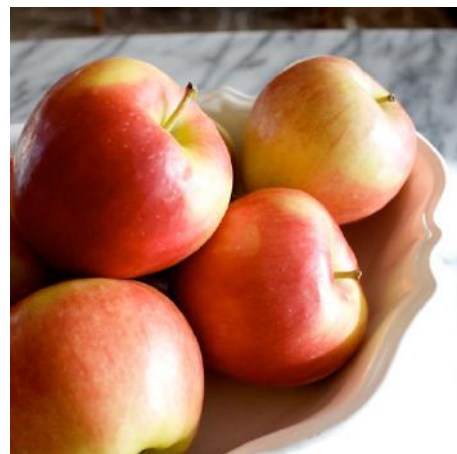
Harvested in early October they should be enjoyed through February. The ambrosias are available for about 3 months in air storage and up to 6 months in controlled atmosphere storage. The Starch Test the best criteria to determine harvest time, harvested with a starch rating between 2 and 5 on the Ambrosia chart. To retain maximum flavor and texture store your apples in the refrigerator at temperatures as cold as possible, they will not freeze until the temperature drops to 28.5F (-1.9C).

A good quality Ambrosia will be firm with a smooth, clean skin. To test firmness hold it in the palm of you hand, it should feel solid and heavy, not soft and light. Do not press

the flesh with your thumb. Avoid apples with soft or dark spots and if the skin wrinkles when you rub your thumb across it, it has probably been in cold storage too long.

Considered an all-purpose apple, Ambrosia apples are good eaten fresh or juiced, used in salads and fruit platters because they are slow to oxidize, pair well with cheese, retain their shape when cooked and beautiful used in open pies and tarts.

Mère Nature!, the BCCASA Conference hosted in Penticton October 22 & 23, 2010 provides the opportunity to meet Wilfred and Sally Menell and meet the “Mother of Ambrosia”; Wilfred will demonstrate the Starch Test while Sally will host a blind apple tasting. The BC CASA executive hopes you return to your teaching kitchens passionate about the Ambrosia, inspired to include it in your menu planning and willing to challenge your students to develop a unique recipe for the upcoming Ambrosia Apple Recipe Contest, details in the next Bouquet Garni.



BUDGET REPORT

For the Year Ending , 2010

INCOME

4099921 Income Surplus	1876.88
4099930 Membership / subscription fees	2618.85
4099931 BCTF Grant	4750.00
4099934 Interest income	29.32
4099939 Other	2362.27
4099941 Conference grant	3000.00
4099949 BCTF Grant	3000.00
Total Income	\$14,637.32

EXPENSES

4099950 Meeting-executive	1526.76
4099961 Publication newsletter	69.81
4099979 Miscellaneous	28.42
4099980 Conference operating	614.92
Total Expenses	\$2239.91

Total **\$12,397.41**

Outside Account **\$1260.61**



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Bouquet Garni Editor and meeting minutes

We're on the Web!

See us at:

<http://web.me.com/lesgau/BCCASA/Welcome.html>