

Bouquet Garni

"Cookery has become an art, a noble science; cooks are gentlemen." - Robert Burton 1621-



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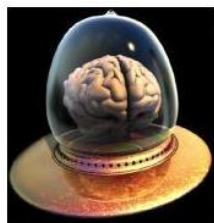
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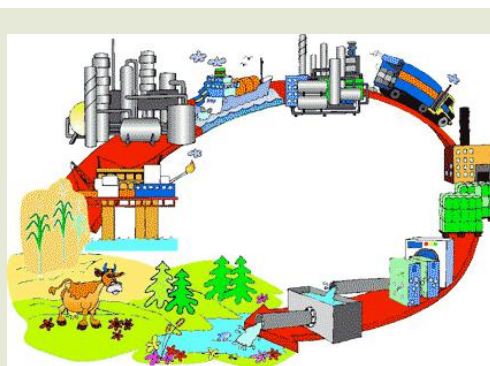


President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

Hi to all of our culinary arts instructors, teachers aids, other BCTF members, retirees and student teachers.

I will start this "President's Message", probably the same way all the other Presidents in all the other PSAs start their messages, by hoping you had a good summer and wishing you the best in the new school year. I will also start by encouraging our members to keep an active role in BCCASA and to promote our association to those chef instructors who are not yet members. Remember that by all of us sharing common interests and common concerns unique to culinary arts we can better our own individual programs and build on our own personal styles of instructing. As in all of my past messages I strongly encourage feedback in our many venues that allow you to let your executives know how we



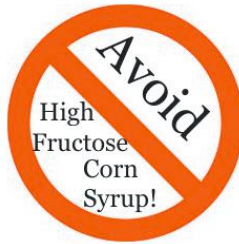
are doing and what we can do in the future.

In last winter's Bouquet Garni (Volume 12, Issue 2) I wrote in the President's Message a study by University of Toronto professor Pierre Desrochers criticizing the local food movement. I was hoping that in the following spring

issue that I would see some reaction to this controversial topic. I quoted a line from Professor Desrochers's study saying that "At best, the food mile perspective is a well-meaning marketing fad that frequently and severely distorts the environmental impacts of agricultural productions. At worst, it constitutes a dangerous distraction from the very real and serious issues that affect energy consumption and the environmental impacts of modern food production and the affordability of food." He went on to say that distrust of large corporations is based on "romanticization of subsistence agriculture rather than fact."

The reason why I was hoping to generate feedback on this topic is that my summary of that study in the Presidents Message seems to contradict everything that BCCASA has been working on in both our annual fall conferences and in our daily work of

President's Message continued:



promoting healthy eating in the schools. All of our conferences, at least in the past four years, have focused on local food production. We have toured farms, cheese producers and wineries that all pertain to local food consumption. We discussed food security and slow food. Our next conference in Penticton will highlight, celebrate and inform to an ever increasing degree our passion for healthy and environmental alternatives and our concerns about the impacts of big business in our diets. In our schools through many government sponsored initiatives such as Take a Bite of BC and Agriculture in the Classroom we have encouraged students to move away from the processed foods that the agri-business promotes. Even through the "Healthy School Guidelines" and our own professional training we continue to advance healthy, non-processed, made from scratch foods that our new generation is so lacking, in both their physical and social needs. This brings me to the rebuttal of last winter's Presidents Message.

The term "locavore" has entered our lexicon when it comes to discussing food. The book "100 Mile Diet" has brought the notion of eating locally produced food to the forefront and perhaps even to the extreme. A locavore is someone who eats food that's grown usually within a couple of hundred miles of where they live. One of the arguments for eating locally is the environmental benefit, that because if food has to travel thousands of miles to the market then the environmental impact is greater. However sometimes larger scale of production and distribution may make it not only economically but environmentally "cheaper" to ship products from afar. Professor Desrochers pointed out that one hectare of land in California will yield 34,000 strawberries compared to Ontario's 2,000 and that the most energy-intensive segment of food

production is the production stage and growing food in a more favorable climate dwarfs transportation concerns. Still, as I will point out, eating locally has many more positives than negatives. If anything it will make people think about seasonality, and about not eating strawberries in January. Of course it could be argued, and probably rightfully so, that localization could not sustain our needs. But we need to look at the industrialization of agriculture and how it has influenced how and what we eat and then question, like we have with tobacco and oil, our consumption habits.

The twentieth-century North American diet, high in meat, refined carbohydrates, and junk food, is driven by big business in the form of large food production. In his book "Food Matters", Mark Bittman argues that overconsumption has been supported by "Big Food - the industrial meat and junk food complex" and that "this has come at the expense of lifestyles that would have encouraged more intelligent use of resources - not just oil, but land and animals - as well as global health and longer life for individuals." Industrialized meat production has "stimulated a fundamental change in our diets that has contributed to our being overweight, even obese, and more susceptible to diabetes, heart disease, stroke, and perhaps even cancer." Mark Bittman argues that "overproduction drives overconsumption, which in turn is bad for our bodies and the environment". It is easy to see that it is more profitable to sell Twinkies than fresh fruit, or a Snickers Bar instead of a handful of peanuts. Marketing that encourages us to eat foods that are more profitable for manufacturers; lead to overconsumption of precisely the wrong foods becomes evident. And even those California strawberries that I keep referring to is part of an agri-business practice that is referred to as monoculture. Monoculture

is the planting of one crop in a field that is typically used for commodity crops. Unlike traditional farming that relies on crop rotation to rest and replenish the soil, monoculture can't be effective without the aid of chemical fertilizers. Another concern about Big Food is the amount of energy it takes to produce these foods. For example, it takes 2.2 calories of fossil fuels to produce one calorie of corn, whereas it takes 40 calories to produce one calorie of beef protein. I am going to skip the part of the deplorable stuff about factory farming and big food promoting consumption of their products because of the scope of this message. Besides, I think most of you have read or seen on TV many of the negative issues regarding agri-business. The only way to reduce factory farming is to demand less.

The point I am trying to make is this: despite some of the economic and perhaps environmental advantages to big food production, as Professor Desrochers ascribes to, reducing your reliance this type of production and lean towards a more local production can be a both healthy to you and to the environment. To quote me in my last line in that previous President's Message, "I am searching for the middle road." I still believe that. It is very simple: eat less meat and junk food, eat more vegetables and whole grains. I am not talking about becoming a vegetarian or eat only organics. I am not even talking about dieting to lose weight. By this small change in eating, reducing your consumption, not only impacts your own health but reduces your reliance on the industrial meat and junk food complex. It is like lowering your thermostat and wearing a sweater, carpooling or turning off the lights when not in the room. The reward is better health, individually and globally.

2010 BCCASA Conference Update

submitted by Chef Renee Thomas - Queen Elizabeth Secondary



Welcome back everyone!

I hope everyone has had a smooth start to the New Year excluding experiences with BCesis.

Last week I spoke with Sally Mennell in Cawston, she and Wilfred are looking forward to BC CASA's visit to their farm home of the Ambrosia Apple. She invited the Teacher Chefs to visit them at the Apple Festival hosted at the UBC Farm October 16 and 17, 2010. I'll be there buying Elstar apples for my Christmas mincemeat and Ambrosias for my apple butter which I plan to sweeten with honey from the Similkameen Apiary instead of the traditional cinnamon, nutmeg and cloves I might try adding fresh sage from my herb garden. The variety of BC apples offered for sale at the Apple Festival is truly unbelievable. October 16 and 17, 2010 the Apple Festival at UBC Farm a date to mark on your calendar.

Cheryl and Blair Tarves of Similkameen Apiary have their fingers crossed the weather will remain warm enough to keep the bees active so we can actually to handle the bees! They will have their honey available for sale, but accept "cash only" at Honey House.

Today I received "Fall News" from Forbidden Fruit Winery located on the Similkameen River in Cawston; here BC CASA will enjoy a cheese and wine pairing with some of their tantalizing new releases - Adam's Apple, Pearsuasion 09, Impearfection Asian Pear 08, Plumiscuous Plum Mistelle 09, Pomme Desiree Iced Apple 09 and Cherysh Cherry



British Columbia
Teachers' Federation

**We gratefully
acknowledge the financial
support of this
conference by the B.C.
Teachers' Federation.**

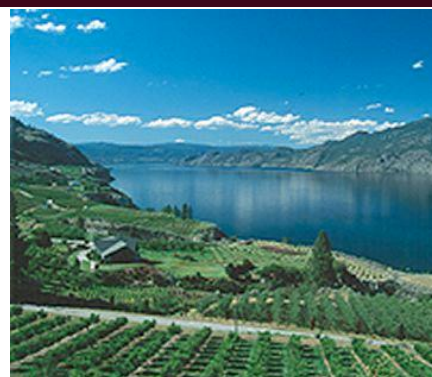
Rose 09. The unique names sound absolutely delicious! Jurgen Gothe comments in his article September 9, 2010, The Georgia Straight, "Keen on the Similkameen"; Pearsuasion 2009 "Bold, ripe pear aromas delight the nose and then the palate; there are hints of custard apple, crème brulee, and other sweet things; and the finish is full and not overly sweet. While it likes desserts, surprise your guests by offering it as an aperitif." The same week Forbidden Fruits wine's Adams Apple White, Cherysh and Plumiscuous Plum Mistelle caught Tim Pawsey's attention in his article "Fruit wines ripe for the picking", The Vancouver Courier.

Stahktank Chardonnay Family Reserve 2009 one of the wine pairings with lunch at the Crowsnest Vineyards was also included in Jurgen Gothe's article. Quote "The somewhat inelegant term in front of Chardonnay (Shawltunk) just means "steel tank" and refers to the fact that no oak is involved in the production. This sets out some bright green-apple notes, "plenty" of full fruit, and good acidity. I seem to recall it costing in the realm of \$15.00 which would make it excellent value."

The conference is quickly approaching. I hope to tempt the "undecided" to join us in Penticton October 22 and 23, 2010 and excite those already committed to meet the mothers and experience the scents and flavours of Mere Nature!

See you there!
Renee Thomas



BCCASA Conference and AGM Penticton B.C.**“Mère Naturel” October 22 - 23 2010**

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 may be submitted to Brian Smith at the registration table just before the AGM.



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.

To receive the rate identify you are with BC CASA when making your reservation.

Reservations 1-800-663-9400.



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 Sumac 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
Similkameen Apiary



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

Take a Bite of BC Apples

WHAT ARE APPLES?



An apple is a round tree fruit which has crisp white flesh, with red veins. The skin colour of an apple can vary from yellow to green to red. An apple is a pome fruit, as is a pear. A pome fruit has multiple seeds protected by a core. There are over 100 varieties of apples grown in North America. The varieties grown for BC's commercial production are Red and Gold Delicious, McIntosh and Spartan. Newer varieties now being widely planted include Jonagold, Gala, Braeburn and Fuji.

WHERE ARE APPLES PRODUCED IN BC?

About 98% of BC apples are produced in the Okanagan-Similkameen valleys. The hot dry weather is ideally suited to growing Red and Golden Delicious apples. High sunlight and temperature levels are ideal for apple colouring and yield. The low rainfall level reduces the impact of disease. Most orchards are on slopes near lakes which moderates the temperatures and reduces the risk of winter injury and spring frost. Apples are also grown on Vancouver Island, the Fraser Valley and Kootenay areas.

HOW MANY APPLES DO WE PRODUCE?

BC produces about 30% of the apples grown in Canada. The total quantity ranges from 136,000 tonnes to 195,000 tonnes. This amounts to more than 1 billion apples. British Columbians consume 25% of the apples grown in BC. That's about 75 to 100 apples per person per year. The value of BC apples is about 80% of all BC tree fruit production.

HOW ARE APPLES PRODUCED?

Apples are grown in orchards. Apple growing has become a specialized science known as pomology. An apple tree is composed of two parts: the cultivar (fruit-bearing part of the tree) and the rootstock. Both cultivar and rootstock are selected for specific site conditions. The cultivar is grafted onto the rootstock. Grafting involves placing a short shoot of a dormant cultivar into the rootstock. The tongue and groove union is then wrapped with tape and

allowed to grow. Caring for an orchard requires planting trees; pruning; fertilizing; controlling weed growth, insects, and other pests; watering; and replanting trees to ensure the orchard is always healthy. Apple trees must be cross-pollinated. When the trees start to bloom, orchardists place beehives in the field to ensure pollination. It is important not to spray an orchard at this time as honey bees are very sensitive to insecticides. As small apples start to grow, some are thinned so that trees do not try to produce too many. The trees will also do this naturally during the June drop.

Apples are harvested in from August to October. Some indicators that apples are ready for harvest include their seed coats turning brown, the flesh texture turning from tough and pulpy to crisp and juicy and the skin colour turning from green to yellow or red. Apples that are to be eaten fresh are hand picked into picking bags hung from the shoulder. These bags are carefully emptied into wooden bins which hold 350 to 400kg.

WHAT DOES AN APPLE LOOK LIKE WHEN I USE IT?

About two-thirds of the apples grown are eaten as fresh fruit. Processed apples are used for fresh and frozen apple juice, sauce, cider and vinegar. Apples can be dried, made into apple leather, or used as pie filling.

Apples are about 85% water. They contain a variety of essential minerals and vitamins. They are about 12% natural sugar or fructose. Fructose is a water-soluble sugar found in all ripe fruit. Because of the solubility of fructose, the body does not have to convert it into sugar before use, therefore, making apples a source of instant energy. Apples are a high source of pectin, a soluble fibre that can absorb more water than any other bulking agent.

Apples clean the digestive system. Eating an apple cleans the teeth and massages the gums, removing more bacteria than two three-minute brushings followed by a gargle. Scientists have proven that apple eaters have fewer headaches, intestinal disorders, colds, respiratory problems and illnesses associated with the nervous system. source -



Take a Bite of BC:

Apple Spiced Buttermilk Pancakes with Apple Compote

For the pancakes:

- A. 500 ml flour, sifted
- 30 ml granulated sugar
- 20 ml baking powder
- 5 ml salt
- 15 ml cinnamon
- 5 ml nutmeg
- B. 500 ml buttermilk
- C. 2 eggs
- D. 5 ml vanilla extract
- E. 60 ml butter, melted
- F. 2 granny smith apples, one diced, one sliced
- 2 ambrosia apples, one diced, one diced
- G. butter, for cooking



METHOD:

1. Sift A into a large bowl.
2. Mix in B, C, D, then E. Do not over mix.
3. Fold in two diced apples.
4. Melt butter and ladle 125ml batter onto grill or in pan.
5. Before flipping, arrange slices of apples in decorative pattern.
6. When golden brown, flip until desired color is reached.
7. Serve with warm apple compote

For the compote:

- 30 ml Butter
- 1 Granny Smith Apple
- 1 Ambrosia Apple
- 30 ml Brown Sugar

METHOD:

1. Peel and dice the apples.
2. Quickly sauté the apples in the butter.
3. Add sugar and simmer for five minutes.
4. Serve warm over apple spiced pancakes.



BC Agriculture in the Classroom Expands the Take A Bite Of BC Program for 2010-11

submitted by Andre Solymosi

Take A Bite Of BC was developed by BC Agriculture in the Classroom (BCAIRC) in partnership with the BC Culinary Arts Association, BC agricultural commodity groups and BC producers. BC grown products are donated to the program and delivered to participating school teaching kitchens over a four month period. Menus are prepared using recipes that feature the products that are then offered for sale through the school cafeteria. BCAIRC and sponsors provide materials for use in the schools that highlight the products and give information about the BC agricultural industry.

The program provides an opportunity for Chef Instructors to feature locally grown product and for students to gain valuable experience by working with fresh local products. They also develop an appreciation for farmers in their community as they connect with the foods that are grown around them.

With the generous support of our program partners, we have expanded the Program to 33 teaching kitchens for the 2010-11 School Year. Participating schools are located in the Greater Vancouver and Fraser Valley Regional Districts. BCAIRC is working on being able to offer the program to regions outside the Lower Mainland in the near future.

Take A Bite Of BC!

Choose Close to Home and Make a Difference

BC PRODUCTS FEATURED - FALL 2010					
September	Blueberries	Carrots, Parsnips, Turnips	Turkey	Greenhouse Vegetables	Broccoli / Cauliflower, Brussel Sprouts
October	Chicken	Cranberries	Rutabaga, Beets, Squash Mix	Canola Oil	Butter Lettuce, Herbs, Greenhouse Vegetables
November	Pork	Milk, Cheese, Eggs	Frozen Cauliflower, Broccoli, Brussel Sprouts	Apples, Pears	Cabbage, Potato Mix
December	Frozen Strawberries	Frozen Peas, Beans, Corn	Beef	Frozen Raspberries	Mushroom Mix

Product Provided By:

Alberta Canola Producers Commission
All Seasons Mushrooms
BC Agriculture Council
BC Blueberry Council
BC Cattlemen's Association
BC Chicken Growers' Association
BC Chicken Marketing Board
BC Cole Crop Growers' Association
BC Cranberry Marketing Commission
BC Dairy Foundation

BC Egg Marketing Board
BCfresh
BC Grain Producers' Association
BC Hog Marketing Commission
BC Hot House
BC Tree Fruits
BC Turkey Marketing Board
Cheema and Sons Family Farm
Fable Farms

Fraser Valley Raspberry Growers' Association
Fraser Valley Strawberry Growers' Association
Golden Valley Foods
Houweling's Hot House
Lucerne Foods
Ocean Spray
Silver Valley Farms
SKP Plant Factory
Windset Farms



Distribution Funding Provided By:

Fraser Valley Regional District's Agricultural Advisory Committee
Metro Vancouver Regional District's Agricultural Advisory Committee

BCCASA Members in the Media

submitted by Chef Eric MacNeill, Dover Bay Secondary

Teachers see 'shift' to healthy choices

Educators say kids are starting to eat healthier at Dover Bay

STORIES BY LEANNA JANTZI
DAILY NEWS

Beef vegetable soup, crunchy chicken on a bun, or Hoisin porkloin with baby bok choy, roasted baby carrots and roasted potatoes.

It's not a menu at a five-star restaurant, it's what Dover Bay Secondary School students saw at lunchtime on Thursday.

With student chefs bustling about the school's kitchen, chef instructor Eric MacNeill talked about the new food guidelines for students introduced this week by the provincial government.

"[We're] meeting them for sure, possibly exceeding them," he said.

The guidelines for food and drink sales in B.C. public schools were created to help districts eliminate junk food and improve student health.

"I think we're doing it already," said Dover Bay principal Jeet Purhar, "we're ahead of the game."

Water, juice and milk in vending machines are priced lower than pop, Purhar said, to encourage students to make healthy choices. Water, she said, is now a bigger seller than pop at the school. Healthy items in vending machines, such as rice crackers and granola bars, have small heart stickers beside them, to remind students there are healthy options to potato chips.

"You teach them to make the healthier choices," Purhar said. "Yes we do have French fries in the school



Dover Bay Secondary School chef program students Nicola Buston and Dayn Endicott show the variety of food options available at the school's cafeteria — crunchy chicken breast and bok choy.

— LEANNA JANTZI/DAILY NEWS

... but they have a choice."

Dover Bay made improving students' consumption and knowledge of nutritious foods a goal in 2003.

Students knowledge is improving said foods and nutrition teacher Barb Reder.

When she first started teaching, students turned up their noses at salads, she said. Now they know the different types, such as Caesar and Greek.

"I'm seeing a shift," she said.

Purhar is seeing the shift too.

"We're beginning to notice that the [cafeteria] line for salads is larger now than the lines for the other things," she said. "We're getting there."

Back in the kitchen, MacNeill has students use non-transfat oils for deep frying and cooking sprays.

For those looking for an even healthier choice, the cafeteria also has a salad bar.

But, MacNeill said, what kids eat in school is only part of the answer: "In my mind, the bigger part of it is at home."

What the students are learning in the kitchen and in class seems to be working.

Grade 11 student Gavin Vaughan said he buys apple juice from the vending machine while Brendan Milholm usually has a salad at lunch.

LJantzi@nanaimodailynews.com

Focus on healthy schools

The Nanaimo-Ladysmith school district is pleased to see new provincial guidelines for healthy student living.

But it hasn't been waiting for them to get students started down a healthier path.

"We've had a focus on healthy schools for a long time in the district and in the last couple of years, we reinforced that," said Mike Munro, assistant superintendent educational programs. "Schools have been moving along in terms of making more and more food available which is healthy."

Daily physical activity is stressed at the elementary level, he said, and years ago schools started pricing healthier food and drink lower than unhealthy items.

The provincial guidelines divide food and drink into four categories: choose most, choose sometimes, choose least, and not recommended. The ministry wants schools to stop selling the "not recommended" items, such as candy and pop, and move toward selling the "choose most" and "choose sometimes" items by 2009.

Nanaimo-Ladysmith school district does not ban any particular food or drink from schools.

But, the district is working to update its nutrition policy. With the guidelines now in hand, that work can move forward.

Welcome to

Dover Bay



BCCASA Members in the Media continued

submitted by Trevor Randle, Maple Ridge Secondary

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The Neighbourhood Bugel

Golden Harvest a golden chance to support local agriculture, economy, environment

BY REBECCA STILES

Increasingly, we are hearing about the "100 mile diet" and the benefits of eating locally produced food. Proponents of this philosophy profess that it's good for our bodies, the environment and certainly for our local economies.

"Golden Harvest, A Taste of Maple Ridge and Beyond" is setting out to promote that idea for the second year in our community.

Golden Harvest is a celebration of locally produced meat, seafood, vegetables, fruit and herbs. It is designed to promote the use and consumption of food grown in the region, as well as to support the economy and local farmers in the Maple Ridge area. This concept is also central to culinary programs in local high schools.

"The Golden Harvest is an excellent fit with our culinary program," says Chef Trevor

Randle of Maple Ridge secondary school, who also helped to spearhead the "Take a Bite out of BC" program. "These kinds of programs and events are really great ways to get local agriculture into the classroom."

He explains that his students have begun to make connections to the benefits of locally grown food in other subjects as well, like geography, marketing and also from an environmental perspective.

Chef Randle and some of his culinary students will participate in Golden Harvest on October 15, by creating, preparing and serving unique hors d'oeuvres at the event.

Students and chefs from Garibaldi and Thomas Haney high schools will also participate, alongside local chefs, food producers and restaurateurs.

MRSS grade 11 student and



Chef Trevor Randle and student chef Tasha Sirianni are looking forward to the Golden Harvest: A Taste of Maple Ridge and Beyond event coming October 15.



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!!



BCCASA Members in the Media continued

Student chef learned to love tomatoes at harvest festival

Continued

aspiring chef Tasha Sirianni will take part in the event for the second time.

"Last year Golden Harvest was probably the most amazing experience I've had with cooking," says Tasha. "It was so great to meet local chefs and farmers. It was such a positive environment; everyone was so enthusiastic about the food that comes from this region."

Tasha explains that she and her mother always buy local products if they are available, and while she admits it's a little more of a commitment than one-stop-shopping, she feels it's definitely worth the extra effort to get the local quality, support local farmers and reduce her carbon footprint.

Tasha adds that she is always eager to be involved in extra-curricular activities that might bring her closer to her goal of eventually owning her own restaurant, after she completes her Red Seal chef certification.

"I love the opportunity to interact with other chefs and see how things are done," says

Tasha. "You really learn so much, and the chefs and farmers are so encouraging when they learn you want to make a career in culinary arts."

Tasha admits that in addition to the culinary experience, this year she is really excited to see what type of dishes show up at the event. She claims last year she was converted to being tomato-lover by a dish from one of the other high schools.

"Honestly, I'm really looking forward to the food. I'm curious to try the new recipes," she confesses. "Last year there were so many amazing things to taste."

The Maple Ridge Agricultural Advisory Committee, the Maple Ridge Pitt Meadows Agricultural Association and the Haney Farmers Market are partnering to present Golden Harvest.

The event will take place at the Arts Centre and Theatre (ACT) on October 15. Tickets are \$15 and are available at The ACT box office, Haney Farmers Market or through members of the Maple Ridge Agricultural Advisory Committee.



Upcoming Events

Gingerbread Competition at North Surrey Secondary
Thursday December 2, 2010

Culinary Sculpture competition Enver Creek
Secondary Wednesday April 20, 2011

Chili Competition Lord Tweedsmuir Secondary
Thursday May 12, 2011.

In the 2010 spring edition, Shirley Wong was named as a participant in the SD #42 Chowder competition, when in fact it is Gina Sena who is pictured. Gina successfully brought her amazing students to create their culinary delights, and Richmond's participation and great efforts truly had an impact on the whole day. As the Bouquet Garni editor, I must apologize to both of our valued members for the misprint and I do appreciate your understanding and good nature.

Trevor



Chef Gina Sena and the Richmond Secondary Team



Lesnes' Brain Teaser # 22

submitted by Chef Daniel Lesnes - Garibaldi Secondary



I am a sweet, nutlike tuber of the genus *Trapa*. I am three or four sided and most popular in the cuisines of China, Japan, and Thailand. My roots are anchored to the bottoms of lakes or ponds, my leaves are at the surface, and I am formed at the bottom or in the middle. I am an aquatic vegetable. Although indigenous to Southeast Asia, I also grow prolifically in southern Europe and the eastern United States, particularly in the Potomac River, where my thick growth often hinders navigation. I have a crispy white flesh and can be eaten raw, slightly boiled, grilled, pickled, or tinned. I am rich in carbohydrates (about 90 percent by dry

weight), especially starch (about 60 percent by dry weight), and I am also a good source of dietary fiber, riboflavin, Vitamin B6, potassium, copper, and manganese. I am most frequently used in stir-fry. I am also available canned, (whole or sliced), or as a powder for flour. Because my seeds were often used in making rosaries, I am sometimes called a "Jesuit's nut".

WHAT AM I?

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.

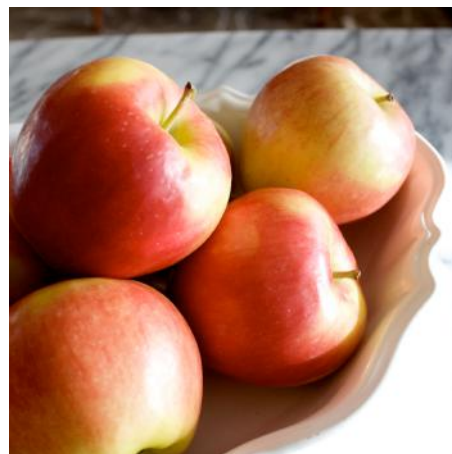
Harvested in early October they should be enjoyed through February. The ambrosias are available for about 3 months in air storage and up to 6 months in controlled atmosphere storage. The Starch Test the best criteria to determine harvest time, harvested with a starch rating between 2 and 5 on the Ambrosia 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.



PROVINCIAL SPECIALIST ASSOCIATIONS

Surname _____ BCTF ID number _____
 Given name(s) _____
 Former name _____
 Address _____
 City _____ Postal code _____
 Home telephone () _____ Fax () _____
 School telephone () _____ Work telephone () _____
(if different from school)
 Name and address of school/institution/business _____
 _____ School district number _____
 E-mail address _____
 Visa/Mastercard number _____ Expiry date _____
 Approval number _____

PSA MEMBERSHIP

BCTF MEMBER	STUDENT/ RETIREE/ TOC	BCTF MEMBER	STUDENT/ RETIREE/ TOC	BCTF MEMBER	STUDENT/ RETIREE/ TOC
41 ☐ \$35.00 Art	☐ \$20.00	53 ☐ \$35.00 Learning Assistance	☐ \$10.00	66 ☐ \$25.00 Environmental Ed	☐ \$15.00
42 ☐ \$35.00 Business Education	☐ \$23.00	54 ☐ \$19.00 Physical Education	☐ \$15.00	67 ☐ \$20.00 Rural	☐ \$10.00
44 ☐ \$40.00 Counsellors	☐ \$25.00	55 ☐ \$45.00 Primary	☐ \$22.50	68 ☐ \$25.00 Peace & Global Ed	☐ \$10.00
45 ☐ \$35.00 Immersion/Francophone	☐ \$15.00	57 ☐ \$35.00 Science	☐ \$10.00	69 ☐ \$25.00 ESL PSA	☐ \$15.00
46 ☐ \$35.00 English Language Arts	☐ \$15.00	58 ☐ \$30.00 Technology Ed	☐ \$20.00	70 ☐ \$30.00 Alternate Ed	☐ \$15.00
47 ☐ \$35.00 Home Economics	☐ \$16.00	59 ☐ \$30.00 Social Studies	☐ \$15.00	71 ☐ \$25.00 Aboriginal Ed	☐ \$15.00
48 ☐ \$35.00 Intermediate	☐ \$15.00	60 ☐ \$30.00 Special Ed	☐ \$15.00	72 ☐ \$20.00 Co-operative Learning	☐ \$10.00
49 ☐ \$40.00 Teacher-Librarians	☐ \$15.00	62 ☐ \$35.00 Drama	☐ \$20.00	73 ☐ \$35.00 Dance	☐ \$12.50
50 ☐ \$40.00 Mathematics	☐ \$20.00	63 ☐ \$35.00 Gifted	☐ \$18.00	74 ☐ \$20.00 Adult Educators	☐ \$10.00
51 ☐ \$40.00 Modern Languages	☐ \$15.00	64 ☐ \$25.00 Distributed Learning	☐ \$10.00	75 ☐ \$30.00 Culinary Arts	☐ \$16.00
52 ☐ \$60.00 Music	☐ \$36.00	65 ☐ \$35.00 Computer	☐ \$15.00	76 ☐ \$20.00 Educators Against Racism	☐ \$10.00

Subscriptions are available to non-BCTF members or institutions. Fees include GST (R 106779291 RT0001).

SUBSCRIBER	SUBSCRIBER	SUBSCRIBER
41 ☐ \$56.18 Art	53 ☐ \$56.18 Learning Assistance	66 ☐ \$45.68 Environmental Ed
42 ☐ \$56.18 Business Education	54 ☐ \$49.88 Physical Education	67 ☐ \$40.42 Rural
44 ☐ \$61.42 Counsellors	55 ☐ \$63.79 Primary	68 ☐ \$45.68 Peace & Global Ed
45 ☐ \$56.18 Immersion/Francophone	57 ☐ \$56.18 Science	69 ☐ \$45.68 ESL PSA
46 ☐ \$56.18 English Language Arts	58 ☐ \$50.92 Technology Ed	70 ☐ \$50.92 Alternate Ed
47 ☐ \$56.18 Home Economics	59 ☐ \$50.92 Social Studies	71 ☐ \$45.68 Aboriginal Ed
48 ☐ \$56.18 Intermediate	60 ☐ \$50.92 Special Ed	72 ☐ \$40.42 Co-operative Learning
49 ☐ \$61.42 Teacher-Librarians	62 ☐ \$56.18 Drama	73 ☐ \$56.18 Dance
50 ☐ \$61.42 Mathematics	63 ☐ \$56.18 Gifted	74 ☐ \$40.42 Adult Educators
51 ☐ \$50.92 Modern Languages	64 ☐ \$45.68 Distributed Learning	75 ☐ \$50.92 Culinary Arts
52 ☐ \$82.42 Music	65 ☐ \$56.18 Computer	76 ☐ \$40.42 Educators Against Racism

Print your name, address, etc., and check the appropriate association(s). Cite Visa/Mastercard card details, or enclose your cheque or money order, made payable to the B.C. Teachers' Federation. Do not mail cash. Retain a photocopy of your completed application for your records. Only BCTF members and students pursuing bachelor of education degrees in BC can be members of the PSAs. Only retired BCTF members can pay the retiree rate. All others must become subscribers. The membership/subscription will run for one year from the date this form is processed. The BCTF ID number and the expiry date appear on envelopes bearing PSA publications. Six weeks before the membership/subscription is due to expire, you'll be sent a renewal form. Receipts are not issued because PSA fees are not tax deductible. **If, in the course of the year, you change your name or address, please notify the BCTF: BC Teachers' Federation, 100–550 West 6th Avenue, Vancouver, BC V5Z 4P2, 604-871-BCTF or 1-800-663-9163, F: 604-871-2286, bctf.ca.**

Collection, use and disclosure of your personal information and your privacy consent

The British Columbia Teachers' Federation ("BCTF") is committed to both protecting the privacy and confidentiality of our members' personal information and to complying with British Columbia's *Personal Information Protection Act*. We are collecting your personal information on this form because it is needed for PSA Membership Records. It will enable us to identify you, send publications to you, and to communicate with you, as needed, to fulfill the PSA's obligations to you. We will also use this information to confirm your eligibility for services, to comply with various professional legal and regulatory requirements, to provide services to you, and to conduct research. The BCTF plans to transition to primarily electronic communication which is why we are requesting your e-mail address information.

We will disclose your personal information, but not your credit card or other financial information, to your PSA. However, we will not otherwise disclose your personal information without your permission, except as required or authorized by law. We have also employed appropriate security measures to ensure only authorized individuals have access to your personal information. By completing this membership form, you are providing your consent for the BCTF to collect, use, and disclose your personal information in the manner identified above.

BUDGET REPORT

submitted by **Chef Brian Smith - Thomas Haney Secondary**
For the Year Ending June 30, 2010

INCOME

4099921 Income Surplus	1876.88
4099930 Membership / subscription fees	2828.85
4099931 BCTF Grant	4750.00
4099934 Interest income	42.70
4099939 Other	2362.27
4099941 Conference grant	3000.00
Total Income	\$12,983.82

EXPENSES

4099950 Meeting-executive	1830.26
4099961 Publication newsletter	1081.79
4099979 Miscellaneous	28.42
4099980 Conference operating	614.92
Total Expenses	\$3555.39

Total **\$11,305.31**

Outside Account **\$756.82**



B.C.C.A.S.A. Executive

President: Mr. Eric MacNeill

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Organization of workshops and attends a variety of meetings and conventions.

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Conference chairperson.

2nd Vice President: Mr. Daniel Lesnes

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Bookkeeping and budget planning

Secretary: Mr. Trevor Randle

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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>