



# "FARM TO TABLE"

GATHER FRESH INGREDIENTS FOR LUNCH WITH LILY AND FARMER CASSIE!

## VEGETABLES

- GARLIC IS PLANTED IN THE FALL AND WILL BE READY TO HARVEST IN THE LATE SUMMER.
- GARLIC BULBS ARE SMALL BUT MIGHTY IN FLAVOUR.
- EACH PLANT OF BROCCOLI HAS A CENTRAL HEAD OF BROCCOLI, AND ONCE PICKED, THE SMALLER HEADS OF BROCCOLI ON THE SIDES CONTINUE TO PRODUCE FOR A FEW WEEKS.
- BROCCOLI FLORETS CAN MATURE INTO FLOWERS IF LEFT UNPICKED.



## PROTEINS

- DEPENDING ON THE FARM, DAIRY COWS ARE TYPICALLY MILKED TWICE PER DAY.
- ON AVERAGE, COWS PRODUCE 30-35 LITRES OF MILK PER DAY OR 125 CUPS.
- THE MILK FROM THE COWS IS USED TO PRODUCE PRODUCTS LIKE MILK AND CHEESE.



## WHOLE GRAINS

- BREAD IS MADE FROM WHEAT.
- WHEAT KERNELS FROM THE WHEAT PLANT ARE Poured INTO A GRAIN MILL THAT PRODUCES A LIGHT FLUFFY POWDER.
- THIS POWDER IS CALLED FLOUR AND IS WHAT IS USED TO MAKE BREAD.



## CANADA'S FOOD GUIDE

- THE INGREDIENTS FROM A VEGETABLE FRITTATA ARE SIMILAR TO THAT OF A BALANCED PLATE THAT IS RECOMMENDED BY CANADA'S FOOD GUIDE.
- A BALANCED PLATE IS MADE UP OF 3 PARTS:
  1. 1/2 PLATE OF VEGETABLES AND FRUITS (THE BROCCOLI AND THE GARLIC).
  2. 1/4 PLATE OF WHOLE GRAINS (THE BREAD).
  3. 1/4 PLATE OF PROTEINS (THE MILK, CHEESE AND EGGS).

