



SAVOUR THE TASTE OF SPRING





What is *Half Your Plate*?

Half Your Plate is a healthy living initiative developed by the Canadian Produce Marketing Association (CPMA) to help Canadians to fill half their plates with fruits and vegetables to improve their health. *Half Your Plate* provides fun, simple, and practical ways to add a variety of fruits and veggies to every meal and snack. Discover healthy recipes, infographics, blogs, videos, and more at www.halfyourplate.ca.

“

Celebrate the fresh, vibrant flavors of the season with dishes that make the most of peak fruits and vegetables. Let every meal feel brighter, lighter, and inspired by nature's best.

”



PRODUCE STORAGE GUIDE

Countertop
Store all loose vegetables, fresh produce in the fridge. Wash and dry produce before storing. Store produce in perforated plastic bags or in breathable mesh produce bags. Store produce in a cool, dry place. Do not store produce in plastic bags that are not perforated.

Fridge
Store leafy greens, cruciferous, and other vegetables in perforated plastic bags or in breathable mesh produce bags. Store produce in a cool, dry place. Do not store produce in plastic bags that are not perforated.

Pantry
Store the following in a cool, dry, and well-ventilated place. Do not store produce in plastic bags that are not perforated.

Freezer
Freezing fresh produce is a great way to preserve it. Wash and dry produce before freezing. Store produce in perforated plastic bags or in breathable mesh produce bags. Store produce in a cool, dry place. Do not store produce in plastic bags that are not perforated.

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HOW TO STORE YOUR PRODUCE IN THE FRIDGE

Asparagus
Trim the woody ends and store in a perforated plastic bag or in a breathable mesh produce bag.

Broccoli
Store in a perforated plastic bag or in a breathable mesh produce bag.

Leafy Greens
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Leafy Herbs
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Root Vegetables
Store in a perforated plastic bag or in a breathable mesh produce bag.

STAYS FRESH LONGER
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

TIPS TO PROLONGING THE SHELF LIFE OF PRODUCE

1. Wash and dry produce thoroughly before storing.
2. Store produce in perforated plastic bags or in breathable mesh produce bags.
3. Store produce in a cool, dry place.
4. Do not store produce in plastic bags that are not perforated.

WHAT ARE CRISPER DRAWERS?
Crisper drawers are designed to keep produce fresh longer. They are located in the bottom of the fridge. They are divided into two sections: one for high humidity (leafy greens) and one for low humidity (root vegetables). Store produce in the appropriate drawer for the longest shelf life.

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Scan to learn more about fruits and veggies

How to WASTE LESS Fruits & Veggies

Revive Your Veggies
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Store properly
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Freeze Fruit That You Can't Eat in Storage
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Freeze Veggies That Are Close to Spoilage
Wash and dry thoroughly. Store in a perforated plastic bag or in a breathable mesh produce bag.

Shop Smart
Buy fresh produce that is in season. Buy produce that is locally sourced. Buy produce that is organic.

Embrace Root-To-Stem Cooking
Use the whole vegetable. Use the stems, leaves, and roots. Use the peels and skins.

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HOW TO SAVE MONEY ON FRESH FRUITS AND VEGETABLES

Tip #1 Shop the store first for specials on fresh fruits and vegetables.

Tip #2 Buy in bulk and freeze for later use.

Tip #3 Buy in bulk and freeze for later use.

Tip #4 Buy in bulk and freeze for later use.

Check Out How Much Money You Can Save Using The Store First

PRODUCE	REGULAR PRICE	STORE FIRST PRICE
1 lb. organic apples	\$3.99	\$3.49
1 lb. organic pears	\$2.49	\$2.09
1 lb. organic grapes	\$3.99	\$3.49
1 lb. organic strawberries	\$5.99	\$5.49
1 lb. organic raspberries	\$6.99	\$6.49
1 lb. organic blueberries	\$7.99	\$7.49
1 lb. organic blackberries	\$5.99	\$5.49
1 lb. organic kiwi	\$3.99	\$3.49
1 lb. organic mango	\$3.99	\$3.49
1 lb. organic pineapple	\$3.99	\$3.49
1 lb. organic banana	\$3.99	\$3.49
1 lb. organic orange	\$3.99	\$3.49
1 lb. organic lemon	\$3.99	\$3.49
1 lb. organic lime	\$3.99	\$3.49
1 lb. organic tangerine	\$3.99	\$3.49
1 lb. organic grapefruit	\$3.99	\$3.49
1 lb. organic watermelon	\$3.99	\$3.49
1 lb. organic cantaloupe	\$3.99	\$3.49
1 lb. organic honeydew	\$3.99	\$3.49
1 lb. organic melon	\$3.99	\$3.49
1 lb. organic squash	\$3.99	\$3.49
1 lb. organic pumpkin	\$3.99	\$3.49
1 lb. organic zucchini	\$3.99	\$3.49
1 lb. organic eggplant	\$3.99	\$3.49
1 lb. organic cucumber	\$3.99	\$3.49
1 lb. organic carrot	\$3.99	\$3.49
1 lb. organic celery	\$3.99	\$3.49
1 lb. organic bell pepper	\$3.99	\$3.49
1 lb. organic onion	\$3.99	\$3.49
1 lb. organic garlic	\$3.99	\$3.49
1 lb. organic shallot	\$3.99	\$3.49
1 lb. organic leek	\$3.99	\$3.49
1 lb. organic asparagus	\$3.99	\$3.49
1 lb. organic green bean	\$3.99	\$3.49
1 lb. organic lima bean	\$3.99	\$3.49
1 lb. organic kidney bean	\$3.99	\$3.49
1 lb. organic pinto bean	\$3.99	\$3.49
1 lb. organic black bean	\$3.99	\$3.49
1 lb. organic chickpea	\$3.99	\$3.49
1 lb. organic lentil	\$3.99	\$3.49
1 lb. organic pea	\$3.99	\$3.49
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1 lb. organic soybean	\$3.99	\$3.49
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1 lb. organic white bean	\$3.99	\$3.49



Onion Cabbage and Lentils with Rice

Recipe by Emily Richards

INGREDIENTS

- 1 tbsp canola oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 4 cups cabbage, thinly sliced
- 1 tsp cumin Seeds
- 1/2 tsp tumeric, ground
- 1 can lentils (19 oz), drained and rinsed
- 1 tomato, chopped
- 1/2 tsp salt
- 3/4 cup basmati rice
- 1 cinnamon stick
- 1 1/2 cups vegetable broth
- Pinch each ground allspice and cardamom

INSTRUCTIONS

- 1** In a large skillet, heat oil over medium high heat. Cook onions and garlic, stirring occasionally for about 3 minutes or until starting to become golden. Add cabbage, cumin and turmeric. Saute for 3 minutes.
- 2** Add lentils, tomato and half of the salt. Cover and cook on low for 5 minutes; keep warm.
- 3** Meanwhile, in a saucepan combine rice, cinnamon, broth, allspice, cardamom and remaining salt. Bring to a boil. Reduce heat to low, cover and cook for about 10 minutes or until rice is tender.
- 4** Spread rice onto platter fluffing with fork; remove cinnamon stick. Top with onion and cabbage mixture to serve.



Asparagus and Pea Risotto

Recipe by Emily Richards

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-1/2 cups Arborio rice
- 1/2 cup dry white wine
- 4 1/2 cups hot vegetable broth approx.
- 1-1/2 cups asparagus, chopped
- 1 cup peas, fresh
- 1/2 cup parmesan cheese, freshly grated
- 2 tbsp butter

INSTRUCTIONS

- 1** In a large saucepan, heat oil over medium heat. Add onion and garlic; cook stirring for about 5 minutes or until softened. Add rice; stir to coat for about 1 minute. Stir in wine until almost all is cooked in.
- 2** Using a ladle, pour in about 1 cup (250 mL) of the broth; increase heat to just above medium, but not quite medium high. Cook, stirring until most of liquid is evaporated. Continue this process for about 15 minutes using as much of the stock necessary.
- 3** Stir in asparagus and peas; cook for about 5 minutes, adding more broth if necessary. Cook rice until tender but firm, remove from heat. Stir in cheese and butter until melted and smooth.

Half Your Plate Tip



Change up the vegetables you add throughout the season for different colours and flavours your family will enjoy.



Beet and Squash Tarts

Recipe by Emily Richards

INGREDIENTS

- 2 beets, peeled and cubed
- 2 cups squash, cubed
- 1/2 cup herbed goat cheese
- 1 egg
- 2 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- 2 tsp fresh thyme leaves, chopped
- 1/4 tsp each salt and fresh ground pepper
- 5 sheets phyllo pastry
- 3 tbsp butter, melted

INSTRUCTIONS

- 1** Steam beets for 15 minutes. Add squash and steam an additional 10 minutes or until beets are tender. Mash coarsely in large bowl. Stir in goat cheese, egg, parsley, garlic, thyme, salt and pepper; set aside.
- 2** Brush 1 sheet of phyllo with some butter and repeat with remaining sheets. Cut into 12 squares and fit into muffin tins. Divide beet mixture among phyllo and bake in preheated 400 F (200 C) oven for 8 to 10 minutes or until phyllo is golden.



Carrot Chickpea Burgers

Recipe by Emily Richards

INGREDIENTS

- 3 tbsp canola oil, divided
- 1 leek, white and light green part only, thinly sliced
- 3 cloves garlic, minced
- 2 carrots, shredded
- 1 can chickpeas no salt added, drained and rinsed
- 1/2 cup vegetable broth low sodium
- 1 egg
- 3/4 cup plain breadcrumbs
- pinch each salt and fresh ground pepper

Grape Tomato Salsa

- 1 cup grape tomatoes, halved
- 2 tbsp parsley, chopped
- 1 green onion, chopped
- 1 small clove garlic, minced
- pinch each salt and fresh ground pepper
- 1 tbsp cider vinegar

INSTRUCTIONS

Grape Tomato Salsa

- 1 In a bowl, combine tomatoes, parsley, onion, garlic, salt and pepper. Drizzle with vinegar; set aside.

Burgers

- 1 Heat 1 tbsp (15 mL) of the oil in a large nonstick skillet over medium heat. Cook carrots, leek and garlic for about 6 minutes or until softened. Add chickpeas and broth; cover and cook for 3 minutes or until broth is absorbed. Mash mixture with potato masher; let cool slightly.
- 2 Scrape chickpea mixture into a bowl and stir in egg, breadcrumbs, salt and pepper. Shape into 6 patties.
- 3 Heat remaining oil in skillet and pan fry patties about 4 minutes on each side until golden brown. Serve with Grape Tomato Salsa.



Spiced Parsnip Soup with Smoked Paprika Almonds

Recipe by Emily Richards

INGREDIENTS

- 1 tbsp canola oil
- 1 onion, chopped
- 1 tbsp ginger fresh, minced
- 2 cloves garlic, minced
- 1 tsp cumin, ground
- 2 tsp turmeric, ground
- 1/2 tsp coriander, ground
- 1/4 tsp cinnamon, ground
- 1 lb parsnips, peeled and chopped
- 2 large carrots, peeled and chopped
- 4 cups vegetable broth, low sodium
- 1/4 tsp salt and pepper

Smoked Paprika Almonds

- 1 tbsp canola oil
- 1 cup whole raw almonds, roughly chopped
- 1/2 tsp smoked paprika
- 1/2 tsp salt

INSTRUCTIONS

- 1 Smoked Paprika Almonds:** In a skillet, heat oil over medium low heat. Add almonds, paprika and salt. Stir and pan roast for about 3 minutes or until fragrant and toasted. Set aside to cool.
- 2** In a soup pot, heat oil over medium heat. Cook onion, ginger and garlic for 3 minutes or until softened. Stir in cumin, turmeric, coriander and cinnamon.
- 3** Add parsnips, carrots and vegetable broth. Bring to a boil; cover and simmer for about 25 minutes or until vegetables are tender. Using an immersion blender, puree soup until smooth. Stir in salt and pepper.
- 4** Ladle soup into bowls. Garnish with almonds to serve.



Baked Cauliflower Bites

Recipe by Laurie Barker Jackman, RD

INGREDIENTS

- 1 medium cauliflower, rinsed and cut into florets
- 1 egg
- 1 egg white
- 1 tbsp water
- 1 1/2 cups bread crumbs
- 1 tbsp italian seasoning
- 2 tbsp parmesan cheese

INSTRUCTIONS

- 1** Preheat oven to 425 F. Beat egg, egg white and water in a bowl, set aside.
- 2** Mix bread crumbs, Italian seasoning and Parmesan cheese in a bowl, set aside.
- 3** Dip florets, a few at a time, in the egg bath and then in the bread crumb mix, being sure to coat the cauliflower.
- 4** Set on a baking sheet lined with parchment paper. Bake at 425 F for 20 minutes or until brown.

Half Your Plate Tip



Dip these bites in your favorite dressing!



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