



VIRTUAL “MARCH” BREAK

Thank you for supporting our farm and our being part of our first virtual “March Break” Program!

We will be sharing videos and pictures of each activity throughout the week on our Facebook page:

 /mcquestenurbanfarm

MARCH BREAK TAKE-HOME KIT

If you registered for a take home kit, it includes:



MONDAY

Beeswax Wraps: pre-cut & measured cotton fabric, 2 pieces of parchment paper, cosmetic grade beeswax chips (pre-measured), 2 wooden laundry clips

TUESDAY

Supersnack: Easy-Peasy crunchy Pickle: one reused jar & a lid, 2 big label stickers (for decorating)

WEDNESDAY

Jean Garden Apron: 8 colourful buttons for decorating

THURSDAY

Supersnack: Ada’s Applesauce recipe

FRIDAY

Easy Seed Starting: zip lock bag of moistened potting soil, quarter teaspoon of seeds (e.g.: sunflower & dill/cilantro), 2 big label stickers.



Beeswax Wraps

YOU WILL NEED:

- Cosmetic-grade beeswax pellets
- 100% cotton fabric
- Scissors or pinking shears
- Brush
- Parchment paper
- Baking sheet
- Hanger (optional)
- Binder clips or clothespins (optional)
- Ruler (optional)

Imagine life without throw-away cling wrap. Make your own handy reusable food wraps for lunches, storing leftovers and keeping your favorite snacks fresh in the fridge. This is a quick and fun family craft (grown-ups will need to help with the oven steps).

HOW TO MAKE

1. Preheat the oven to 200°F or the lowest setting.
2. Cut the fabric into sizes that will fit on your baking sheet. For a snack bag, use a 7" by 14" piece of fabric. A 14" by 14" square will cover most sandwiches. Pinking shears will help prevent your swatches from fraying, but scissors will also get the job done.
3. Line a baking sheet with parchment paper and place the fabric on top. If your fabric is one-sided, place the patterned side facedown. Use a fresh piece of parchment paper each time you make another wrap.
4. Evenly distribute a liberal amount of beeswax pellets all over the fabric. Make sure you get pellets near the edges too.
5. Place the sheet in the oven for about 4-8 minutes. When the pellets melt completely, take the tray out and use a paintbrush to spread the wax evenly over the entire fabric.
NOTE: The beeswax will stick to the brush, so use one you're okay discarding or saving to make future beeswax wraps.
6. Let Dry Using tongs, remove the fabric from the baking sheet. It should feel cool to the touch after waving it for a few seconds in the air. Hang the fabric up to dry or set it on the back of a chair with the beeswax side facing up.

CUSTOMIZE YOUR WRAPS

Once the beeswax has set and is not very tacky, you can add buttons or hand-sew them into small pouches.

Snack Bags: Use a 7" x 14" piece of fabric. Once dry, fold the fabric in half with the non-treated sides facing inward. Hand sew the two sides together, leaving the top open. Turn the bag inside out, and add a button as a closure or stitch Velcro to both sides.

HOW TO CARE FOR YOUR BEESWAX WRAPS

Wash your wraps by hand in cool water with a mild dish soap. Place them on a drying rack or clothesline to dry. Avoid any heat such as hot water, microwaves, or ovens that will cause the beeswax to melt, ruining your wraps.

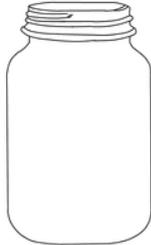
<https://www.goodhousekeeping.com/home/craft-ideas/g25642328/diy-beeswax-reusable-wraps/>



Super Snacks

Easy-Peasy Crunchy Pickles

This is one of our favourite quick kid-friendly pickle recipes, thanks Jamie Oliver! Instead of wasting unwanted bits of veg, why not try one of the coolest kitchen tricks by making your own great little house pickle? It's my favourite way to use up odds and ends of crunchy veg that might otherwise get chucked away.'

Ingredients:	Equipment:
<ul style="list-style-type: none">• Mixtures of veggies like: broccoli, green/yellow beans, radish, turnip, beets and carrots. Have fun experimenting!• 125ml water• See link for complete list.	<ul style="list-style-type: none">• Glass jar and lid• Cutting board• Knife• Measuring Cup• Label  

HOW TO MAKE

1. Cut or slice up the veg into fine or chunky pieces, depending on what you're looking for. I quite like purposely cutting each veg differently – some diced, some into erratic chunks, some sliced delicately and some more thickly.
2. Place all the veg in a sterilised airtight jar, add 125ml of water, along with the vinegar, salt, sugar and herbs and spices, if using. Close the lid and give it a good shake.
3. Keep in the fridge for up to 8 weeks, or you can absolutely use it right away – it will start off tasting quite sharp and crunchy, then relax into itself over a period of a few weeks. This pickle is brilliant in sandwiches and salads, on a cheese board, or as a side to curries and stir-fries.
4. 1 large jar, approx. 800ml, or 2 small jars approx. 250ml

TIPS

EASY SWAPS:

- Other veg that would work a treat are broccoli (including the stalk), celery, French beans, artichokes and asparagus. When it comes to herbs, try rosemary, bay, tarragon, fennel or marjoram.
- On the spice front, cardamom, fennel or cumin seeds, dried chilli or saffron are all a delight. You can also include other fragrant ingredients in the mix, such as garlic, fresh chilli or ginger, turmeric or horseradish.

<https://www.jamieoliver.com/recipes/pickle-recipes/easy-homemade-pickle/>

TIPS:

- You can double or treble the quantities of the pickling liquid, depending on what you have left over and how big your jar is – feel free to make it your own.
- To sterilise your jar, simply boil it with the lid and any utensils you're going to use to fill the jar, for 15 minutes, making sure not to use any unsterile items until after you've sealed the jar.
- Watch out for red or purple veg like beets and red cabbage – they're delicious, but tend to turn everything else in the jar pink, so I like to keep them in their own pink little world.

Old Jeans, New Apron

Spring is here. It's time for outdoor adventures in the backyard, at the park or on your favourite hiking trail.

Let's get ready, by making something to hold all of our nature treasures. Cut-out and customize your own garden apron using scissors and an old pair of jeans. Adults, you might need to help-out with cutting and some of the decorating.

YOU WILL NEED:

- Kid-friendly scissors
- Old pair of toddlers or kids jeans/khaki pants/cords,
- Stuff to decorate with (e.g.: buttons, sharpie's, beads, embroidery floss/thread, stickers, scrap fabric or other old clothes, whatever you want to add!)
- Stuff to stick things together (white glue, or for ages 8+ needle & thread / hot glue)



HOW TO MAKE

- Follow also with our step-by-step instructions and photos on [facebook.com/mcquestenurbanfarm](https://www.facebook.com/mcquestenurbanfarm)
- <https://www.youtube.com/watch?v=aLdMo5GKplo>

Super Snacks

Ada's Applesauce

That is Kelly's Mom, from our family dinner program, we miss you Ada!

Here is a family recipe for home-made, inexpensive, applesauce that is better than store bought. And it is more nutritious because it is not pasteurized; and is low sugar. This recipe is sure to make you microbiome (or tummy) happy & healthy!

- A new way to enjoy local, seasonal, sustainable produce.
- Making applesauce is a fun project especially if you pick too many apples at a nearby orchard.
- Reduce food waste! Use apples that may go bad or go to waste like bruised or B-grade fruit.
- Can be used in an array of cooking for babies, kids' lunches, as a side with pancakes, potato latkes, or used as an egg substitute for egg allergies or in vegan baked goods.

WHAT YOU WILL NEED:

Ingredients:	Equipment:
<ul style="list-style-type: none">• 16 apples (B grade, 2-3 varieties *)• 2 TBSP butter (optional*)• ½ cup water + few tablespoons• 1-2 TBSP lemon juice• Spices: pinch of cinnamon, all spice, clove etc.• Brown sugar to taste. Start with ¼ cup.	<ul style="list-style-type: none">• Medium or large, 'stock' pot• Knife and/or peeler• cutting board• heat safe spatula.• food grade containers (that can be frozen or canned).• mashing tool like an immersion blender, food mill, potato masher, etc.

HOW TO MAKE:

1. Wash the apples, scrub to remove wax.
2. With a peeler or knife, peel the skin off the apple.
3. With a knife, core and cut the apples into small chunks.
4. Put apple chunks into the pot with ½ a cup of water and the lemon juice.
5. Put the pot on the stove on low-medium heat
6. Slowly let the apples and liquid warm up to a gentle simmer.
7. Add spices, brown sugar, and butter.
8. Stir the apples as they 'stew' until they are 'forkable', that is when the pieces of apples are soft enough to be mashed. This should take approximately 20 minutes. Add a few tablespoons of water if the mash is getting too thick.
9. Let the HOT apples COOL DOWN TO AVOID INJURY, then use an appropriate tool to blend into a puree.
10. Place into food-grade containers for intended shelf life.
11. Store in refrigerator, use within 2 weeks of opening jar.

ENJOY!



Seed Starting 101

Did you know, you can grow your own delicious sprouts (sunflower seeds) and fresh herbs (Dill, just like sour cream & dill chip-dip). It's like a yummy science experiment.

YOU WILL NEED:

- A used food container
- Potting soil
- Seeds (we recommend sunflower seeds, peas, dill, or cilantro seeds)
- Water, tablespoon.
- big label sticker
- Pencil/crayons/markers
- Reused clear plastic bag
- Spray bottle (optional) or tablespoon
- Thumb tack (be careful it's sharp)



Tune into our Facebook for step-by-step instructions

Containers: reuse food containers from around the house (e.g.: take-out foods, yogurt containers, black plastic containers that can't be recycled in the blue bin). Use thumb tacks to add holes at the bottom.

Soil: For indoor plants, we use potting soil and compost from the store so we don't bring any of the creatures that live outside, inside! Fill your container with soil to about 5 cm's from the top. Pat the soil down lightly so that it isn't loose and fluffy. When your plant starts to grow the roots will need to feel safe surrounded by soil. Too much space and air will make the roots dry out.

Seeds: It is important to grow something you like and will make you happy. We love food so we are going to grow sunflower seeds. When they sprout, we can cut them and eat the sprouts as a snack, dipped in salad dressing or on a sandwich (instead of lettuce).

Plant your seeds as deep as your seed is big. That means, if you have a long sunflower seed, plant it deeper. If you have tiny dill seeds, sprinkle them on top of the soil, then sprinkle soil on top and lightly pat it down.

Water: Make sure the potting soil is moist so that when you squeeze a hand full of it you see a few drops of water. Check your soil every day to make sure it has not dried out. If just the topsoil is dry, use a spray bottle or a tablespoon to make the top moist again with room temperature water. Remember, seeds need to be moist, to grow.

Super Gardener Tip: to help keep the top of your soil moist, cover the top of your container lightly with a clear plastic bag. You will be able to see through the bag and it will help to keep your soil from drying out too fast. And it will protect the soil from your family's furry friends like curious cats and dogs.

Sunshine: To grow, your seeds need to be warm and cozy in their moist soil. That means placing your container somewhere warm. It is pretty warm on top of your fridge so you could put the container there until the seeds start to sprout and grow. Don't forget about you seed babies up there! Another great place is on a window sill or near a window that gets sunlight. If you notice the sun shining in through one of your windows, use that spot. The sun will warm up the soil and help wake up the seeds!

Decorate (& label): Use the big sticker to decorate the side of your container and to remember what you planted. My label has important info like the date I planted my seeds. And I decided to record how many times I watered the top of the soil. I drew rain drops for fun.

Eat your Sprouts (optional): In 7-10 days your sprouts will have a long stem, and two tiny leaves at the top. Cut the stem at the soil, lightly rinse in clean water and enjoy a crunchy snack! Which Sprouts did you like better: sunflowers or dill?