WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Local cauliflower

Benefits

→ Because it’s not fussy!
Cauliflower is just as good raw as cooked. You can eat it in a salad, a flan, au gratin, fried in batter, etc. You’ll have no trouble finding a recipe you like!

→ Parce qu’il est toujours prêt!
Whether white, orange, green or even purple, all cauliflower cooks quickly. All it needs is 5 to 15 minutes in a steamer or simmering water and presto! But avoid overcooking it, or it will lose its flavour and become mushy.
Raw cabbage tabbouleh

PORTIONS: 4    20 MIN

Ingredients
- 1.25 L (5 cups) cauliflower, chopped
- 375 ml (1 ½ cup) tomatoes, diced
- 250 ml (1 cup) parsley, finely chopped
- 125 ml (½ cup) red onion, chopped
- 2 gloves garlic, crushed
- 10 fresh mint leaves, finely chopped
- 45 ml (3 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil
- Sea salt and ground black pepper to taste

Directions
1. Place the first five ingredients in a salad bowl.
2. Whisk together the lemon juice, olive oil, sea salt and ground black pepper.
3. Pour the dressing over the vegetables and mix, making sure the cauliflower is well coated.

Note
This tabbouleh can also be served on a bed of couscous

Source: Inspired by mangersantebio.org

Cauliflower and lentil Indian soup

PORTIONS: 8    15 MIN 25 TO 30 MIN

Ingredients
- 15 ml (1 tbsp) olive oil
- 1 onion, chopped
- 2 gloves garlic, minced
- 15 ml (1 tbsp) fresh ginger, minced
- 22.5 ml (1 ½ tbsp) curry powder
- 22.5 ml (1 ½ tbsp) ground coriander
- 15 ml (1 tbsp) cumin
- 1.5 L (6 cups) chicken broth
- 250 ml (1 cup) red lentils
- 2 L (8 cups) cauliflower, cut into florets (approx. 1 cauliflower)
- 1 carrot, diced
- 250 ml (1 cup) baby spinach, coarsely chopped
- Coriander to garnish

Directions
1. In a saucepan, sauté the onion and garlic in the oil about 5 min.
2. Stir in the ginger, curry, ground coriander and cumin and cook for another 2 min.
3. Add the broth, lentils and cauliflower and simmer 15 to 20 min, or until the lentils and cauliflower are cooked. Add the spinach and cook for another 2 min.
4. Garnish with the fresh coriander and serve.

Source: Inspired by thehappyfoodie.co.uk/recipes

Tip!
- If you only need the florets for your dish, keep the core and the outside leaves to use in soups.