



Local grape

Availability:
august to october

Benefits

→ For the many varieties grown in Quebec!

There's the red, seedless variety, which is very sweet and excellent for juice. The white grape, with its slightly floral taste, and the green variety, which is delicious and mildly acidic, are both perfect for wine and juice. The dark-blue variety, reminiscent of black currants, makes a wonderful jelly. Whether wild or cultivated, liquid or solid, there are so many delicious ways to enjoy grapes!

→ Because we've been eating them since prehistoric times!

Native to south-west Asia, grapes are consumed the world over in many different ways: they are used to make juice and fermented to make alcoholic beverages like wine, cognac, and port. They can be eaten fresh as a snack or dried and added to pastries. Stuffed grape vine leaves are popular specialty in the Middle East!



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.

Salade raisins, feta, roquette



PORTIONS: 4

10 TO 15 MIN

Ingredients

- 1 L (4 cups) arugula or mixed lettuce leaves
- 30 seedless green grapes, halved
- 30 seedless red grapes, halved
- 125 ml (½ cup) feta cheese, crumbled
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) honey
- 45 ml (3 tbsp) olive oil
- 30 ml (2 tbsp) cider vinegar
- Salt and pepper to taste

Directions

- 1 Arrange the lettuce and grapes in the serving plates or bowls. Top with the feta.
- 2 In a small bowl, mix together the mustard and honey. Gently whisk in the olive oil with a fork. Add the vinegar and season with salt and pepper.
- 3 Add the desired quantity of vinaigrette to the salad just before serving.

Source: Inspired by lagodiche.fr/category/gourmandises

Tip!

- If your grapes have lost some of their firmness, pick them off the stem and put them in the freezer. They make a great frozen snack for the kids and they're more nutritional than popsicles in summer!



Grape, feta and arugula



PORTIONS: 1

10 MIN 30 MIN

Ingredients

- 1 package (10 ml or 2 tsp) instant dry yeast (fast-rising)
- 375 ml (1 ½ cup) milk
- 30 ml (2 tbsp) margarine
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) salt
- 7.5 ml (1 ½ tsp) ground cinnamon
- 875 ml (3 ½ cups) all-purpose flour
- 375 ml (1 ½ cup) raisins

Directions

- 1 Mix together the milk, margarine, sugar, salt and cinnamon. Heat in the microwave 1 to 2 min. Transfer to the bowl of the electric mixer.
- 2 In another bowl, combine the flour and yeast.
- 3 Add 1 cup (250 ml) of the flour mixture to the liquid mixture. Beat on medium speed with the electric mixer for 1 min. Gradually add one cup (250 ml) more of the flour mixture, beating on medium speed for 3 min.
- 4 Add the raisins. Gradually stir in most of the remaining flour, until the dough forms a soft ball and no longer sticks to the sides of the bowl.
- 5 Knead the dough until smooth, elastic and no longer sticky (about 10 min), adding flour if necessary.
- 6 Cover with a damp cloth and let sit 10 min (or follow the instructions on the yeast package).
- 7 Shape the dough into a loaf. Place the loaf, seam side down, in a 2 L (9 x 5 x 3") lightly greased loaf pan.
- 8 Cover with a warm damp cloth and let the dough rise until it doubles in volume (30 to 40 min).
- 9 Bake on the lower rack of the oven at 190°C (375°F) for 30 to 40 min. Cover the bread with aluminum foil during the last 15 minutes of baking to prevent it from becoming too brown. Remove from the pan immediately and cool on a rack.

Source: Inspired by fiveroses.ca/fr/ourrecipies