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 rutabaga

Benefits
- Because it can surprise even the most discerning palate!
  Also known as “Swedish turnip,” the rutabaga is prepared in the same way as potatoes: mashed, baked, fried, roasted or made into fries or chips, etc. Seasoned with a bit of nutmeg and chopped parsley, it’s a pure delight!

- Because it’s back in style!
  Long associated with privation and poverty, the rutabaga can today be found in the kitchen of the world’s top chefs, a sweet revenge after years of ingratitude. The rutabaga is thought to have evolved from a cross between a turnip and kale.
Rutabaga and carrot salad à l’orange

PORTIONS: 4 TO 6   15 MIN

Ingredients
- 1 L (4 cups) rutabaga, grated
- 500 ml (2 cups) carrots, grated
- 2 green onions, coarsely chopped
- 1 orange, diced
- 45 ml (3 tbsp) orange juice
- 15 ml (1 tbsp) white balsamic vinegar
- 60 ml (¼ cup) olive oil
- 10 ml (2 tsp) maple syrup
- 5 ml (1 tsp) Dijon mustard
- 1 clove garlic, finely chopped
- Salt and pepper to taste

Directions
1. Combine the first 4 ingredients in a salad bowl
2. In a small bowl, whisk together the remaining ingredients and pour the desired quantity on the vegetables. Toss to combine.
3. Adjust the seasoning.

Source: Julie Strecko, RD

Rutabaga maple soup

PORTIONS: 4 TO 6   10 MIN 35 TO 40 MIN

Ingredients
- 15 ml (1 tbsp) olive oil
- 1 onion, coarsely chopped
- 1 celery stalk, coarsely chopped
- 1 L (4 cups) rutabaga, coarsely chopped
- 1.25 l (5 cups) chicken broth
- 30 ml (2 tbsp) maple syrup
- Salt and pepper to taste

Directions
1. In a large pot, sauté the onion in the oil 2 to 3 min.
2. Add the vegetables and chicken stock and bring to a boil.
3. Let simmer 30 min or until the rutabaga is tender.
4. Transfer to a food processor and purée.
5. Add the maple syrup and mix.
6. Adjust the seasoning.

Source: Julie Strecko, RD

Bonus - for an original purée
- Cook equal quantities of potatoes, carrots and rutabaga in a broth until tender. Drain, reserving the broth, and then purée, adding a little cream and stock to obtain the desired consistency.