

# Food Items Education

Includes:  
**Final Report**

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## **INTRODUCTION**

The Seasoned Spoon Cafe is an independent, student-run co-operative located on the Trent University campus, inside Champlain College. It serves lunch and snacks throughout the week, from 8:30 a.m. until 4:30 p.m. It provides a much needed alternative to other foods offered on campus, which tend to be over-processed and not locally sourced. On the other hand, food and beverages at the Spoon tend to be seasonally offered, local, affordable (subsidized by a levy paid by all Trent students as part of their tuition fees), vegetarian or vegan, healthy, and of course delicious. Part of the Seasoned Spoon's mandate is to promote a sustainable food system. Such a system entails ecological sustainability, a strong local community, and personal well-being.

The Seasoned Spoon has made it its goal to increase community awareness of food issues by educating its customers. Currently this educational outreach includes the design and creation of large posters highlighting particular ingredients used at the Spoon. This paper will supplement the posters by providing additional information about each food item.

## **WHY VEGETARIAN?**

The Seasoned Spoon serves predominantly vegetarian fare and up to seventy percent of which is vegan. Vegetarianism seems to be slowly growing in popularity, although vegetarian restaurants are still few and far between. Until the Seasoned Spoon came along vegetarian students and faculty at Trent were quite limited in their choice of on-campus cuisine.

Sources suggest just four percent of Canadians are vegetarians (Roblin np). Vegetarianism is not cut-and-dry. Different people associate being vegetarian by different standards. For example, 'flexi-tarians' are those whose diet consists mainly of vegetables, fruits

and grains, but do not object to eating animal products occasionally. Additionally, 'lacto-ovo' vegetarians eat dairy and egg products but not meat. Vegans are the most radical of the bunch and consume no animal products whatsoever. It is important to mention there is no right or wrong diet and becoming a vegetarian, whether part-time or full-time, is a personal matter. But there are certainly compelling reasons to choose a meat-free lifestyle. These include for one's own health, for the sake of the animals, and for the ecological implications associated with eating meat.

Note: Some of the following details may be shocking and/or offensive, but it would be difficult to discuss reasons for becoming a vegetarian without including them. Ultimately becoming a vegetarian should be seen as a positive experience. It is a means of taking a stand against the current meat-based food system and executing control over a tremendously important aspect of your life. Becoming a vegetarian does not have to be associated with limitations (i.e. "I can't eat that"). In fact, vegetarian cuisine can be even more creative and various than meat-heavy cuisine, and the Seasoned Spoon is committed to serving up such alternative and exciting dishes.

## **Health**

With all the fad diets out there it is not surprising people are confused about what to eat. High protein diets suggest the more meat, the better. Low carbohydrate diets have people shunning breads, pastas, and even fruit. Vegetarianism has never been particularly trendy or promoted as a 'quick fix'. Instead, it is usually a well-orchestrated, long-term commitment to a particular lifestyle. A vegetarian diet that is diverse and rich in fruits, vegetables, grains, and legumes is superior to a diet loaded with animal fat and protein (The University of Chicago). Recall the children's nursery rhyme about the woman who swallowed a dog to catch a cat to

catch a mouse to catch a spider, and so on. When we eat animals and animal by-products, we also consume whatever those animals ate.

The dominant method to raise livestock for consumption is in intensive ‘factory’ conditions. Under such conditions they are fed a cocktail of antibiotics and hormones to keep them healthy and fat. Their diets often consist of the remains of other animals, even though their bodies are designed to consume natural ingredients such as grass, and fruits and vegetables. What’s more appalling, livestock are actually fed the *waste* of other animals. In one U.S. state alone (Arkansas), three million pounds of chicken manure are routinely fed to cattle every year (Schlosser 202).

Animals also spread disease to one another when they are crowded by the hundreds or thousands into pens and barns. Diseases affecting human have been traced to livestock – the recent outbreak of swine and avian flu comes to mind. The production process presents further risk to human health. Despite sanitation, monitoring, and other efforts to produce food that is safe for human consumption, food still becomes contaminated. In 1997, the largest-ever food recall in United States’ history saw thirty-five million pounds of beef recalled due to suspected *E. coli* contamination (Schlosser 194). More recently, a listeriosis outbreak at Canadian food manufacturer Maple Leaf resulted in mass poisoning and multiple deaths. Non-animal products can cause food poisoning too, but by ensuring you know the source of your fruits, vegetables and other products, and by eating the freshest food possible, this risk can be greatly reduced.

Despite heaps of information revealing the downside of eating meat, most people still believe they *need* it to be healthy. There is a common misconception that vegetarian diets lack protein, calcium, iron, and other essential nutrients. But many meatless food items contain these and other nutrients. For example, protein needs can be satisfied through eating nuts, legumes,

and even grains, and calcium is found in kale and almond milk. Vegetarian diets are lower in cholesterol and saturated fat than diets including animal products, and vegetarians are known to have reduced risk for heart disease, obesity, and even some forms of cancer (Roblin np). We are not advocating for people to start sustaining themselves on soy burgers and tofu – this is not a healthy option either. What we are promoting is more *conscious* and healthful eating.

### **Ethics**

People who are opposed to eating meat for ethical reasons are often against the act of killing itself or else opposed to certain agricultural practices, such as factory farming. For these people, becoming vegetarian arises out of a sense of social responsibility to end animal suffering (Fox 36). Veg.ca, a Toronto-based organization, suggests 95 percent of the 650 million animals raised and slaughtered in Canada come from factory farms. This practice is the result of an ever-growing demand for meat. What fuels this growth? It is likely a mixture of the affordability of meat and a widespread desire for convenience foods. The fast food industry in particular is a large proponent of intensive livestock rearing as a means to maximize profits (Corporate Accountability International).

Many animals experience a great deal of suffering throughout all phases of their lives, including during rearing, transportation, and inevitably slaughter. Thousands of animals are often housed under a single roof. Egg-producing chickens are de-beaked and crammed into small, crowded cages. Sows (female pigs) spend their whole lives pregnant or nursing, confined to pens so small that they cannot even stand up. Veal calves are taken from their mothers after being born and spend their short lives alone in a box not much bigger than a dog house.

A lot of animals never see the light of day, except when they are loaded onto trucks and transported to the slaughterhouse. The Canadian Food Inspection Agency permits animals to be transported for up to three continuous days (36 hours) without food and water. Additionally, their provisions allow transportation under the following perilous conditions: frostbite, blindness, amputated limbs, animals that have given birth in the previous 48 hours, and those with open wounds and/or exposed bones.

So, if factory farming is the problem, why not consume only animals raised on free-range farms? In *Deep Vegetarianism*, Fox argues there is not enough land in the world to support the many millions of cows, pigs, chickens, and other animals needed to satisfy the desire for meat (168). Ethically-grown and slaughtered meat is also a luxury purchase that many people cannot afford.

### **Ecology**

The meat industry's operations produce a slew of damaging effects on the environment. To start, pervasive odours from animal waste mar the air. In his book *Dominion*, Matthew Scully describes open pits filled with millions of gallons of animal urine and excrement (249). Ironically, these pits are the last visible reminders of many animals whose existence is kept hidden behind closed doors. Animal wastes are laden with ammonia and pharmaceuticals which runoff into waterways and underground aquifers. Manure runoff from a cattle operation resulted in *E coli*. contamination of drinking water in Walkerton, ON in 2000.

Deforestation is another form of land degradation associated with the meat industry. Forests are cleared to make way for grain crops to feed to livestock. Monoculture corn and soy crops are unsustainable and thus require a lot of chemical additives. Grazing animals trample the

land and cause soil degradation and erosion. In parts of the world, the expansion of deserts has actually occurred as a result of rampant cattle grazing (Pojman & Pojman 494).

Every day, natural resources including land, water, and energy are misallocated to animals raised for consumption. For example, the average beef cow consumes over 300 million litres of water in its short lifetime, factoring in the water it directly consumes, and what is used to grow its feed and to clean up around the farm (National Geographic np). Finally, global warming is a very real problem which is, in part, attributed to livestock rearing. Livestock waste produces methane and nitrous oxide, known greenhouse gases which in smaller amounts are more powerful than carbon dioxide (The University of Chicago).

Again, this is just a small sample of the land-damaging practices associated with eating meat. Of course it is not just the earth that suffers, as an unhealthy environment produces unhealthy inhabitants. By choosing a vegetarian lifestyle, or at least by reducing one's consumption of animal products, people can reduce this impact on the planet. Besides, it is good for your health and the animals will thank you too.

The Seasoned Spoon does occasionally serve meat and dairy, but they have strict guidelines governing where they get it from. To start, meat and dairy served at the Spoon must be free-range. The definition of free-range varies but the essence of which requires animals to live in as natural an environment as possible, not confined to cages or corrals. Second, meat and dairy must be organic: free of hormones, antibiotics, and genetic modification. Third, it should be sourced locally. The Spoon aims to purchase its food items directly from producers who are located within (as close as possible) proximity to Peterborough. Last but not least, meat and dairy should only be purchased from farms where animals are ethically raised and slaughtered.



Animals should be treated humanely and never suffer unduly. Meat and dairy is a rarity at the Seasoned Spoon because it is difficult to source according to all of these principles.

The rest of this paper will focus on vegetarian food items which have been thoughtfully selected to meet the criteria of the Seasoned Spoon.

### **WINTER GREENS**

The term ‘winter greens’ refers to a wide variety of green-leafed vegetables which are seasonally available throughout the late fall and winter seasons; a time when many other crops have long-since expired. This is part of the reason why the Seasoned Spoon makes a point of offering winter greens, because they continue to be available when other vegetables are not. A lot of varieties are frost resistant, and some flavours are even enhanced by frost. Many varieties of greens originally hail from Asia, while others come from the Mediterranean, Eastern Europe, the Middle East, and even North America. Claytonia, for example, natively grows between southernmost Alaska all the way to California. Regardless of their origin, most winter greens can thrive in the Canadian climate.

The Seasoned Spoon is keen to offer healthful fare and winter greens certainly fit the bill. They are colourful and nutritious. One way to beat the winter doldrums is to incorporate them into your diet. They are known to be excellent sources of iron, calcium, potassium, folic acid, and Vitamins A and C (Shulman np). They also bring new life back into the garden after ornamental flowers and plants die out, which is an added benefit to people who grow winter greens at home. Growing winter greens is also much cheaper than purchasing in the grocery

store. Plus, greens are a gift that keeps on giving, since just a few leaves can be cut off at a time and more will grow in their place.

### **Source**

Gisele Roy is the owner and operator of Earthly Farm and the provider of winter greens to the Seasoned Spoon. Purchasing winter greens from Gisele ensures the Seasoned Spoon upholds their number one sourcing priority: to purchase from local, organic, and small-scale producers. Gisele's 50 acre farm is located a few kilometers outside Peterborough. She admits she is "just a baby" when it comes to farming. She moved back to the countryside after spending 25 years in Toronto, and has only been farming for four years. Gisele describes her style as organic, sustainable, and intensive. Her philosophy is "minimum energy output for maximum return." She claims she does not grow food, but rather she grows the soil that grows the food in return.

Gisele is a reliable producer to the Seasoned Spoon because she grows food all winter-long in her greenhouse. The greenhouse is built from a three-sided frame and plastic sheeting. It is very energy efficient as it requires only sunlight to heat. Gisele moves the greenhouse to a new location every year so the soil underneath can rejuvenate. At Earthly Farm, seeds are sown in August and greens are harvested from mid-September until the end of April. Because different varieties grow at different rates, Gisele grows each in its own square. In total, approximately 700 to 1000 pounds of greens are produced. Roughly half of the harvest is returned to the land as compost, ensuring a sustainable operation. Along with providing to the Seasoned Spoon, Gisele sells to some local restaurants and at the Peterborough farmer's market.

### **Varieties Grown by Gisele Roy**

|             |                |                  |
|-------------|----------------|------------------|
| Minutina    | Tat soi        | Salad Burnet     |
| Mâche       | Dandelion      | Parsley          |
| Claytonia   | Beet Greens    | Watercress       |
| Cabbage     | Sorrel         | Red fife lettuce |
| Kale        | Arugula        | Red giant        |
| Chervil     | Vitamin greens | Asian greens     |
| Beet greens | Cilantro       | Spinach          |
| Watercress  | Swiss Chard    |                  |

### **Use & Storage**

For the Seasoned Spoon Gisele Roy mixes all varieties of winter greens together. In turn, the restaurant prepares and sells the greens in salads. Greens may also be mixed into soups and pastas, and eaten on their own. Young greens are suitable to eat raw, but older greens taste better cooked. Loose greens should be stored unwashed in a plastic bag, with their stems wrapped in damp paper towel. They may last like this in the refrigerator for up to 10 days.

## **KALE: THE “KEY GREEN”**

### **History**

During World War II, kale helped “sustain the nation through the dark years” (Polter). Kale was grown in many of the plots that sprang up across Britain during the war. The easy growing and mixture of nutrients made kale a vital ingredient in the diets of those who were affected by the war. It kept the “nation healthy in troubled times” (Polter). Traditionally, kale was boiled and served with boiled bacon and potatoes (Polter).

Kale is a descendant of the wild cabbage, a plant that is thought to have originated in Turkey and to have been brought to Europe around 600 B.C. and into the United States in the 17th century by European settlers (The George Mateljan Foundation).

### **Benefits**

Kale is a vegetable that holds many beneficial properties. Kale is very valuable to the human diet and to the human body system as a whole.

It is a vegetable that is rich in carotenoids, fat-soluble plant compounds that are essential to the human diet (Science Daily), which are thought to be powerful anti-cancer agents (Polter). Kale's risk-lowering benefits for cancer have recently been extended to at least five different types of cancer (The George Mateljan Foundation). These types of cancer include: bladder, breast, colon, ovary, and prostate (The George Mateljan Foundation).

Kale is also rich in vitamin A, C, magnesium, iron, sodium, potassium, calcium, as well as many others that help in regulating the body's system (Polter). Kale can provide “cholesterol-lowering benefits” if cooked by steaming (The George Mateljan Foundation). The fiber

components in kale bind together with bile acids in the digestive tract when it has been steamed (The George Mateljan Foundation). This providing support for the body's detoxification system (The George Mateljan Foundation).

### **Description & Classification**

Kale is a leafy green vegetable that belongs to the Brassica family (the scientific name for kale is Brassica Oleracea), a group of vegetables including cabbage, collards, and brussels sprouts (The George Mateljan Foundation). Though it differs from cabbage because the central curly leaves fan out rather than forming a head (Polter).

There are several varieties of kale that grow all over the world, and in Canada. Some of these varieties include: curly kale, ornamental kale, and dinosaur kale. All of the varieties differ in taste, texture, and appearance (The George Mateljan Foundation). Kale varies in color from a pale yellow to a deep green, a deep blue to purple-red and an almost black colour. A blue-green colour is usually represented in colder climates (Gardening Notes and Tips).

Kale is easy to grow and can grow in colder temperatures (The George Mateljan Foundation). When the weather is warm, the flavor of kale becomes more intense, and has an almost bitter taste (Gardening Notes and Tips). In the winter, or when kale is exposed to frost, the leaves become sweet in taste (The George Mateljan Foundation).

### **Selection & Storing**

When looking for kale, look for kale with firm, deeply colored leaves and hardy stems. The leaves should look fresh, not wilted, and be free from signs of browning, yellowing, and small holes (although holes do not impact the taste, just the appearance). Smaller sized leaves

will be more tender and have a milder flavour than the larger leaves (The George Mateljan Foundation).

Kale is available throughout the year but it is in abundance from the middle of winter through the beginning of spring. In order to store kale, it is best placed in a plastic storage bag (no washing-the water exposure encourages spoilage), removing as much of the air from the bag as possible (The George Mateljan Foundation). Storage in the refrigerator is best and it will keep for approximately 5 days (The George Mateljan Foundation). The longer it is stored, the more bitter its flavor becomes.

### **From the Rooftop to the Spoon**

The Kale offered at the Seasoned Spoon is traditionally grown on Trent's very own rooftop garden. This kale is grown for taste, and is the longest growing vegetable on the rooftop. The varieties offered to the Seasoned Spoon include: Red Russian Kale, Dinosaur Kale, and Blue-Green Kale. The roof top garden plants the seeds for Kale on a yearly basis. The seeds are local, organic, and sustainable, from the Cottage Gardner in Cobourg. Seeds are grown in one of Trent's greenhouses in early April. Then, when ready, the plants are transplanted onto the roof. In the winter, after as much of the plant is harvested, the plant is left in the ground to degrade into the soil, becoming organic matter and putting nutrients into the soil.

Recipe (from the Seasoned Spoon):

Ingredients:

1 bunch of Kale (spines removed & chopped into ¼ inch)  
½ head of Purple Cabbage (sliced thin)  
3 large Carrots (peeled and grated)  
¼ cup Sesame Oil  
¼ cup Braggs all-purpose seasoning  
3 tbsp. Maple Syrup  
1 tbsp. Dijon  
pinch Toasted Sesame Seeds

Step 1: Combine sesame oil, Bragg's all-purpose seasoning, maple syrup and Dijon into a small bowl.

Step 2: Pour contents of Step 1 over vegetable mix.

Step 3: Cover and marinate for at least ½ hour before serving (it softens the kale)

Step 4: Sprinkle toasted Sesame Seeds over salad

Enjoy!

## **GARLIC**

Garlic's history is very hard to trace. Some say that garlic cultivated in the southwest of Siberia and from there spread to Europe and continued to spread from there (Grieve, 2010).

### **Benefits/Medicinal Uses**

There have been many extraordinary healing powers that have come out of the use of garlic. Garlic has been used as an antiseptic, for ointments and lotions, as miracle cures, and many more.

Garlic has been long used as an antiseptic (Grieve, 2010). In war, garlic was used in controlling suppuration wounds (Grieve, 2010). The raw juice was expressed, diluted with water, and put on swabs of sterilized Sphagnum moss, and were then applied to the wound (Grieve,

2010). Where this treatment had been given, it was proved that there were no septic results, and the lives of thousands of men were saved by its use (Grieve, 2010).

In the past, garlic was employed as one of the main cures for leprosy (Grieve, 2010). It was also believed that it had most beneficial results in cases of smallpox, if cut small and applied to the soles of the feet in a linen cloth, renewed daily (Grieve, 2010).

Today, syrup of garlic is used as a medicine for asthma, hoarseness, coughs, difficulty of breathing, and most other disorders of the lungs (eg. Bronchitis) (Grieve, 2010). It is made by pouring a quart of water, boiled hot, upon a pound of the fresh root, cut into slices, and allowed to stand in a closed vessel for twelve hours, lastly, sugar is added to make it of the consistency of syrup (vinegar and honey also improve the medicinal value) (Grieve, 2010).

### **Description/Classification**

Garlic is a member of the Lily family, a cousin to leeks, chives, onions and shallots (Herbst, 1995). Garlic's leaves are long, narrow and flat like grass (Grieve, 2010). The bulb (the only part eaten) consists of numerous cloves that are grouped together and enclosed in a white coloured skin (Grieve, 2010).

### **Selection & Storage**

When purchasing garlic, purchase firm, plump bulbs with dry skins while trying to avoid heads with soft or shriveled cloves, and those that have been refrigerated (Herbst, 1995). Fresh garlic should be stored in an open container (away from other foods) in a cool, dark place (Herbst, 1995). Properly stored, unbroken bulbs can be kept up to 8 weeks, though they will begin to dry out over time (Herbst, 1995). Once broken from the bulb, individual cloves will keep from 3 to 10 days before drying out (Herbst, 1995).



## **From the Rooftop to the Spoon**

Garlic is one of the major contributions from the rooftop garden to the Seasoned Spoon and to the Peterborough community. This year alone, the rooftop garden has produced over 150 heads of garlic. Each year, the garlic crop has become better adapted to the surrounding environment, having the bulbs saved since 2005. The name of the garlic has been lost and is now being re-named Agnes Garlic, after Aimee Blyth (worked with Trent's rooftop garden), according to Tegan Moss. The cloves are planted in the first week of September. They are planted approximately one inch deep into the soil and are then covered with four inches of straw mulch. They are then buried under snow and all that the environment gives it over the winter months. The garlic is then harvested in mid-late July. The garlic plots are moved before planting according to the previous pests. Garlic is a natural pest controller in gardens.

## **TOMATO**

Tomato, *Lycopersicon esculentum* as its Latin name, was considered as a poisonous plant due to the limited cognition of the natural world in the 16<sup>th</sup> century, and it was accepted as a food in the later 17<sup>th</sup> century. Tomato is one of the most common food products in the world nowadays, because of its delicious taste, nutritive value, and easy accessibility of growing tomatoes regardless to regions which benefits from hot house technology. Tomatoes have many different varieties due to the local natural environment which includes different soil conditions, temperatures, air humidity, and duration of local sunshine could possibly receive.

Food does not only provide the enjoyment of eating, and the most important significance is it provides essential elements such as vitamins and other nutrition which needed by sustaining

lives, improving health conditions, and recovering from illnesses. Tomatoes contain modest to high amounts of vitamin C, vitamin E, folates, phenolic compounds, and other carotenoids such as b-carotene (Beecher 1998). All of them are relevant to the prevention of chronic diseases (Gerber 1999). Therefore, tomato has significant influences on maintaining a healthy body. Tomatoes also have positive impacts on human reproduction, and cancer prevention. Consumption of a 'standard size portion' of tomato products increases plasma and milk lycopene concentrations in healthy, well-nourished, lactating women and, therefore, could increase the lycopene status of nursing infants (Allen, Smith, Clinton & Schwartz 2002). Women who are experiencing periods of breast feeding for their babies should be encouraged to consume tomatoes in order to ensure babies will have enough inputs from their mothers. Men are also benefited from tomato, in terms of prostate cancer prevention. The possibility that tomato products have anti-prostate cancer properties remains a viable hypothesis (Tan et al. 2010). However, this is still a positive outcome that people have proven most of the aspects that tomato does have influences on prostate cancer.

Importantly, at the Seasoned Spoon, they offer special tomatoes which are heritage tomatoes. First, Heritage tomatoes provide exceptional tastes. Heritage tomatoes are excellent representative of how the Seasoned Spoon carries out the idea of small in ecological footprint, while big in flavour; as well as the second good thing about heritage tomatoes, is that heritage tomatoes are more likely to provide more nutritious than newer varieties of tomatoes, which also mean the spoon provides healthy food products to consumers. Third, heritage tomatoes can be saved in terms of seed forms that gardeners can replant them from year to year. This advantage directly influences the possibility of affordable food for people. Fourth, heritage tomatoes do not ripen all at once, which means that heritage tomatoes will be supplied constantly. Fifth, heritage

tomatoes are always less expensive than hybrid tomatoes, and again, this determines the possibility of affordable food for people. Last, heritage tomatoes have lots more histories than hybrid tomatoes, because heritage tomatoes have been growing for many countries for many centuries. Heritage tomatoes are also excellent examples for student to learn about food.

All in all, heritage tomatoes have represent the goals of the Seasoned Spoon in terms of providing affordable food, less ecological footprint and big taste, healthy food products, local grown food resources, and more importantly, heritage tomatoes provide good platforms for people who are interest in studying about food.

### **WHEAT/SPELT**

With respect to wheat and spelt, *triticum aestivum* and *triticum spelta*, belong to same subject but they are different. As for wheat, is the world's second largest crop, supplies 19% of human calories, and is the largest volume crop traded internationally (Atchison et al. 2010). On the other hand, spelt is an old European crop, grown for centuries, including the first half of this century, in several countries of central Europe ( Bonafaccia, G. et al. 2000), and it was originally grown in Iran around 5000 to 6000 B.C. Spelt is often used as a feed grain for animals, but it is getting popular as dietary grain due to its nutritional value is higher than normal wheat grain. From appearance perspective, wheat and spelt are similar but spelt has tougher husk than wheat so that spelt can hold more nutrients in it. Both of them are normally used in the similar ways such as making beers, beards, biofuel and so on. As same as tomatoes, wheat and spelt also have different varieties due to the different environmental conditions. Wheat and spelt are the most

common types of crops that consumed by people, yet it does not provide abundant nutrients as tomato does.

Moreover, wheat and spelt have significant influences on health conditions as well, which help people to remain healthy. First, wheat reduced the risk of heart disease by decreasing cholesterol level, blood pressure, and blood coagulation. Second, diets that are rich in whole wheat consumption reduce the risk of cancer amongst people. Third, Whole wheat products prove to be an extremely rich source of the mineral, selenium. Fourth, rich in nutrients, whole wheat provides consumers a feeling of fullness, thereby reducing the risk of overeating. Fifth, consumption of whole wheat reduces the risk of metabolic syndrome, thereby preventing visceral obesity or the “apple shaped” body, low levels of protective HDL cholesterol, high triglycerides and high blood pressure. Last, whole wheat does not have negative effects on your body; you will not be able to gain weight, for example (Benefits of whole wheat par.2).

As for spelt products, its benefits include reducing risk of atherosclerosis, preventing heart failure with a whole grains breakfast, gallstone prevention, cereal and fruit fiber protective against postmenopausal breast cancer, protective against childhood asthma, and preventing heart disease. (Spelt par. 5)

Both tomato and wheat/spelt provide good nutrients and enjoyment of eating them, and also they are very economic which means they are cheap and affordable for most people. Easy accessibility of these two food products, as well as mature technology of growing them make these products become the most common types of food nowadays.

## **DRY BEANS (TEGAN MOSS)**

Dry beans are foods that are often left out in diets and menus. They are simple but can add some serious benefits to any recipe. Many people only think to add beans to chili or soup, but there are tons of other recipe ideas for them. Beans are an excellent food for the Seasoned Spoon to use in recipes because they have a longer shelf life than many other vegetables and legumes. Beans will be excellent additions to any winter dish as they last throughout the cold seasons.

One of the dry bean suppliers for the Seasoned Spoon is the Trent University rooftop Garden. Tegan Moss is this year's coordinator of the rooftop garden and has invaluable knowledge regarding it, as well as the Seasoned Spoon. She is a member of both. Moss stated that the garden grows and saves seed for the spoon. The rooftop garden grows about 18 varieties of beans that vary in shape and color. The garden receives the seed from Dan Longboat. Longboat did his undergraduate degree here at Trent and is now the director of the Indigenous Environmental Studies Program at Trent. There are many kinds of beans that the spoon uses including; pinto, orca, black turtle, Jacob's cattle, kiatu ki red, and Dutch brown which are all indigenous to Longboat's Mohawk native community in Six Nations, Ohsweken. The beans from this area have been passed from generation to generation. Certain beans are used in recipes according to their flavor and use. Like for example, black turtle beans have a taste like a mushroom and Dutch brown beans have a nutty flavor so they would be used for very different recipes. Depending on flavors, some beans are better in soup rather in chili, pastes, and dips or a side dish.

## **Farming Process**

The rooftop garden saves the seed and uses it the next year. Beans can be a complicated vegetable to grow on a rooftop garden, due to chance of overexposure to sunlight and moisture. Beans are an excellent crop because they improve the nitrogen content within the soil. In order to process beans it is very labor intensive process that involves letting the beans dry on the plans first. The second step is to pick off the pods and let them dry out even more, and after that the batches are put into pillow cases to thresh them. The last step is to pour them from bucket to bucket on a windy day to get rid of the hells, which is called winnowing.

## **Health**

Beans are foods that are very high in soluble fiber, potassium, magnesium protein, and carbohydrates (Minton). If eaten regularly they can reduce risks of diabetes, heart disease, cancer, obesity, cholesterol, and in regulating blood pressure (Minton). Since they are high in protein and carbohydrates, but low in fats and calories, they are a great diet food (Minton). Beans are often overlooked but with all of the benefits and work put into growing them more people should eat them. Beans are also an excellent choice for an alternative vegetable protein rather than meat.

## **FAIR TRADE COCOA**

Who doesn't love hot cocoa or chocolate chip cookies? For students, those are a few delectable treats that get you through those tough study periods or as a snack while on campus. The Seasoned Spoon offers many small treats or meals throughout the day on campus. The Seasoned Spoon provides a twist on regular cocoa though, Fair Trade Cocoa. Cocoa Camino is the supplier for the Seasoned Spoon's cocoa.

Fair Trade is an important movement to support and is something that the Seasoned Spoon does as well. Fair Trade “aims to better the lives of the producers and workers” (Cocoa Camino). Not only does Fair Trade benefit our health, the environments health, but it also benefits the social conditions within the farmers’ communities, as does the Seasoned Spoon (Cocoa Camino). Cocoa Camino supports farmer-owned co-operatives with democratic practices just the Seasoned Spoon does. This provides the farmers with the ability to have no forced labor, a fair price, and the means to have long-term plans and pre-harvest financing (Cocoa Camino).

### **Cocoa Camino**

Cocoa Camino exhibits the same principles that go along with all that the Seasoned Spoon stands for; “ethically-mindful fare”, “healthy, organic...affordable food”, a co-operative democratic process, supporting direct relationships with the farmers and a genuine “concern for community” (Seasoned Spoon).

Camino products are grown organically certified by Quality Assurance International (QAI), certified under the Fair Trade Labeling Organizations (FLO), and a member of the World Trade Organization (WTO) (Cocoa Camino).

Cocoa Camino uses shade grown agriculture techniques in order to boost biodiversity and economic stability for the growing communities (Cocoa Camino). The growers plant fruit trees which provide shade for the cocoa, as well as provide fruit for the famers’ families and communities (Cocoa Camino). The fallen leaves act as a fertilizer for the crops as well (Cocoa Camino). The fruit trees act as a natural defense mechanism against pests because more bird habitats are created and attract birds to the area (Cocoa Camino).

## **Health**

Besides being environmentally sustainable, ethically just, and delicious, cocoa also provides health benefits as well. It is full of flavanoids which reduce cancer, stroke, and heart disease and it is full of antioxidants which help in the anti-aging process (Livesey). Cocoa is also used to treat and prevent fatigue, fever, heart pain, anemia, as well as kidney and bowel complaints (health site).

“The world market for Fair Trade is currently valued at US \$400 million” (Raynolds). The sales for Fair Trade products rise each year by almost 30 percent (Raynolds). The cocoa industry is in the “buyer-driven value chain model”, meaning that small stakeholders or the consumers are the ones with the most power (Blowfield). Therefore, it is dependent on the consumers to take interest in the idea of Fair Trade and to purchase accordingly. All in all, cocoa is a food that is enjoyable in all senses of the word as long as it is Fair Trade cocoa.

## **Conclusion**

All in all, the Seasoned Spoon offers certain food for certain reasons. Healthy food is hard to come by on campus but the Seasoned Spoon has created their own community based on being critical of where their food comes from; along with being sustainable, healthy, and local. It is important for individuals to understand how they affect the Canadian food system; where their food comes from, how it is processed, and so on. Without the knowledge of this it would be difficult to comprehend all of the choices to make regarding food. The Seasoned Spoon not only offers healthy and affordable food but it also offers educational workshops and opportunities. Everyone on campus should take advantage of this wonderful community.



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