

Your Practical Guide to Sustainable Cooking

As a new parent, I struggled to plan, shop for and prepare meals that packed as much nutrition as possible, generated minimal waste and supported sustainable businesses. So I embarked on a journey to gather information about eating sustainably, learn new tips and tricks and make healthy eating fun. This resource is a summary of all the things I learned, some of which I have already started incorporating in my daily life. Hope you enjoy the read and find it useful.

Bon Appetit!



Suzanne Apelian



The Top Five Tips That Stood Out to Me

- 1 Support local:** Using locally sourced ingredients where possible helps reduce carbon pollution from the transportation of imported goods.

TIP: You can quickly find your local farmers' markets using [Farmers' Markets Ontario's search tool](#).
- 2 Eat seasonally:** Not only is seasonal produce tastier and more nutritious, it will also reduce the need for long-distance transportation and considerable refrigeration. Find an Ontario [seasonal food guide here!](#)
- 3 Add more fruits and vegetables to your diet:** Fruits and vegetables have incredible health benefits and generally use fewer resources, such as land and water, than other food sources.
- 4 Cook in bulk:** Time is often in short supply in our daily lives. Cooking in bulk will not only save you time, it will also reduce the amount of fuel needed to cook the same amount of food prepared in smaller quantities.
- 5 Plan your meals:** This will help save you from that dreaded food delivery charge or throwing away that bag of spinach you never touched! Planning ahead ensures you have the fresh ingredients you need on hand instead of relying on expensive takeout or packaged, prepared meals.

Reducing food waste saves money!

Use these simple tricks to cut back on how much food ends up in your compost bin



Conduct a quick kitchen audit before you go food shopping.

We've all made the mistake of buying a fruit or vegetable that we already had hiding in the crisper!



You can pickle anything! Well almost anything.

Carrots, asparagus, peaches, eggs and even watermelon rind! Pickling is a great way to salvage some of your vegetables, fruits and herbs.



STOP and think "freeze first" before you toss out your food.

It can be difficult to cook and eat all the food that is in our refrigerators. Freezing meals is a great way to minimize food waste and have meals ready for those busier days.



Sharing is caring. When eating at a restaurant that serves larger portions, consider sharing a meal with a friend or a family member. You can also bring a reusable container to bring the leftovers home.



When in doubt, make a smoothie. If your fruits or veggies are just a couple days away from going bad, consider freezing them to use in smoothies or soups. This is also a great way to sneak in vegetables that some picky family members dislike.



Sugarcoat it. I recently learned that making candy from fruit peels, such as lemon and orange, is relatively easy. I might give this a try myself.

[Sweet Candied Orange and Lemon Peel Recipe](#)



Did you know?

- Most fresh fruits and vegetables (except for leafy greens) will last longer if stored **unrinsed**. Bananas, potatoes and garlic should be stored at room temperature, while berries, peas and broccoli should be refrigerated. Learn more [here](#).
- Placing perishable foods at the front of the fridge will be a good visual reminder to eat them first.
- The terms "**expiry date**" and "**best before date**" can be confusing. Most foods can be consumed past their best before date; learn which foods are safe, [here](#). However, a food must be discarded if it has passed its expiration date.

Additional Resources

Click on a link below for more information about sustainable eating and cooking

[Canada's Food Guide - Storing Vegetables and Fruits](#)

[Eleven Tips For Sustainable Cooking](#)

[Find an Ontario Farmer's Market](#)

[Learn How to Keep Your Food Fresher for Longer](#)

[Seasonal Foods Guide](#)

[Why Eating Seasonally is Good for You and the Environment](#)

Recipe: Sweet Pickled Plums



Ingredients

- 250ml Aspall's Red Wine Vinegar
- 250ml water
- Pared zest and juice 1 unwaxed orange
- 1 tsp fennel seeds
- 10 green cardamom pods, bashed
- 1 tsp coriander seeds, lightly crushed
- 2 or 3 cloves
- 1kg slightly underripe plums
- 300g sugar
- 2 tsp rosewater (optional)
- 4 bay leaves
- Vanilla ice cream (optional)

Method

- 1.** Put everything up to the cloves into a medium pan. Bring to a simmer for 3-4 min. Remove from the heat & set aside.
- 2.** Rinse the plums in cold water, removing the stems, & prick them 5 or 6 times.
- 3.** Strain the vinegar & discard the spices. Pour into a wide-based pan & add the sugar.
- 4.** Bring to a simmer, stirring until the sugar has dissolved. Add the plums & simmer for approx. 10-15 min. Remove from heat.
- 5.** Delicately lift out the plums & pack them into warm jars, tucking a couple of bay leaves inside.
- 6.** Return the vinegar to the heat & bring to a fast boil for 5-6 min to reduce and slightly thicken the syrup. Add the rose water, if using.
- 7.** Pour or ladle the syrup over the plums, ensuring they are completely covered & seal immediately. Store in a cool, dark, dry place. Use within a year and keep in the fridge once opened.

[**Find the Full
Recipe Here**](#)

www.kilnerjar.co.uk/recipe/sweet-pickled-plums

