



What's In Season

Your weekly guide to what's fresh in veggies, fruits, and Danforth East!

Join DECA! Find out more about membership and volunteering at www.deca.to



Our land acknowledgement:

East Lynn Park is on the treaty lands and territories of Mississaugas of the Credit, the Anishinaabe and the Haudenosaunee. By acknowledging the land we stand on, we are reminding ourselves of our human connection and responsibility to care for the land and its people. We reflect on the history of colonialism and its impact in our community and firmly commit ourselves to listen, learn and speak the truth on a path to reconciliation.

Action for the week: visit the Anishnawbe Health Toronto website at www.aht.ca to learn about traditional teachings and contribute to their fundraiser for a new centre



STRAWBERRY SHORTCAKE

classic, summer dessert from Dickie's Cooking School
www.dickiescookingschool.com



INGREDIENTS

For the strawberries:

- 6–7 cups quartered strawberries
- 2 tablespoons of sugar

For the shortcakes:

- 3 cups all-purpose flour
- 1/4 cup granulated sugar
- 2 Tablespoons baking powder (yes, Tablespoons!)
- 1 teaspoon salt
- 3/4 cup unsalted butter, cold
- 1 cup (240ml) milk or buttermilk
- 2 Tablespoons (30ml) heavy cream (or buttermilk)
- coarse sugar, for sprinkling

For the whipped cream:

- 2 cups whipping cream
- 1 teaspoon vanilla
- 1 tablespoon sugar (optional)

TOOLS:

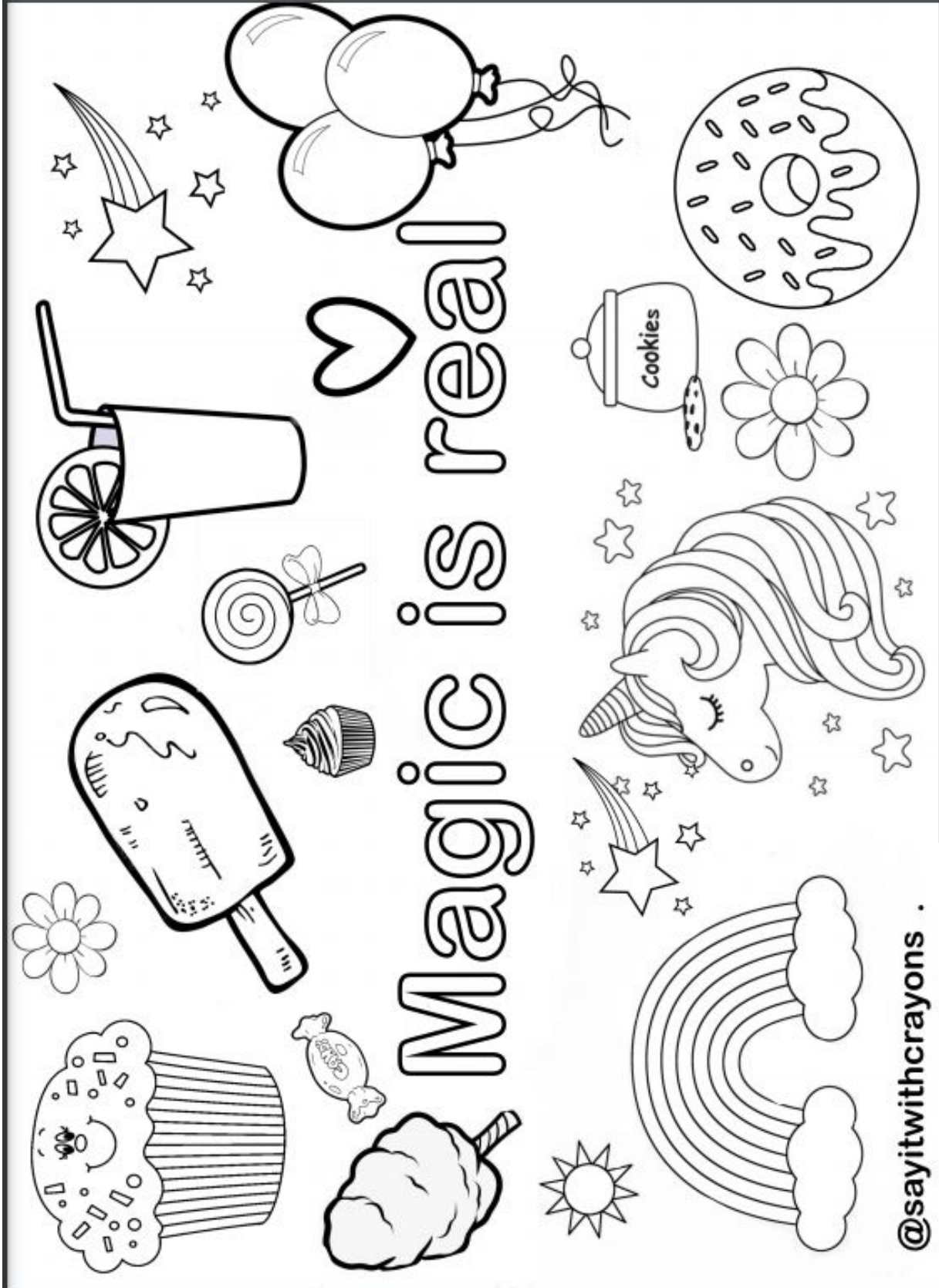
- Grater
- Measuring cups
- Measuring spoons
- Small bowl
- Large bowl
- Medium bowl (for whipped cream)
- Spatula
- Hand beaters/stand mixer/large whisk

DIRECTIONS:

- 01** **Start with the strawberries:** Stir the strawberries and ¼ cup granulated sugar together in a large bowl. Cover and set in the refrigerator until ready to use. This time allows the strawberries to release their delicious juices.
- 02** Make the biscuits: Preheat oven to 425°F (218°C). Mix the flour, granulated sugar, baking powder, and salt together in a small bowl. Whisk.
- 03** Take cold butter and coat with flour mixture.
- 04** Using a large bowl, grab a handful of the flour mixture and toss in the bottom. Grate (on the largest size) some cold butter on top. Toss another handful of flour and grate some more butter. Continue until you have grated all the butter. Gently toss the mixture with your hands or a spatula.
- 05** Pour all of the buttermilk in at once. Combine with a spatula until a shaggy dough forms.
- 06** Pour onto the counter top and knead a few times until dough comes together. Do not overwork the dough.
- 07** Gently pat until it is evenly ½ – ¾ " thick.
- 08** Using a cookie cutter or plastic cup, cut into 3" circles. Re-roll scraps.
- 09** You should get between 9 – 12 biscuits.
- 10** Arrange the biscuits beside each other (touching) in a 10-inch cast iron skillet or close together on a lined baking sheet.
- 11** Brush tops with heavy cream or buttermilk + sprinkle with coarse sugar.
- 12** Bake for 15 minutes or until biscuits are golden brown on top. Remove from the oven and allow to cool for 10 minutes before assembling.
- 13** While the biscuits are cooling make the whipped cream. Pour cream and sugar in a cold metal or glass bowl. Using beaters or whisk or standing mixer, whisk until it is thick enough to stick on the end of a wooden spoon. Add vanilla and continue to whip for 2–3 minutes. You want billowy clouds.
- 14** Slice the biscuits in half and layer with strawberries and whipped cream. Serve immediately.

"Say it With Crayons" is an East York family who collects unwanted crayons from across the city to recycle them to help saving our environment. Crayons create a sludge in our landfill if they are thrown in the garbage.

The colours they don't use are donated to vulnerable kids who do not have access to art material, and they are partners with Birthday Angel to spread happiness in family shelters.



@sayitwithcrayons .

Coming up at Dickie's Cooking School:

- Virtual Workshop: Shrimp Taco Feast with the fixings: Saturday, June 12
- Virtual Workshop: Make a Cake for Daddy: June 19, 11:00 am - 1:00 pm
- Mediterranean Cooking Course: June 3 - June 24, Thursdays @ 5 pm

Summer Camp Registration is open for IN PERSON Summer Camp

We are open for private, semi private and group virtual lessons.

www.dickiescookingschool.com