



What's In Season

Your weekly guide to what's fresh in 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 Woodland Cultural Centre in Brantford to learn about First Nations "past, present and future" <https://woodlandculturalcentre.ca/>
On the website, you can book your museum visit, explore their resources, and donate to their "Save the Evidence" campaign to restore the Mohawk Institute Indian Residential School.



PESTO WITH PASTA OR ZUCCHINI NOODLES



INGREDIENTS

For the pesto:

- 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
- 1/2 cup freshly grated Romano or Parmesan-Reggiano cheese (about 2 ounces)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts (can sub chopped walnuts)
- 3 garlic cloves, minced (about 3 teaspoons)
- 1/4 teaspoon salt, more to taste
- 1/8 teaspoon freshly ground black pepper, more to taste

For the pasta:

- 1 pound of zucchini noodles or
- 4 servings of dry or fresh pasta

TOOLS

- food processor or cutting board and sharp knife or mortar and pestle
- large pot or frying pan

DIRECTIONS

- 01** If roasting nuts, do this first and allow to cool before putting in food processor.
- 02** Pulse basil and nuts in a food processor several times until it's grainy OR macerate with a mortar and pestle OR finely chop on a cutting board.
- 03** Add cheese and garlic and pulse/grind with mortar and pestle or incorporate on cutting board.
- 04** While the food processor is running on low, drizzle olive oil through the top until pesto is smooth and uniform. Season with salt and pepper. If hand mixing, place in bowl and slowly incorporate olive oil.
- 05** Heat a large pot of water with 2 litres of water and toss in one tablespoon of salt. When the water comes to a boil, cook dry or fresh pasta. Dry pasta takes about 8 minutes to cook and fresh pasta takes about 3-4 minutes. Drain pasta and toss with 6 tablespoons of pesto. Top with Parmesan.
- 06** If using zucchini noodles. Place one tablespoon of olive oil into the bottom of a large skillet. Heat on medium low for a couple of minutes and toss in zucchini. Heat to warm and soften slightly. Stir in 4- 6 tablespoons of pesto and mix well. Toss with Parmesan cheese.

"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