

# The Foodshed

THINKING ECOLOGICALLY

## Project

...growing our foodshed sustainably

Is your school interested in starting a food sustainability project? You can borrow these

supplies from us to help you get started! Contact us at 675-3894, ask for Doreen. Email us at [ProjectManager@foodshedproject.ca](mailto:ProjectManager@foodshedproject.ca). Visit us at [www.foodshedproject.ca](http://www.foodshedproject.ca) for more information.

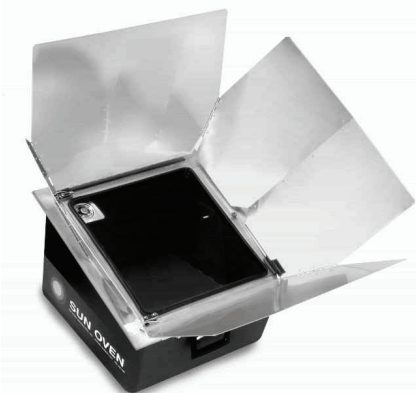
### Sprouters and Seeds:



We have 3 sprouters and plenty of seeds. You soak the seeds overnight then put them in the sprouter and rinse them twice a day. Possible experiments include; *different soaking times, different rinse amounts, different water solutions, different light exposure times, different seed types, different recipes with*

### Solar Oven:

We have 1 solar oven. The oven is placed in the sun and is capable of reaching temperatures of 400F within the enclosed container. Possible experiments include; *using the solar oven inside by a window, using the solar oven outside in the winter, insulating the outside of the*



### Food dehydrator:

We have 1 food dehydrator. You slice different foods, place them in the dehydrator and then let the dehydrator run for 1-3 days. Possible experiments include; *dehydrating different foods, different dehydrating times, dehydrating local foods, surveying the taste of dehydrated foods, different recipes with dehydrated foods*



### Breadmaker:

We have 1 breadmaker. You add the ingredients (flour, water, sugar, yeast, etc.) from the recipe book (included), and start the machine. Possible experiments include; *coming up with your own recipe, making bread with local food, experimenting with flour to water ratios, experimenting with different types of flours, etc. etc.*



### Yogurt Maker:

We have 1 yogurt maker. Making yogurt requires heating milk, adding yogurt culture (or plain yogurt), and then allowing to culture for approx. 10hrs. Possible experiments include; *experimenting with yogurt used to start new batch, experiment with culturing time, etc.*