



# LETHBRIDGE FARM-TO-TABLE

FLAVOURS FROM SOUTHERN ALBERTA

A Regional Collaboration  
in Celebration of



a regional recipe guide to open farm days



Alberta Open Farms Days is a province-wide incubator for agri-tourism and rural sustainability that takes place every year on the third weekend in August.

Few Albertans get to interact with animals, see where their food is grown, and escape urban life on a daily basis, which is why Open Farm Days is an exciting opportunity to experience new things & make a few new furry friends while you are at it!

In addition to this, some of Alberta's most talented chefs and rural communities will be hosting a memorable series of farm to table events that will be held around the province using freshly made, locally sourced, Alberta farm products.

On top of the programming, many of the Farms will have additional opportunities to support local, including markets, carry-off sales, additional experiences like wagon-rides, and more. We invite you to visit [AlbertaOpenFarmDays.ca](https://AlbertaOpenFarmDays.ca) to plan out your Alberta Open Farm Days weekend!



Look for this symbol  
2024 OFD Host Farms & Activities



Tourism Lethbridge (Niita'paini'pi Sikoohkotok) is the award-winning official Destination Marketing Organization for Lethbridge, working to showcase the unique sense of spaces, culture and people. They promote vibrant, and diverse tourism offerings in Lethbridge through collaborative efforts with industry partners and showcasing the region's attractions, events, and experiences, to attract visitors from far and wide.



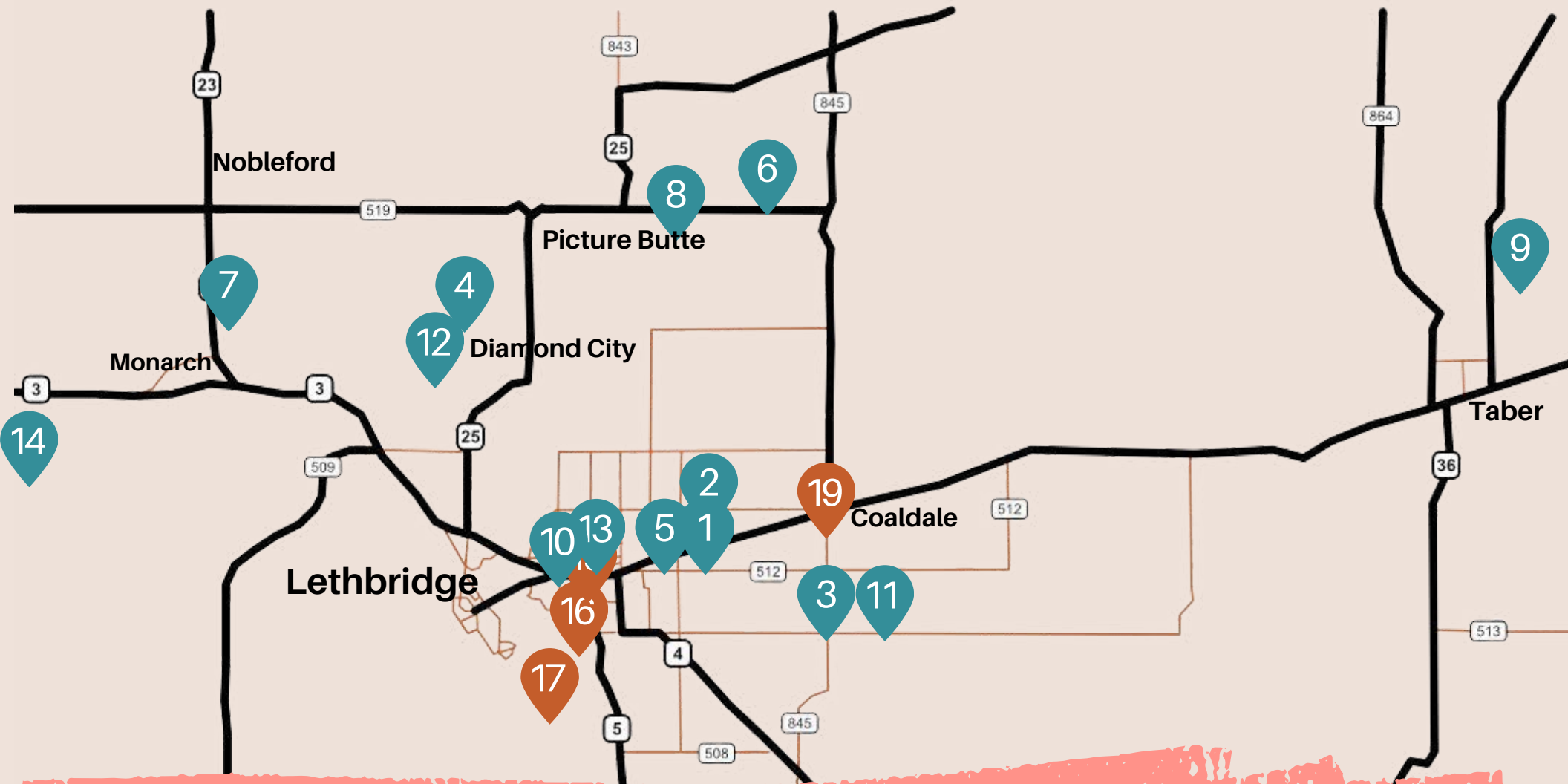
Food Tourism Strategies Inc. partners Tannis Baker and Rheannon Green bring over 30 years combined experience in the culinary and tourism industries to each and every program. From strategic development to signature events and beyond, FTS specializes in enhancing the visitor experience through taste of place.

FTS works with Alberta Open Farm Days to facilitate cluster development training in target regions, as well as culinary and policy guidance for host farms.

Thank you to all the local collaborators who helped to shape this project:

- Bootsma Bakery
- Bourbon & Butter
- Brooks Region Tourism
- Broxburn Vegetables & Café
- CCWG Livestock Supplies
- Coaldale & District Ag Society
- Crystal Springs Cheese
- Downtown Lethbridge BRZ
- Farming Smarter
- Herbal Apothecary
- Impressions Gifts and Gourmet
- Italian Table/Prime Catering
- Lethbridge College
- Little Gem Winery
- Luco Farms
- Nikka Yuko Japanese Garden
- Oldman Watershed Council
- Prairie Hill Farms
- Progressive West Consulting
- RBC
- Shipwheel Cattle Feeders
- The Herbal Apothecary
- The Fermentory
- The Lilac Row
- The University of Lethbridge
- Theoretically Brewing Co
- Town of Taber
- University of Lethbridge
- Wiebe's Deilcatessen

# SIP, SAVOUR & EXPLORE THE AREA



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# 1 BROXBURN VEGETABLES & CAFE

At Broxburn Vegetables, they pride themselves on growing with superior quality fields and greenhouse fruits and vegetables. They are presently operating a 3-acre greenhouse where crops are grown biologically, meaning that natural predators are used instead of spraying chemical pesticides to kill the pests.

Harvesting vine-ripened tomatoes daily ensures the plant benefits to its maximum potential. Long English cucumbers, mini cucumbers, eggplant, beans, hot peppers, herbs, and butterleaf lettuce are also grown in the greenhouse. The strawberry and raspberry u-pick operates from the beginning of July until the first frost.

At the café, they incorporate fresh produce from the greenhouses, field crops, and other local suppliers into their meals, creating an authentic farm-to-table experience.



## Broxburn Vegetables & Café

90008 Range Road 210

Lethbridge County, AB

403.327.0909

[Broxburn-Vegetables.com](http://Broxburn-Vegetables.com)

[@BroxburnAndCafe](https://www.instagram.com/BroxburnAndCafe)



### Broxburn Vegetables & Café

Saturday, August 17th, 2024 // 10am to 3pm

Greenhouse tours; Hayrides; Jump House; Veggie samples; U-Pick (paid)

# BROXBURN GREEK SALAD

🕒 15 minutes

👥 6 servings



## Ingredients

2 large Broxburn Peppers  
1 medium Red Onion  
1 pint Broxburn Cherry Tomatoes  
2 lbs Broxburn Mini Cucumbers  
½ Cup Black Olives  
½ Cup Crystal Springs Feta Cheese

## Dressing

1 Cup Olive Oil  
12 Tbsp Red Wine Vinegar  
2 Cloves Broxburn Garlic  
2 tsp Dried Oregano  
1 tsp Dijon Mustard  
Salt & Pepper

## Directions

1. Rough chop all vegetables to desired size.
2. In a large bowl, mix all Dressing ingredients together until combined.
3. Add chopped vegetables and feta cheese. Toss to combine.
4. Best served with Broxburn chicken skewers!





# BROXBURN STRAWBERRY KALE SALAD

🕒 20 minutes

👥 6 servings

## Ingredients

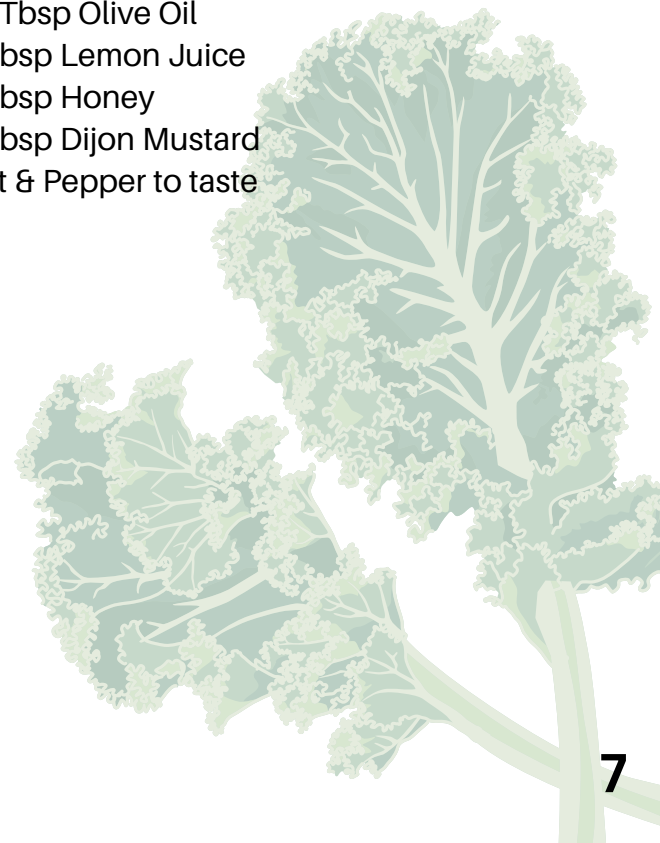
- 1 lb Broxburn Kale
- 1 pint Broxburn Strawberries
- 1 lb Broxburn Mini Cucumbers
- 2 Broxburn Peppers
- ½ Cup Crystal Springs Feta Cheese
- 1 Cup Balsamic Dressing
- Candied Pecans for garnish (optional)
- 1 Cup Olive Oil (for massaging kale)

## Balsamic Dressing (makes 2 cups)

- 8 Tbsp Balsamic Vinegar
- 12 Tbsp Olive Oil
- 6 Tbsp Lemon Juice
- 8 Tbsp Honey
- 4 Tbsp Dijon Mustard
- Salt & Pepper to taste

## Directions

1. Wash and pat dry kale.
2. Sprinkle with salt, and massage kale with 1 cup Olive Oil.
3. Destem and chop kale. Put in large mixing bowl.
4. Wash, hull, and chop strawberries. Add to mixing bowl.
5. Wash and rough chop cucumbers and peppers. Add to bowl.
6. Add balsamic dressing, feta cheese, and candied pecans.
7. Toss salad until all combined.







## 2 COALDALE & DISTRICT AGRICULTURAL SOCIETY

The Coaldale & District Agricultural Society has many members who are involved in agriculture production in Lethbridge County and Southern Alberta since 1973. A collective group of people who enjoy volunteerism and strive to educate the communities about where their food comes from.

The Coaldale & District Agricultural Society supports many Coaldale and area community project to boost rural engagement. The Coaldale & District Agricultural Society has an annual bus tour that takes people to different farms around Coaldale.

845 Spud Farm Ltd is a major collaborator and member of the Coaldale & District Agricultural Society. They been huge supporter of the annual bus tour for Open Farm Days.



**Coaldale & District Ag Society**  
Coaldale, AB

@Coaldale\_Ag\_Society



### **Coaldale & District Ag Society Bus Tour & Lunch**

Saturday, August 17th, 2024 // 9:45am to 4pm (approx)

Stops: The Canadian Co-Operative Wool Growers, Local Hemp Farm, Potato Farm & Storage Facility, Family-owned & Operated Sugar Beet Farm, Modern Beef Feedlot



# 2

## CANADIAN CO-OPERATIVE WOOL GROWERS

Southern Alberta has a concentration of lamb producers from big to small flocks. The Canadian Co-operative Wool Growers is co-operative that supports producers with buying in wool and supplying livestock supplies since 1918. Sheep are a dual-purpose animal where we can process their wool and meat production. Sheep and Lambs are capable of grazing on wide array of terrains which is ideal for the variety of landscapes in Southern Alberta. Wool pellets are a natural aid to the soil for gardening to help fertilize, improve drainage, and create an oxygen-rich environment. The Canadian Co-operative Wool Growers take in Canadian wool and makes these pellets. Sheep can support the environment on top of cloth and feed you.

The Southern Alberta Sheep Producers Guild is group of like-minded sheep and lamb producers that strive for public education, encouraging youth to build interest in the industry and build a community amongst producers. One of the members of Emma Slingerland is a young female farmer and entrepreneur that raises dorper lambs and sells meat directly to consumers through Lazy Lamb Co.



**Canadian Co-Operative Wool Growers**

145 Broxburn Blvd  
Lethbridge County, AB

Wool.ca

@ccwg.lethbridge



**Canadian Co-Operative Wool Growers**

Saturday, August 17th, 2024 // 10am to 3pm

Meet local sheep farmers, see lambs, tour of wool shipping, spinning & weaving demos

# MEDITERRANEAN LAMB MEATBALLS & ROASTED POTATOES

🕒 30 minutes (Prep)  
20 minutes (Cook) 👥 4 servings

## Ingredients

### Mediterranean Lamb Meatballs

1 lb of Lazy Lamb ground lamb  
½ cup of panko bread crumbs  
1 egg  
½ lemon zest  
4 cloves of minced garlic  
2 Tbsp of chopped parsley  
2 tsp of chopped oregano  
1 tsp of ground cumin  
1 tsp of salt  
½ tsp of ground pepper

### Roasted Potatoes

1 lb of 845 Spuds potatoes, cubed  
4 cloves minced garlic  
1 tsp of salt  
½ tsp of ground pepper  
½ tsp of paprika

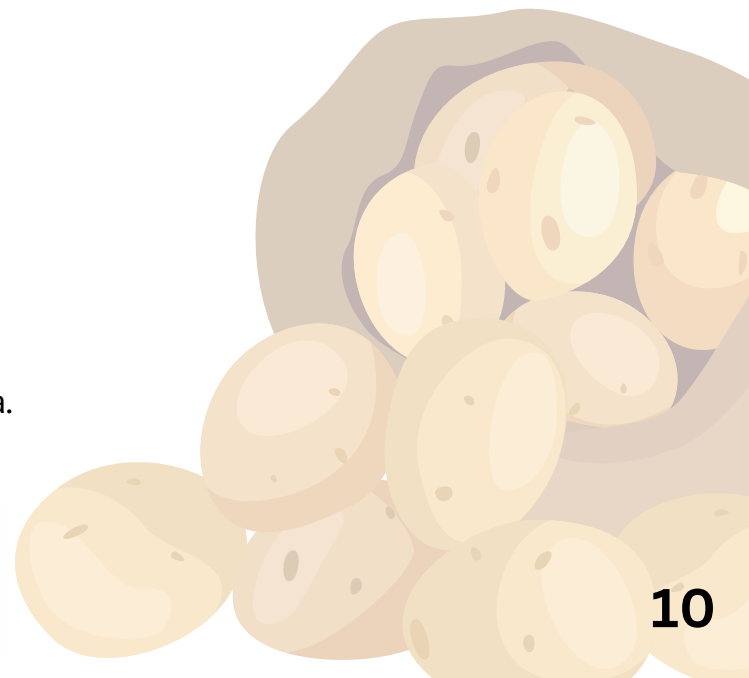
## Directions

### Mediterranean Lamb Meatballs

1. Preheat oven to 400°F.
2. In a medium bowl mix all the meatball ingredients together till well combines
3. On a lined baking sheet roll out either 32 meatballs
4. Place in oven for 15-20 minutes and flip halfway.
5. Bake till cooked all the way through. Internal temp of 160 F.

### Roasted Potatoes

1. In a 9x12 roasting pan or lined baking sheet spread the pare boiled potatoes out.
2. Coat potatoes in half of the dressing, minced garlic, salt, ground pepper and paprika.
3. Place in oven for 15-20 minutes and flip halfway.
4. Roast till golden.





# SHEPARD'S PIE WITH CHEESY POTATO TOPPING

 30 minutes (Prep)  
25 minutes (Cook)  4-6 servings

## Ingredients

### Base

4 Tbsp butter  
1 onion, chopped finely  
1 carrot, chopped finely  
1 lb Lazy Lamb ground lamb  
3 Tbsp tomato paste

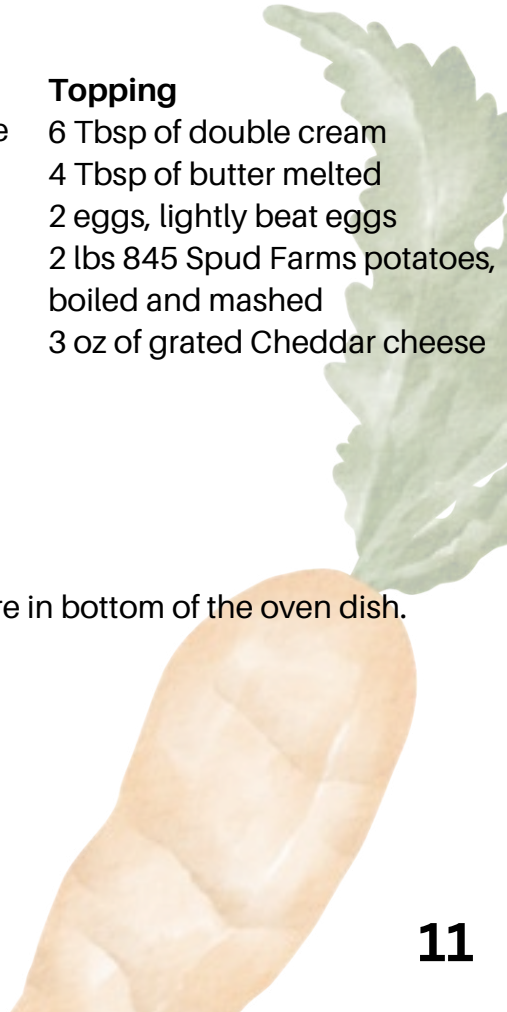
2 tsp Worcestershire sauce  
1 Tbsp parsley  
½ tsp thyme  
Salt and pepper

### Topping

6 Tbsp of double cream  
4 Tbsp of butter melted  
2 eggs, lightly beat eggs  
2 lbs 845 Spud Farms potatoes,  
boiled and mashed  
3 oz of grated Cheddar cheese

## Directions

1. Pre-Heat oven to 400°F. Grease a 9x9 oven dish with butter.
2. Heat frying pan to medium heat and coat with oil.
3. Add onions sauté for 5 minutes.
4. Add carrots and lamb sauté for 5 minutes.
5. Stir in tomato paste, Worcestershire sauce, parsley, thyme, salt, and ground pepper. Place meat mixture in bottom of the oven dish.
6. Mix cream, half the butter and eggs into the mashed potatoes. Mix in cheese to the potato mixture.
7. Pipe or spoon the potato mixture over the lamb mixture and brush remaining butter on top.
8. Bake for 20-25 minutes until puffed and golden brown.
9. Let the dish rest for 5 minutes before serving.





# 3 HERBAL APOTHECARY & THE FERMENTORY

Tony and Cami first started their business back in the spring of 2020. They bought microgreen seeds online, seeded a few trays in their living room, made up a brochure and started pounding the pavement. In addition to growing microgreens, they've also grown their space; Cami and Tony soon came up with some new product lines, including herbal teas, wellness soaps and finishing salts; all of which included microgreens or mushrooms! Their newest venture, Hold The Meat, creates mouthwatering plant-based alternatives that not only taste amazing, but also help protect the planet.

New to the Herbal Apothecary is The Fermentory, their new line of fermented foods including kefir, krauts, kimchi, carrots and more - all developed to help support gut health. You can also enjoy delicious eats at the Conscious Cafe, a plant-based cafe and eatery located right within the store!



**Herbal Apothecary**  
320 6 Street S  
Lethbridge, AB  
403.894.8661

[TheHerbalApothecary.ca](http://TheHerbalApothecary.ca)  
[@theherbalapothecary](https://www.instagram.com/theherbalapothecary)



**The Fermentory**  
Saturday, August 17th & Sunday, August 18th, 2024 // 12pm to 4pm  
Fermentation



# 3 BOURBON & BUTTER

Bourbon & Butter has quickly made a name for itself in the bustling Downtown Lethbridge food scene since its establishment in late 2021. While the dining experience leans towards the more upscale end of the spectrum, don't let this deter you from giving it a try, as the culinary creations at Bourbon & Butter are as visually stunning as they are delicious.

By collaborating closely with local suppliers, Bourbon & Butter ensures that their menus are always evolving to showcase the best of local flavours and culinary expertise. This dedication to sourcing high-quality produce translates into dishes that burst with flavor and vibrancy.

Stepping into Bourbon & Butter, you are greeted by an ambiance that exudes elegance and sophistication. The attention to detail in the decor and the warm, inviting atmosphere set the stage for a memorable dining experience. As you peruse the menu, you'll find a carefully curated selection of wines and cocktails to complement your meal perfectly.

*Bourbon and Butter*

**Bourbon & Butter**

330 6 Street S

Lethbridge, AB

587.425.2223

BourbonAndButter.ca

@BourbonAndButterYQL

# HOLD THE MEAT BOLOGNESE

🕒 15 minutes (Prep)  
45 minutes (Cook) 👥 8 servings

## Ingredients

1/4 Cup Olive Oil	1 Tsp Black Pepper
2 Yellow Onion (Small Diced)	1 Tbsp Italian Seasoning
1 Carrot (Grated)	8 Fresh Basil Leaves (Roughly Chopped)
8 Gloves Garlic (Minced)	1 Tsp Sugar
1/2 Cup Dry White Wine	1 Tsp Red Wine Vinegar
1 Can of Tomatoes (Whole - 796ml)	1 Lb. Hold The Meat - Plant Based Ground
2 Tsp Kosher Salt	



## Directions

1. In a pot - heat to medium heat, then add olive oil.
2. Add onion, carrot and garlic. Sauté for 5 min.
3. Deglaze with wine.
4. Add Can of Tomato. Crush with hands, along with all seasonings. Add 1 pound of Hold The Meat (Plant Based Ground)
5. Cover, turn to low and simmer for 45 minutes.
6. Add a little bit of water (if needed), or a pinch of Red Chilli Flakes (if desired).  
Serve with your favourite pasta.



# HOLD THE MEAT VEGAN BURG

🕒 15 minutes (Prep)  
🕒 15 minutes (Cook)

👤 2 servings

## Ingredients

2 Kaiser Buns  
1 Tomato  
2 Pickles  
1 Red Onion

1 Head of Lettuce  
Ketchup / Mustard / Vegan Mayo  
2 Hold The Meat Plant-Based Burger Patties  
2 Slices of Vegan Cheese



## Directions

1. Slice the Kaiser bun.
2. Dress both sides of the Kaiser bun, including all the veggies and condiments.
3. On high heat, cook your Hold The Meat burger patty evenly on both sides using a cast iron frying pan or grill. Approximately 3.5 - 4 minutes per side.
4. Add your vegan cheese during the final stages of cooking for a melted slice of cheese or add directly onto the bun.
5. Add your burger patty to the bun, fold together and enjoy!



*Bourbon and Butter*





# MUSHROOM CHOCOLATE DE SEMIFREDDO

🕒 15 minutes (Prep)  
🕒 15 minutes (Cook)  
🧊 Chill Overnight

👥 8 servings

## Ingredients

680g Herbal Apothecary Mushroom Chocolate  
2 Tbsp Olive Oil  
1 Litre Coconut Cream  
¾ Cup Icing Sugar  
1 Tsp Vanilla Extract

## Directions

1. Melt mushroom chocolate and olive oil over double boiler.
2. Blend coconut cream, icing sugar and vanilla in Blender until smooth.
3. Slowly add melted chocolate to running blender until incorporated.
4. Fill silicone molds, cake pan, or bowl and chill overnight.
5. Serve with fresh fruit.



# STRAWBERRY & MINT WATER KEFIR BOURBON SMASH

🕒 5 minutes 🧑 1 serving

## Ingredients

Sugar (for glass rim)	1-2oz of Blanton's Bourbon (from Bourbon & Butter)
0.5oz Lemon Juice	4 oz The Fermentory Strawberry Water Kefir
3 Mint Sprigs	Fresh Mint & Strawberries To Garnish
Fresh & Freeze Dried Strawberries	
1oz Herbal Apothecary Strawberry Mint Simple Syrup	

## Directions

1. Apply sugar rim to a rocks glass.
2. Muddle strawberries, mint leaves, simple syrup and lemon juice in a cocktail shaker.
3. Add Blanton's Bourbon.
4. Strain into rocks glass over fresh ice for a pulp-free finish, or pour directly over ice if you like pulp.
5. Top off with Strawberry Water Kefir, and garnish with fresh mint and strawberries.

\*To turn this into a mocktail, simply remove the Bourbon and add more of the Strawberry Water Kefir.





# LION'S MANE CRABCAKES



15 minutes (Prep)  
20 minutes (Cook)



4 servings

## Ingredients

5 lbs Lion's Mane, shredded  
1/4 cup Soy Sauce  
2 Tbsp Sesame Oil  
2 bunches Cilantro, lightly chopped  
2 Red Peppers, diced tiny

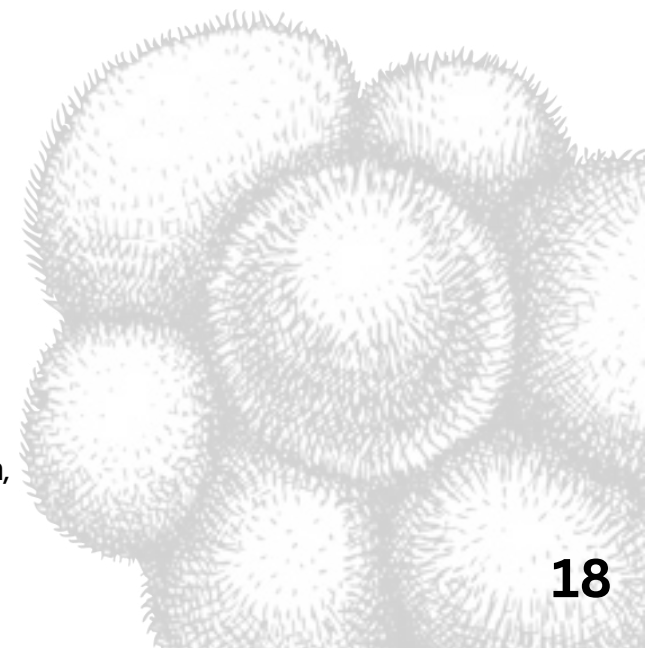
2 Lemons, zested and juiced  
1 Tbsp Kosher Salt  
1 Tbsp Cracked Black Pepper  
Rice Flour  
Oil for frying

## Breading

All Purpose Flour  
Saltwater (1 part salt to 10 parts water)  
Panko Bread Crumbs

## Directions

1. In a large bowl, combine all ingredients except rice flour.
2. Adding small amounts at a time, mix in rice flour until the mixture will hold the shape of a ball.
3. Portion into 2 ounce balls.
4. On a baking sheet lined with parchment paper, gently flatten the balls.
5. Freeze minimum 1-2 hours.
6. Create a breading station: 1 bowl for flour; 1 bowl for saltwater; 1 bowl for panko.
7. With each crabcake, use the breading station to coat in this order: Flour, Saltwater, Panko.
8. In a pan, heat oil over medium-high heat. Once hot, add crabcakes and fry until golden brown, flipping as needed.





# 4 LETHBRIDGE POLYTECHNIC CULINARY ARTS

Behind those tantalizing Instagram photos of food is a chef who creates edible works of art on a daily basis. Lethbridge Polytechnic helps you to become that chef with world-class culinary training in the Culinary Arts program. With exceptional instruction and plenty of hands-on opportunities, the Culinary Arts diploma graduates have a record of landing that important first job.

As well-planned as a gourmet meal, the fast-paced Culinary Arts program starts off with restaurant production methods before moving onto sweet and savoury techniques. For the main course, you'll be immersed in creating and preparing dining-room cuisine in our on-campus Garden Court Restaurant. And to finish it all off, we'll serve up a paid industry placement.

With the right combination of ingredients, training and skill, you can even earn your Red Seal designation. The Cook Apprenticeship program supplies the experience needed to keep a three-year apprenticeship on track as you pursue your education while continuing to earn an income.

**Lethbridge**  
Polytechnic

**Lethbridge Polytechnic**  
**Culinary Arts**  
Lethbridge, AB  
403.320.3245

LethPolyTech.ca

# CHEF TYLER IVEY'S GOOSE ROULADEN

 30 minutes (Prep)  
1.5 hours (Cook)  1 serving

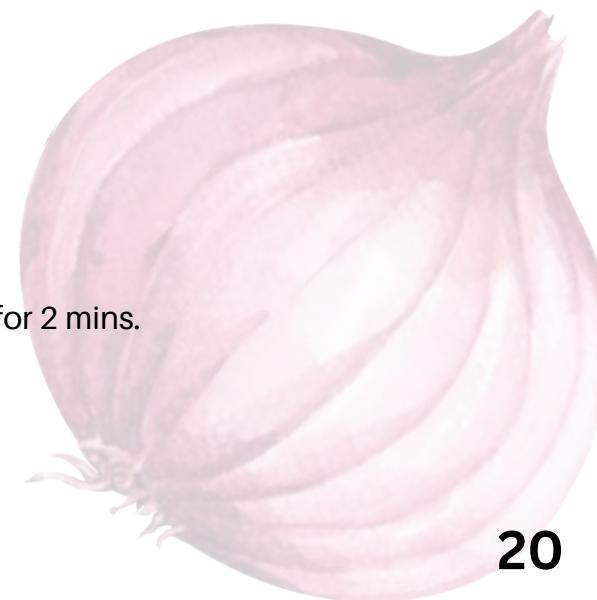
## Ingredients

1 Snow Goose Breast  
1 tsp Luco Farms Mustard (hot)  
10g Sliced Red Onion  
3-4 Pickle Spears  
1 slice Bacon, cut in two

Salt & Pepper  
Beef stock, enough to cover in oven (about 2 cups)  
1 Tbsp Vegetable Oil + 1 Tbsp Flour (roux)  
1 toothpick


## Directions


1. Preheat oven to 300° F.
2. Butterfly goose breast and sprinkle with salt and pepper. (One side)
3. Smear Luco Mustard on same side.
4. Add pickles, onions and bacon.
5. Roll up and secure with tooth pick
6. Heat pan over medium-high heat. Once hot, add small amount of oil.
7. Sear meat on all sides, then remove from pan.
8. Add flour and more oil if needed to make a roux (equal parts - will look like a paste) and cook for 2 mins.
9. Gradually add stock while stirring.
10. Put it back in the pan, and cover with stock.
11. Transfer to oven until tender (approx. 1.5hrs.)





# CHEF DEVON LEYS-WALL'S DILL GARLIC AND MUSTARD PULL APART BREAD

 2 hours (Prep)  
30 minutes (Cook)

 2 loaves

## Ingredients

### Dough

560g Water  
35g Yeast  
975g Bread Flour  
20g Salt  
95g Sugar

50g Powdered Milk  
50g Shortening  
50g Butter  
125 mL Fresh Chopped Dill

### Mustard Glaze

90 mL Olive Oil  
125 mL Luco Mustard (your choice)  
4 cloves Garlic, minced  
1 Medium Onion, minced

## Directions

### Dough

1. Use  $\frac{1}{2}$  water to dissolve yeast and sugar.
2. Use  $\frac{1}{2}$  water to dissolve salt and milk powder.
3. Mix fat & flour, dill, and add liquid. Mix for 8-10 minutes at second speed or 10-12 minutes by hand.
4. Place dough in a bowl and cover until doubled in size (approx. 1.5 hrs at 27°C).
5. While dough proofs, mix Mustard Glaze and set aside.

### Finishing

1. Once doubled, punch it down, and divide into 8 equal balls.
2. Roll each ball into a log, then cut each log into 12 equal pieces.
3. Toss each ball in Mustard mix.
4. Using 2 bundt pans, arrange balls evenly. Proof for 15 minutes.
5. Bake at 400°F for 25-30 minutes. In the last 15 minutes, cover each pan with foil to prevent onions from burning.

# CHEF DEREK FLOHR'S SMOKY CAMPFIRE STYLE BAKED BEANS

🕒 30 minutes (Prep)  
2.5 hours (Cook)

👥 10-12 servings

## Ingredients

6 rashers Thick Cut Bacon  
190g Yellow Onion, diced  
100g Red Pepper, diced  
2x540mL cans 6 Bean Medley  
540mL can Pinto Beans  
540mL can Navy Beans  
60mL Luco Farms Prairie Sweet n' Hot Mustard

50mL Muscovado Brown Sugar  
80mL Fancy Molasses  
15mL Garlic, minced  
15mL Hickory Liquid Smoke  
156mL Tomato Paste  
500mL Chicken Stock  
10mL Apple Cider Vinegar  
Coarse Black Pepper & Sea Salt

## Directions

1. Preheat oven to 150°C (300°F).
2. Bacon: Cut the bacon crosswise into 2 cm strips. In a large, preheated sauté pan, crisp the bacon pieces on medium high heat. When crisp, drain the fat from the pan reserving 45 mL of the bacon fat. Remove the bacon pieces from pan and set aside on a plate lined with paper towel. Do not scrape out the sauté pan.
3. Return the sauté pan to the stovetop. Reduce the heat to medium temperature. Return the bacon fat to the pan. Add the onions and red peppers and cook until the onions are soft and translucent
4. While the onions and peppers are cooking, drain and rinse the beans. Set aside for now.
5. When onions and red peppers are ready, add the beans and return the bacon pieces to the pan over medium heat. Mix well.
6. To the bean mixture, add the mustard, brown sugar, molasses, garlic, liquid smoke, tomato paste, chicken stock, apple cider vinegar, black pepper and salt (to taste). Mix until well incorporated. Bring to a boil and then turn off the heat. Transfer to a large casserole dish that has a lid.
7. Making sure the beans are stirred a couple times during the baking, cover the beans with a lid and bake in the 150°C (300°F) oven for 2 hours.





# 5 LITTLE GEM WINERY

Little Gem isn't a big wine company. It's just Joel, Rick and Jordan—two brothers and a best friend. Joel handles the paperwork; Rick gets his hands dirty; Jordan gets the paperwork dirty. It all works out pretty well.

Their claim to fame, the haskap berry, with they make their wine and cider from, not grapes, is a naturally antioxidant rich super fruit. The berry itself is only grown in the northern hemisphere, and is loved especially in Japan for its incredible health benefits.

They have been farming in Nobleford, Alberta, for three generations, working hard to build what they have. Little Gem has focused on creating natural, low intervention wines from the very beginning. Instead of including excessive sulphates or other additives, they avoid overprocessing their wines, so the natural notes of the haskap berry shine brightly through.



**Little Gem Winery**

102054 Range Road 234

Nobleford, AB

403.635.9463

[LittleGemWines.ca](http://LittleGemWines.ca)

[@LittleGemWines](https://www.instagram.com/LittleGemWines)



**Little Gem Winery**

Saturday, August 17th, 2024 // 11am to 4pm

Free Orchard Tours: 12pm, 1:30pm, 3pm // Free Haskap Ice Cream; Food Truck Onsite



# LITTLE GEM SANGRIA

 5 minutes  8-10 servings

## Ingredients

- 1 Bottle, Little Gem Reserve Red wine (or substitute Classic)
- 1 Cup Peaches
- 1 Cup Strawberries
- 1/2 Cup Haskaps
- 1 Cup Orange Juice
- Ginger ale (if desired)


## Directions


1. Add fruit to a large pitcher.
2. Muddle with a muddler (or large wooden spoon) for 45 seconds.
3. Add wine, orange juice, and ginger ale (if desired). Stir to combine.
4. Add ice and stir to chill.





# HASKAP DESSERT WINE PORK CHOPS

 45 minutes

 4 servings

## Ingredients

4 bone-in pork chops (about 1 inch thick)  
Salt and pepper to taste  
2 tablespoons olive oil  
1/2 cup Haskap Dessert wine  
1/2 cup chicken broth

1/4 cup heavy cream  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 tablespoon Dijon mustard  
Fresh thyme or rosemary for garnish (optional)

## Directions

1. Pat the pork chops dry with paper towels. Season both sides with salt and pepper.
2. In a large skillet, heat the olive oil over medium-high heat. Add the pork chops and sear for about 4-5 minutes on each side until they are golden brown. Remove the pork chops from the skillet and set aside.
3. In the same skillet, reduce the heat to medium. Add the chopped onion and cook until softened, about 3-4 minutes. Add the minced garlic and cook for another 1-2 minutes, until fragrant.
4. Pour in the dessert wine and chicken broth, scraping up any browned bits from the bottom of the skillet. Bring the mixture to a simmer.
5. Return the pork chops to the skillet. Reduce the heat to low, cover, and let them cook for about 10-15 minutes, or until the pork chops are cooked through (internal temperature of 145°F/63°C).
6. Remove the pork chops from the skillet and keep them warm. Stir in the heavy cream and Dijon mustard into the skillet. Simmer the sauce for about 5 minutes until it thickens slightly. Season with additional salt and pepper to taste.
7. Pour the sauce over the pork chops. Garnish with fresh thyme or rosemary if desired. Serve hot. Pairs beautifully with roasted vegetables or mashed potatoes.





# 6

## LUCO FARMS

### Luco Farms



Artisan Mustards

Luco Farms is a family-owned business growing award-winning pedigree cereal and oilseed crops since 1937. While they may not be an actual "stop" to go to, you can still find their incredible products at many of the stops on the tour, such as at Cattleman's Chophouse, and even Telegraph Taphouse! Processing mustard grown on the farm is a natural transition to focusing on producing high-quality, fresh mustard products free from artificial colourings, preservatives and other non-value added ingredients.

Their vision is to provide fresh, "farm to fork" products that professional and home chefs can use to create new and exciting flavour profiles in their cooking. Luco Farms' goal is to provide chefs and home cooks with hand-crafted, stone-ground mustard products that are pure, fresh, and free of additives and preservatives.

**Luco Farms**

Lethbridge County, AB

LucoFarms.com

@LucoFarms

# LUCO FARMS WHITE BEAN SALAD



5 minutes



8 servings



## Ingredients

3 Cups Navy Beans, soaked & cooked  
½ Cup Green Onions, thinly sliced  
¼ Cup Kalamata Olives, sliced & pitted  
¼ Cup Sun-dried Tomatoes, chopped & drained  
1 Tbsp Fresh Rosemary, chopped  
2 Tbsp Vinegar (sherry, cider or balsamic)

2 Tbsp Luco Farms Mustard (Prairie Lightning if you like heat!)  
½ tsp Salt  
1/8 tsp Fresh Ground Black Pepper  
¼ Cup Olive Oil

## Directions

1. Combine beans, onions, olives, tomatoes and rosemary in a medium bowl and set aside.
2. Beat vinegar, mustard, salt & pepper in a small bowl with wire whisk until well blended.
3. Gradually add oil, beating constantly.
4. Add to bean mixture; mix gently.



# LUCO FARMS MUSTARD DIP



5 minutes (Prep)  
30 minutes (Refrigerate)



3/4 cup

## Ingredients

¼ cup Mayonnaise  
¼ cup Sour Cream  
¼ cup Luco Farms Prairie Spirit Mustard  
2 Tbsp Luco Farms Mustard Pearls  
2 Tbsp Sweet Onion, finely chopped  
1 tsp Ranch Salad Dressing Mix  
1 tsp Prepared Horseradish

## Mustard Pearls

1 tsp Cider Vinegar  
1 Tbsp White Vinegar  
1 cup Water  
2 Tbsp Yellow Mustard Seed

## Directions

1. In a large bowl, combine the mayonnaise, mustard, onion, salad dressing mix and horseradish.
2. Combine, cover and refrigerate for at least 30 minutes.
3. Serve with veggies, pretzels or even your favourite crackers.  
*For a twist, add chopped dill and serve as a fish sauce!*

## Mustard Pearls

1. Mix vinegar and water in a small jar with a lid. Put mustard seed in vinegar solution and soak for 4 hours.
2. Drain the two tablespoons needed for the recipe. Retain the rest of the soaked seed in the vinegar solution for use in salads and sauces.

# CREAMY MUSTARD SAUCE

🕒 20 minutes

👥 8 ounces

## Ingredients

- ¾ oz Unsalted Butter
- 1 large Shallot, finely chopped
- 10 oz Chicken Stock
- 14 oz Heavy Cream
- 3 Tbsp Luco Farms Prairie Spirit Mustard
- Salt & Pepper

## Directions

1. Brown the meat of your choice (best with chicken, pork, or veal) using a small amount of avocado oil. When it is cooked to temp, remove from pan and keep warm. Remove excess oil.
2. Add butter to pan and melt butter over low heat. Add the shallot and sauté gently until soft and transparent.
3. Add chicken stock scraping the base of the pan with a wooden spoon to lift and blend the flavors.
4. Bring to a boil and reduce heat to a simmer to reduce liquid to half.
5. Temper cream by slowly adding two or three tablespoons to the hot liquid to the cream. Slowly stir in tempered cream simmer for another 2 or 3 minutes.
6. Whisk in the mustard and season to taste with salt and pepper.
7. Pour sauce over the meat, and serve extra sauce at the table.





# PRAIRIE SUN HONEY MUSTARD VINAIGRETTE

🕒 5 minutes (Prep)  
2-3 hours (Refrigerate)

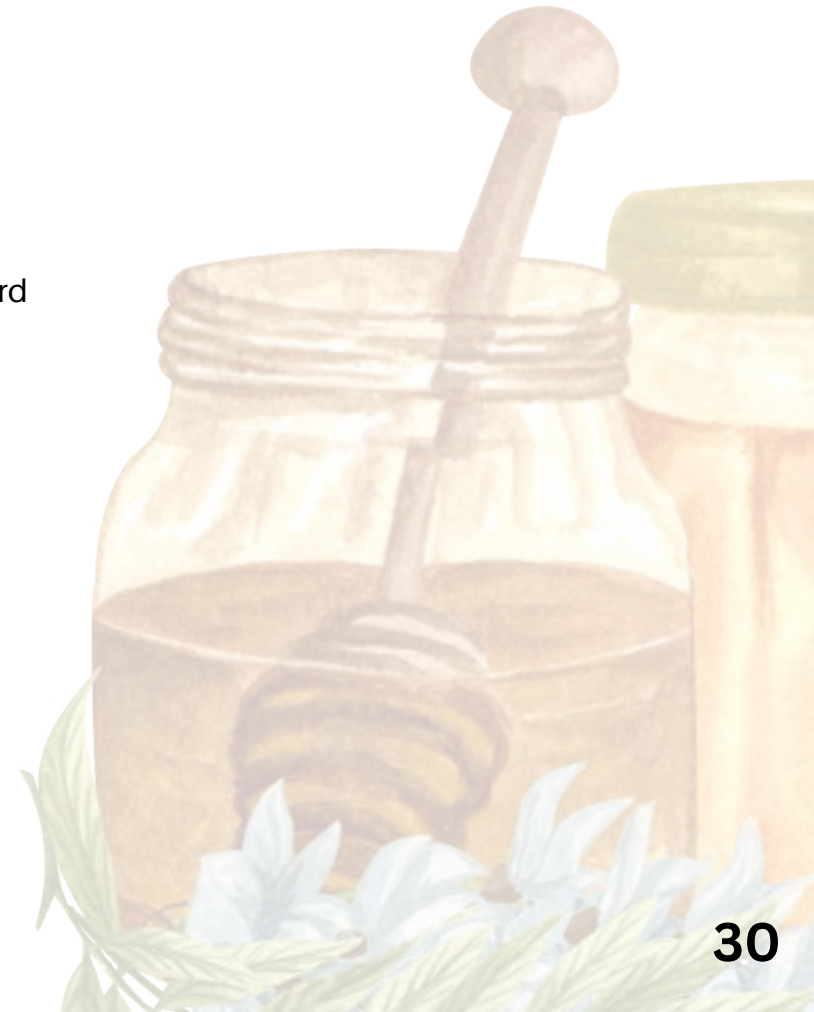
👤 1/2 cup

## Ingredients

- 1 clove Garlic
- ½ slice Fresh Ginger
- 3 Tbsp Balsamic Vinegar
- 1 Tbsp Honey
- 1 Tbsp Luco Farms Prairie Sun Mustard
- 1 Tbsp Soy Sauce
- ¼ cup Extra Virgin Olive Oil

## Directions

1. With a mortar and pestle, crush the garlic and ginger. Transfer to a small bowl.
2. Add remaining ingredients, and whisk together.
3. Cover and let stand in refrigerator for 2 to 3 hours.
4. Drizzle over salad.





# 7 OLDMAN WATERSHED COUNCIL

The Oldman Watershed Council (OWC) is a not-for-profit organization in Southern Alberta, Canada. We are one of 11 Watershed Advisory and Planning Councils in Alberta, mandated by the provincial government to provide an independent voice for watershed management and health under the Province's Water For Life strategy.

The Council consists of the staff and OWC members who work collaboratively with all stakeholders to improve the Oldman river watershed by:

- improving and sharing knowledge
- building and strengthening stakeholder partnerships
- providing a science-based forum for all voices to be heard
- promoting and facilitating community and institutional action and stewardship
- developing and implementing integrated land and water plans.



**Oldman Watershed Council**  
Lethbridge, AB

Oldman Watershed.ca  
@oldman\_watershed\_council



# MAPLE MARINATED PORK CHOPS & BROWN BUTTER PAN SAUCE

🕒 45 minutes (Prep)  
1+ hour (Marinate)  
20 minutes (Cook)

👤 4 servings

## Ingredients

### Maple Marinade

½ Cup Maple Syrup  
1.5 Cups Olive Oil  
1.5 Cups Apple Juice  
3 Cloves Garlic  
1 Sprig Thyme  
½ tsp Nutmeg  
Salt & Pepper  
4-6 Pork Chops

### Brown Butter Pan Sauce

½ Cup Butter  
1 Tbsp Maple Syrup Marinade  
1 tsp Lemon Juice  
1 Sprig Thyme  
Black Pepper

## Directions

### Maple Marinade

1. Whisk all ingredients.
2. Pour over pork chops. Let marinate for 1 hour or overnight.

### Pork Chops

1. Keep meat at room temperature for about 20-30 minutes before cooking. Pat dry before searing.
2. Heat pan on medium-high heat. Add a small amount of canola oil to a hot pan.
3. Season both sides of the chops and add to the pan. Sear until a crispy crust is formed. For larger chops, finish in a preheated oven until desired doneness is reached. Always let cooked meat rest for 3 minutes.

### Brown Butter Pan Sauce

1. Using the same pan from cooking the pork chops, add butter and melt over medium heat. Allow butter to brown (approx. 1 minute).
2. Add the Maple Syrup Marinade, lemon juice, thyme, and pepper. Stir and scrape up the browned bits from the bottom of the pan.





# 8

## PRAIRIE HILL FARMS LTD.

The Prairie Hill adventure with haskap berries started nine years ago. Still, owner Rex Vandenberg has been farming since 1991 in the community of Picture Butte, with his children playing critical roles around the farm and in his businesses (Vandenberg Feeders & Windy West Feeders).

The great taste and extraordinary health benefits convinced him the haskap was guaranteed to be a hit with bakers and health nuts alike. Together with his wife Marilyn and his children, he founded Prairie Hill Fruits, dedicated to providing the highest quality super fruits to Albertan kitchens and home tables.

Now operations are bigger and better than ever, with an incredible storefront. Their store front gives visitors a chance to see all the incredible products their magic haskap berries get turned into. from jams, sauces, and juices, to powders, and protein bars there's a great selection of fresh products right inside of their storefront!



**Prairie Hill Farms Ltd.**  
105078 Range Road 211  
Picture Butte, AB  
587.328.3212

PHFHaskap.com  
@PrairieHill\_Farms



### **Prairie Hill Farms**

Saturday, August 17th, 2024 // 9am to 3pm

Guided facility tours, berry field tours; retail store; kids activities

# BAKED BRIE WITH BACON BALSAMIC HASKAP BERRIES

🕒 15 minutes (Prep)  
🕒 15 minutes (Cook)

👥 4 servings

## Ingredients

500 g Brie Cheese or 2 smaller wheels  
4 slices Bacon (see note)  
2 Tbsp Minced Red onion or sweet onion  
1 cup Frozen Haskap Berries

3 Tbsp Balsamic Vinegar  
1 Tbsp Pure Maple Syrup  
1/4 tsp Cinnamon  
Crackers, toasted baguette, apples, etc., for serving.

## Directions

1. Preheat oven to 350°F.
2. Place brie round on baking sheet. With a sharp knife, cut into the rind on the top of the brie about a quarter inch from the edge. Do not remove the rind.
3. Bake 15 minutes, or until cheese is soft and melted.
4. While the Brie is baking, in a skillet, cook the bacon until crispy. Remove bacon from the pan and place on paper towels. Leave about 1 tbsp of the bacon grease in the pan. Once cooled somewhat, chop into about ½ inch/ 1 cm pieces.
5. Reduce heat to medium low, add onion and sauté for 1-2 minutes or until translucent.
6. Add the frozen haskap berries, balsamic vinegar, maple syrup, and cinnamon to the pan, stir and bring to a simmer.
7. Reduce heat to low and simmer for about 8-10 minutes until the liquid is reduced and the mixture is thickened.
8. Remove from heat and stir in the bacon.
9. Move the hot brie to a serving plate. Carefully remove the top rind using a sharp knife to separate it, if needed.
10. Top brie with haskap berry mixture and serve with crackers, toasted baguette, apple, etc.





# HASKAP POTATO SCONES

🕒 15 minutes (Prep)  
🕒 15 minutes (Cook)

👥 10-12 servings

## Ingredients

¼ cup Prairie Hill Farms Potato Granules  
1 cup Hot Water  
2 cups All Purpose Flour  
1 tsp Salt  
3 Tbsp Cold Butter



1/3 cup Milk (and a little more to brush on tops)  
1 Egg  
1/4 cup Sugar (and a little more to sprinkle on tops)  
3/4 cup Haskap Raisins

## Directions

1. Mix potato granules with hot water and stir until thick and smooth. Let cool.
2. In another bowl, combine flour, baking powder, salt and sugar. Cut in butter until mixture resembles coarse crumbs. Add haskap raisins and mix.
3. Add egg and milk to potatoes and stir into crumb mixture. Turn onto floured surface, knead gently until no longer sticky.
4. Pat dough into a 9 inch round (23 cm), about  $\frac{3}{4}$  in thick (2 cm). Cut into 10-12 wedges. Place wedges on parchment lined baking sheet. Brush tops with milk. Bake at 400°F for 15-18 minutes or until golden brown.



# HASKAP CRUMBLE

 10 minutes (Prep)  
25 minutes (Bake)  8-10 servings

## Ingredients

### Filling

4 cups Frozen Haskap Berries  
1 cup Sugar  
1/2 cup All Purpose Flour

### Crumble Topping

1 cup All Purpose Flour  
1 cup Quick Oats  
1/2 cup Brown Sugar  
1/2 cup Butter

## Directions

1. Make filling: Mix haskap berries, sugar and flour in a bowl. Transfer to a 9x9" baking dish.
2. Make crumble topping: Mix all ingredients in a bowl. Spread over berries in baking dish.
3. Bake for 20-25 minutes at 350°F.
4. Serve with your favourite ice cream!





# 9 SHIPWHEEL CATTLE FEEDERS

Currently, this operation includes a yearling grazing program, 5500 head feedlot, some cropland, some bees, some pasture raised chickens, a no till garden and the operation produces various forms of compost. Shipwheel is also home to Green Mercantile, a local farm store. The Green Mercantile stock's Shipwheel's Cattle Feeders Ltd. quality home raised AAA beef, honey, eggs, worm castings and various forms of compost. The on-farm store also features numerous other Canadian artisans and entrepreneurs. If you are looking for local goods from local people this is your place.

At Shipwheel, they are passionate about: using the principles of holistic management; increasing the storage of carbon in soil; using proper stock handling to heal and maintain healthy animals; including family in all things agricultural.




**Shipwheel Cattle Feeders Ltd.  
& The Green Mercantile**  
162064 Township Road 104  
Taber, AB  
403.223.4333


ShipwheelCattleFeeders.ca  
GreenMercantile.ca  
@ShipwheelCattle  
@GreenMercantile



**Shipwheel Cattle Feeders**  
Saturday, August 17th, 2024 // 1pm to 3pm  
Farm & Feedlot tours; Farm store

# MAKE AHEAD TACO CHILI

 10 minutes (Prep)  
4-6 hours (Cook)

 4-6 servings

## Ingredients

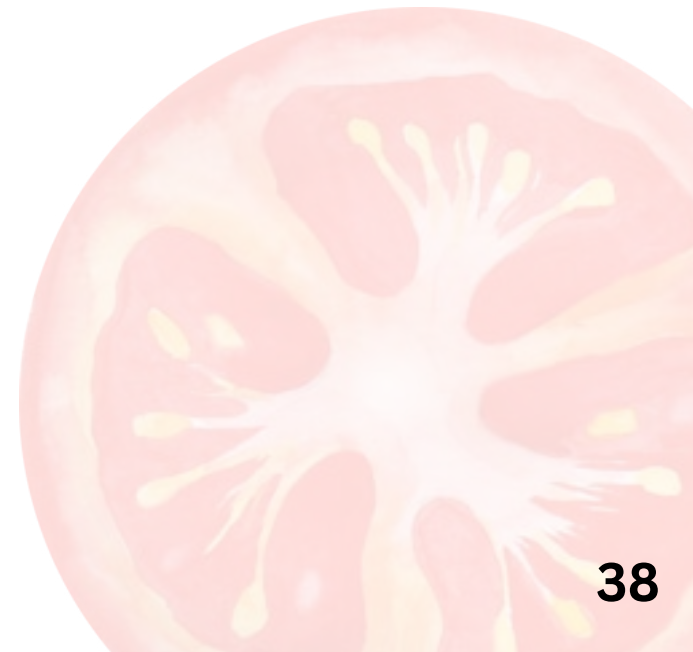
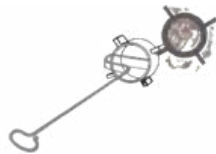
1 lb Shipwheel Ground Beef, cooked  
1 medium Onion, chopped  
1 can Corn, drained  
1 can Black Beans, drained  
1 can Navy Beans, drained  
1 8 oz can Tomato Sauce  
2 14 oz cans Diced Tomatoes  
1 small can Diced Green Chiles  
1 package Taco Seasoning

### Garnish

Green Onions, diced  
Shredded Cheese  
Fritos (optional)


## Directions


1. Place all ingredients in freezer bag and freeze until ready.
2. When ready, thaw slightly.
3. Empty contents into crock pot. Cook on low for 4-6 hours.
4. Garnish with shredded cheese, green onions and fritos before serving.





# ONE POT BEEF STROGANOFF

 30 minutes

 8-10 servings

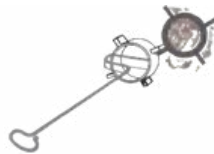
## Ingredients

3 Tbsp Extra-Virgin Olive Oil, divided  
8 oz Crimini Mushrooms, sliced  
Salt And Pepper  
½ cup Diced Onion  
2 cloves Garlic, minced  
1 lb Shipwheel Ground Beef

2 tsp Paprika  
4 cups Low Sodium Beef Broth  
8 oz Dry Rotini  
½ cup Sour Cream  
Fresh Parsley, for serving

## Directions

1. Heat 1 Tbsp of the olive oil over medium heat in a pot or large skillet. Add the mushrooms and cook until they are tender, about 5 minutes. Season with salt and pepper, then remove from the pot into a bowl and set aside.
2. Heat the remaining 2 Tbsp of oil in the same pot. Add the onion, season with salt and pepper, and cook until translucent, 4-5 mins. Stir in the garlic and cook until fragrant, 30-60 seconds. Add the ground beef and continue cook, breaking up the beef with a spoon as it cooks, until it is browned and cooked through, about 5 minutes. Sprinkle the paprika over the top and stir to combine.
3. Pour in the beef broth and the pasta. Bring to a light boil then cover the pot. Continue to cook, stirring often, until the pasta is al dente, 17-20 minutes. Remove the pot from the heat and stir in the mushrooms and sour cream.
4. Serve topped with fresh parsley.





# ZUCCHINI CRISP

🕒 50 minutes

👥 4-6 servings

## Ingredients

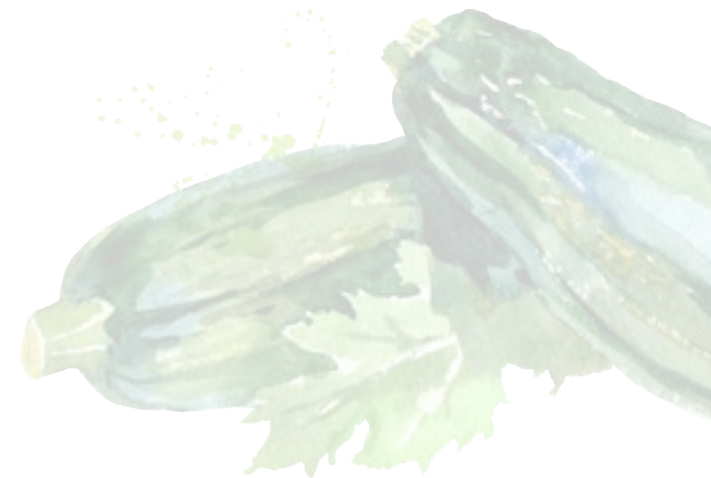
8 cups Peeled Zucchini, cubed  
¾ cup Lemon Juice  
½ cup Sugar  
2 tsp Ground Cinnamon  
1 tsp Nutmeg

## Topping

1 1/3 cups Packed Brown Sugar  
1 cup Old-fashioned Oats  
1 cup All-Purpose Flour  
2/3 cup Cold Butter or Margarine


## Directions


1. In a bowl, combine the zucchini, lemon juice, sugar, cinnamon, and nutmeg; mix well. Pour into a greased 13-in x 9-in x 2-in baking dish.
2. For topping, combine brown sugar, oats and flour in a bowl; cut the butter until crumbly. Sprinkle over the zucchini mixture. Bake at 375°F for 45-50 mins or until bubbly and the zucchini is tender.





# ZUCCHINI BROWNIES WITH 1 MINUTE FROSTING

 5 minutes (Prep)  
30 minutes (Bake)

 15+ servings

## Ingredients

½ cup Vegetable Oil  
1 ½ cups White Sugar  
2 tsp Vanilla Extract  
1 Egg  
2 cups All-Purpose Flour  
½ cup Unsweetened Cocoa Powder  
2 tsp Baking Soda  
2 ½ cups Grated Zucchini, undrained (about one large)

## 1 Minute Frosting

1/3 cup Milk  
1/3 cup Butter  
1.5 cups White Sugar  
1 cup Chocolate Chips

## Directions

1. Preheat oven to 350°F.
2. Grease and flour a 9x13 pan.
3. Combine oil, sugar, egg and vanilla. In a separate bowl, combine flour, cocoa powder, and baking soda.
4. Add the flour mixture to the sugar mixture and stir well (it will appear quite dry). Gently stir the zucchini and spread the mixture into your prepared pan.
5. Bake 25-30 minutes.
6. While cake is cooling, make the frosting. Combine butter, milk and sugar in a small pan. Bring to a boil over medium heat. Allow to boil vigorously for 30 seconds.
7. Remove from heat and stir in chocolate chips. Immediately pour over warm brownies. Let cool completely before cutting.





# 10 WIEBE'S DELICATESSEN

Coaldale's longest business in continual operation is Wiebe's Delicatessen, started in 1919 by Stanley Smith as a meat stall that only operated on Fridays. After over 20 years, they added meat lockers for families who didn't have enough cold storage or freezer space in their homes.

In 1983, John Wiebe, a long-time employee, bought the historic Coaldale Meat Market building in 1983. From there, John and his grandmother worked on perfecting the perfect Mennonite Sausage and in turn that is the famous recipe that is still in use today. It has had a few owner changes after John retired in late 2015. Before John retired, he taught the new production specialist and operations manager Susana Guenther everything about Wiebe's sausage. Susana owned and operated Wiebe's from July 2019-March 2023, and in that time, she added a second brand called Saucy Ladies.

Barb Whitlaw started Saucy Ladies over 20 years ago and in 2019 Barb sold Saucy Ladies to Wiebe's Delicatessen. Today Wiebe's is owned by Erik and Jordan Odland and operated by Susana. You will see a staff of women working together making over 35 products from scratch. Their products can also be found in Medicine Hat, Calgary, and Lethbridge.



**Wiebe's Delicatessen**  
1707 20th Avenue  
Coaldale, AB  
403.345.3098

[Facebook.com/WiebesDelicatessen](https://www.facebook.com/WiebesDelicatessen)

# STAMPEDE CHILI WITH HOT PEPPER BUTTER

🕒 10 minutes (Prep)  
1 hour (Cook)

👥 6-8 servings

## Ingredients

1 Tbsp + 2 tsp Extra Virgin Olive Oil  
2 Yellow Onions, 3/8" diced  
750g Cooked/seasoned CAB 81% Ground Chuck (see next page)  
500g Cooked/seasoned/ 1/2" diced CAB Tenderloin (see next page)  
4 Tbsp Chili Powder  
3 Tbsp + 1 tsp Ground Cumin  
3 Tbsp + 1 tsp Granulated Sugar  
1 Tbsp + 2 tsp Garlic Powder  
2.5 tsp Kosher Salt  
1 tsp Fresh cracked black pepper  
0.5 tsp Cayenne (optional)  
0.25 Can Chipotle Peppers in Adobo (optional)

16 fl oz Beef or Veal Stock  
32 fl oz Diced Tomatoes  
16 fl oz Kidney Beans  
16 fl oz Tomato or Marinara Sauce

### Toppings (optional):

Avocado Crema  
Cheddar Jack Cheese  
CAB Brisket (see next page)  
Wiebe's Delicatessen Hot Pepper Butter  
Candied Jalapeno

## Directions

1. Heat the EVOO in a large, heavy-bottomed rondeau or stock pot over media-high heat, about 2 minutes.
2. Add the diced onion and sauté until softened, about 5 minutes.
3. Add the cooked/seasoned ground chuck and tenderloin, chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional ingredients and mix extremely well. Reduce heat to medium/medium-low and cook until all ingredients are hot, stirring frequently to prevent scorching.
4. Add stock, diced tomatoes, kidney beans, tomato sauce and stir well. Over low-medium heat, bring the chili to a low simmer and cook for 1 hour to combine flavours well before serving.
5. Serve the chili right away, or for a better product, refrigerate overnight to allow the flavours to combine before reheating and serving the next day. May be kept frozen.
6. Serve topped with avocado crema, cheddar jack cheese, slice of brisket, Wiebe's Deli Hot Pepper Butter, and candied jalapeno.





# STAMPEDE CHILI PROTEIN PRE-PREP



## CAB Brisket

1. Trim CAB brisket of all excess fat (especially hard white fat between flat and point muscles). Trim all soft surface (yellow-ish) fat to about 1/4" thick maximum.
2. Two hours before smoking, rub thoroughly with brisket rub.
3. Smoke at 250°F for 5-6 hours. Remove and wrap in tinfoil or butcher's paper. Return to smoker until the center of the brisket just reaches 203°F.
4. Wrap in large beach towel and hold in camping cooler/cambro hot box for 1-2 hours to rest before slicing.
5. Slice across grain in 1/4" to 3/8" slices.

## CAB Tenderloin

1. Trim CAB tenderloin of any excess fat or silverskin.
2. Season heavily with kosher salt and coarse ground black pepper. Place tenderloin(s), spaced apart, on wire roasting racks over parchment-lined baking tray.
3. Roast at 450°F for 30 minutes to get a nice sear on the outside.
4. Reduce oven temperature to 250°F and finish cooking until center of the smallest tenderloin reaches 128°F.
5. Remove from oven and cool (uncovered) at room temperature for 1 hour.
6. Wrap and refrigerate overnight.
7. Remove chain meat from tenderloins (can be used for stews/braising/etc.). Dice tenderloin into 1/2" cubes for chili.

## CAB Ground Chuck

1. Brown until well caramelized and cooked through on a 400°F flat top griddle, or frying pan over medium-high heat. Aim for about 20% caramelized crusted bits (adds texture to chili!). Season heavily with kosher salt and coarse ground black pepper while cooking.
2. Remove from heat and cool over layered paper towels to absorb excess beef fat.
3. Refrigerate overnight before using in the chili.



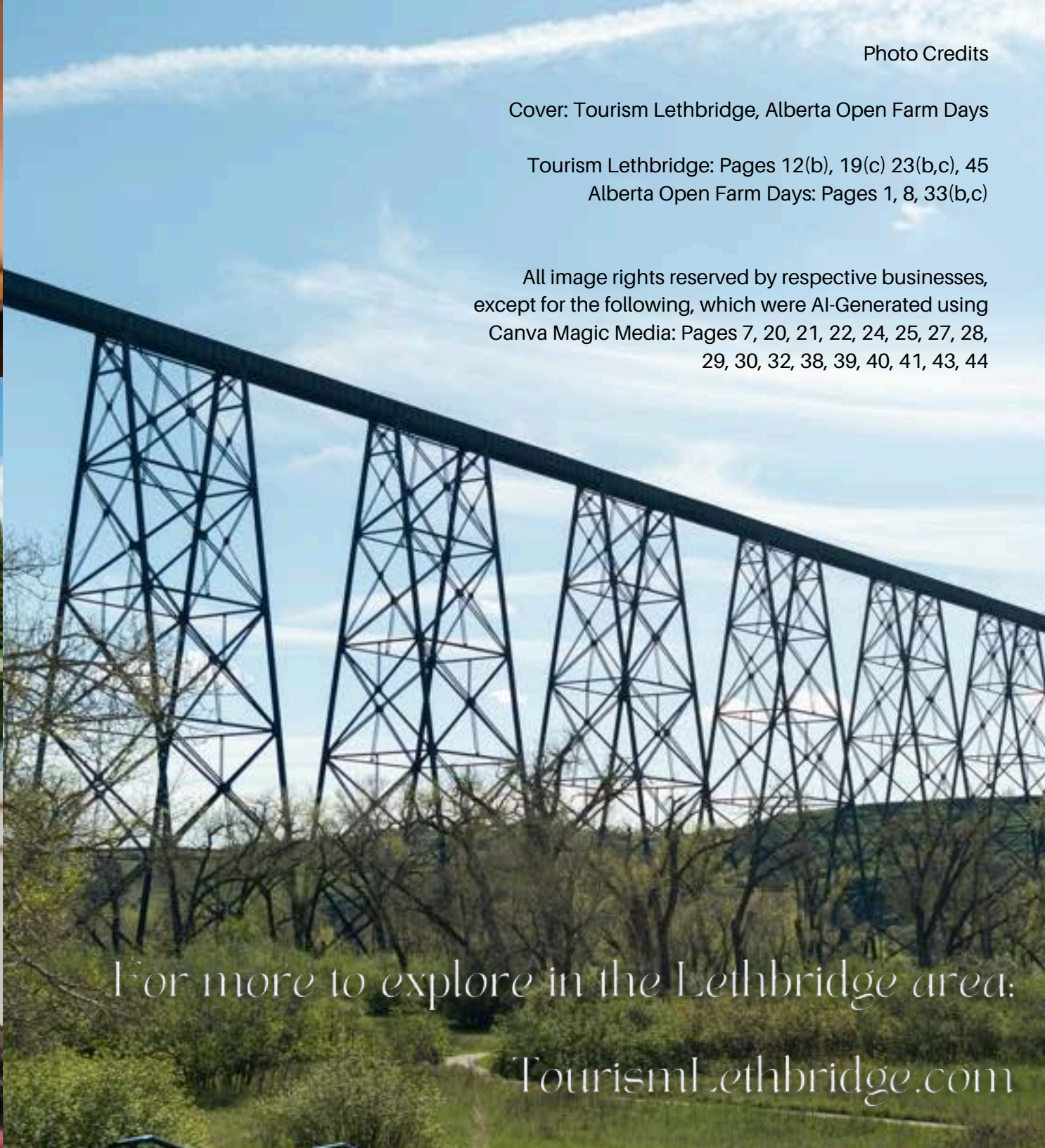
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Alberta Open Farm Days: Pages 1, 8, 33(b,c)

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*For more to explore in the Lethbridge area:*

*TourismLethbridge.com*