

grow GATHER graze



ATCO
BLUE FLAME
KITCHEN





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STARTING AN edible garden

STEP 1: IDENTIFY YOUR PLANT HARDINESS ZONE

Which zone you're located in will determine what will grow best in your zone.

For Canada, there are 9 major Plant Hardiness Zones ranging from 0 – 8 that are determined by the average climate conditions of that region. The harshest weather zones are rated 0 and the mildest are 8.

When researching your zone, pay attention to micro-climate zones. For example, your city could be rated a hardiness zone of 3, but if you're in a more sheltered area you could be in zone 4.

To learn more about your Plant Hardiness Zone, check out [Plant Hardiness of Canada](#) or go directly to the [zone map of Canada](#).

STEP 2: SELECT YOUR FRUITS AND VEGETABLES

Once you know which zone you're located in, you can begin to discover all the different plants that thrive in your climate. In addition to your zone, here are some additional factors to consider as you select your plants:

- Light levels
- Water needs
- Maintenance needs
- Soil
- What you like to eat

Take some time to observe your garden plot to see what kind of natural light shines throughout the day and also consider how much space you have to work with. Maintaining a garden can be a large commitment so even if you have a lot of area to fill, be careful not to overcommit.

STEP 3: UNDERSTAND YOUR GROWING SEASON

Most seed packets will say when to start them and if they should be started indoors then transplanted outdoors, or if they are hardy enough to be planted in outdoor soil.

STEP 4: PLANTING

Before planting or transplanting, make sure the last spring frost has passed. To check when the estimated date for last spring frost is in your area, head to [Alberta Agriculture and Forestry](#).

As you plant, also keep in mind to leave space for the growth of your plants to prevent overcrowding.

STEP 5: MAINTAIN YOUR GARDEN

Gardening is a commitment and if you want to get the most out of your garden, regular maintenance is the key to your success. Ensure your garden is getting enough water, nutrients, sunlight and protection from critters, rodents or birds.

Along with regularly watering your garden, you'll want to remove any weeds that spring up.

Occasionally, you may also need to trim or prune your plants if they grow too big or get too heavy.

STEP 6: HARVESTING

For each plant, there will be different rules for when to pick. It is best to research some indicators for each plant on when it is best to harvest your fruits and vegetables. However, as a general rule, you'll want to harvest right before they reach full maturity. This will guarantee maximum flavour and texture with each bite.

For the majority of plants, frost is harmful so make sure any items that cannot survive have been brought inside.

[Alberta Agriculture and Forestry](#) will be able to provide you with an estimated date for first fall frost for your area.



HOW TO START AN herb garden

Have you ever thought about growing your own herbs? It'll save you money and you'll love the convenience of being able to pick fresh herbs from your own plants while you're cooking.

The great thing about having an herb garden is that they can grow indoors or outdoors. Your herb garden can be kept in small pots on your balcony or windowsill, so even if you don't have a backyard, it is possible to grow your own fresh herbs.

INDOOR VS OUTDOOR

There are benefits to both. Indoor plants are convenient for picking when you're in the thick of cooking. They require little to no weeding and you'll never have to worry about frost harming your plants.

Outdoor plants typically have more room to grow, which means you can have higher yields from your plants. However, they are more exposed to weather, weeds and pests.

GETTING STARTED

When buying herbs, make sure to pay attention to the labels of the plants—each herb can have multiple varieties with different flavour notes. Also, be sure to know what your plant needs before you buy soil or pots. Certain herbs, like mint, cannot be planted freely in the garden or in the same pot with another herb, as they will likely take over and become a weed.

For beginners, it is easier to start your garden from seedlings, or young plants, rather than seeds.

When starting from seed, double-check if indoor or outdoor seeding is recommended. Herbs with a shorter germination period will also be better for beginners, because you won't have to wait as long to see the seed sprout.

If planting your herbs in pots, it is key to have a good drainage system so the roots don't sit in water. Terra cotta pots, rocks at the bottom or having a drainage hole in the bottom of your pot will keep the roots happy.

For watering, it can vary depending on the type of herb, but generally watering a moderate amount every day and, for some, allowing the top soil to dry between watering is what your plant requires. Avoid overwatering. Plants can suffocate if waterlogged for too long, stunting the growth and yellowing the leaves. The crown and roots of the herb can also become sensitive to soil bacteria and begin to rot.

Most herbs require direct sun. Planting them in a sunny area of the garden or placing them in a south-facing window will ensure they get enough sun. In the summer, you might need to pull some herbs back from windows if the heat is too intense. For indoor plants, it is also good to rotate the plant once a week.

Herbs like chive, mint, parsley and thyme thrive indoors, but if you want to transfer them to an outdoor pot or garden, they have to go through a process called "hardening off". This will allow them to gradually acclimatize to outdoor conditions.

To harden off your herbs, here are some guidelines:

During a 2 week period bring your plants outside during the day when the weather is nice and bring them back inside during the night. Start with only leaving them outside for a couple hours, working up to a full day outside, then leaving them out overnight.

Only transplant them when the last spring frost has occurred. Spring weather in Alberta can be unpredictable though, so keep an eye on frost conditions. Bring plants inside or cover with cloth, an overturned bucket or a flower pot if there is a frost warning.

STORING YOUR herbs

The benefit of having an herb garden is that you can simply snip off what you need when you need it, but what happens when you grow more than you can use?

That's when drying or freezing your extra herbs can come in handy.

Air-drying herbs is an easy and inexpensive way to preserve the flavour of your fresh herbs like oregano, rosemary or thyme. However, not all herbs should be air-dried. Many herbs, such as basil, chives or mint, have too high of a water content to air-dry properly or they can lose their flavour when dried. For herbs with a higher water content, drying is possible with the use of a dehydrator or freezing is a better option.

Follows these easy steps to get the most out of your herbs:

HOW TO AIR-DRY FRESH HERBS

1. Trim off the healthiest branches.
2. Remove any unhealthy leaves. If they look yellow or are spotted, their flavour has diminished.
3. Shake branches to remove any excess soil. Wash with cold water and pat dry.
4. Hang or lay small bunches in a shaded area that has good air circulation to allow them to dry quickly. If they do not dry quickly, they will become mouldy or will rot. If drying herbs with tender leaves (oregano, tarragon and lemon balm), cut holes in a paper bag and label. Dry herbs in perforated paper bags while hanging upside down in an airy room. Leaves or seeds that fall off during the drying process will be caught by the bag.
5. Check on your herbs occasionally for about two weeks. Depending on their water content and air circulation, drying time can vary.
6. Once dry, bundle branches together. Store in a labelled airtight container. Alternatively, crumble into an airtight container.

HOW TO FREEZE FRESH HERBS

Method One:

1. Trim off the healthiest leaves.
2. Wash leaves and gently pat dry.
3. Place leaves in an ice cube tray.
4. Cover with water or extra-virgin olive oil and freeze. To ensure leaves are fully covered, you may need to add additional water or oil after they have partially frozen.
5. Once frozen, store cubes in a labelled freezer container for up to 6 months.

Method Two:

1. Trim off the healthiest leaves.
2. Wash leaves and gently pat dry.
3. Place leaves flat on a tray and freeze.
4. Once frozen, store leaves in a labelled freezer container.





herb garden GUIDE

HERB	INDOOR SEEDING START DATE	GERMINATION PERIOD	TRANSPLANT DATE	SOIL CONDITIONS	SUN CONDITIONS	ANNUAL	ADDITIONAL INFORMATION
BASIL (lemon, purple, sweet, Thai)	Late March – early April	1 – 2 weeks	Mid – late June After last frost	Rich, moist, well-drained	Full	Annual	Best results when started indoors. Grows easily from seed. Prefers warmer temperatures– in cooler climates, prefers windowsills or greenhouse.
BAY LEAF TREE (Bay Laurel)	Seed indoors in a high and wide container. Move pot outdoors after last spring frost. Outdoor seeding not recommended.	Up to 6 months	Transplanting not recommended within first year	Rich, well-drained	Full	Tender Perennial	Usually only sold in garden centres as ready-to-use plants because it is difficult to grow from seed.
CHIVES	Mid-April	1 – 2 weeks	Early – mid June	Fertile, moist, well-drained	Full	Perennial	Easy to grow in any garden. Requires regular watering. Cut-do not pull-to harvest.
CILANTRO	Indoor seeding not recommended. Seed outside after last spring frost	1 – 2 weeks	Transplanting not recommended	Rich, well-drained	Full	Annual	Prefers cool temperatures Short-lived annual; may only get 1 – 2 cuts during the summer.
DILL	Indoor seeding not recommended Seed outside after last spring frost	1 – 3 weeks	Transplanting not recommended	Rich, loose, well-drained	Full	Annual	Requires weed-free soil when seeding. Easy to grow from seed. A tall plant. Will cross-pollinate with fennel or cilantro if planted nearby.
MINT (mild spearmint, strong peppermint)	Late March – early April	1 – 2 weeks	Early June	Moist	Full or partial	Perennial	Easy to grow. Very invasive. Will spread and take over if not isolated. Requires lots of water.
PARSLEY (curly, Italian)	Early – mid March	2 – 4 weeks	Mid – late June	Rich, moist, spacious	Full or partial	Annual	Once established, low maintenance. Can handle cooler weather.
ROSEMARY	Late February	1 – 4 weeks	After last frost	Light, well-drained	Full	Perennial	Allow surface soil to dry between watering. Difficult to grow from seed. Thrives in heat. Should be moved indoors after August.
THYME	Late March – early April	2 – 3 weeks	After last frost	Well-drained	Full or partial	Perennial	Damp, cold soil will kill thyme. Difficult to grow from seed. Better to buy established plants.

STORING YOUR harvest

You have worked hard all season to grow your beautiful bounty of fruits and vegetables. Now it is time to learn how to properly store them to get the most out of your harvest for as long as possible.

From finding the best way to store your produce, to traditionally preserving them by canning, pickling or freezing, there are a medley of ways to extend their shelf lives.

Best practices in storing will vary greatly depending on the fruit or vegetable, so be sure to adhere to what is recommended for each item. However, there are some general rules that can be followed.

To begin, storage best practices start when you're harvesting. Be gentle with your produce to avoid bruising, cutting or nicks. Harvest only the best items and set any damaged produce aside. Discard rotting produce.

Once harvested, carefully clean produce with cool running water and allow it to fully dry.

If necessary, process your harvest according to your preferred method.

Label your harvest with the date it was picked or preserved and with the name of the item. Depending on the item, they may last weeks or even months and it can become tricky to remember what needs to be used by when.

Find the best environment to store your produce. Items like garlic or onions can survive for extended periods of time in dark, cooler, airy spaces, so a dry basement would be the ideal location to store them. Most fruits tend to stay fresh for only a few days, even if stored at proper moisture and temperature levels, so canning or freezing is a great way to extend their summer flavours through the fall and winter.

STORAGE ESTIMATES OF COMMON VEGETABLES:

VEGETABLES	HOW TO STORE	STORAGE LIFE
PEAS, SNAP	Cold and moist	1 week
BEETS	Cold and moist	5 months
CABBAGE	Cold and moist	5 months
CARROTS	Cold and moist	8 months
CUCUMBERS	Cool spot in a plastic bag with holes	1 – 2 weeks
ONIONS	Cold and dry	1 - 5 months (5 – 7 days in refrigerator)
POTATOES	Cold, dark and moist	2 – 4 months
SQUASH, WINTER	Cool and dry	4 – 6 months
TOMATOES, RED	Cool spot in a plastic bag with holes	3 – 5 days

For additional information on how to preserve your fruit and vegetables, check out our [DETAILED GUIDES](#) on our website.

Learn how-to:

- [CAN OR PICKLE](#)
- [MAKE JAMS AND JELLIES](#)
- [FREEZE FRUIT](#)
- [FREEZE VEGETABLES](#)





CALGARY
HORTICULTURAL
SOCIETY

We've partnered with the Calgary Horticultural Society—a charity dedicated to cultivating Calgary's gardening community—to provide fundamental guidance on how to grow, maintain and harvest your edible garden like a pro.

From their office in Calgary, staff and volunteers work year-round to develop and deliver quality educational programs that help local gardeners meet the challenges of Calgary's unique climate, promote environmental stewardship and build community.

Look for the green leaf icon on each recipe for advice from their horticulturalist.



edible GARDEN recipes

Zucchini, Barley and Sausage Soup

Makes about 2½ L

INGREDIENTS

- 2 bay leaves*
- 2 sprigs fresh basil*
- 2 sprigs fresh oregano*
- 2 sprigs fresh sage*
- 1 lb mild Italian sausages, casings removed (0.5 kg)
- 1 cup diced onion
- ½ cup diced carrot
- ½ cup diced celery
- 4 cloves garlic, chopped
- ½ cup white wine
- 4 cups no-salt-added chicken broth
- 1 can diced tomatoes (28 oz/796 mL)
- 2½ cups chopped zucchini
- 2 cups cooked barley
- 1 tsp granulated sugar
- 1 tsp salt
- ½ tsp freshly ground pepper

Tie bay leaves, basil, oregano and sage together with butcher's twine. Set aside.

In a large pot over medium heat, cook sausages, stirring to break up meat, until browned and cooked through. Remove sausages with a slotted spoon and drain on paper towels. Set aside.

Add onion, carrot and celery to pot. Cook, stirring occasionally, until softened, about 4 – 5 minutes. Add garlic and continue cooking for 1 minute. Pour in wine and simmer, loosening browned bits, until fully reduced, about 2 – 3 minutes.

Stir in herb bundle, cooked sausages, broth and tomatoes. Bring to a boil. Reduce heat and simmer, stirring occasionally, until vegetables are tender, about 45 minutes.

Stir in zucchini, barley and sugar. Continue cooking until zucchini is tender, about 15 minutes. Season with salt and pepper. Remove and discard herb bundle.



Carrot seeds should be planted or sown shallowly and the top layer of soil kept moist until seeds germinate. Seeds can take about 3 weeks to germinate, which can make it tough to keep the top layer soil moist during warm spring weather. Once seeds have germinated you can begin to water past the top layer.

Nutritional analysis per 1 cup serving:

255 calories, 14.3 g fat, 11.6 g protein, 17.6 g carbohydrates, 2.9 g fibre, 792 mg sodium

*Ingredient not included in nutritional analysis.



Sweet Corn Soup

Makes about 2½ L

INGREDIENTS

- 6 cobs of corn, husked
- ¼ cup salted butter
- ⅓ cup chopped celery
- ⅓ cup chopped leeks (white and tender light green portions only)
- ⅓ cup chopped onion
- 3 cloves garlic, finely chopped
- 1 tsp coriander
- 1 tsp cumin
- ½ cup white wine
- 8 cups no-salt-added chicken broth
- 3 sprigs thyme or ½ tsp dried thyme, crumbled
- 1 bay leaf
- ½ cup whipping cream
- 3 tbsp fresh lemon juice
- 1 tbsp liquid honey
- ½ tsp salt
- ¼ tsp cayenne pepper

Cut corn kernels from cob using a sharp knife. There should be about 4 cups.

Melt butter in a medium pot over medium heat. Sauté celery, leeks and onion until softened, about 5 minutes. Add garlic, coriander and cumin; sauté for an additional minute. Pour in wine and simmer, loosening any browned bits, until wine is almost fully reduced, about 2 – 3 minutes. Add 3 cups corn, broth, thyme and bay leaf. Bring to a boil.

Reduce heat and simmer, stirring occasionally, until vegetables are tender, about 20 minutes. Discard bay leaf and thyme. Stir in cream. Remove from heat.

Purée using a hand blender until smooth. Stir in remaining 1 cup corn, lemon juice, honey, salt and pepper. Serve immediately.



Flowers on an onion plant should be picked off, but don't throw them away! Eat them—they have a sweet, strong onion flavour.

Nutritional analysis per 1 cup serving:

189 calories, 11.1 g fat, 6.7 g protein, 16.3 g carbohydrates, 1.7 g fibre, 279 mg sodium



Vegetable Ribbon Salad

Serves 8

INGREDIENTS

- ¼ cup canola oil
- 2 tbsp white wine vinegar
- 4 tsp chopped fresh dill
- 2 tsp fresh lemon juice
- ¼ tsp liquid honey
- ¼ tsp freshly ground pepper
- ⅛ tsp salt
- 2 medium zucchini, trimmed and cut in half crosswise
- 1 large carrot, trimmed and cut in half crosswise
- ½ English cucumber, trimmed and seeded

To prepare dressing, whisk together oil, vinegar, dill, lemon juice, honey, pepper and salt until blended; set aside.

Using a vegetable peeler or mandolin and cutting lengthwise, cut long, thin, ribbon-like strips from zucchini, carrot and cucumber. There should be about 4 cups packed zucchini strips, 1 cup packed carrot strips and 1 cup packed cucumber strips.

Combine zucchini, carrot and cucumber in a bowl. Add dressing and toss to combine. Serve immediately.

Cook's Note: ATCO Blue Flame Kitchen used two 8 inch long zucchini in this recipe.



Zucchini is a frost-tender summer squash, which means it needs to be planted after danger of the last spring frost has passed.



For dill seeds to germinate, sow seeds only ¼ inch deep in order for them to get some light. Grow dill in full sun and water regularly, but avoid getting water on foliage. Once your dill plant reaches 6 inches tall you can begin to harvest.

Nutritional analysis per serving:

76 calories, 6.9 g fat, 0.8 g protein, 3.4 g carbohydrate, 0.9 g fibre, 48 mg sodium



Roasted Beet Salad with Feta & Toasted Hazelnuts

Serves 4

INGREDIENTS

- 3 medium beets, trimmed
- 1 tbsp extra-virgin olive oil
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 pkg mixed baby greens (142 g)
- 2 navel oranges, peeled and segmented
- ¼ cup crumbled feta cheese
- ½ cup chopped toasted hazelnuts

Preheat oven to 400°F.

Place each beet in the centre of a piece of foil. Drizzle with oil. Season with salt and pepper. Close foil loosely around beets. Place on a baking sheet.

Bake until tender when pierced with a fork, about 1 – 1¼ hours. Unwrap beets and cool.

Peel beets and cut into cubes. Combine beets and greens in a large bowl. Add half of [Citrus Mint Vinaigrette](#) and toss to combine.

Arrange salad on 4 salad plates. Top with oranges. Drizzle remaining vinaigrette over each serving. Sprinkle with cheese and hazelnuts. Serve immediately.

Cook's Note: *Instead of toasting hazelnuts in the oven, try a frypan. Place unchopped hazelnuts in an ungreased frypan over low heat. Cook nuts, stirring constantly, just until fragrant. Immediately transfer hazelnuts to a heatproof bowl. Set aside.*



Best to plant beet seeds as early as possible in spring, but also do another mid-summer seeding if you'd like to have a good crop of beets for winter storage.

Nutritional analysis per serving:

113 calories, 5.4 g fat, 1.6 g protein, 15.2 g carbohydrate, 1.9 g fibre, 171 mg sodium



Citrus Mint Vinaigrette

Makes 1¼ cups.

INGREDIENTS

- ¼ cup fresh mint leaves
- 3 tbsp fresh orange juice
- 2 tbsp fresh lemon juice
- 1½ tbsp fresh lime juice
- 1½ tsp liquid honey
- ¼ cup canola oil

Combine mint, orange juice, lemon juice, lime juice and honey in a mini food processor until smooth. Add canola oil and process to combine.



Interested in developing your green thumb, but unsure where to start? Across Alberta, there are numerous resources from gardening centres to supportive horticultural societies that can lend a hand. Check to see what resources are in your area or contact the [Calgary Horticultural Society](#).

Nutritional analysis per 1 tbsp serving:

28 calories, 2.7 g fat, 0.1 g protein,
0.9 g carbohydrates, 0.1 g fibre, 1 mg sodium



Roasted Potatoes with Radishes

Serves 8

INGREDIENTS

- 4 cups halved unpeeled baby yellow potatoes
- 4 cups halved trimmed radishes (about 1 lb/0.5 kg)
- 3 tbsp canola oil
- 2 tsp chopped fresh thyme
- ½ tsp salt
- ¼ tsp freshly ground pepper

Preheat oven to 400°F.

Combine all ingredients in a large bowl; toss until potatoes and radishes are coated.

Place potato mixture in a single layer in a non-stick foil- or parchment paper-lined rimmed baking sheet.

Bake, uncovered, until potatoes and radishes are tender and lightly browned, about 45 – 50 minutes.



The secret to growing great radishes, is to plant when the weather is cool with room between plants for growing and to harvest regularly. For a longer harvesting season, plant radishes a week apart.

Nutritional analysis per serving:

113 calories, 5.4 g fat, 1.6 g protein, 15.2 carbohydrates, 1.9 g fibre, 171 mg sodium



Spaghetti Squash with Kale Pesto

Serves 6

INGREDIENTS

- 1 spaghetti squash (about 2 lb), halved lengthwise and seeded
- 1 tbsp canola oil
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- ½ cup Kale Pesto (recipe follows)
- Freshly grated Parmesan cheese*

Preheat oven to 400°F.

Brush cut sides of squash halves with oil. Season with salt and pepper.

Place squash halves, cut side down, in a parchment paper-lined rimmed baking sheet. Bake, turning squash halves over after 20 minutes, until squash is tender, about 40 minutes.

When cool enough to handle, use a fork to pull squash strands free from shell halves; discard shell halves. There should be about 4 cups squash.

Transfer squash to a bowl. Add Kale Pesto and toss to combine. Serve topped with Parmesan cheese.



In late May, plant spaghetti squash seeds 1 inch deep. Sow 3 seeds in each spot where you want a plant to grow, and thin to the strongest plant. Plant seeds about 36 – 48 inches apart so the plant has space to spread.

A way to know if your spaghetti squash is ripe is the stem will be dry and brown and if your thumbnail doesn't mark the skin.

Nutritional analysis per serving:

127 calories, 10.2 g fat, 2.1 g protein, 8.4 g carbohydrate, 2 g fibre, 144 mg sodium

*Ingredient not included in nutritional analysis.



Kale Pesto

This interesting take on pesto can be enjoyed with pasta.

Makes about ¾ cup

INGREDIENTS

- 1 cup roughly chopped kale leaves
- ¼ cup fresh basil leaves
- ¼ cup fresh parsley leaves
- ¼ cup extra-virgin olive oil
- 3 tbsp slivered almonds, toasted
- 3 tbsp freshly grated Parmesan cheese
- 1 tbsp fresh lemon juice
- 1 clove garlic, chopped

Place all ingredients in a blender; purée until almost smooth. May be refrigerated for up to 3 days or frozen for up to 1 month.



Kale might be a recent trend, but did you know it is one of the oldest cultivated vegetables.

To grow kale, plant seeds outside from April until mid-June for summer to winter harvest. Pick leaves from the bottom up on mature plants as you need them. Keep an eye out for flowers on your kale plant as they are delicious!

Nutritional analysis per 1 tbsp serving:

58 calories, 5.7 g fat, 1 g protein,
1.3 g carbohydrate, 0.4 g fibre, 22 mg sodium



Quinoa Black Bean Stuffed Peppers

Serves 8

INGREDIENTS

- 1 can black beans, rinsed and drained (19 oz/540 mL)
- 1 cup frozen kernel corn, thawed
- 1 cup mild salsa
- 1 cup shredded cheddar cheese
- ¾ cup cooked quinoa
- ¼ cup chopped fresh cilantro
- 3 tbsp fresh lemon juice
- 2 green onions, thinly sliced
- 1½ tsp cumin
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp cayenne pepper
- ¼ tsp freshly ground pepper
- 4 large red bell peppers

Preheat oven to 350°F.

To make filling, combine all ingredients except red peppers in a large bowl.

Cut bell peppers in half lengthwise, removing stems. Remove seeds and ribs from peppers.

Spoon filling into pepper halves, pressing lightly so filling compresses. Place stuffed peppers in a greased 9x13 inch baking dish.

Bake, covered, until peppers are tender, about 40 – 45 minutes. Uncover and continue baking until golden brown, about 10 minutes.



Bell peppers are tropical plants that require lots of heat, attention and moisture when starting. To grow from seed, start indoors 6 – 8 weeks before transplanting to your outdoor garden. A great spot to start your seeds is actually on the top of your refrigerator because it will keep the bottom and top warm—ideal for germination. Bell pepper seeds will take about 10 – 14 days to germinate.

Nutritional analysis per stuffed pepper:

186 calories, 5.9 g fat, 9.2 g protein, 25.2 g carbohydrates, 7.5 g fibre, 527 mg sodium



Easy Roast Chicken

Serves 6

INGREDIENTS

- 1 broiler chicken (3 lb/1.5 kg)
- 10 sprigs fresh thyme*
- 2 bay leaves*
- 1 lemon, halved*
- 1 tbsp canola oil
- 1 tsp kosher salt
- ½ tsp freshly ground pepper

Preheat oven to 425°F.

Stuff chicken cavity with thyme, bay leaves and half of lemon. Plug cavity opening with remaining half of lemon.

Place chicken, breast side up, on a rack in a shallow roasting pan. Brush chicken with oil. Season with salt and pepper.

Roast until the chicken reaches an internal temperature of 170°F in the breast and 180°F in the thigh, about 65 – 75 minutes. Transfer chicken to a platter and cover with foil. Let rest for 5 – 10 minutes before carving.



Sweet bay leaf trees are typically only sold in garden centres as ready-to-use plants because they can be very challenging to grow from seed. To grow, they prefer southeast exposure and can do well outside in bright sunlight with cool temperatures and moist soil.

Nutritional analysis per serving

619 calories, 36.3 g fat, 68.3 g protein,
0.1 g carbohydrates, 0 g fibre, 593 mg sodium

*Ingredient not included in nutritional analysis.



Herb & Lemon Pork Chops

Serves 4

INGREDIENTS

- 1 cup chopped yellow onion*
 - ¼ cup canola oil*
 - ¼ cup chopped fresh Italian parsley*
 - ¼ cup fresh lemon juice*
 - 1 tbsp chopped fresh basil*
 - 1 tbsp chopped fresh rosemary*
 - 1 tbsp liquid honey*
 - 1 tsp grated lemon peel*
 - 1 tsp canola oil
 - 4 boneless pork loin chops, 1 inch thick
 - ½ tsp salt
 - ¼ tsp freshly ground pepper
- Basil and Pumpkin Seed Pesto* (recipe follows)

Combine onion, ¼ cup oil, parsley, lemon juice, basil, rosemary, honey and lemon peel in a heavy-duty zip-lock plastic bag. Add pork chops. Seal and marinate in refrigerator for at least 30 minutes or up to 8 hours. Flip occasionally.

Preheat oven to 375°F.

Remove pork chops from marinade; discard marinade. Scrape excess herbs off the chops. Season pork chops with salt and pepper.

Heat 1 tsp oil in a cast iron frypan over medium-high heat. Add pork chops and sear until browned on both sides, about 3 minutes per side.

Transfer to oven and bake until pork chops reach an internal temperature of 160°F, about 20 – 25 minutes. Let rest for 5 minutes. Serve with Basil and Pumpkin Seed Pesto.

Cook's Note: *Alternatively, grill pork over medium-high heat on a natural gas barbecue until cooked through, about 6 – 8 minutes per side. Let rest for 5 minutes.*



Curley and flat-leaf parsley are loaded with flavour and are productive over a long period. Even outside, you will be able to continue to harvest into fall because parsley is cold hardy.

Nutritional analysis per serving:

266 calories, 8.1 g fat, 45.5 g protein, 0.1 carbohydrates, 0 g fibre, 396 mg sodium

*Ingredient not included in nutritional analysis.



Basil & Pumpkin Seed Pesto

Makes about 1 2/3 cups

INGREDIENTS

- 3 cups fresh basil leaves, loosely packed
- 1 cup baby arugula
- 3/4 cup freshly grated Parmesan cheese
- 3/4 cup extra-virgin olive oil, divided
- 1/2 cup unsalted toasted pumpkin seeds
- 2 cloves garlic, peeled
- 1 tsp liquid honey
- 1/2 tsp grated lemon peel
- 2 tbsp fresh lemon juice
- 1 tbsp water

Combine basil, arugula, cheese, 1/2 cup oil, pumpkin seeds, garlic, honey and lemon peel in a food processor; process until mixture is paste-like in consistency. With machine running, gradually add remaining 1/4 cup oil, lemon juice and water through feed tube in a thin steady stream, processing until mixture is smooth.



Basil seeds tend to germinate slowly, but you can speed up the process by heating the seed from below. Setting your basil on top of the refrigerator is a great spot for them to germinate.

Nutritional analysis per 1 tbsp serving:

72 calories, 7 g fat, 1.2 g protein, 1.3 g carbohydrates, 0.5 g fibre, 34 mg sodium



Maple Mustard-Glazed Chicken

Serves 4

INGREDIENTS

- 1/3 cup Dijon mustard
- 1/3 cup pure maple syrup
- 1 tbsp apple cider vinegar
- 2 cloves garlic, finely chopped
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 1 tbsp canola oil
- 4 boneless skinless chicken breasts, fillets removed
- 1 1/2 tsp chopped fresh thyme or 1/2 tsp dried thyme, crumbled
- 3 tbsp no-salt-added chicken broth or water

Preheat oven to 400°F.

To prepare glaze, combine Dijon mustard, maple syrup, vinegar, garlic, salt and pepper in a small bowl. Set aside.

Heat oil in large cast iron frypan over high heat. Sear chicken until browned on both sides, about 2 – 3 minutes per side. Pour in glaze. Bring to a boil. Remove from heat and flip chicken to coat.

Transfer frypan to oven and bake for 15 minutes. Remove pan from oven; flip chicken and pour in broth. Continue to bake until chicken reaches an internal temperature of 170°F, about 10 – 15 minutes.

Transfer chicken to a plate and cover with foil. Set aside.

To prepare sauce, whisk drippings together in frypan. If sauce is too thick, add additional broth or water.

Slice chicken and serve with sauce.



Thyme can be difficult to grow from seed. If you'd like to include thyme in your herb garden it is better to buy a plant. Look for English Thyme or Mother of Thyme plants for better flavour.

Nutritional analysis per serving:

340 calories, 9 g fat, 41.5 g protein, 21.6 g carbohydrates, 0.7 g fibre, 710 mg sodium



Zucchini Brownies

Makes 16

INGREDIENTS

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup packed golden brown sugar
- ⅓ cup unsweetened cocoa powder
- 2 tsp instant coffee granules
- 1 tsp baking powder
- ¼ tsp cinnamon
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup unsweetened applesauce
- 2 large eggs
- 1 tsp vanilla
- 1 cup shredded zucchini
- ⅓ cup semi-sweet chocolate chips
- ¼ cup chopped pecans
- ¼ cup canola oil

Nutritional analysis per brownie:

132 calories, 6.7 g fat, 2.5 g protein, 17.5 g carbohydrates, 1.8 g fibre, 91 mg sodium

Preheat oven to 325°F. Spray an 8x8 inch pan with cooking spray and line with parchment paper that overhangs by 2 inches.

Combine flours, brown sugar, cocoa, coffee granules, baking powder, cinnamon, baking soda and salt in a large bowl.

Whisk together applesauce, egg and vanilla. Stir in zucchini.

Add the wet ingredients to the dry ingredients. Stir just until combined. Fold in chocolate chips and pecans.

Spread batter into pan. Bake until a cake tester comes out clean, about 25 – 30 minutes. Cool in pan on a rack for 20 minutes. Using parchment paper as an aid, lift brownies from pan and cut into squares. Remove brownies from parchment paper.



Pick zucchini when they are small, if fruit gets too big the plant will stop producing.



Rhubarb and Raspberry Crumble

Serves 6

INGREDIENTS

- 3 cups sliced fresh or frozen rhubarb, thawed
- 2 cups fresh or frozen raspberries, thawed
- ½ cup granulated sugar
- 4 tsp cornstarch
- 1 tsp vanilla
- ½ tsp ground ginger
- 1 cup quick-cooking rolled oats
- ½ cup packed brown sugar
- ¼ cup all-purpose flour
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ¼ cup salted butter, chilled and cubed

Vanilla ice cream or whipped cream*

Preheat oven to 375°F.

Combine rhubarb, raspberries, sugar, cornstarch, vanilla and ginger in a bowl. Spoon mixture into a greased 8 inch square baking dish or a greased 2 quart baking dish.

Combine oats, brown sugar, flour, cinnamon and nutmeg in a bowl. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Sprinkle crumb mixture over fruit.

Bake, rotating baking dish halfway through cooking, until topping is golden brown and filling is bubbly, about 30 – 35 minutes.

Let cool in pan on rack for 25 – 30 minutes before serving. Serve with ice cream or whipped cream.



Rhubarb is a perennial plant and just planting the one will be plenty. Rhubarb is an easy plant to maintain as it is cold hardy and drought tolerant. For the first year of growth don't harvest any rhubarb, afterwards pull the red stalks in late-April until late-June; do not eat the leaves.



One of the best raspberry plant varieties to grow is Boyne. It will keep producing new fruit as you pick.

Nutritional analysis per serving:

316 calories, 9 g fat, 3.5 g protein, 57.4 g carbohydrates, 5.4 g fibre, 70 mg sodium

*Ingredient not included in nutritional analysis.



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