



You'll grow really well here



Spring 2022
Issue 02

WHAT'S NEW AT THE HUB

Spring is finally here and there are so many exciting things going on at the Hub! We are starting to put together a program for some workshops and cooking classes at the kitchen! Events at the Food Hub are not just for businesses, they will be accessible to anyone with an interest in learning about cooking and food. If you have an interest in a specific topic that you would like to learn about, let us know!

Sprout Kitchen is also very excited to announce that we will soon be producing our own line of granola using spent grain, in collaboration with Barkerville Brewery here in Quesnel! Spent grain is grain that is left over after the brewing process. It is high in fiber and protein, low in sugar and delicious in granola. We will be announcing where you can pick up a bag of our granola shortly, so stay tuned!



CHECK OUT OUR WEBSITE FOR UPDATES!

We have been working on updating our website and we will be regularly adding information about upcoming courses, news, membership information and Sprout Kitchen member profiles!

5 REASONS TO SUPPORT YOUR LOCAL FARMERS MARKET

Farmers Market season is just around the corner, so we wanted to take some time to highlight the importance of shopping local this season!

1. By shopping at farmers markets, you are supporting a more diverse and secure food system. When an event such as a natural disaster slows down food imports, communities with more resilient local food systems will be less impacted by shortages.
2. You are purchasing food that is fresh & in season or products that are more likely to be made from in season, local ingredients. Food made this way is fresher, healthier & more flavorful.
3. More money circulating in the local economy keeps & creates more jobs in the community & leads to more innovation & business development.
4. You will build a connection with the people that make, bake & grow your food, which builds community & creates a better customer experience.
5. You can save money & reduce your carbon footprint at the same time!



NEW EQUIPMENT

Christmas came in April this year for Sprout! After a long awaited arrival we received a shipment of new equipment, work stations and shelves! Over the course of 3 days we unpacked and set up 5 whole pallets of goodies. We just wanted to take a minute to highlight some of the things we received.

Heat Sealer- Seals all types of plastic. Up to 24in long and 8 mil thickness. Foot pedal operated.

Vacuum Packer- 19" double seal bar. digital control system controlled by a microcomputer that allows for accurate adjustment of the desired vacuum level within the chamber

Kettle-The Cleveland KGL25 jacketed steam kettle has a 25-gallon capacity, enabling it to cook large batches of soups, stews, and pastas. Temperatures in this unit range between 145 and 260 degrees Fahrenheit, while the precise temperature control facilitates simmering product.

Immersion Blender-Detachable foot, 100% in stainless steel for easy cleaning. Ergonomic design for easy handling and weight perfectly adapted to the user. 40-100L

Veggie Dicer-Performance: Quality and efficient dicing. Easy to clean. Easy transport and storage. Specific tools to allow different cuts. No direct contact with the blade

Mixer-5 quart capacity with dough hook, beater and whisk attachment.

Pressure Cooker-The Megachef 12Qt. Steel Digital Pressure Cooker with 15 Presets and Glass Lid is sure to become your favorite kitchen sidekick! With this pressure cooker you have the option to cook using the slow cook function for up to 9.5 hours, making this electric cooker perfect for chilies and roasts. The included tempered glass lid allows you to monitor your meals hands-free without letting heat escape.

Meat Slicer-This Globe® slicer is able to slice food into 0 to 9/16 inch thick pieces. Metal knife sharpener is built in. Quickly cuts meats for efficiency.

Juicer-Stainless steel motor base. J100 automatic juicer has on off push buttons. Easily prepare fruits and vegetables without additives. Can prepare glass of fresh juice in 7 seconds. Inclined base allows for optimal juice flow. Big capacity drip tray helps keep work area clean.

Dough Sheeter-Sheet up to 28 ounces dough up to 17" diameter for pie crusts, pizzas, tortillas, calzones, focaccia, roti pita bread, flatbread, and more. The DL18DP is a two-stage sheeter with a front infeed and discharge and produces a uniform thickness and round shape.



DEHYDRATOR

We were also very excited to receive an Excalibur 2 Zone Commercial Dehydrator! 42 stainless trays . 136 square feet of drying space, 99 hour digital timer, adjustable fan delay, alarms, and integrated beeper cycles permit this dehydrator to be used for nearly any type of food for any occasion. , with adjustable thermostat range of 70 F to 180 F. Use to Dehydrate fruits, vegetables, nuts, meat for jerky, fruit puree, fruit roll-ups, raise bread and many other uses.

PHOTOS



Heat Sealer



Vacuum Packer



Kettle



Immersion Blender



Veggie Slicer



Mixer



Pressure Cooker



Meat Slicer



Juicer