



CONCORDIA
**FARMERS'
MARKET**

Seasonal Produce **MINI COOKBOOK**

About the Market

Farmers markets play an important role in building resilient local food systems and vibrant communities. **The Concordia Farmers Market** was founded as a student project in 2014 and has been overseen by the **Concordia Food Coalition** since 2017.

We work with community partners to bring fresh, local foods and artisanal products to campus, all while empowering students to be the leaders of our food system.



The recipes in this cookbook are inspired by the seasonal produce grown by the campus garden groups at Loyola and sold at our weekly farmers' market.





HOW TO SHOP at a FARMERS MARKET



You'll get insider tips, learn more about your food, and build real connections with the people behind the products.

1 Bring your bags!

- Don't forget to bring a reusable bag or basket when you visit the Concordia Farmers' Market!
- It's the best way to carry your fresh finds and help us cut down on waste.
- Bring containers or smaller bags for delicate items.

2 Shop Seasonally



Shopping at the Market is a delicious way to eat with the seasons! The produce changes week to week based on what's fresh and ready to harvest—so you get peak flavour, better nutrition, and a deeper connection to the rhythms of local food.

3 Ask Questions!

You can talk directly to the vendors! Ask them where their produce comes from or how it's grown. If you see unfamiliar items, ask about them to get ideas on how to cook or prepare new things—they love to share their knowledge.

A top-down view of a diverse collection of fresh vegetables. In the center, two large orange carrots are prominent. Surrounding them are various other items: green bell peppers, red bell peppers, yellow and green chili peppers, and small cherry tomatoes. Leafy greens like lettuce and spinach are scattered throughout. Other vegetables include a head of purple cabbage, a stalk of broccoli, a bunch of green beans, a white radish, a cucumber, a zucchini, a corn cob, and several potatoes. The vegetables are arranged in a dense, overlapping manner on a dark, textured surface.

What's in Season in Quebec?

JULY

VEGETABLES

Beans (green/yellow)
Beets
Broccoli & cauliflower
Carrots
Corn
Cucumber
Fennel
Leeks & onions
Peppers (field)
Zucchini
Kale



FRUITS

Cantaloupe Melons
Strawberries
Raspberries
Blueberries
Cherries
Apricots
Peaches
Plums
Saskatoon berries

MUSHROOMS

Summer bolete
Chanterelles

Oyster
Blusher

JULY

Garden Greens PESTO



INGREDIENTS



Garlic scapes
or garlic cloves

Garden Greens:
basil, kale, spinach,
arugula, carrot
tops, beet greens,
chard, parsley



Nuts or Seeds :
walnuts, almonds,
sunflower seeds,
pumpkin seeds

STEPS

1. In a food processor, first add dry ingredients ($\frac{1}{4}$ cup nuts/seeds, , $\frac{1}{2}$ tsp salt, and pinch of pepper) and pulse, then add 2 cups greens, $\frac{1}{2}$ cup cheese, 2 cloves garlic, 1 Tbsp lemon juice and pulse until coarsely chopped.
2. Add oil: With motor running, slowly drizzle in $\frac{1}{2}$ cup olive oil until smooth. Taste & adjust!
3. Serve! Stores for 1 week.

STUDENT TIP!



- Toss with pasta or roasted vegetables
- Spread on sandwiches or wraps
- Use as a dip for fresh veggies
- Drizzle over grilled meats or fish
- Stir into soups or stews for added flavour



This is a great example of a recipe that can be made now and then frozen & preserved throughout the month. I think as a student, you're often very busy and having a thaw and throw together meal is actually so effective to eating healthy with limited time!

-BRY PILKINGTON, CONCORDIA STUDENT



JULY

Lena's Summer SALAD



INGREDIENTS



Grated Beet



Sliced Radish



Chopped Dill

Chopped
Cucumber

STEPS

1. In a large bowl, combine the cukes, beets and radishes.
2. In a separate small bowl, whisk together the olive oil, Dijon mustard, vinegar, sugar, salt, and pepper until well combined.
3. Pour the dressing over the grated vegetables and toss to coat evenly.
4. Add the chopped dill and let sit for 10 minutes for flavours to marinate and then serve.



Pay-What-You-Can Produce Stand

by Coop CultivAction!

For Members:

\$12 for lifetime membership!

All items are PWYC prices

Subscribe anytime by cash or e-transfer.

Show your card for member pricing.

For Non-Members:

Membership is optional.

Affordable prices every week!

What's in season this July?

- Microgreens
- Greens
- Cucumbers
- Peas and more!



AUGUST



What's in Season in Quebec?

AUGUST

VEGETABLES

Beets
Broccoli
Cabbage
Cucumbers
Eggplant
Greens
Potatoes
Tomatoes
Pumpkin
Squash
Peppers



FRUITS

Blueberries
Groundcherries
Cherries
Apricots
Peaches
Plums
Grapes
Watermelon
Apples
Pears

MUSHROOMS

Bolete
Oyster

Chanterelles
Black Trumpets

Hedgehog
Lobster

AUGUST

Fresh Tomato & Garlic **SALSA**



INGREDIENTS



Minced Garlic



Diced Tomatoes



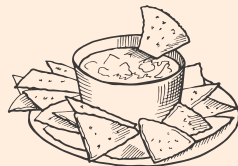
Chopped Onion



Cilantro & Jalapeño

STEPS

1. Chop 1½ lb tomatoes (4–5 medium-sized), $\frac{2}{3}$ cup onion, 1–2 jalapeños
2. Mix with 2 minced garlic cloves, $\frac{1}{2}$ cup cilantro, juice of 1 lime, and $\frac{1}{2}$ tsp salt.
3. Let it rest to mingle flavours ~20 min.
4. Stir and serve (add salt/lime if needed).



COOP CULTIVATION HARVESTED 600 GARIC BULBS ON CAMPUS THIS YEAR!



Anyone in the community
is welcome to join the weekly
volunteer sessions and learn how
to grow food organically.



AUGUST

Hamidou's AMARANTH SOUP



INGREDIENTS



Amaranth



Diced Potatoes



Diced Onion



Diced Garlic

STEPS

1. Sweat the onions and garlic.
2. Add the amaranth (200g) and potatoes. (175g)
3. Add 250g water until ingredients are submerged.
4. Bring to a boil and cook on medium heat for 20 minutes.
5. Blend the mixture and pour into a casserole.
6. Add 50g cream, nutmeg, and salt and pepper.
7. Reheat before serving.



MORE ABOUT

Hamidou Horticulture

Hamidou Horticulture offers a weekly market stand, featuring fresh ethnic vegetables. They also offers workshops, horticulture courses, seedling production and garden consultations.

Get involved with their volunteer sessions and try out their veggies at the weekly summer market!

what

**A BLACK-LED
CAMPUS FARM**

where

LOYOLA CAMPUS

socials

@HamidouHorticulture



SEPTEMBER



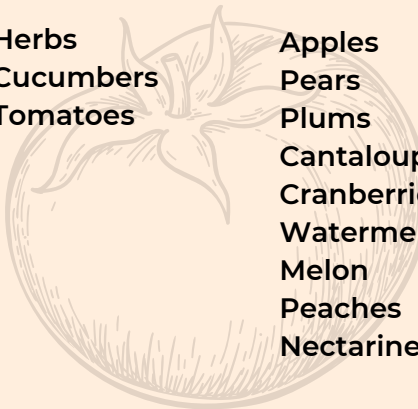
What's in Season in Quebec?

SEPTEMBER

VEGETABLES

Beans
Beets
Eggplant
Peppers
Potatoes
Corn
Greens
Broccoli
Cabbage

Herbs
Cucumbers
Tomatoes



Apples
Pears
Plums
Cantaloupe
Cranberries
Watermelon
Melon
Peaches
Nectarines

FRUITS

Strawberries
Raspberries
Grapes

MUSHROOMS

Bolete
Oyster

Chanterelles
Black Trumpets

Hedgehog
Lobster

SEPTEMBER

Hearty Stuffed PEPPERS

INGREDIENTS



Zucchini



Peppers



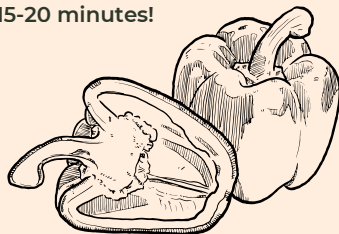
Tomatoes



Fresh Herbs

STEPS

1. Rinse produce well.
2. Preheat oven to 400F.
3. Chop zucchini, tomatoes, and your fav herbs and mix the filling.
4. Cut peppers in half, or remove the tops. Remove the seeds.
5. Fill peppers with filling.
6. Place peppers in oven and roast for 15-20 minutes!



SEPTEMBER

Roasted Turnip & Butternut Squash COZY SOUP



INGREDIENTS



Turnip



Onions



Butternut Squash



Coconut milk

STEPS

1. Preheat oven to 425°F (220°C).
2. Cut 1 large butternut squash and 2-3 turnips into 1-inch cubes. Toss with 1 tbsp oil, salt & pepper. Roast 25-30 mins until soft.
3. Sauté ½ chopped onion in 1 tbsp butter or oil until translucent.
4. Add roasted squash & turnips to pot, pour in about 2 cups of broth. Blend until smooth.
5. Stir in ½ cup coconut milk (or cream) taste & adjust! Optionally garnish with squash seeds!

OCTOBER



What's in Season in Quebec?

OCTOBER

VEGETABLES

Beets
Broccoli
Cabbage
Cucumbers
Eggplant
Greens
Pumpkin
Squash
Parsnip

Herbs
Potatoes
Tomatoes



FRUITS

Apples
Asian Pears
Pears
Cranberries
Plums
Grapes

MUSHROOMS

Golden chanterelle
Porcini (king bolete)

Honey mushroom
Shaggy mane

Coral tooth
(lion's mane)

OCTOBER

Freeze for later RATATOUILLE



INGREDIENTS



Eggplant



Tomatoes



Garlic and Onions



Kale

STEPS

1. Heat a large pot over medium heat. Add 2 Tbsp olive oil.
2. Add the 100 g chopped onion, cook ~3 minutes until it softens. Then add 3 minced garlic cloves, cook ~1 minute until fragrant.
3. Add the cubed eggplant (~400-500 g). Stir, and cook ~5 minutes.
4. Add 300 g chopped tomatoes + ½ tsp dried thyme (or fresh).
5. Bring to a gentle boil, then reduce heat to low and simmer ~10 minutes. Add the chopped kale (~50 g), stir, and simmer another ~5 minutes until everything is tender.
6. Let it cool before freezing or serving.

OCTOBER

Freeze for later

HARVEST BOWLS

INGREDIENTS



Your fav bean



Your fav greens



Your fav grain



Your fav roots



STEPS

1. Cook the grain — Prepare your grain according to package instructions ~2 cups cooked.
2. Roast or simmer roots - toss ~150-200 g in olive oil, salt & pepper, and roast at 200 °C for ~20–25 minutes until tender, or simmer in a pot until soft.
3. Sauté greens 3–5 minutes.
4. Add beans & roots — Add the 400 g drained beans and the cooked root veggies into the skillet. Cook 2–3 minutes. Add your fav spices!
5. Assemble bowls — Divide the cooked grain into 4 portions. Top each with the bean + kale + root mixture.
6. Cool & freeze!

Best Practices

Cooking and Freezing

- Let food cool fully before sealing and freezing to prevent ice crystals and soggy texture.
- Freeze meals in individual portions so you only thaw what you'll eat.
- Leave about 1 cm of headspace in containers to allow for expansion.
- Use thick, freezer-safe containers or heavy-duty freezer bags and remove as much air as possible.
- Under-cook pasta, rice or vegetables slightly so they don't turn mushy when reheated.
- Label each package with contents, date, and reheating instructions.



Best Practices

Thawing and Reheating

- Thaw overnight in the fridge rather than at room temperature.
- Add a splash of liquid (broth, water) if the dish seems dry upon reheating.
- Only thaw and reheat once — avoid repeated freeze–thaw cycles.
- Taste and adjust seasoning (salt, acid, herbs) after reheating since flavors shift in freezing.
- Reheat gently using low-to-medium heat (in oven, stove top, or microwave) to avoid overcooking or drying out.
- Let food rest for a minute or two after reheating (covered) so the heat redistributes and moisture evens out.





THANKS FOR ALL THE VEGGIES!

Concordia Campus Garden Groups:

