

# Recipe Ingredient Worksheet



## Fruit Crumble

### Crumble topping

#### Ingredients

#### Locally Sourced

#### Globally Sourced

- 1 cup flour

- 1/2 cup butter

- 1/2 cup brown sugar

- 1/4 teaspoon salt

- Arva, Ontario

- Sterling, Ontario

- Replace with maple syrup from Thorndale, Ontario

- Goderich, Ontario

- USA

- France

- Paraguay

- Greece

### Filling

#### Ingredients

#### Locally Sourced

#### Globally Sourced

- 1/2 pound apples

- 1/4 cup white sugar

- 1 tablespoon lemon juice

- 1/2 teaspoon cinnamon

- 1 - 3 tablespoons cornstarch

- London, Ontario

- Replace with honey from London, Ontario

- No local replacement

- No local producer

- Burlington, Ontario

- South Africa

- Brazil

- Mexico

- Sri Lanka

- China

# Recipe Ingredient Worksheet

## Feta Dip



### Ingredients

### Locally Sourced

### Globally Sourced

• 8 - 10 ounces feta cheese	• St.Marys, Ontario	• Greece
• 3 ounces cream cheese	• Blyth, Ontario	• USA
• 2 tablespoons olive oil	• Alberta	• Italy
• 1 tablespoon honey	• London, Ontario	• China
• 1/2 English cucumber	• London, Ontario	• Mexico
• 1/2 bell pepper	• Leamington, Ontario	• Mexico
• 3/4 cup sun-dried tomato	• Leamington, Ontario, dried at home	• Italy
• 10 fresh basil or parsley leaves	• London, Ontario	• Mexico
• 1 - 1 1/2 tablespoon chives	• London, Ontario	• Israel
• Salt	• Goderich, Ontario	• Greece
• Pepper	• No local producer	• India

# Recipe Ingredient Worksheet

## Perfect Egg Salad Sandwich



Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>4 hard-boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>Strathroy, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>(Pre-packaged boiled eggs), USA</li> </ul>
<ul style="list-style-type: none"> <li>1/4 cup mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>(Home-Made, eggs from Strathroy, Ontario and canola oil from Alberta)</li> </ul>	<ul style="list-style-type: none"> <li>USA</li> </ul>
<ul style="list-style-type: none"> <li>2 tablespoons celery</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>USA</li> </ul>
<ul style="list-style-type: none"> <li>1 green onion</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>Mexico</li> </ul>
<ul style="list-style-type: none"> <li>1 tablespoon mustard</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>France</li> </ul>
<ul style="list-style-type: none"> <li>A few dashes hot sauce</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>Mexico</li> </ul>
<ul style="list-style-type: none"> <li>Salt</li> </ul>	<ul style="list-style-type: none"> <li>Goderich, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>Greece</li> </ul>
<ul style="list-style-type: none"> <li>Lettuce of choice</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario or your own backyard</li> </ul>	<ul style="list-style-type: none"> <li>USA</li> </ul>
<ul style="list-style-type: none"> <li>8 pieces bread</li> </ul>	<ul style="list-style-type: none"> <li>London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>USA</li> </ul>
<ul style="list-style-type: none"> <li>Butter</li> </ul>	<ul style="list-style-type: none"> <li>Sterling, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>France</li> </ul>

# Recipe Ingredient Worksheet

## Tomato Sauce



Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• 2 pounds fresh tomatoes or 1 can crushed tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Leamington, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• Italy</li> </ul>
<ul style="list-style-type: none"> <li>• Balsamic vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Replace with apple cider vinegar from London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• Italy</li> </ul>
<ul style="list-style-type: none"> <li>• Olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Replace with canola oil from Alberta</li> </ul>	<ul style="list-style-type: none"> <li>• Tunisia</li> </ul>
<ul style="list-style-type: none"> <li>• White or yellow onion</li> </ul>	<ul style="list-style-type: none"> <li>• Newmarket, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• Mexico</li> </ul>
<ul style="list-style-type: none"> <li>• Salt</li> </ul>	<ul style="list-style-type: none"> <li>• Goderich, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• Greece</li> </ul>
<ul style="list-style-type: none"> <li>• Fresh or dried herbs</li> </ul>	<ul style="list-style-type: none"> <li>• London Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>• Mexico</li> </ul>

## Garden Salad

Ingredients	Locally Sourced	Globally Sourced
<ul style="list-style-type: none"> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Leamington, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• Mexico</li> </ul>
<ul style="list-style-type: none"> <li>• Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Leamington, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• USA</li> </ul>
<ul style="list-style-type: none"> <li>• Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• USA</li> </ul>
<ul style="list-style-type: none"> <li>• Olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Replace with canola oil from Alberta</li> </ul>	<ul style="list-style-type: none"> <li>• Italy</li> </ul>
<ul style="list-style-type: none"> <li>• Balsamic vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Replace with apple cider vinegar from London, Ontario</li> </ul>	<ul style="list-style-type: none"> <li>• France</li> </ul>
<ul style="list-style-type: none"> <li>• Fresh or dried herbs</li> </ul>	<ul style="list-style-type: none"> <li>• London Ontario, or your own backyard!</li> </ul>	<ul style="list-style-type: none"> <li>• Mexico</li> </ul>