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THE BOUQUET GARNI

NEWSLETTER OF THE BRITISH COLUMBIA CULINARY ARTS SPECIALIST ASSOCIATION

President's Message



I hope everyone had a fantastic and well-deserved winter break. It is incredible how quickly the first four months of the school year have gone by. It seems like we were just in Victoria at the BCCASA conference and AGM. On that note, I would like to thank everyone for making 2019 our biggest conference to date. As well, thank you to those who provided feedback. Each year we learn a little more and work to keep our annual conferences exciting, motivating and educational. We will be reviewing the comments at our next executive meeting held at the BCTF on February 1st.



We did have some very important changes to our executive that took place at the recent AGM. I would like to welcome Stephen Schram who is our current 2nd Vice President. Stephen will take on the responsibility of producing the sending out the Bouquet Garni each winter, spring and fall. As usual, the Bouquet Garni is only as good and interesting as it's submissions so please be sure to share all of the great things you are doing in your programs. Barb Botter has filled the position of Treasurer and will be responsible for all our financial needs and accounting. Finally, we now have co-secretaries. Meghan Dehghan and Jessica Mann will share the responsibilities that come with ensuring that a high level of communication takes place between the executive and the membership. I would also like to very much thank Paul Richardson and Andrea Salzbrenner for their years of dedication and effort. Lastly thank you to the rest of the Executive for staying on and continuing to donate your time for our PSA. It truly takes a great team to ensure that Chef Instructors have a voice within the BCTF and throughout British Columbia.

Having a strong voice in today's educational climate has proven very important. I hope that I am not speaking out of school, but I did decide to share the letter that I wrote to the Vancouver School Board Trustees, the VSB Superintendent as well as the VSB Secretary Treasurer. The letter was in response to the very publicised articles that stated VSB was looking to close many of its culinary arts programs. I did receive a very quick response from a VSB trustee which was greatly appreciated reinsuring me that no programs are scheduled for closure, but there are going to be plans in place to help make struggling programs more educationally successful. My greatest hope is that the senior management who make these drastic decisions strongly rely on the mentorship and leadership of the current chef instructors in the VSB to assist programs that may be lacking numbers or falling short in budgeting. Not many people understand that there is no cookie cutter for culinary arts programs and what works for one school in the district, may not work in another. If there is room for improvement, the best people to rely on are the ones who are doing it successfully rather than

an outside consulting company who will not see the programs through the lens of an educator, rather through one as a profitable business. I feel that districts such as Surrey, with their mandatory profit expectation set such a poor precedence and puts culinary arts teachers in a position to choose profit over education which is the opposite of what is needed to benefit student learning.

I want every BCCASA member to be aware that there is a huge support system that comes with being a BCCASA member. If you are struggling in any way or even just need some fresh eyes or minds on a challenge, problem or road block, I urge you to contact any of the executive. From there, if needed, we can reach out to others who will no doubt be more than willing to lend a hand. The wealth of knowledge, experience and creativity within our membership is so vast and continues to grow with each new member.

Let's make 2020 it a great year, and I look forward to connecting with everyone as soon as possible.

AND IN OTHER NEWS...



BCCASA Conference 2019 Recap

VICTORIA, BC

What will surely go down as one of the best conferences ever, Victoria played host to our group of chef educators on



October 24th to 27th in October of 2019. Many thanks to Rowan Bezeau, Steven Caryk, and Patrick Gale for the enormous amount of effort, perseverance, and detail that was required to make such an outstanding, educational, and engaging couple of days. We saw many passionate people doing things they were passionate about. From brewing wild fermented beer, to pig farming, from maintaining rare varieties of apple trees, to milling flour, Victoria and the surrounding beautiful landscape of Lower Vancouver Island revealed all of its secrets.

Day #1

Royal Bay Secondary in Royal Bay BC played host to our annual AGM. Chef Rowan and his dedicated team of volunteers served a great breakfast as we got down to the business end of our annual



conference.

Chef Daniel Lesnes was awarded the BCCASA lifetime membership award for 2019 for his many years of work with both BCCASA and as a Chef Instructor in Maple Ridge.



Then we were off on our adventure! First, we toured Joseph Lohbrunner Farm & Nature Preserve, examining the connections between farmer and chef and the role farmers play in sustainability. Chef Rowan has made a strong connection with farmer Diana Brubaker who is providing fresh grown produce to his school in Royal Bay. We also provided feedback in terms of how climate



change may affect the quality and flavour of potatoes grown in BC, and in Canada.

For lunch it was off to Goldstream Provincial Park for a delicious salmon burger lunch served by Chef Steve



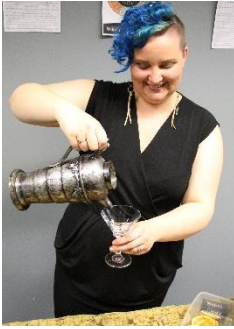
Walker-Duncan Camosun College's students in their very own food truck.

The autumn foliage of the park provided an idyllic setting of fall leaves and salmon swimming up stream to spawn.

We were then divided into 2 groups alternating between an authentic flour milling operation, demonstrated by Katelyn at Nootka Rose Milling, and an artisanal pork farm, where Tom Henry of Still Meadow Farms taught us about the life cycle and care of some very healthy-looking pigs.



Finally, we arrived at the Songhees Wellness Centre, where Chef Roger prepared for us a traditional First Nations dinner, accompanied by some craft cocktails created by Melissa McKinney of Victoria Whisky Tastings. Wow! What a great first day!



Day #2



We were up and at 'em early, but not to fear because our first stop was Discovery Coffee, a local coffee shop and importer, not to mention fabulous pastries from Yonni's Donuts. Owner Logan Grey, took us through the illuminating coffee importing, selection and roasting process. Perhaps, the best



title for a job ever goes to Brittany Davies; the Taste Educator for the coffee chain, who oversees the

education of all it's employees on the finer points of the dark elixir.

For the rest of the morning we divided and conquered for four separate educational tastings. For the beverage minded, there was Ile Sauvage Brewing Co., Hoyne Brewing, or Silk Road Tea sample tastings. If chocolate was your thing, then you were off with Dave Mincy from the Chocolate Project to taste samples from around the globe.

We converged again at Paul's Diner by Fol Epi, where we were fed by owner Cliff Lear and Chef Max who are leading



members of Slow Food for Vancouver Island. They are passionate about maintaining direct relationships with local, ethical, and sustainable producers using organic ingredients. They also mill their own grains and have a fantastic local in-house charcuterie program, often getting pork from Tom Henry's Still Meadows Farm. Probably my favourite meal of the trip.

After a few hours of downtime, we were then herded back onto our buses for trip to the very interesting Welland Legacy Park, to pursue their orchard of unique apple and tree fruit varieties. After

a tour and talk with Tim Fryatt, we tried our hand at fresh apple



pressing, producing some tasty juice to drink in the afternoon sunshine.

Welland Orchard is also part of the LifeCycles Project, which is an active local NGO focusing on thriving healthy local food systems, food literacy and advocacy.

Finally we made our way to Spinnakers Brew Pub for a tasty dinner. Spinnakers is a long time brewing legend being Canada's oldest existing microbrewery and brewpub, which opened in 1984. It was a great way to finish off what was a very informational and inspiring weekend.

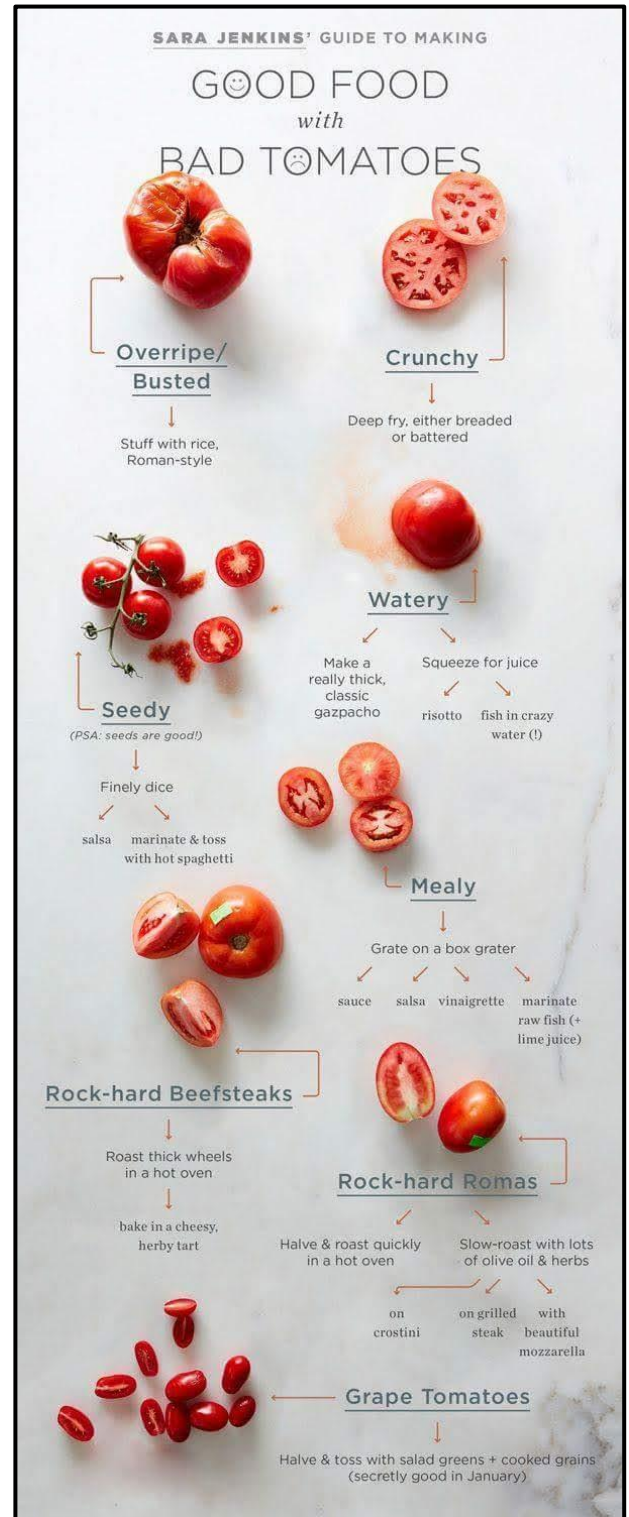


Many thanks again to all the hard work from the planning and hosting team, and the BCCASA executive.

Be on the lookout for upcoming information for BCCASA Conference 2020, hosted by Delta-Surrey!

Infographics of the Month

Cut these out and stick 'em in your classroom!



Gingerbread Competitions

If you've ever led a team of eager students through the long and difficult process of: brainstorming, designing, modeling, rolling, cutting, baking, icing, constructing and decorating a creation out of gingerbread; then you know the massive amount of work that it entails. Kudos to the schools below on placing in their local gingerbread competitions, and big congratulations to all the students involved.



The 3rd Annual Gingerbread Village hosted by the Downtown Surrey BIA located at Surrey Central Mall

First Place - ENVER CREEK SECONDARY

Second Place - Abbotsford Secondary

**Third Place - LA Matheson Secondary
Mustang Justice Program**

**Fourth Place - Surrey Education Services +
Garibaldi Secondary**

Hyatt Regency Vancouver 2019 Gingerbread Lane Contest

**First Place – DAVID THOMPSON
SECONDARY**

**Second Place – St. Thomas More
Secondary**

Third Place – Windermere Secondary



David Thompson Carrot Club

DT Carrot Club, is an afterschool cooking & gardening club run by Chef Green in affiliation with La Tablee des Chefs.

If you are interested in running a similar program, The Quebec Department of Education funds the program by covering the cost of groceries up to \$2000 and pays for a chef to run the cooking workshops. Brigade student team members receive a well conceived cookbook, apron and head scarf. The teaching chef receives a jacket and is paid \$90.00 per 2-hour workshop (they must also shop for groceries). This program is highly recommended for any Chef/Instructor that is too busy to run an afterschool club themselves but is willing to be responsible and present in the kitchen while the club activities happen.

“At one of David Thompson’s recent workshops the student brigades assembled 250 dried soup packages (tasted the soup too, of course) then donated them to the local South Vancouver Neighbourhood House’s weekly Food Bank. So, we fed 1000 people! We also collaborate with Fresh Roots who provide the club with a garden mentor. Fresh Roots stewards our quarter acre urban farm and provides workshops for district schools onsite.”

Chef Lee Green



Kitchen Quotes & Trivia by Daniel Lesnes

"The discovery of a new dish does more for human happiness than the discovery of a new star." Brillat Savarin (1755-1826)

What am I?

I am a root vegetable in the mustard family. I have little nutritive value, but it is believed that I stimulate the appetite. I was grown by the Egyptians in about 2780 BC, when I was included in the rations given to the workers on the Great Pyramid. My nutlike root ranges in exterior colour from white, red and white, through yellow, purple, and black and I have a white crunchy inside. I am often grown as companion plants and I suffer from few pests and diseases. My fast harvest cycle makes me particularly suitable for children's gardens and school project gardens. I can be round, oval, elongated, and can weigh a couple of ounces or well over fifty pounds. I am used in salads, as a garnish, cooked in soups, or carved into flowers or butterflies. I will not sabotage your new year resolution healthy diet, my 1/2-cup serving contains about 12 calories, 95% water, and virtually no fat. I am the perfect crunchy snack when the munchies strike. My leaves and seedlings are often eaten cooked, and my sprouts have recently become a popular fresh

ingredient. My seed pods are used in Indian cuisine in many dishes, and they are called "moongra" or "mogri".

One may wonder why so I taste spicy? Here is a scientific explanation:

Some parts of my cells contain myrosinase. When a chemical compound ends in "ase" you can bet it's an enzyme, which means it will go to work on the molecules around it. Myrosinase is kept contained in its own little chamber until someone bites into me, or slices me, or crushes me up. My damaged cells spill out myrosinase and glucosinolates, which mix together. The enzyme breaks down the sulfur-compound, which results in allyl isothiocyanate, and the spicy kick that you taste when you eat me.

But why should you ever bother to eat me? That will remain forever a mystery.

*look on the back page for the answer

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

Out of the Frying Pan

By Jody Vance

There's a rumour flying around the Lower Mainland that has my spidey senses tingling.

Word on the street (and by street I mean Twitter) is that the Vancouver School Board considering changes to the public high school cafeteria program.

As someone who looks back at that program as being the most valuable in my postgraduate life, rumour or not, I'm adding my voice to the "absolutely not" chorus.

There isn't a lot of middle here. Please don't mess with the Caf program.

Allow me to rewind to 1981 and my first Cafeteria Class with Julius Pokomandy. This now legendary BC chef masterfully guided students through the culinary arts. We learned to work as a team, to deadline, with multiple plans (recipes) followed.

The culture of the kitchen at South Delta Senior Secondary had no bullies or hierarchy of any sort; Mr. P wouldn't have that in his kitchen. Throughout my three years of high school, the majority of my greatest learning moments happened in this class.

By my senior year he was asking me to step up, to lead. Just before graduation he shared with me and my family that he had taken it upon himself to apply, on my behalf, for a government grant so that I might attend the prestigious Pierre DuBrulle Culinary Academy. It was an intensive, and very expensive, course that results in Red Seal Certification, one our family would never have been able to afford.

Both shocked and incredibly proud, I took that spot. It was very tough, but somehow I made it through as the youngest to ever complete the course.

My culinary trade school was vital in forming the adult I am today. You might be scratching your head and pointing out I'm a broadcaster and writer, and not a chef.

You're right, I'm not. But having that training gave me the confidence to chase my broadcast dreams without worry, because I always had culinary skills to fall back on. It was my cushion. *People always gotta eat!*

This is just my story. It's certainly not everyone's journey to cook professionally, but I believe that every student benefits from a

teaching kitchen; connecting with a teacher in a kitchen classroom. Learning to cook is about more than loving to cook, it's knowing how to feed yourself and those around you.

Cafeterias in Vancouver public schools need to see their potential maximized. They are a necessity for a functioning school in that they feed the student body — but also an opportunity to see young people learn life's big lessons.

We learned about life while we learned about food, about helping others as we learn to feed ourselves. Julius Pokomandy taught hundreds of us about making good food choices.

Let's see a vending machine do that.

To the VSB: If it's a rumour, quash it. If it is being considered, please don't fix what's clearly not broken.

Cafeteria Class is one of the few "life skill" classrooms left – and a skill everyone should have.

Printed with permission from theorca.ca, and Jody Vance - November 6, 2019

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Surrey School District

Secretary

Jessica Mann

jessica.mann@sd72.bc.ca

Carihi Secondary / 250.286.6282

Director

Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary / 604.858.9424

2nd Director

Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary / 604.853.3367

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001



Have something to share?

Respose to an article?

Recipes?

**Interested in
joining the executive?**

Let us know!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

It is important that we keep
BCCASA current; sharing the ideas
and voices of
Chef Instructors throughout BC!

Stephen Schram
Bouquet Garni Editor

**the item in question from “what am I?” is... A RADISH!