

Bouquet Garni

"In the hands of an able cook, fish can become an inexhaustible source of perpetual delight." Jean-Anthelme Brillat-Savarin (1755-1826)



In this Edition



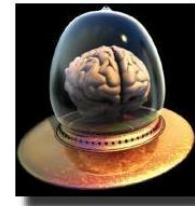
BCCASA in the Media

Take a Bite of BC: Plums
Page 5



BCCASA Conference and AGM

China Discovery
Page 8



Lesnes Brain Teaser
Page 10

BCCASA Financial Report



President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

After a summer of rest and relaxation (for some of us) it is time to return to our daily routines. Time to get our student chefs whipped into shape and a time to open the cafeteria doors to the general student population, and time to determine what our menus will look like. What we decide will effect what students will do at lunch time. Will they buy from our menu, in many ways determined from the "Guidelines for Food and Beverage Sales in B.C. Schools" or will they do the trek to nearby Subways and Pizza Huts? The never ending issue between what we can and should sell in our cafeterias and finding that delicate balance of financial viability continues. Will our students be swayed by exposure to healthy, fresh and affordable foods that both supports our programs and gives them the healthy



options they need? Or will they choose with their feet and head out to the dreaded world of trans fats and high sodium? Or do we search for middle ground looking for both healthy options and provide foods that may be considered by some verboten? This issues has been discussed many times in the past

and I am about to continue that discussion.

Those of you who take the absolute high ground and follow the "Guidelines" to the letter of the law may consider some reality checks. Before I continue, however, let me say that in no way am I advocating unhealthy eating that can be found in many fast food eateries. I have always maintained that what our culinary arts programs have always done, even before the "Guidelines" came into effect, was to provide, made from scratch, local, healthy cuisine. We were always a cut above what a stereo-typical school cafeteria was thought to be. There was only some minor tweaking that needed to be done when those guidelines came about. As well, we have to keep in mind

President's Message continued

submitted by Chef Eric MacNeill - Dover Bay Secondary

we work schools and have to provide the best possible opportunities for both body and mind regardless of outside influences. Yet sometimes we have to question what is being asked of us when the politicians and the media point their fingers at us when the issue of childhood obesity arises. And we have to be aware that our students do not live in a vacuum and can and will go elsewhere to eat if they choose to do so.

Reality check # 1: There really are financial incentives to keeping our programs alive that sometimes may fly in the face of healthy eating. Don't believe me? Ask Mona Garga. Her program, like most of the other culinary arts programs had healthy eating as being number one priority, was cut. School districts everywhere are looking to cut wherever they can. Likely they saw Mona's program as a financial liability with little concern for career training or the healthy options that her program offered. Instead they introduced a private caterer to replace her culinary arts program. How can a private caterer maintain healthy eating while supplying a profit for both the caterer and the Langley School District? By getting rid of Mona does not mean the school has one less teacher to pay. They still have to pay teachers to teach the same students while hiring cooks to prepare and serve the food in the cafeteria. Obviously the caterer has to compete with nearby food outlets while keeping an eye on their own bottom line. And what is compromised? Healthy eating, that's what. The people who made the decision to close the culinary arts program in Langley and the people who let it happen can never in good conscience claim that they have student's good health as a concern. But we all feel the pressure to make a profit and provide healthy foods while we face big business who are promoting its own profit driven agenda without the same restrictions and a much larger budget.

Reality check # 2 : Just because you follow the "Guidelines for Food & Beverage Sales in B.C. Schools" doesn't necessarily mean that you are providing the students with the healthiest choices. According to Michael Pollan, author of the best selling "The Omnivore's Dilemma" and the recently published "Food Rules", North America's obsessive focus on healthy foods may be the cause of, rather than the solution to, it's much publicized "obesity epidemic". "We have an unhealthy obsession with healthy eating because our fascination with supposedly 'good nutrients' becomes an excuse to eat too much. Having a relaxed attitude toward food is also a component of good health too". Take, for example, the recent decision by the New York City Department of Education to ban homemade goods from all bake sales as part of its effort to target childhood obesity. In an effort to make schools "healthier food environments", only 27 pre- packed snack items, including low-fat Doritos and

whole grain Pop Tarts, are now allowed to be sold on school grounds. According to the logic of the New York City government, low-fat processed foods are "healthier" than granny's oatmeal raisin cookies. Eat real whole foods and avoid processed foods instead of overanalyzing the nutritional content of food has to be the way to go. I eat my veggies not because of nagging from government agencies but because I find them delicious and satisfying. Eating for any other reason is a sad state of affairs in our society. And yet we are continually told what to put in our mouths with a certainty that ill health will prevail otherwise. So yes go ahead and bend those rules a little, that the "Guidelines for Food and Beverage Sales" is not the end all and be all in healthy eating. And what could be considered healthy today might not be considered healthy tomorrow. Likewise, what could be considered unhealthy today might not be considered unhealthy tomorrow.

Reality check # 3: Salt is not bad. There are clinical studies that question some of the absolutes about some of the foods that are currently being demonized. There are studies that attempt to debunk the notion that sodium reduction is the healthy way to go. In other words take the studies on high sodium intake with a "grain of salt". A widely publicized study that appeared in the May edition of the respected "Journal of the American Medical Association" suggested low-salt diets actually increase a person's risk of dying from heart disease. That was followed by a study published in July of the "American Journal of Hypertension; it found efforts to lower sodium have little effect on cardiovascular disease risk. I will not report the responding debate and controversy on this topic but if you are interested, look in the July 18, 2011 GLOBE AND MAIL section L5 by Carla Weeks. What is concluded in that article is: "One thing people on both sides of the issue can agree on: The field could benefit from a large trial that compares people who follow low-salt diets and those who don't over a long period of time". The point I am trying to make is not to necessarily agree or disagree with the above debate but to question what it is we are being told to do when it comes to healthy eating.

Reality check # 4: All Trans Fat are not bad. A scientific review from metabolic and cardiovascular diseases laboratory of the University of Alberta, found that natural occurring trans fat in dairy and beef is different from the synthetic variety found in shortenings and baked goods. Unlike synthetic trans fats this study suggest that natural trans fats may be good for your heart. Right now, nutrition labels in Canada make no distinction between synthetic and natural trans fats. According to the director of the study: "We've lumped all trans fats in the same basket. We really have to treat these two families of trans fats differently".

President's Message continued

submitted by Chef Eric MacNeill - Dover Bay Secondary

Yet, as you know we are told that we cannot use any trans fats in any part of our food production.

I think you may see what I am trying to say from all of the above arguments. As I said earlier I am not in any way advocating for the return of days before childhood obesity became an interest in the media and general public. But what I am saying is that there is a need for flexibility because what the nutritional experts are saying about how we should treat the problem of childhood obesity isn't necessarily the only way. And as indicated what they are saying now is not necessarily what they will be saying in the

future. There is a need for the "guidelines", but what the "guidelines" doesn't do is to take into account the professionalism of our members. We are chefs because we have a passion for food and we are quite aware of the good and bad aspects of food. So I think that we can stray a little from what we are told by others and depend on our own expertise and ethics. Because the reality is: Let's all try to enjoy our food and promote the notion of eating for pure physical and cultural pleasures.

BCCASA in The Media

submitted by Chef Lori Pilling - Delta Secondary School

A Slice of Delta

Published: September 30, 2011 2:00 PM

Young chefs get educated

From Roma tomatoes to Russet potatoes, high school students in South Delta are getting an education in local produce.

Delta Secondary and South Delta Secondary are among 37 schools province-wide participating in the Take a Bite of BC program. Developed in part by the BC Agriculture in the Classroom Foundation, the program gives students hands on experience with seasonal fruits, vegetables, dairy products and meat—all 100 per cent donated by local growers.

DSS teacher Lori Pilling's culinary arts classes just received a load of fresh blueberries, bell peppers, eggplants and tomatoes donated by Delta's Houweling Nurseries and Windset Farms, and other growers in Richmond and the Fraser Valley.

Her students learn how to prepare the products while developing a better understanding of the agricultural process. Pilling said the program has been a huge eye-opener for those students who are detached from the food they eat. But for others, especially those who have grown up on farms, the learning curve isn't as steep.

"The students are extremely receptive to it (the program) and huge advocates because it's the livelihood of a lot of their parents," Pilling said.

And because all the food is donated, the school gets access to items that would otherwise be too expensive to buy—like Salt Spring Island artisan cheese or caseloads of fresh raspberries.

A typical classroom discussion might revolve around the impact of importing food from overseas.



BCCASA in The Media continued

submitted by Chef Lori Pilling - Delta Secondary School



Culinary arts students at Delta Secondary School prepare tarts using fresh B.C. blueberries. DSS participates in the Take a Bite of B.C. program, which aims to give high school students experience working with local produce. Houwelings Nursery and Windset Farms are two Delta growers that donated produce to the program this season. *Tyler Garnham photos*

“We talk about the chain of what it takes to get a head of Romaine lettuce from China to here,” Pilling said. “How fresh would that lettuce be? And what’s the cost involved in getting it here? And what’s the cost to our environment?”

The culinary arts students run the cafeteria at DSS and inform the student body what B.C. products are featured on each day’s menu. The young chefs learn creative ways to cook some of the more unpopular veggies—such as Brussel sprouts au gratin, topped with a bubbly cheese—so the greens appeal to even the pickiest of teens.

“Now it’s something that they can accept into their diet,” Pilling said.

Her class is currently working on the Thanksgiving lunch menu, which promises to incorporate as many local ingredients as possible. —*Philip Raphael and Christine Lyon*



A Message From Agriculture in the Classroom: submitted by Tammy Watson - AITC

I'd like to take this opportunity to welcome you back to "Take A Bite Of BC" and to extend a warm welcome to our newest schools, Rick Hansen Secondary and Abbotsford Collegiate. Just recently joining the BC Agriculture in the Classroom Foundation (BCAITC) as the new Program Operations Manager, I am truly amazed at the wonderful work and terrific programs this small, but dynamic group has created. Take A Bite Of BC (TABOBC) is a good example ~ developed by BCAITC in partnership with the BC Culinary Arts Association, BC agricultural commodity groups and BC producers. BC grown products are donated to the program and delivered to your teaching kitchen at no cost to you over a four month period.

As you know, TABOBC provides chef instructors with the opportunity to feature locally grown products in their teaching kitchens. It allows students to gain experience working with fresh products and develop an appreciation for farmers in our communities.

There are now 37 schools enrolled in the program this year. It's hard to believe that 2 short years ago when the program was launched there were just 14 schools enrolled and here we are for the 2011-12 year at 37!

And so important to the success of Take A Bite Of BC is the generous support of our Supplier network. There are 30 suppliers and/or commodity groups and associations that support and donate to this Program offering 38 different products and we are extremely thankful to every one of them. Shown below is a list of the BC products for the coming months. With these generous product donations students will learn the value of working with fresh BC product.

I encourage all of the teaching Chefs to share their successes with each other and of course, BC Agriculture in the Classroom. Enjoy your School Year and ~ Take a Bite of BC.



BC Products Featured - Fall 2011

- September** Whole Turkey, Sweet Bell Peppers, Beefsteak Tomatoes, Fresh Blueberries, Eggplant, Canola Oil, Canola & Olive Oil Mix, Gusto Hot Peppers, Parsnips, Rutabagas, Crimini, Portabella and White Mushrooms
- October** Whole Chicken, Cabbage Mix, Dried & Fresh Cranberries, Fraser Valley Carrots, Frozen Beans, Corn and Peas, Eggs, Grape Tomatoes, Fresh Broccoli
- November** Ground Pork, Artisan Cheese, Living Herbs, Milk, Squash Mix and Beets, Frozen Strawberries, Frozen Raspberries, Frozen Brussel Sprouts, Cauliflower and Broccoli, Red, Yellow and Russet Potatoes, Turnips
- December** Beef, Butter Lettuce, Long English Cucumbers, Belgian Endive, Roman & TOV Tomatoes, Anjou Pears



BC Products Featured - Spring 2012

- January** Ground Pork, Cabbage Mix, Frozen Beans and Corn, Frozen Blueberries, Frozen Peas
- February** Whole Turkey, Canola Oil, Canola & Olive Oil Mix, Parsnips, Rutabagas, Frozen Cranberries, Crimini, Portabella and White Mushrooms
- April** Frozen Strawberries, Eggs, Frozen Brussels Sprouts, Cauliflower, Broccoli, Gusto Hot Peppers, Grape Tomatoes, Dried Cranberries, Whole Chicken, Artisan Cheese, Beets, Red, Yellow and Russet Potatoes, Milk, Living Herbs
- May** Whole Chicken, Sweet Bell Peppers, Roma & TOV Tomatoes, Frozen Raspberries, Baby Eggplant, Beef, Butter Lettuce, Belgian Endive, Long English Cucumbers, Ambrosia Apples

Take a Bite of BC:

Plums

WHAT ARE PLUMS?

A plum is a smooth skinned elliptical, heart-shaped, oblong or round fruit with a flat seed. Prune plums are dark blue in colour with yellow flesh. Other plums have red, golden or black skins with red or yellow flesh.

WHERE ARE PLUMS PRODUCED IN BC?

Plums are grown in the Okanagan, Similkameen, and Kootenay Valleys.

HOW MANY PLUMS DO WE PRODUCE?

BC produces about 2 million kilograms of plums, including about one-half of the Canadian prune plum crop.

HOW ARE PLUMS PRODUCED?

Once plum trees are in production, the orchardist each year must prune, fertilize and keep weeds, insects and diseases under control. In dry areas, trees have to be irrigated. On an annual basis, trees are monitored to ensure they are still producing well. If they aren't, the orchardist will remove them and plant new trees. Prune plums are ripe and ready for drying when the pit separates easily from the flesh. This occurs in the fall. This easy separation is one reason why prune plums are used for prunes.

WHAT DOES A PLUM LOOK LIKE WHEN I USE IT?

Plums are eaten fresh, plain or in fruit salads. They can be canned, stewed, or made into jellies, jams and syrups. When plums are dried they are called prunes. Fresh plums are 79% water, extremely high in fruit sugar, and an excellent source of vitamin A and the B vitamins.

WHAT HAPPENS AFTER THE PLUM LEAVES THE FARM?

Fresh plums are refrigerated or cooled immediately after harvest. After harvest the bins are taken directly to the packinghouse, where the plums are graded, packed into boxes and placed in cold storage. They are usually

shipped to market in refrigerated trucks within a few days of being picked.

WHAT CHALLENGES DOES THE PLUM PRODUCER FACE?

Because fruit trees are subject to damage by several different kinds of pests, growers must know if pests are present and if they are likely to cause damage to the crop. To do this, they use different detection methods. One such method is the use of pheromone traps. Pheromones are chemical substances secreted by insects to sexually attract others of its species. Pheromone traps will attract and trap insects and by examining and counting the insects caught, the grower can assess what, if any, control measures need to be applied.

WHO'S INVOLVED IN PRODUCING PLUMS?

- Orchard owner
- Orchard workers
- Apiarists
- Fruit processors
- Equipment suppliers
- Transporters
- Grading and packinghouse manager
- Packinghouse employees
- Cardboard box manufacturers and suppliers
- Horticulturists, entomologists, pathologists and physiologists

Interesting Fact About Plums:

The plump, juicy fruit called the plum gives us the expression "a plum" meaning the best part of anything or a bonus, as in "That's a plum of an assignment."

Contacts and other resources:

- [BC Fruit Growers' Association](#)
- [BC Fruit Packers](#)
- [BC Tree Fruits](#)
- [InfoBasket: Your Portal to Agri-Food Information on the Internet](#)
- [Tree Fruit Information - BC Ministry of Agriculture](#)

source: <http://www.agf.gov.bc.ca/aboutind/products/plant/plums.htm>



Take a Bite of BC:

B.C. Plum Upside Down Cake

Yield: 3 - 9" cakes

For the Sticky Topping:

454	g	Unsalted butter, room temperature
50	ml	Maple syrup
5	ml	Rum extract
400	g	Light-brown sugar, packed
5	ml	Vanilla extract
5	g	Coarse salt

For The Cake:

1	kg	BC plums
150	g	Flour
11	g	Baking powder
5	g	Salt
225	g	Unsalted butter, room temperature
340	g	Sugar, granulated
4		Eggs
10	ml	Pure vanilla extract
300	ml	Milk

Method:

1. Preheat oven to 350 degrees. Make the sticky topping by adding all of the ingredients into the bowl of a stand mixer fitted with the paddle attachment. Mix until well blended.
2. Prepare three 9" round cake pans.
3. Divide mixture evenly among cake pans or muffin tins and spread with an offset spatula to make smooth.
4. Slice fruit into wedges. Starting from the inside and working outwards, arrange fruit slices in a fanlike, circular pattern on top of sticky topping mixture.
5. For the cake, sift together flours, baking powder, and salt; into a medium bowl. Set aside.
6. In the bowl of an electric mixer cream the butter and sugar.
7. Beat in eggs, one at a time, and then beat in vanilla.
8. With the mixer on low speed, add the flour mixture in three parts, alternating with the milk and beginning and ending with the flour; beat until combined after each addition.
9. Divide the batter between the prepared pans, and smooth with an offset spatula. Bake, 30 - 40 minutes or until the cakes are golden brown and a cake tester inserted in the centers comes out clean.
10. Transfer pans to a wire rack to cool 30 minutes. Loosen side of cake with small offset spatula or paring knife. Invert cakes onto a rack set atop a baking sheet; peel off the parchment if necessary. Serve warm or cool.



BCCASA Conference and AGM October 21, 2011

submitted by Chef Renee Thomas - Queen Elizabeth Secondary



Something Old, Something New and the Future - Steveston/Ladner

Delegates will meet at the Sheraton Vancouver Airport Hotel:
7551 Westminster Highway, Richmond BC, located in the heart of Richmond,
20 minutes from downtown Vancouver on the Canada Line.

Delegates using the Canada Line get off at Brighthouse Station and walk 2 blocks (8-10 minutes) to the hotel. Day parking is available for members not staying at the hotel @ \$10.00 plus applicable taxes.

Conference Fee includes Lunch:
For BCCASA Members \$125.00 for Non Members \$200.00

Membership Fee: BCTF Members \$30.00 Not BCTF Members \$60.00
All membership fees are due at Conference and will be collected at registration



Conference Agenda:

8:00 - 8:30am – Registration Elmbridge Room, Sheraton Vancouver Airport Hotel

8:30am - 9:00am - AGM

9:00am - 9:15am - Update from Agriculture in the Classroom

9:15am - 10:00am - China 2012 Culinary Tour Information - Banny Wong SNA Tours

10:00am - 10:30am - Ocean Wise Vancouver Aquarium - Mike McDermid

10:30am - 10:45am - Board bus in front of the hotel

11:00am – 12 Noon - Tour Gulf of Georgia Cannery National Historic Site

12:15pm – 2:00pm Lunch: Steveston Historic Fishing Village stroll along the board walk and enjoy the old dock filled with quaint shops before returning to the bus.

2:00pm - Bus departs

2:30pm – 3:30pm - Tour Windset Farms-One of Canada's largest green house operators.

3:45 – 4:45pm - Tour Westham Island Herb Farm. Harvesting 10 varieties of squash & pumpkins as well as white, yellow, red and fingerling potatoes.

5:30 Drop off delegates at Sheraton Vancouver Airport Hotel.



2011 BCCASA Conference and AGM - continued

submitted by Chef Renee Thomas - Queen Elizabeth Secondary

Accommodation:

Sheraton Vancouver Airport Hotel
7551 Westminster Highway
Richmond BC V6X 1A3
Phone 604 273 7878 Toll free 1 800 663 0299

BCCASA Group rate:

\$129.00 plus applicable taxes = \$147.06 per day (double occupancy)
Parking: \$13.00 plus applicable taxes = \$17.60 per day.



Work out in the 1,200 square foot Sheraton Fitness Programmed by Core Performance, refresh with a swim in the outdoor pool or hot tub or retreat to your room outfitted with a 37" LCD television. Begin the day with Star Bucks in your Guest Room.

If delegates prefer to stay Downtown Vancouver a block of rooms is also being held at:

Quality Inn at False Creek (located by the Granville Street Bridge)
1335 Howe Street
Vancouver BC V6Z 1R7
Phone: 604 682 0229 or Toll Free 1 800 663 8474
Fax 604 662 7566



BC CASA Group rate:

\$79.00 + 12.44 tax total cost \$91.44 + \$15.00 per day parking plus applicable taxes.

Free pass to Steve Nash Fitness World across the street and free internet wireless.

2011 BCCASA Conference Overview

submitted by Chef Renee Thomas - Queen Elizabeth Secondary

BC CASA Conference, October 21, 2011.

Something Old, Something New and the Future of healthy ocean ecosystems and sustainable farming. Mike McDermid shares the Vancouver Aquariums' Ocean Wise Program working with restaurants and market partners to ensure they have information about sustainable seafood caught using environmentally sustainable fishing methods causing minimal environmental damage. Journeying back through time a tour of the gulf of Georgia Cannery located beside the Steveston Historic Fishing Village, Richmond's version of Granville Island, an old dock that has been transformed into quaint shops and fantastic restaurants. Enjoy lunch with views of the water at Tapenade Bistro. Tour Windset farms one of Canada's largest greenhouse operators with greenhouses in the United states, growing peppers, cucumbers,, and a variety of tomatoes; a vertically integrated operation that produces, grades, packages and distributes vegetables to customers around North America. The demand for greenhouse vegetables has grown considerably as customers realize the benefits of safety, quality and the ability to supply a year round supply of fresh vegetables. Stepping back in time to the quiet country roads, good neighbours and traditional farming methods experience the harvest season at Westham Island Herb Farm owned by the Ellis family for over a century. The farm Ladner's "Halloween Headquarters". The general store will be well stocked with "Baby BOOs to Big Maxes", white, red,

grey and variegated and orange pumpkins as well as all types of potatoes-white, yellow, red, and fingerling and maybe some heirloom tomatoes. YUM! Sharon Ellis suggests you wear "mud friendly" shoes, waterproof jackets and carry an umbrella just in case we encounter a little "liquid sunshine".

If you are planning to attend the Conference please preregister as soon as possible, registration closes midnight Sunday October 16, 2011 in order to confirm the number of attendees to the venues.

Here is the link for the conference registration:

<http://www.surveymonkey.com/s/PD28MDW>

Hope to see you there!



China 2012 Tour - A Culinary Adventure

submitted by Chef Lori Pilling - Delta Secondary School

Enjoy 8 amazing days in China for only \$999.00 +airport taxes. Price includes: international flight, airport transfers, 4/5 star accommodations, tour bus and english speaking tour guide, entrance fees, and meals as stated.

Day 1-2

Meals: Dinner

Home Departure

Depart for Beijing via scheduled airline.

Arrival in Beijing. It was in this city that Chairman Mao proclaimed the People's Republic of China in 1949.

Welcome dinner.



Day 3

Meals: Breakfast, Lunch, Dinner

Tiananmen Square, Forbidden City, Capital Museum

Tiananmen Square (the Gate of Heavenly Peace), the largest public square in the world.

The Forbidden City, accessible only to members of the imperial court until as late as 1949. Get a close-up look at the golden-roofed Imperial Palace, one of the world's greatest architectural achievements.

Tea Ceremony, experience and learning Chinese traditional tea culture. Capital Museum.



Day 4

Meals: Breakfast, Lunch, Dinner

The Great Wall, Olympics Games sites.

Beijing Excursion to the Great Wall of China Travel to view one of the wonders of the world.

2008 Olympics Games Sites- Water Cube & Bird's Nest.

Day 5

Meals: Breakfast, Lunch, Dinner

Temple of Heaven & School Visit of Cooking Lesson.

Temple Of Heaven-where emperors went to worship heaven for good harvests.

Beijing Jinsong Vocational School visit.

Experience & Learning the cooking lesson of Chinese food.

Day 6

Meals: Breakfast, Special Lunch, Dinner

Hutong Rickshaw & Family Visit.

Rickshaw Tour of Hutongs- an ancient city alley or lane typical in Beijing.

Experience & enjoy the local family's Chinese house meal.

Optional cooking class in the hotel.



China Discovery continued

submitted by Chef Lori Pilling - Delta Secondary

Day 7

Meals: Breakfast

Free day to explore the city on your own.

Day 8

Meals: Breakfast

Home or extend the trip to other cities of China.

Xi'an - Terracotta Warriors.

Shanghai - Pearl Of Orient, Ancient Water Town.

Guilin - The most beautiful place in China.

Hong Kong - Shopping Paradise.



If you are interested in this fabulous opportunity please contact Jason Wang of SNA Educational Tours at 778 - 297 - 5593 or toll free at 1888 - 412 - 5593 or by email info@snatours.com



Lesnes' Brain Teaser # 25

submitted by Chef Daniel Lesnes - Garibaldi Secondary



I have often been the symbol of hospitality. I was also often used as an air freshener and was placed in the rooms of houses, synagogues and temples to clear and freshen the air and rid the smell of unpleasant odours from rooms. Greek mythology says I was turned into this by Pluto's wife Persephone when she was angered by me. I have over 30 species and I can say proudly I am widely used in commercial medicine products, and very much appreciated by many cooks and Chefs for my aromatic and flavoursome qualities. Although I may be consumed in small quantities, the vital nutrients obtained are still beneficial to one's health. I am often a major part of a traditional English afternoon. Did I mention I am one of the five ingredients of one of the most famous rum-based highballs?

To view the answer to this teaser, visit our website at: <http://web.me.com/lesgau/BCCASA/Welcome.html>

BUDGET REPORT

Submitted by **Chef Brian Smith - Thomas Haney Secondary**
For the Year Ending June 30, 2011

INCOME

4099923 Conference Surplus Outside Account	11000.00
4099930 Membership / subscription fees	2995.95
4099931 BCTF Grant	4750.00
4099934 Interest income	144.16
4099939 Other	-1905.00
4099941 Conference grant	3000.00
Total Income	\$19985.11

EXPENSES

4099950 Meeting-executive	1203.70
4099961 Publication newsletter	1068.12
4099969 Publication - equipment	89.59
4099971 Equipment Purchase	111.99
4099979 Miscellaneous	43.72
4099980 Conference operating	10000.00
4099982 Conference Catering	1090.00
Total Expenses	\$13607.12
Balance	\$17683.32
Outside Account	\$ 476.41
Total Balance	\$18159.73



B.C.C.A.S.A. Executive

President: Mr. Eric MacNeill

Dover Bay Secondary
Nanaimo (250) 751-3409
emacneill@sd68.bc.ca

Organization of workshops and attends a variety of meetings and conventions.

Director: Ms. Lori Pilling

Delta Secondary
Delta (604) 946-4194
lpilling@deltasd.bc.ca

News media, membership chairperson

1st Vice President: Ms. Renee Thomas

Queen Elizabeth Secondary
Surrey (604) 588-1258
thomas_r@sd36.bc.ca

Conference chairperson.

2nd Vice President: Mr. Daniel Lesnes

Garibaldi Secondary,
Maple Ridge (604) 463-6287
lesgau@mac.com

Webmaster:

Treasurer: Mr. Brian Smith

Thomas Haney Secondary
Maple Ridge (604) 463-2001
brian_smith@sd42.ca

Bookkeeping and budget planning

Secretary: Mr. Trevor Randle

Maple Ridge Secondary
Maple Ridge (604) 463-4175
randles@shaw.ca

Bouquet Garni Editor and meeting minutes

We're on the Web!

See us at:

<http://web.me.com/lesgau/BCCASA/Welcome.html>