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# IT'S WHAT'S INSIDE THAT COUNTS

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# KITCHEN TOOLS

I'm a firm believer that you don't require the best products or tools in the kitchen to create something outstanding. Many cooks and chefs can create beautiful dishes using the most simple devices. Most of the tools in my kitchen are second or third-hand items that serve their purpose beautifully.

That being said, having a few staple tools can make a big difference and speed up the prep work when cooking. I wouldn't say that I am a minimalist, but with a kitchen size of 8 m<sup>2</sup> (or 86 f<sup>2</sup>), I have to keep things simple.

The kitchen gadget market is tremendous, and it doesn't need to be. Brands are always trying to make the next best item to help you save time in the kitchen and, of course, make more profit. These items are often low-quality and unnecessary. It still requires a tremendous amount of effort, a little bit of elbow grease, and a lot of love to prepare a good meal, no matter your level of cooking skills. I truly do think you can taste it.

A few high-quality items will go a long way in the kitchen, and they can help you improve your cooking. Here is a list of tools I use in the kitchen, if not daily, then weekly. It has taken me a few years to collect these items, and I consider them essentials in my kitchen.

## Shopping

- Cotton tote bags
- Cotton drawstring bags
- Cotton net bags
- Paper bags
- Shopping basket

## Machines & Devices

- Blender / food processor
- Toaster
- Water kettle
- Coffee maker
- Oven
- Stovetop range
- Refrigerator & freezer

## Cleaning

- Vegetable scrub brushes
- Handled dish-washing brush
- Cotton / linen kitchen towels
- Cotton rags
- Microfibre rags
- Steel wool / copper scrubber
- Soap pump

## Containers

Various sized metal colanders / strainers  
Various sized metal & glass mixing bowls  
Glass containers with lids  
Glass measuring cups  
Metal measuring spoons  
Metal baking sheets  
Various sized cooking pots  
Heavy-bottomed frying pan  
Cast-iron frying pan  
Oven-safe casserole dishes with lids  
Ice cube trays

## Tools

Knives  
Knife sharpener  
Kitchen shears  
Wooden spoons  
Metal whisk  
Stone mortar & pestle  
Salt & pepper grinders  
Tea strainer  
Metal ladles  
Metal spatulas  
Metal vegetable peelers  
Metal cheese graters  
Various wooden cutting boards  
Metal corkscrew  
Metal can opener  
Metal bottle opener  
Metal funnels  
Water filter  
Salad spinner  
Pizza stone





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# SPRING

Asparagus

Avocados

Fresh Herbs

Green Onions

Mushrooms

Peas

Potatoes

Radishes

Salad Greens

Spinach

Stalk Celery

Apples

Kiwi

Rhubarb

Strawberries

To me, spring feels like a great time for a fresh start. I love seeing the small green plants pushing through the earth and the small buds growing on the trees. It brings me hope knowing that a new growing season has begun.

In the northern hemisphere, spring begins between March and May, bringing longer days and plenty of rain. At the spring equinox, days and nights are approximately twelve hours long. In spring, I find myself cleaning every inch of my home, from my closets to my kitchen, ridding of the old and making room for the new. This goes for my body as well. Fresh produce and ingredients bring new ideas and colours into the kitchen. I like to think of spring as a time of rebirth, rejuvenation, renewal, and regrowth.

01	My Go - To Salad
02	Strawberry Spinach Salad
03	Very Green Smoothie
04	Crispy Grilled Asparagus
05	Potato Pancakes
06	French Galettes
07	Baba's Famous Perogi
08	My Lunchtime Egg Sandwich
09	4x Green Pesto
10	Spring Chicken Soup
11	The Best French Toast
12	True French Crêpes
13	My Vanilla Milkshake
14	Oven - Baked Granola
15	Minty Mousse au Chocolat
16	Citrus Air Freshener
17	Yoga Mat Spray
18	Home Cleaners
19	Plant Pest Spray





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# OVEN BAKED GRA NOLA

V / GF / LF /

Prep: 20 min

Bake: 20 min

Cool: 20 min

8 cups	rolled oats
1 ½ cups	pecan / wal / hazel nuts / almonds
¼ cup	white sesame seeds
¼ cup	black sesame seeds / chia seeds
½ cup	sunflower seeds
½ cup	pumpkin seeds
½ cup	flax seeds
2 tbsp	cinnamon
1 tsp	fine sea salt
4 tbsp	coconut oil
2 tbsp	agave / maple syrup
1 ½ cups	puffed quinoa or rice

As soon as the days start to get warmer and the sun is shining in the morning when I wake, this is what I crave for breakfast. It is crunchy, tasty, healthy, and easy to make.

After trying a variety of granola recipes throughout the years, I finally developed a combination of ingredients that keeps me feeling full and refreshed. Enjoy eating this with oat milk or coconut yogurt and fresh fruit.

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1. Preheat the oven to 175°C / 350°F

2. Mix all the dry ingredients (except quinoa / rice) into a large bowl until well-mixed.

3. Melt the coconut oil on low heat in a small saucepan on the stove. Add the natural sweetener and mix well.

4. Remove the liquid from heat and pour over the dry mixture. Mix well to coat the dry mixture.

5. On two large baking sheets, spread the granola out evenly and bake for 10 minutes.

6. After 10 minutes, mix the granola and switch the position of the baking sheets if necessary. Bake for another 10 minutes or until golden brown.

7. Remove from the oven and let cool for at least 20 minutes. Add dried fruit and puffed quinoa / rice if desired, and store in an airtight container for up to one month. In the warm months, try keeping the granola in the freezer to prolong its shelf-life.





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# HOME CLEANERS

V /

After a lot of time spent indoors in the cold winter months, nothing feels better than freshening up your living space. I believe that cleaning your own dirt, dust, and grime from your floors, windows, bathtub, and sinks gives you a healthy perspective on the amount of elbow grease necessary to keep a space clean, and the time needed to do so properly. Spring is a great time to do this. Prepare your space before you start, turn on some great tunes, and happy cleaning!

Below are a few different mixes that I use for at-home cleaning. I do not always use all of these items, and change it up from time to time depending on the furniture, appliances, and items I am cleaning. The important part here is to buy a good multi-purpose liquid soap. This will save you money and keep your cleaning collection simple. Don't forget to buy these items in bulk and check your local supermarket or store to see what they offer.

## All-Purpose Cleaner

for wooden or tile floors, tables, counters and whatever else you may want to wipe down

1 part            liquid soap  
10 parts        warm water

## Scrubbing Paste

for bathtubs, sinks, and hard to clean surfaces

1 part            baking soda  
1 part            liquid soap

## Dish Soap

for dishes, pots, and pans

1 part            liquid soap  
4 parts        water

## Vinegar Spray

for countertops, windows, glass, and mirrors

2 parts        water  
1 part        white vinegar

## Drain Cleaner

for clogged or dirty drains and pipes

2 tbsp        baking soda  
1              lemon, juiced  
1 L            boiling water

Mix together the soda and lemon juice first. Be careful, this will foam! After letting sit for a few minutes, rinse with the boiling water.

# SEASONAL CALENDAR

◇ in full season  
 ^ carried over if well stored

Apples	^	^	^	^	^	^	^	◇	◇	◇	◇	◇
Apricots							◇	◇	◇			
Blackberries							◇	◇	◇			
Blueberries							◇	◇	◇			
Cherries							◇	◇	◇			
Cranberries									◇	◇	◇	
Currants						◇	◇	◇	◇			
Figs									◇	◇	◇	◇
Grapefruit	^	^	^	^	^	^	^	^	◇	◇	◇	◇
Grapes								◇	◇	◇	◇	
Kiwi	^	^	^	^	^	^	^	^	◇	◇	◇	◇
Lemons	^	^	^	^	^	◇	◇	◇	◇	◇	^	^
Limes	^	^	^	^	^	◇	◇	◇	◇	◇	^	^
Melons						◇	◇	◇	◇			
Oranges	^	^	^						◇	◇	◇	◇
Peaches / Nectarines							◇	◇	◇			
Pears								◇	◇	◇	◇	^
Plums								◇	◇	◇		
Pomegranate	^	^										◇
Quinces									◇	◇	◇	◇
Raspberries						◇	◇	◇	◇			
Rhubarb			◇	◇	◇	◇						
Strawberries					◇	◇	◇	◇				

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Artichoke								◇	◇	^	^		
Arugala			◇	◇	◇	◇	◇	◇	◇	◇			
Asparagus			◇	◇	◇								
Avocado	◇	◇									◇	◇	
Beans							◇	◇	◇	◇			
Beetroot	^	^	^	^	^					◇	◇	◇	◇
Broccoli							◇	◇	◇	◇	^	^	
Brussels Sprouts	◇	◇	◇								◇	◇	◇
Cabbage	^	^	^	^	^		◇	◇	◇	◇	◇	◇	◇
Cauliflower	^	^	^			◇	◇	◇	◇	^	^	^	^
Carrots	^	^	^	^	^	^	◇	◇	◇	◇	◇	◇	^
Celery					◇	◇	◇	◇	◇	◇	◇		
Celery Root	^	^	^	^	^		◇	◇	◇	◇	◇	◇	◇
Chard					◇	◇	◇	◇	◇	◇	◇		
Corn							◇	◇	◇	◇	◇		
Cucumbers						◇	◇	◇	◇	◇	◇		
Eggplant							◇	◇	◇	◇	◇		
Fennel						◇	◇	◇	◇	◇	◇		
Garlic	^	^	^	^	^	◇	◇	◇	◇	◇	◇	^	^
Head Lettuces				◇	◇	◇	◇	◇	◇	◇	◇		
Kale	◇	◇								◇	◇	◇	◇
Leek	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Mushrooms	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Onions	^	^	^	^	^	^	◇	◇	◇	◇	◇	◇	◇
Parsnips	^	^	^	^	^	^	◇	◇	◇	◇	◇	◇	^
Peas						◇	◇	◇					
Peppers							◇	◇	◇	◇			
Potatoes	^	^	^	^	^	◇	◇	◇	◇	◇	^	^	
Pumpkin	^	^						◇	◇	◇	◇	◇	◇
Radish				◇	◇	◇							
Spinach	◇	◇	◇	◇	◇					◇	◇	◇	◇
Squash	^	^						◇	◇	◇	◇	◇	◇
Tomatoes							◇	◇	◇	◇	◇		
Turnips	^	^	^				◇	◇	◇	◇	◇	^	^
Zucchini						◇	◇	◇	◇	◇			

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

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