

## Cooking with BC Product



Supporting local food has never been more important. During this global pandemic, communities across the globe have turned their attention to creating stronger local food systems to help support food producers and the economy.

In this week's Environment and Healthy Living activity, we are going to explore a healthy, nutritious way to prepare a meal with BC products! Straight from the Buy BC campaign from the BC Provincial Ministry of Agriculture, join chef Laura Moore to learn how to cook a stir-fry recipe using vegetables that are in season. To find out which vegetables are in season, visit your local farmers' market or grocer. You may need to get creative with your stir-fry if you are unable to find everything on the recipe, so get ready for the challenge!

You can find the stir-fry recipe on the Buy BC website by following this link:

<https://buybc.gov.bc.ca/2020/01/23/bc-stir-fry/>

For a complete list of BC farmers' markets that are open, follow this link to the BC Farmers' Market Trail: <https://bcfarmersmarkettrail.com/>

**Note:** Due to COVID-19 safety protocols, many farmers' markets across the province have now started selling online, so be sure to check as you may be able to order your ingredients online.