

## Resources: Centering your Meals with Plants

June 15, 2022

### Local Places to Check Out

- Elsafadi Mediterranean Market (209-10807 Castledowns Road; 11316 134 Avenue)
- Evoolution (104 Street Downtown; Southgate Centre; The Enjoy Centre)
- Farmer's Markets
- H&W Produce
- Mercato Foods (St. Albert)
- Spinelli Italian Centre Shop (3 locations in Edmonton & 1 in Sherwood Park)
- The Silk Road Spice Merchant (Whyte Avenue: 10818- 82 Avenue)
- U-Pick Farms

### Community Supported Agriculture (CSA's)

- Grey Arrow Farm
- Prairie Gardens
- Riverbend Gardens
- Sparrow's Nest
- Steve & Dan's Fresh BC Fruit
- Stonepost Farms
- Sun Dog Organic Farm

### Local Cooking Classes (\*offering virtual classes)

- Atco Blue Flame Kitchen\*
- Awn Kitchen
- Barb's Kitchen
- Get Cooking\*
- Northern Alberta YMCA Specialty Kitchen
- Palates Culinary Kitchen & Learning Centre\*
- Sorrentino's Restaurant Group\*
- Sunterra Market
- The Kitchen at Stanley A Milner Library\*

### Recommended Cookbooks

- Heart Smart (Stern)
- Nourish (Cronish & Rosenbloom)
- Dietitians of Canada Cook! (Waisman)
- Spilling the Beans (Van Rosendaal)
- The Mindful Glow Cookbook (Sharp)
- 30 min Heart Healthy (Strachan)
- Lighthearted at Home (Lindsay)
- Love & Lemons Every Day (Donofrio)
- The Oh She Glows Cookbook (Liddon)
- Pure Prairie Eating Plan (Chan & Bell)

### Websites with Plant-Centered Recipes

- [www.realgoodeats.ca](http://www.realgoodeats.ca)
- [www.therealfoodrds.com](http://www.therealfoodrds.com)
- [www.cookspiration.com](http://www.cookspiration.com)
- [www.halfyourplate.ca](http://www.halfyourplate.ca)
- [www.pulses.org](http://www.pulses.org)
- [www.lentils.org](http://www.lentils.org)

### Edmonton O-day'min Primary Care Network (EOPCN)

- [www.eopcn.ca](http://www.eopcn.ca)
- The website is updated regularly with upcoming nutrition class dates. Classes are offered in various formats (live online, pre-recorded or in person). All classes are free.
- For 1:1 support, a referral from a physician is required.