



## Your Foodie News & Updates

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Welcome to BITE - your Nova Scotia food and beverage newsletter. The Foodie Edition will provide you with interesting articles, upcoming events, current restaurant information, recipes and more!

[Visit our Website](#)

## Submissions

We are in search of Foodie submissions from our members! If you have an event, new feature, or fun recipe to add to the Foodie Newsletter and/or our social media, please send over to Natasha. Submissions or feedback can be sent to [natasha@rans.ca](mailto:natasha@rans.ca)

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## Fun Food Fact

"Jam Pennies" were among the Queen's favorite foods, and she reportedly ate them daily.

### How to eat like a Queen:

Just bread, jam and a *smidge* of butter, cut to the shape and size of an old English Penny.

What kind of jam?

**Strawberry** of course!



## Delicious Recipes



The pumpkin is such a source of fall inspiration for chefs, baristas and foodies alike! Today we highlight the veggie friendly pumpkin lasagna.

What is your favorite pumpkin recipe? Don't forget to send it to [natasha@rans.ca](mailto:natasha@rans.ca) if you want it featured in our next newsletter, or on our social media.

## Spinach Pumpkin Lasagna

### Ingredients

- For the noodles:
- 10 lasagna noodles
- For the ricotta mixture:
- 1/2 tablespoon olive oil
- 6 ounces spinach (from 1 bag spinach)
- 1 (15 ounce) container part skim ricotta
- 1 egg
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Freshly ground black pepper
- For the pumpkin layer:
- 2 (15 ounce) cans pumpkin puree
- 1/2 cup milk (I like unsweetened almond milk, but any milk will work)
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/4 teaspoon allspice
- 3/4 teaspoon salt
- Freshly ground black pepper
- For the layers:
- 3 cups shredded mozzarella cheese, divided (approximately 12 ounces)
- 1 cup grated parmesan cheese, divided
- To garnish:
- Fresh chopped parsley or small sage leaves



### Instructions

1. Preheat oven to 400 degrees F. Grease a 9x13 inch baking pan with nonstick cooking spray.
2. Bring a large pot of water to a boil. Cook the lasagna noodles for 5-6 minutes, then drain. Immediately lay the noodles flat on an oiled baking sheet or cutting board so you can easily assemble the lasagna when ready. Another option is to soak the lasagna noodles in very warm (hot) water for 20-30 minutes if you do not want to boil them. (You can also use no cook lasagna noodles, but they aren't my favorite!)
3. While the lasagna noodles are boiling, cook the spinach: add ½ tablespoon olive oil to a medium pan or skillet and place over medium heat. Add spinach, season with a little salt and pepper and cook until spinach wilts down. Add to a medium bowl and allow to cool for a minute or two.
4. In the small bowl, add the spinach, ricotta, egg, garlic powder, salt and pepper. Set aside.
5. Next make the pumpkin mixture: add pumpkin, milk, cinnamon, nutmeg, ginger, allspice, salt and pepper to a large bowl. Mix to combine.
6. To assemble the lasagna, spread 1 heaping cup of pumpkin mixture over the bottom of the baking dish. Place 5 of the cooked lasagna noodles on top laying 4 vertically and 1 horizontally. Spread half of the spinach-ricotta cheese mixture on top of the noodles, then top with ¾ cup shredded mozzarella.
7. Next, add 1 heaping cup of the pumpkin mixture on top of the mozzarella and then sprinkle with 1/2 cup of parmesan cheese.
8. Repeat layers once more: adding remaining noodles, remaining spinach-ricotta mixture, ¾ cup shredded mozzarella, then top with any remaining pumpkin and ½ cup parmesan cheese. Finally, top with remaining 1 ½ cups shredded mozzarella cheese.
9. Cover with foil and bake covered for 25 minutes. Remove foil and bake another 15-20 minutes until cheese starts to brown just a bit. Garnish with extra parmesan and either chopped sage or parsley. Cool for 15 minutes before cutting and serving. Serves 12.

[Source](#)

## Sangria with a Fall Flare

*Transition to fall with this pair traditional summer drinks, made over for fall.*



### Fireball Sangria

- 1 Granny Smith apple, diced
- 1 orange, chopped
- 1 blood orange, chopped
- 1/3 c. Fireball whisky
- 3/4 c. apple juice
- 1 (750-mL) bottle red wine

Click [here](#) for the full recipe

### Apple Cider Sangria

- 1 Granny Smith apple, sliced
- 1 Honeycrisp apple, sliced
- 1 lemon, sliced
- 1 orange, sliced
- 2 c. apple cider
- 1 (12-oz.) can ginger beer
- 1 (750-ml.) bottle white wine

Click [here](#) for the full recipe



## Learning about Indigenous Cultures through Food



### Three Sisters Casserole

Norma Condo is the chef behind Miqmaq Catering Indigenous Kitchen, the first permanent Indigenous-owned restaurant in Montreal. Her casserole recipe uses squash, corn and beans—a trio known as the “Three Sisters” because they grow together as a unit, with the cornstalks holding up the beans while the squash protects the roots at the base.

Find the full recipe [here](#).  
Read the Three Sisters Legend [here](#).

## In the Know

### Interesting Articles

#### Should there be a 'Best Before' date?

Value Chain Management International (VCMI), a food waste management company, estimates that Canadian's waste **8.79 tonnes** of edible food a year. They argue that eliminating the best before dates from packaging could help reduce this, but only 27% of Canadian's support this idea. Read the article [here](#).



#### How the food you eat affects your brain

We need food to live, to think and to carry out our daily activity. Take a look at this 5 minute **Ted Talk** about your brain on food -[here](#).

### Leftovers

Looking for something new to do with the turkey leftovers? Get some ideas [here](#).



## Thoughts of Food



### Idioms

about

### FOOD

**a bad apple/egg** - a bad influence/someone who brings trouble  
**a couch potato** - an idle person  
**a hard nut to crack** - a difficult person to understand/a difficult problem to solve  
**a piece of cake** - easy  
**a smart cookie** - a clever person  
**big cheese** - an important person  
**bread and butter** - the necessities  
**doesn't cut the mustard** - doesn't meet the required standard  
**food for thought** - worth considering  
**gone pear-shaped** - gone unexpectedly wrong  
**in a nutshell** - simply put  
**in a pickle** - in trouble/mess  
**like chalk and cheese** - opposites  
**like two peas in a pod** - very similar  
**not my cup of tea** - not the type of thing I usually enjoy  
**selling like hot cakes** - selling quickly and in large quantities  
**the apple of my eye** - the person I adore  
**the cream of the crop** - the best  
**the icing on the cake** - something positive that happens in an already very good situation but sometimes something quite bad that happens in an already very bad situation  
**to be handed something on a (silver) platter** - to acquire something easily, usually without any effort on the receiver's part  
**to bring home the bacon** - to earn the income



source: <https://www.spellzone.com>

## Congratulations



### Lobster Made Easy

On September 15, Mark Lowe, CEO and Founder of Nova Scotia's **Lobster Made Easy**, met the dragons. *Whole-Cooked-Maritime-Lobster, ready-to-eat in under 6 minutes*, was featured on Dragon's Den, and came out a success. Learn more, or watch the full pitch, [here](#).

## Upcoming Events

### [RobieScope: Evil Dead](#)

Good Robot Brewing, Halifax  
October 9, 2022

### [AI Powered Nova Scotian Craft Beer Tasting](#)

Halifax  
October 12, 2022

### [Better Times at the Good Robot Brewing](#)

Good Robot Brewing, Halifax  
October 13, 2022

### [Nocturne](#)

Halifax, Multiple Locations  
October 13-15, 2022

### [Pumpkin Food and Folklore Festival](#)

Alderny, Dartmouth  
October 15, 22, 29 2022

### [The Supernova Market](#)

Foundation Wharf, Halifax  
October 15, 2022

### [Huckle Buckle Festival](#)

Ingonish, Cabot Trail  
October 18-19, 2022

### [The Shore Club Presents - Girls Night Out](#)

The Shore Club, Hubbards  
October 21, 2022

### [Bluenose Ghost Festival](#)

Alderny Landing, Dartmouth  
October 22, 2022

### [Sinister Soiree](#)

Louisburg - Fleur-de-lis/Marconi/Metro CB  
October 22, 2022

### [Halifax Veg Fest](#)

Halifax Metro  
October 23, 2022

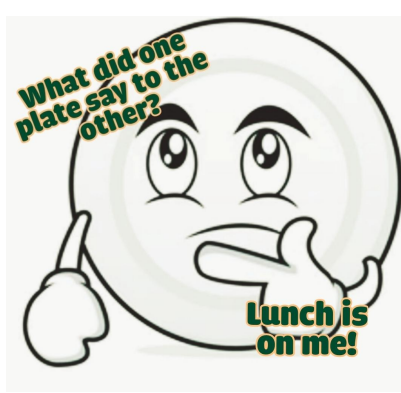
### [Devour! The Food Film Fest](#)

Wolfville, Bay of Fundy, Annapolis Valley  
October 24-30, 2022

### [Champion Yourself to Wellness Women's Retreat](#)

New Germany, South Shore  
November 18-20, 2022

## Smile of the Day



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