

Goat cheese	<u>Tomatoes</u>
Goat milk	gooseberries
Moose	rhubarb
Goose	rabbit
fish	strawberries
lettuce	raspberries
Caribou	blackberries
Ptarmigan	black currants
Carrots	red currants
Duck	peas
potato	green beans
blueberries	beans
celery	yellow beans
cranberries	chives parsley dill
	Sunflower seeds
	egg

Very berry salad

- ① Wash berries
- ② Put berries in bowl
- ③ Mix up berries
- ④ get 2Tbsp. of oil and drizzle it on top of the salad.
- ⑤ Enjoy !!

ingredients

- 14 Blueberries
- 10 Strawberries
- 16 Blackberries
- 14 Raspberries
- 17 cranberries
- 1 bowl
- oil

by Kara Burke Goose, Goose, Moose! (stew) For 6 people

Ingredients

- 1cup water
- 500 grams goose
- 500 grams moose
- 1 cup chopped carrots
- 1 cup peas
- 1/4 cup parsley
- 1tsp dried chilly peppers (optional)

Directions

- heat up Fry pan on medium heat
- throw goose and moose into pan
- Sauté peas, carrots and parsley in the pan with the goose and moose
- Bring mixture to a boil and let simmer
- serve up!

Supplies

- Fry Pan
- Knife
- measuring Spoons
- measuring cups



Rainbow Fruity Salad

Items

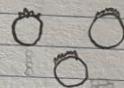
- ① Raspberries
- ② blue berries
- ③ black berries
- ④ strawberries
- ⑤ cranberries
- ⑥ goose berries
- ⑦ carrots
- ⑧ (Any other fruits/veggies)
- ⑨ lettuce

Instructions

- ① wash fruits/veggies
- ② cut up the carrots
- ③ cut up the lettuce
- ④ cut up strawberries
- ⑤ cut up black berries
- ⑥ put veggies/fruit in bowl

* ❤️ ❤️ ❤️ Fruity Tooty Smoothie ❤️ ❤️ ❤️ *

- * 3 Strawberries
- * 5 Raspberries
- * 5 Blackberries
- * 10 Blueberries
- * 1 CUP of goat milk



* Wash fruits then Put fruit in
blender then blend on high
Until Smooth and drinkable.

* Enjoy!!!!



* ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ *

Grand Green bean salad (serves 1)

Ingredient

1 Bowl
2 cups of green beans
1/2 cup of peas
1 tomato

1. wash all the veggies.
2. Chop the tomatoes into slices
3. Get a bowl
4. Put all the veggies in the bowl
5. Eat and Enjoy.

Make it eggs

Logan and Emily

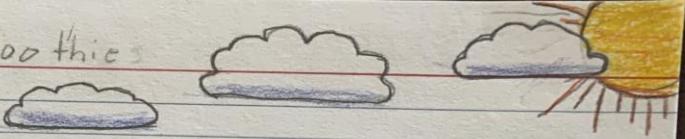
Ingredients/Supplies: Pan, eggs, milk, berries (optional)

Steps

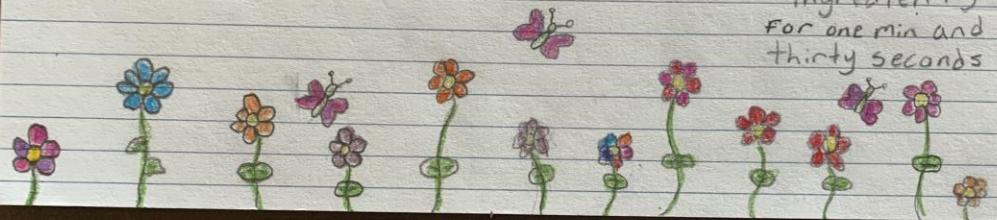
1. Crack two eggs into a bowl and pour in $\frac{1}{4}$ cup of milk (optional).
2. Pour eggs into a pan.
3. Turn on stove to medium heat (4).
4. Wait until the eggs are not runny anymore. 
5. Add berries on the side if you want then you are done!

Sweet fruit smoothie ingredients

One cup of milk
seven blue berries
one banana cut up
four strawberries
three raspberries
 $\frac{1}{2}$ cup of water
1/4 cup of ice

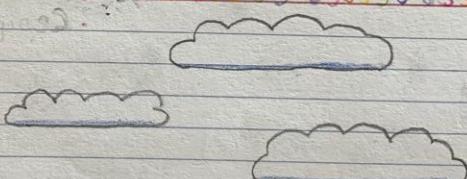


1. pour the cup of milk in the blender
 2. put all the fruit in the blender
 3. put $\frac{1}{2}$ a cup of ice and water in the blender
 4. blend all of the ingredients
- For one min and thirty seconds



the rich salad

1. lettuce (cut up the vegies)
2. carrots (3)
3. tomatoes (5)
4. blue berries (6)
5. strawberries (6)
6. raspberries (all)
7. black berries (11)
8. goose berries (5)
9. eggs hard boiled (2)
10. cranberries (7)
11. green beans (all)
12. peas (10)
13. fish (already cooked in brakits beans in bowl)
14. chips homemade (3)
15. celery (2)
16. yellow beans (all)
17. oil + milk



- Step: 1 cut up the lettuce
Step: 2 cut carrots
Step: 3 cut tomatoes
Step: 4. put all fruits in bowl
Step: 5 make the eggs
Step: 6 put the green and yellow
Step: 7 mix it all up