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EDUCATIONAL SUPPORT

## **310-1028 Food Processing for Urban Gardeners**

### **Course Materials List**

While there are no specialized pieces of “equipment” required for this course, to complete the course activities and/or assessments, you will need a few basic supplies and materials. It is your responsibility to ensure that you have all the required materials for the course. These items include:

- One or two raw carrots (size is not important).
- Four or five medium sized potatoes.
- One or two apples (any variety will do, but Royal Gala or McIntosh apples work well).
- Granulated table sugar (100 to 200 grams, but accurate weights are not important).
- Two or three small containers of yoghurt (any flavour is acceptable). Greek yoghurt should not be used for the activity. The reason for this will be explained in the course.
- A bottle of hydrogen peroxide solution as used for first-aid treatments. You will need about 200 to 300 mL of the peroxide, but accurate volumes are not important. You can purchase a bottle of 3% to 3.5% peroxide at a Dollar Store for this purpose.
- One or two empty “plastic” margarine tubs or similar type containers (e.g., sour cream etc.) with tight-fitting snap-on lids. You can use 500 mL or one litre containers for these activities.
- A clear plastic ruler capable of measuring in millimetres and centimetres.
- Since several assignments will involve some basic calculations, a calculator is recommended.
- You may also need to submit photographs with your assignments. For this a cell phone or digital camera will be necessary.

Other supplies that are needed will include things that are typically available in most kitchens, such as:

- a pot large enough to accommodate the boiling of the four or five potatoes,
- tongs or a ladle to remove the potatoes from the boiling water,
- a few small plates or saucers, and
- a paring knife.

There may also be some casual activities where we will use such things as vinegar, a few sprinkles of ground pepper, a few drops of dish-washing detergent, a bit of table salt, a few ice cubes, and a short piece of string. These are for activities that you might want to try on your own and are not required for the completion of the course.