

# In Essence

Summer 2021

## Welcome to In Essence

### Okanagan College's Culinary and Pastry Arts E-Newsletter

This "In Essence" e-newsletter will give you an insider's look at what is happening with programs, events and exciting projects in the Culinary and Pastry Arts department.

#### Support Local. Eat Local. Train Local.

Culinary Arts students are getting involved and teaming up with Vernon-based business, Farm Bound Box, to create instructional recipe videos for their ingredients. Farm Bound Box offers sustainably produced, local and organic food on a home-delivery, subscription-based model. This season, Culinary Arts students Mariko, Katarina and Jessica made exciting Mediterranean-themed dishes like Za'atar Chicken and Pea Risotto with Asparagus with ingredients included in a special "OC Inspiration Box" available on Farm Bound's website. Subscribers who purchase this box will help support local businesses and learn new cooking skills from students. For more details or to purchase your OC Inspiration Box, visit [www.farmbound.ca](http://www.farmbound.ca).

Okanagan College is participating in Feed BC, a provincial government initiative led by the Ministry of Agriculture, Food and Fisheries, to encourage, inspire and support a shift to more B.C. food in hospitals, residential care facilities, public post-secondary institutions, and other government-supported facilities. Culinary and Pastry Arts programs are aiming to have 33 – 50% of food purchases sourced from supplies produced in British Columbia. In addition, the Culinary Arts department planted their annual garden plot at the Kelowna campus, which has been filled with vegetable and herb seeds. Later this year, students will be able to harvest the produce and use the fresh ingredients for recipes taught in the curriculum.



#### 3D Virtual Tour Experience

In April, Okanagan College launched the first 3D virtual tour for a trades institute in B.C. The tour has allowed people to explore labs, shops and kitchens by virtually walking down hallways and through learning spaces, while clicking feature points in various rooms to learn more about programs and building features. Start your own self-guided tour online: [www.okanagan.bc.ca/trades#3dtour](http://www.okanagan.bc.ca/trades#3dtour).



## New Culinary Workshops

Starting in June, Okanagan College is offered up a series of safe, distanced but still hands-on culinary workshops to help you build new skills and explore different flavours while learning in the College's commercial kitchens under the guidance of Red Seal chefs. Some of the sessions include themes such as Taste of the Okanagan, Market to Kitchen, French Pastries and more. To review the full list of workshops, visit: <https://www.okanagan.bc.ca/trades-and-apprenticeship/trades-continuing-studies#culinaryworkshops>



## See you in September!

Training continues throughout the summer with majority of students participating in Co-op employment placements, where they are gaining valuable hands-on experience in local restaurants, wineries and hotels. We want to sincerely thank the local businesses participating in these student placements who are helping students prepare for their future careers. We are preparing for the return of face-to-face classes this September. Okanagan College's Infusions Restaurant is also scheduled to reopen in September. For more details, visit [www.okanagan.bc.ca/infusions](http://www.okanagan.bc.ca/infusions).

Note: All in-person classes will be held in accordance with Okanagan College's COVID-19 health and safety protocols, following provincial and regional health guidelines and Worksafe BC best practices. Learn more at [okanagan.bc.ca/covid19](http://okanagan.bc.ca/covid19).

## Training in 2021

OC offers entry-level foundation programs designed for people with little to no experience. Foundation programs provide the skills and knowledge required to seek employment in the industry. Here is a list of training currently offered in 2021 at the Kelowna campus.

### Culinary Arts Foundation intakes

October 4 – open for applications

November 15 – open for applications

### Pastry Arts Foundation intake

January 2021 – Full class. The next Pastry Arts Foundation intake will be offered in January 2022.

### Apprenticeship Training

Book a practical re-assessment or challenge assessment

Review all Professional Cook apprenticeship intake dates

Review all Baker apprenticeship intake dates



## Questions?

Connect with Department Chair and Chef Reinhard Foerderer at [rfoerderer@okanagan.bc.ca](mailto:rfoerderer@okanagan.bc.ca) or ext. 4549

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