

In the top left corner, there are images of fresh produce: a bunch of red beets with green leaves and two pumpkins, one orange and one white. These images are partially overlapping a large green wavy shape that serves as a background for the title.

Good Food News

October 2026 | Harvest, Preserve, Share

FOOD FOR THOUGHT

As the weather cools, many families find ways to enjoy the harvest a little longer: storing vegetables, preserving fruit, and preparing favourite recipes to share. These traditions look different from one home to the next, and each has a story behind it. This month, the Good Food Lab is celebrating the foods, flavours, and knowledge that carry us into the colder months.



AROUND THE GOOD FOOD LAB

Students from Marion Graham Collegiate are gaining work experience at the Good Food Lab warehouse this fall. They're learning how the warehouse supports school food programs while practising skills such as following instructions, working safely, and contributing to a team. We've created short warehouse safety lessons to help prepare them for their time in the space. It's an opportunity for students to see some of the work that happens before food reaches schools.



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ON THE MENU

October's special food days celebrate some of the flavours of harvest season. Beet borscht and roasted root veggies bring colourful vegetables to the table, while pumpkin muffins offer a cozy fall treat. These are a few of the nourishing, delicious foods the Good Food Lab is preparing this month:

October 15 — Beet Borscht
October 21 — Roasted Root Veggies
October 27 — Pumpkin Muffins



BRING IT HOME

Beet Borscht

Ingredients

- 2 tsp canola oil
- 1½ cups frozen diced onion, carrot, and celery mix (about 200 g)
- 2 cups peeled, grated beets (about 300 g)
- 1½ cups diced potatoes (about 200 g)
- 1 tbsp chopped fresh dill
- A pinch of salt
- ¼ tsp black pepper
- 1 carton (900 mL) vegetable broth
- ½ cup dried red lentils, rinsed
- 1 tsp dried dill
- 2 tsp white vinegar
- 1 cup frozen peas
- ½ cup sour cream
- ¼ cup plain yogurt

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, carrot, and celery mix. Cook for 5–10 minutes, stirring occasionally, until softened.
2. Add the beets, potatoes, dill paste, salt, and pepper. Cook for another 5 minutes, stirring occasionally.
3. Stir in the vegetable broth, lentils, dill, and vinegar. Bring to a gentle boil, then reduce the heat and simmer for about 20 minutes, or until the potatoes and lentils are tender.
4. Add the frozen peas and simmer for another 3–5 minutes, until heated through.
5. Mix the sour cream and yogurt together. Ladle the soup into bowls and add a spoonful of topping, if desired.



TABLE TALK: What's a food you look forward to when the weather gets colder, and what makes it special to you?