



O CANADA! FOOD ON THE INTERNATIONAL SPACE STATION



PARTICIPANT HANDOUT

ADDITIONAL INFORMATION: POPULAR DISHES ACROSS CANADA

Please note that some dishes listed are not aligned with Canada's Food Guide. How could they be altered or changed to be aligned with Canada's Food Guide?

- **Alberta** is a prairie province that has many fields, crops, and animals. Alberta is known for its canola, beef industry, dairy industry, and wheat. In fact, Alberta is the second largest producer of wheat in Canada. Famous dishes in Alberta include Alberta beef, taber corn, bison, and green onion cakes.
- **British Columbia** borders the Pacific Ocean and has vast mountainous regions and lakes. Due to the landscape, B.C. has a rich seafood and fruit industry. Famous foods in B.C. include various fruits such as peaches, nectarines, and berries; seafood meals; and a dessert called Nanaimo bars.
- **Manitoba** is a prairie province and has a combination of mixed grain and livestock industries. With its cultural mix, Manitoba is famous for its rye bread, pierogis, kubasa (kielbasa) sausages, and imperial cookies.
- **New Brunswick** is a maritime province with a rich history, many speakers of both English and French, and a thriving Acadian culture. Potatoes are a popular import from this province, and New Brunswick also produces apples, cranberries, maple syrup, and blueberries. Famous dishes in New Brunswick include chicken fricot, garlic fingers, lobster, fiddleheads, ployes, and dulse.
- **Newfoundland and Labrador** is Canada's easternmost province and has a unique culture with English, Irish, French, and Indigenous heritage. Newfoundland and Labrador has spectacular landscapes and wildlife. This province exports seafood, dairy, eggs, and fur. Famous dishes of Newfoundland and Labrador include figgy duff, jigs dinner, cod tongues, toutons, and pea soup.
- **Nova Scotia** is a maritime province and is the second smallest province in Canada. Nova Scotia is home to Anglophones, Francophones, and Acadians. Nova Scotia is the world's largest exporter of Christmas trees, lobster, fish, and wild berries. Popular dishes in Nova Scotia include hodge podge, scallops, fish cakes, blueberries, rappie pie, and oatcakes.
- **Northwest Territories (NWT)** has a demographic where Indigenous peoples are the majority. Most NWT communities are in arctic or subarctic regions, and people still spend time on the land to harvest traditional foods. In the southernmost regions of the territory, some communities are able to grow their food on farms. The NWT's geological resources include gold, diamonds, and natural gas and petroleum. Famous dishes of the NWT include country foods such as "dry meat" (jerky made of caribou, muskox, moose, whale, or wild fish), wild ducks and geese, wild berries, and bannock.
- **Nunavut** has three major languages: Inuktitut, English, and French. Nunavut has a colder climate compared to the rest of Canada because of its high latitude. Famous dishes of Nunavut include country food such as Arctic char, bannock, raw whale blubber and skin, ptarmigan, musk ox and caribou, and herbal teas.
- **Ontario** is the most populated province in Canada and grows corn, wheat, and soybeans. Famous dishes in Ontario include wild blueberries, beaver tails, pickerel, Windsor-style pizza, butter tarts, and cheddar cheese.
- **Prince Edward Island** is a maritime province that consists of an island and many smaller islands nearby. Overall, P.E.I. is the smallest province of Canada. P.E.I.'s largest agriculture commodity is potatoes. However, P.E.I. also produces grains and oilseeds, fruit, beef and poultry, vegetables, and dairy. Some famous dishes of P.E.I. include mussels, lobster, chowder, island peas and raspberry cream cheese pie.



- **Quebec** has a rich French history and it is physically the largest province in Canada. Quebec is the largest maple syrup producer in the world and is Canada's largest pork and veal producer, Canada's top producer of milk, and the world's third-largest cranberry producer. Famous dishes of Quebec include Montreal-style bagels, pâté chinois, poutine, maple syrup, tourtière, cretons, cheese, and smoked meat.
- **Saskatchewan** is a prairie province. It is Canada's main producer of wheat, oats, flaxseed, and barley. Additionally, Saskatchewan is well known for its pulse crops such as lentils, beans, and chickpeas. Famous dishes in Saskatchewan include Saskatoon berry pie, spudnuts, deer sausage, pemmican, and bannock.
- **Yukon** is the shape of a right triangle and includes beautiful national parks. However, Yukon has freezing temperatures during the winter. The record is -63°C ! Famous dishes of Yukon include morel mushrooms, moose, wild seafood, Arctic char, and root vegetables.

For more information about Canada's food and agriculture industry, visit <https://www5.agr.gc.ca/eng/industry-markets-and-trade/buying-canadian-food-products/explore-canada-s-food-and-agriculture-industry/?id=1426101553286>.

