

Gabriela Copello
gcopello
gcopello@cng.edu
Bogota, Colombia
Colegio Nueva Granada

Green

Fresh

Food tastes best and has the highest nutritional value when it travels straight from farm to fork, meaning no processed, preserved or frozen food. By feeding students fresh produce, they avoid consuming harmful chemicals and preservatives. Hands-on gardening classes help students form an immediate connection to their food.

Locavore

The practice of being conscious of the impact your food miles and limiting yourself to a 100 mile radius where you buy local and grow your own food. A person whose diet consists only or principally of locally grown or produced food. Locavores are interested in making an impact on their community by supporting the local farmers.

Seasonal

Buying food that is in season lessens the environmental damage caused by shipping and importing foods. Highlighting seasonal ingredients lowers food costs, adds variety to school meals, and fosters appreciation of seasonal flavors.



Eating fresh food straight from farm to fork avoids the consumption of harmful chemicals and preservatives



Seasonal food reduces the environmental impact caused by shipping and importing foods

Locavores buy seasonal, local food and create strong relationships with local farmers



PHOTO



gabriela_copello

1h



32 likes

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Greener

Mercado:

- Bogota, Colombia
- mrcd2901@convoca.com Melisa Rodriguez
- <http://www.mercadosaborlocal.com/>
- Farm: Familia De La Tierra <http://www.familiadelatierra.com.co>



Abasto

- <http://abasto.co/>
- Bogota, Colombia
- Diana Caicedo
- Farms:
 - Gloria de Luque (dairy)
 - El Monte
 - Santiago Restrepo (vegetables)
 - Cacao Hunters

ALMUERZO / COMIDA	
PARA COMPARTIR	PRINCIPALES
<p>*empanadas de maiz pelado (x 4) rellenas de pollo, queso y mole</p> <p>*empanadas paisas, con aji de lulo (Antioquia) (x 6) de masa de maiz, rellenas de papa y hogao</p> <p>*chorizo de Santa Rosa de Cabal (Risaralda) *a la parrilla *con huevos estrellados y papa nativa *mini choripan</p> <p>*pulpo de pesca artesanal a la parrilla, sobre vegetales guisados</p> <p>*carpaccio de lomo de res sellado en pimientos. Con guatila, limón y aceite de oliva</p> <p>*palmito fresco del putumayo con aceite de oliva, sal marina y pimienta rosada</p> <p>*ensalada de lentejas con cebolla roja y tomates</p> <p>*bruschetta de queso paipa, tomate asado y albahaca</p> <p>*vegetales asados con queso de cabra vegetales de huertas locales marinados y asados a la parrilla, queso de cabra y aceite de oliva</p> <p>*tostada de camarón camarones salteados sobre tortilla de maiz, salsa de aguacate, suero costeño y pico de gallo</p>	<p>*arroz caldoso con camarones chile guajillo y aguacate</p> <p>*arroz caldoso con tomates asados en caldo de vegetales y queso de cabra</p> <p>*risotto de remolacha con extracto de remolacha y germinados</p> <p>*estofado de cordero con tomate, berenjena y especias, acompañado de puré de papa pastusa</p> <p>*bife de paleta a la parrilla con sal marina, acompañado de puré de papa criolla con cilantro y salsa de tomates asados</p> <p>*hamburguesa de res pan brioche, carne de res, queso paipa, tomate, rúgula y yuca frita</p> <p>*contramuslos de pollo al limón al horno, limón confitado, salvia y ensalada</p> <p>*camarones en achiote aji dulce y leche de coco, acompañados de puré de plátano maduro, berenjena y cilantro cimarrón</p> <p>*pescado del día de pesca de temporada (anzuelo y cordel)</p> <p>*trucha de Santa Elena (de temporada) al horno, con eneldo y naranja</p>

Suna

- Bogota, Colombia
- Maria Medina
- <http://www.sunacolombia.com/>
- Farms: subachoque, calera, supports local commerce and the development of Colombian industry



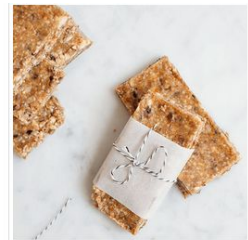
Ensalada Vital
Para 4 personas



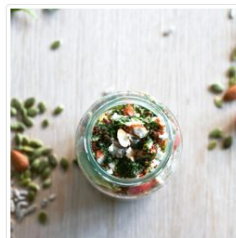
Extracto "Tónico Germinado"
Para una persona



Ensalada Griega con Quinoa
De 4 a 6 porciones



Barritas de Granola



1. The "farm-to-table" movement is an initiative that has been growing a lot lately in

Colombia. Restaurants are more and more interested in helping local farmers that are related to indigenous tribes and on encouraging a healthy lifestyle.

2. In Bogota there are 8000 recycling families that prevent the contamination of organic waste deposit, and convert that waste in fertilizers for the industries.
3. As this small organic businesses start to grow and the demand of organic food increases, people are going to learn what organic is and are going to want to consume organic, making the prizes decrease.

Greenest

- Some of the ingredients like the bell pepper and carrots come from my farm, so I didn't have to buy them. Other ingredients like the cauliflower, broccoli, mandarin and tomatoes come from my the farmers market in Villa de Leyva, the town where my farm is located. Local farmers from the area bring their products every Saturday and sell them. The rest of the ingredients are from the grocery store in Bogota where most of the products are Colombian and only has fruits and vegetables.
 - I prepared the entire meal.
1. Creating a FLOSN meal is not as easy as I thought. I felt pretty limited when it came to choosing my ingredients. I wanted to use some healthy ingredients but they were either imported or they were expensive, so I couldn't use them.
 2. If you have a farm or and urban garden it is much more effective and easy because you get lots of food with a small amount of money and you can for sure know it is organic.
 3. Without even thinking about it or planning it, I'm eating literally every color of the rainbow which means that I'm eating all kinds of nutrients beneficial for my body. Eating healthy will automatically benefit you in many ways. It is the best option, you will definitely feel good about it.
 4. After eating my meal I noticed that I didn't feel bloated or heavy or super full, I felt perfect, I was satisfied and so was my family. I am the only vegetarian in my family, and they even recognized the benefits of not eating meat. They knew they were going to sleep well and not wake up with a stomach ache or nauseated.



My farm



Ingredients I used





kale chips



side dish



lemon water



dessert



gabriela_copello

1m



FLIPAGRAM



♥ **lauramichelsene, greggoldem**

gabriela_copello #EcoFeast with fresh, local, organic ingredients #PGC2015 #consciouskitchen #FLOSNI @TurningGreenOrg
greggoldem #yummy

