

Eco Feast Report

Meal Summary

This



The Greatful Deadheaders Dinner Menu

Roasted Kabocha Spears	\$6.80
Locally grown organic winter squash spears roasted in organic coconut oil and seasoned with fresh-ground pink Himalayan salt, garden-fresh rosemary and organic black pepper	
Organic Supergreens Salad and Lentils & Rice	\$6.64
Side of Organic Girl Supergreens salad mix topped with strawberry poppyseed vinaigrette Side of organic white Basmati rice mixed with Amy's organic lentil soup	
Organic Fair Trade Frontier Rooibos Tea	\$0.71
A creamy and delicious cup of organic fair trade certified Rooibos tea, steeped to perfection	
Farm-fresh Blackberry Sorbet	\$1.33
Sweet and tart sorbet made with this season's blackberries, local honey* and creamy non-GMO vanilla hemp milk	
Strict vegans do not eat honey but the local honey we use is from humanely-raised bees incorporated into a functional small farm system - no harm, just sweet goodness!	
	\$15.48

fantastic vegan FLOSN meal for four with leftovers was what we enjoyed after completing the Greenest challenge. We purchased a locally grown organic kabocha squash from the local coop to serve as the main course. We prepared it by slicing it into spears, coating the spears in organic coconut oil, seasoning with salt and pepper, then it roasting in the oven. Some of the spears were also seasoned with fresh rosemary from our community garden, free of charge. For our sides, we were actually able to do two and stay on budget. The first was a small salad of Organic Girl brand "Supergreens" (a mixture of baby red chard, baby tat soi, baby spinach, baby green swiss chard, and baby arugula) conservatively dressed with strawberry poppyseed vinaigrette. The second was a serving of organic white Basmati rice (purchased zero-waste from the bulk section of our local coop) mixed with Amy's organic lentil soup. Our beverage of choice was one of our all-time favorites: organic fair trade rooibos tea, an antioxidant-loaded tisane made from the rooibos ("red bush") plant native to South Africa. The tea leaves and water are the only ingredients! Finally for dessert we made a sweet and tart organic blackberry sorbet. The organic blackberries (of the selectively bred Nachez variety) were sourced from the University of Arkansas research farm - often they grow fruit like apples, blackberries and blueberries for fruit production research and once they finish collecting data (counting the berries, weighing them, etc.) they often just throw it out. We were able to save these perfectly good (and organic!) blackberries from the compost for free. We froze the blackberries then blended them with honey and non-GMO vanilla hemp milk to make the creamy dessert. It was the best dinner we have cooked in a quite a long time. The whole meal ended up being unintentionally vegan, almost completely organic, entirely FLOSN, and super delicious! We shared it with Summer's sister Callie (the resident vegan) and our friend Carter.

What We Learned

- i. FLOSN plant based meals (when effectively planned) are extremely affordable (we already knew this but didn't realize HOW affordable)
- ii. Saving food from unnecessary waste (like we did for the blackberries) is much easier than we expected and extremely cost effective
- iii. We were surprised and impressed with how quickly the dinner filled us up and how much was left over (more to share!)
- iv. We learned that the more people you feed, the easier it is to spread the cost of the ingredients - by pooling our money and sharing a meal we were able to cook a fantastic, well rounded dinner with dessert that none of us would have been able to cost-effectively produce as individuals

Ingredients and Cost Breakdown

Local organic kabocha squash - \$5.00
1 can Amy's Organic Lentil Soup - \$2.25
.44lb (uncooked, about 2 cups) organic white Basmati rice - \$2.26
1 tsp fresh ground organic black pepper - \$0.20
1 tsp fresh ground pink Himalayan salt - \$0.04
2 tbsp Nutiva organic coconut oil - \$1.56
1 tsp fresh garden rosemary - \$0.00
2 oz Organic Girl Supergreen mix - \$2.00

2 tsp strawberry poppyseed vinaigrette - \$0.13
2 cups frozen farm blackberries - \$0.00
1 cup non-GMO vanilla hemp milk - \$1.00
2 tbsp local honey - \$0.33
4 tsp organic fair trade rooibos tea (loose leaf) - \$0.71

Total spent: \$15.48

(this meal fed four people and we still had leftovers!)

Recipes and Instructions

Roasted Kabocha Spears

- i. Preheat oven to 350F
- ii. Slice the kabocha squash into ¼ inch thick spears
- iii. Melt the coconut oil over the stove. Use hands to liberally coat each spear in oil
- iv. Place spears on a baking sheet, careful to keep them from touching
- v. Season spears with black pepper, salt and rosemary as desired
- vi. Bake in oven for 20 minutes
- vii. Remove spears from oven and flip over. Bake for another 15-20 minutes

Side Salad

- i. Place a small handful of Organic Girl Supergreens on plate
- ii. Top with strawberry poppyseed vinaigrette

Rice & Lentils

- i. Rinse 2 cups of dry organic white Basmati rice in cold water
- ii. Place rice in a pot
- iii. Add 2 ½ cups water to pot
- iv. Bring to a boil
- v. Cover pot and simmer for 10 minutes
- vi. Remove from heat and allow to cool
- vii. Add 1 can of Amy's organic lentil soup, stir until well-combined
- viii. Return pot to stove. Cook on low-medium heat until warm enough to serve (about 5 minutes)

Rooibos tea

- i. Add 4 teaspoons of organic fair trade rooibos leaves to strainer of teapot
- ii. Pour 24 oz of boiling water to teapot
- iii. Steep for 7 minutes
- iv. Remove strainer from teapot
- v. Serve into tea cups (makes 4)

Seasonal Blackberry Sorbet

- i. Freeze 2 cups of blackberries
- ii. Add frozen blackberries to blender
- iii. Add 2 tbsps local honey
- iv. Add 1 cup non-GMO vanilla hemp milk
- v. Blend until smooth
- vi. Serve and enjoy!

Documenting the Process

Follow this link to see the photos of our process:

<https://www.pinterest.com/tenthousandteas/project-green-challenge/>

See next page for screenshot of social media post



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17m



so.ripe, charlottedodsonyoga, coffegurls_pgc, clothandculture and madesimple skincare like this

tenthousandteas Super awesome #EcoFeast tonight with some of the best company I could ask for! Matt and I whipped up this #FLOSN meal for four (with leftovers!) for only \$15.48. Local organic kabocha squash spears roasted with #organic coconut oil, organic black pepper, pink Himalayan salt, and fresh rosemary from our community #garden. A side of Organic Girl Supergreens salad with strawberry poppyseed vinaigrette and another side of organic white Basmati rice mixed with a can of Amy's organic lentil soup. We washed it all down with some organic fair trade rooibos tea and finished it off with homemade blackberry sorbet (we saved the organic blackberries from the UA research farm FOR FREE and blended them up with #NonGMO vanilla #hemp milk and #local honey). Best #PGC2015 challenge yet! @turninggreenorg #consciouskitchen