

Team April 5

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A.W. Dreyfoos School of the Arts

# BISERO 4/25

## THE PROCESS



**BISERO 4/25**

**4 DOLLARS PER PERSON**

**CORNY CORN**



**YUM YUM STIR FRY  
WITH BAKED SWEET POTATOES**



**PEARY GOOD PINEAPPLE SALAD**



**SERVED WITH FRESH LEMONADE**

# RECIPES

## Corny Corn

One Ear Of Corn  
A Dash Of Salt

Bring Water To A Boil  
Add Your Salt

Leave For 10 Min Then Take Out

## Peary Good Pineapple Salad

One Pineapple  
Three Pears  
Local Cinnamon  
Fresh Plums

Cut Your Pineapples Into Four Slices, And Cut Your Pears  
Cinnamon Your Pears, And Bake Them For 20 Min On 450f  
Layer Your Baked Pears Over Your Pineapples

## Baked Sweet Potatoes Squares

Four Sweet Potatoes

Cut Sweet Potatoes Into Squares  
Bring Water To A Boil And Add Your Sweet Potatoes  
Leave For 5 Min Then Take Out  
Put Your Sweet Potatoes In The Oven For 20 Min On 450f  
Take Out And Serve

## Yum Yum Stir Fry

Two Carrots  
Two Peppers  
One Clove Of Garlic  
Two Mushrooms  
One Jalapeno Pepper  
Three Potatoes

Peel your Potatoes  
Cut them into slices  
Bring Water To A Boil  
Put your Potatoes to Boil  
Cut all Your Other Veggies  
Add All to a Pan and Stir Fry

## Fresh Lemonade

Gather five lemons  
Two Liters of water  
Fresh Honey

Squeeze your lemons into your water  
Add fresh honey  
Mix Together to taste



Marco cooked the meal for Isaac, Sara and Alex. He gathered his ingredients from the West Palm Beach Green Market, where local farmers businesses sell their products every Saturday morning.

In the process of working on this meal, we learned the power of organic meals, the affordability of FLOSN foods, the lack of knowledge about our food, and our accessibility to FLOSN foods.

- Organic meals are powerful at the dinner table because they provide a subject for conversation. The fact that our dinner helped the environment created a positive conversation about the benefits of organic foods. We even convinced one of our friends to join the organic food movement.
- FLOSN foods are surprisingly affordable in comparison to fast foods. However, a FLOSN meal requires around 30-50 min of preparation. Our meal cost fewer than 20 dollars, and it was for 5 people.
- At the dinner table, a few of our friends did not know what FLOSN foods were. After explaining what FLOSN is, they apparently did not know the reasons to become organic or non-gmo. It was interesting to witness the absence of true information in some of their points. However, it allowed us to see the food system through their light. Nevertheless, we still believe FLOSN foods surpass any others 😊
- FLOSN is super accessible! We thought Whole Foods was our only option, but there are plenty of farmer's markets in our county. We will be shopping at the local farmers market every Saturday with our parents from today forward.

