BISERO 4/25 THE PROCESS THE PROCESS





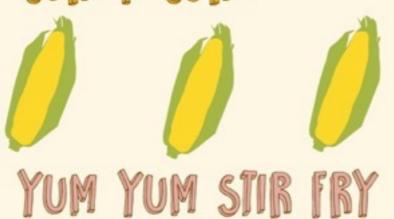






Bisero 4/25 4 dollars per person

CORNY CORN



YUM YUM SIIR 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 You 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
Mix Together to taste 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 Fru

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

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.

