

Seongjee Park  
Seongjeepark  
[seongjeepark@gmail.com](mailto:seongjeepark@gmail.com)  
Jericho High School

### **Greener: Food**

- Find three “farm-to-table” restaurants in your home state or the state where you go to school.
- For each, record the name of the restaurant, location, name of the Executive or Head Chef, a link to the website, a menu, and a list of the farms they source from.
  - Chipotle Mexican Grill
    - 215 N. Broadway, Hicksville, NY, 11801
    - Steve Ells
  - <http://www.chipotle.com>
    - A choice of Burrito, taco, bowl, salad, or a kid’s meal. Then a choice of meat, rice, beans, and veggies. To top it off you can choose tomatoes, sour cream, guacamole, corn, salsa, lettuce, and cheese.
    - Chipotle’s support of organizations such as Farm Aid, FamilyFarmed.org, and the Niman Ranch Scholarship, hope to support and strengthen the independent family farmers who are committed to more sustainable farming practices. They are also partnered with Nature Conservancy, Pennsylvania Horticulture Society, National Immigrant Farming Initiative, La Semilla Food Center, PCC Farmland Trust, Glynwood Center, Food Corps, The Ecology Center, The Kitchen Community, and the International Rescue Committee.
  - The Little Beet
    - 630 Old Country Rd., Garden City, NY, 11530
    - Franklin Becker
  - <https://www.thelittlebeet.com/>
    - There is everything from breakfast food to a variety of drinks. There are proteins, salads, sides, cold pressed juice, and monthly specials.
    - They are partnered with many farms such as, [NORTHERN HARVEST](#), [MURRAY'S CHICKEN](#), [PRAIRIE GROVE FARMS](#), [CREEKSTONE FARMS](#), and [CENTER FOR DISCOVERY CSA](#).
  - Luke’s Lobster
    - 26 S. William St., New York, NY, 10004
    - David
  - <http://lukeslobster.com/>
    - Lobster roll, crab roll, shrimp roll, and soups
    - Main Lobster Fishery. They follow rules that help the environment. They must throw back lobsters that are too small to give them a chance to breed, Must throw back egg-bearing females, marking the tail with a notch so that they can never be taken out of the water, and can only harvest lobster using traps with escape vents for undersized lobsters and biodegradable escape hatches that release lobsters caught in lost traps. Also they can only fish a maximum of 800 traps and must be on his boat in person every time it fishes. Most restaurants buy from distributors and can't trace the origin of their lobster. Because we handle ours from the harbor to the plate, we know it comes from Maine's sustainable waters and not from exhausted, polluted fisheries. To support the fishery’s efforts, they donate a portion of our proceeds to the [Maine Lobstermen’s Community Alliance](#).
- Share three things that you learned from the farm-to-table movement.

- The average 18-wheeler gets roughly five miles to the gallon. To move produce 1,500 miles would burn around 500 gallons of diesel fuel, which is a lot of gas to burn to get a tomato that most Americans could grow in their backyards.
- Because it doesn't have to travel long distances, local food can be grown to be tasty and healthy – not just resilient to long travel. According to the Leopold Center for Sustainable Agriculture, in a study of 16 common fruits and vegetables, the average one travelled just under 1,500 miles before it was sold to a consumer. Additionally 39% of fruits and 12% of vegetables were imported from other countries.---To keep food from spoiling during these long trips, some produce is picked before it has had a chance to fully ripen – and absorb nutrients from its surroundings. This practice allows the fruits and vegetables to ripen in transit and ensures that consumers get fresh, ripe produce year round, but according to the United States Department of Agriculture, it causes the produce to lack in the nutrients that would be present if it was allowed to ripen on the vine.
- Because so much food is transported from up to 1,500 miles away, and much of it is imported from outside the country, local economies don't always benefit from the sale of farmed food. Concerned locavores can reverse this trend and pump their food budgets into their local – or at least national – economy by buying local meats and produce.