




Team April 5
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My Local Foodshed

-  Claim Organic practices
-  In the process of organic certification
-  USDA Organic Certified



Links to foodshed farms:

<http://www.kaikaifarm.com/>

<http://www.aldermanfarms.com/>

<http://www.gotsprouts.com/>

<http://solaceorganicfarms.squarespace.com/>

<http://www.subfarms.com/>

<http://thepatchgarden.com/>

<http://www.groundfloorfarm.com/>

<http://thegirlsstrawberryupick.com/>

<http://www.sd-farm.com/>

Experience moment: FLOSN foods are everywhere! I thought the most difficult part of joining the FLOSN movement would be to find available options. As in any other market, the availability for options makes the market improve. I used to think only Whole Foods and a couple other farms sustained the organic market near my home. Now I know there are even urban gardens where I can obtain vegetables. During this extra credit, I came to the realization that PGC's purpose isn't to instruct a teenagers on the right way to live; PGC gives us the tools to come to our own conclusions and in doing so we thrive. I have learned so much about the area around me. I will admit that I procrastinated the second part of the extra credit, and I think it was a good choice. As I write this, I am still under the effects of my interaction with a local farmer. A farmer who LOVES agriculture. He spoke about the topic with such passion and intelligence that I find myself hating my preconceived notions of what a farmer is like. The media tells us that farmers are uneducated, but the media is wrong. They are the people who keep our earth in balance. My mom is already getting annoyed with all my "treehugging," but if that is what it takes to get her to change our diet then I will be a treehugger. I'm visiting the Solace Organic Farms next Saturday with a couple of friends from the environmental club. We thought it would be a good idea to create a volunteer program. Solace's farmers offered to help us with creating a garden at our school if we help with their crops and animals. This wouldn't have happened without this experience !!!!!!!

Solace Organic Farm: <https://www.youtube.com/watch?v=aQlyCDNZ33M>



Green Papaya Salad

Ingredients:

- 5 tablespoons fresh lime juice
- 3 tablespoons (packed) palm sugar or golden brown sugar
- 4 garlic cloves, minced
- 3 Chinese long beans, halved crosswise or 15 green beans
- 1 1 1/2- to 1 3/4-pound green papaya, peeled, halved, seeded
- 10 large cherry tomatoes, halved
- 1 cup chopped fresh cilantro
- 2 green onions, very thinly sliced
- 1 fresh red Thai chile with seeds, thinly sliced

Directions:

Whisk first 3 ingredients in medium bowl. Set dressing aside.

Cook beans in medium saucepan of boiling salted water until crisp-tender, about 5 minutes. Rinse under cold water. Cut into 2-inch pieces. Using julienne peeler, peel enough papaya to measure 6 cups. Place in large bowl. Add tomatoes, cilantro, green onions, chile, and green beans. Then toss.



photo by waxingkara.com