

The Green Machines

User:marchuo

email:marchuo@yahoo.com

School: Jericho High School

<https://www.google.com/maps/d/edit?mid=znpU5Y6-KGdw.k8sDyaQP6N9k&usp=sharing>

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Additional questions:

- 1) Because some organic foods are a bit expensive and out of people's price range, what do you recommend people with a smaller budget to do if they want to eat organic foods?
- 2) What is the difference between organic food and natural foods?

We were unable to take a video or record our interviewees as per the Whole Foods policy. However, we were still able to get great and in-depth answers. Hopefully this does not tarnish the quality of our extra credit. We were very disappointed to hear that we could not record employees or videotape them. Nonetheless, we attached proof that we were there just in case and a supplemental photo of the store manager that was taken in our previous challenges. It seemed like their policy updated or the person in charge at the time just didn't want to be recorded. Nevertheless, it's all good in the end

because we learned more about organic and FLOSN foods! We were allowed to write down their responses and we paraphrased them

Interview with Tom, the head of the Whole Foods team during the afternoon time slot:

1. Why do you do what you do?

I love helping customers and guide them in the right direction towards being environmentally friendly. I believe that every customer I help reduces the risk of obesity and promotes a healthy lifestyle that our chain holds so dear. I also take a lot of pride in what I sell. The foods we sell here are of utmost quality and we try as hard as we can to provide our customers with good foods. We also take pride in the fact that we are selling organic foods and how it's great for the environment as a whole.

2. What is your vision of a sustainable food chain?

I believe that Whole Foods especially is a prime example of a successful sustainable food chain. We have expanded our chains to many different areas of the nation. I think that the reason we attained this status is because 3rd parties (without bias) come to inspect our stores and make sure we are sticking to our guidelines and keeping ethical. For example, when an organic apple touches a conventional apple, the organic apple instantly turns into a conventional apple. That is why we place organic apples on top of conventional apples to reduce this chance. This goes to show that we

take our produce seriously and how critical it is to maintain a strict guideline on how we should provide organic foods.

3. Because some organic foods are a bit expensive and out of people's price range, what do you recommend people with a smaller budget to do if they want to eat organic foods?

I recommend trying the 365 everyday value brand since it can provide organic foods as well as being quite affordable. However, if a person wants to eat only organic foods, they must watch out and only pick tins with "organic" on it. I also recommend to start out slowly and transition from conventional to conscious. You don't always have to make a dramatic change. Sometimes taking it slow can ensure that you really want to commit yourself to this lifestyle.

4. What's the difference between organic food and natural food?

The most defining characteristic to set organic food apart from natural food is the percentage in which organic is present. Organic foods are 100% organic and non-GMO. Natural foods can be labeled as "natural" if they are at least 70% organic. This means that organic food could sometimes be mixed with conventional foods. As a result, I believe that if you were to commit yourself to this journey, go with organic. It is the purest form.

5. What is your favorite recipe?

My favorite recipe is the Citrus Bow Tie Pasta which you can find on our website. It's quite easy to make.

Ingredients:

- 1 pound bow tie pasta, preferably whole wheat or spelt
- 1 ripe avocado, peeled and cubed
- 3 green onions, both green and white parts, chopped
- 3/4 cup crumbled feta cheese
- 2 ripe Roma tomatoes, seeded and chopped
- 1/2 cup packed chopped cilantro or flat-leaf parsley
- 1/4 cup freshly squeezed lemon or lime juice
- 1/3 cup garlic-infused olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper

Instructions:

Cook pasta in boiling salted water according to package directions. Drain, but do not rinse the pasta. Place hot pasta in a large mixing bowl. Add avocado, green onions, feta, tomatoes and cilantro. Whisk together lemon juice and olive oil and drizzle over the warm pasta. Toss to combine. Season with salt and pepper and serve warm or cold.



