

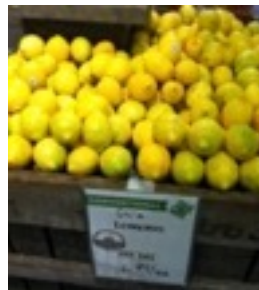
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Claire's EcoFeast!!

I was so excited about this challenge, as I helped my friend Charlie cook at his EcoFeast last year and we ended up having a great time. I also moved into a new apartment in August so this was the first time my friends Erica, Sam, and Chance were visiting. I decided to invite Erica and Sam, two of my former residents, and Chance, a fellow RA from last year.

I decided on a menu based partly on seasonal foods and partly on what I already had at home. The menu I decided on was linguine with garlicky breadcrumbs, Moroccan carrot salad, lemon cookies, and a honey-ginger-lemon soda drink. This was about to be a long afternoon! I made a shopping list of lemons, ginger, garlic, and carrots and set off to Whole Foods Foggy Bottom to start my EcoFeast journey

I grabbed some organic garlic, ginger, and carrots; that was easy. It was an added bonus that ginger and garlic are in season! But when it came time to pick some lemons, I found I had a choice to make. The organic lemons only came in a mesh bag of about 15, when the conventional ones were package-free.



I debated the pros and cons in my head for awhile, but as I choose to shop package-free, I decided to go with conventional. It's really unfortunate that Whole Foods didn't offer a package-free option for organic lemons! I used bags from produce my mom bought me (since she doesn't understand my wish to go package-free...I'm working on it!) to shop, with my carrots in an apple bag, my ginger in a reused produce bag, and my lemons in a mesh clementine bag. I checked out and bagged my groceries in my favorite Michelle Obama reusable shopping bag.



The total came out to \$5.76, leaving me plenty of room in my budget of \$16 total, which was more than enough for the ingredients that I used from my pantry at home.



I got home and it was time to cook! I started with the lemon cookies. I used the recipe here: <http://allrecipes.com/recipe/11605/luscious-lemon-snaps/> In this recipe I used organic cane sugar and vanilla extract and non-GMO canola oil. I first had a lot of squeezing and shredding of lemons to do.



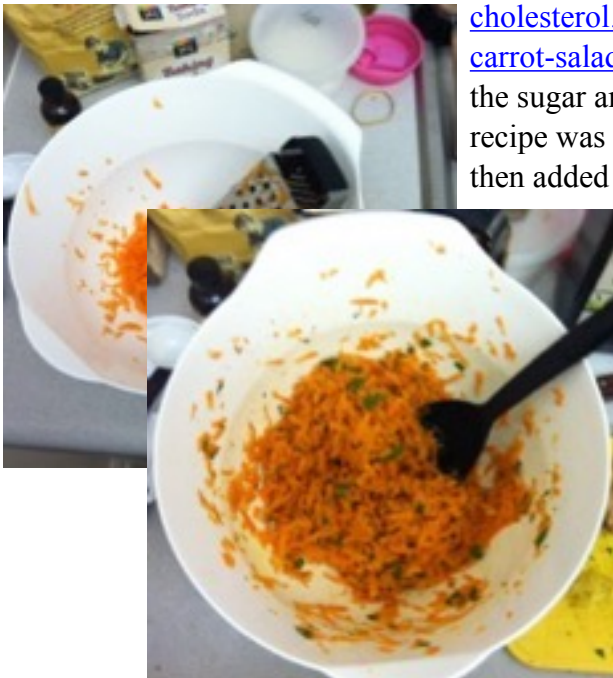
Once I had that, I combined the dry ingredients in a big bowl, then the wet ingredients, and I had dough! I put the dough on the cookie sheets and baked



them for 15 minutes.

I then moved on to the carrot salad. For this side dish I loosely

followed this recipe: <http://low-cholesterol.food.com/recipe/moroccan-carrot-salad-50012> However, I omitted the sugar and instead added ginger. This recipe was fully organic! I started by grating the carrots and then added the rest of the ingredients to the grated carrots.



During this time, the cookies came out and looked and smelled delicious! When I finished the carrot salad, I realized my friends were coming over at 7:30 and that I needed to cook quickly and get my act together. I didn't take any pictures of the process of making the main dish, but I asked my friends to take one of me when they arrived!



For the main dish, I followed this recipe: <http://www.myrecipes.com/recipe/linguine-with-garlicky-breadcrumbs> but instead of making my own breadcrumbs I used premade whole wheat breadcrumbs from Whole Foods. In this recipe my olive oil, garlic,

linguine, and parsley were organic! I started by cooking the linguine and simultaneously cooking olive oil and garlic. I then added the breadcrumbs and browned them, and then tossed the cooked pasta with the rest of the ingredients.

As I was focusing on this, I had Chance put together and test the drink I had in mind! I had shredded ginger, local organic honey, and leftover lemon juice and we added it to seltzer. For a total whim of an idea, it turned out very delicious, and is now something I am going to make whenever I'm in the mood for drinking something sweet, since I don't drink conventional soda. The honey is from my favorite stand at the Dupont Circle



stand at the Circle

New

eat, only I explained why each and the environment to my guests.

FRESHFARM farmers' market, Morning Farm.

We were finally ready to about 40 minutes behind schedule! the significance of FLOSN and part of it is important to our health



I got rave reviews of everything, especially the cookies and linguine. Erica used the stainless steel cup I got at the Conscious College Road Tour last semester! I also realized this meal was accidentally vegan (if you count honey as vegan, which I do). Sam told me, "I can't believe this hippie food meal was actually delicious." I'll take the backhanded compliment. The only thing better than this meal was that I had leftovers- carrot salad in my fridge for dinner the next night and cookies for the rest of the week!





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klaraugustfotografi #klarkooks back in the #consciouskitchen for an accidentally vegan #FLOSN #EcoFeast for @turninggreenorg #PGC2015. Ginger is in season and it's one of my favorite things, so I made Moroccan ginger carrot salad, garlic breadcrumb linguine, lemon cookies, & honey-ginger-lemon soda. Most ingredients were organic too. Props to @losee_c @_esz3 and @greeneggsplusam for helping and joining me for dinner! _esz3 *garlicky hannah_platyperry I love @klaraugustfotografi and @_esz3

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