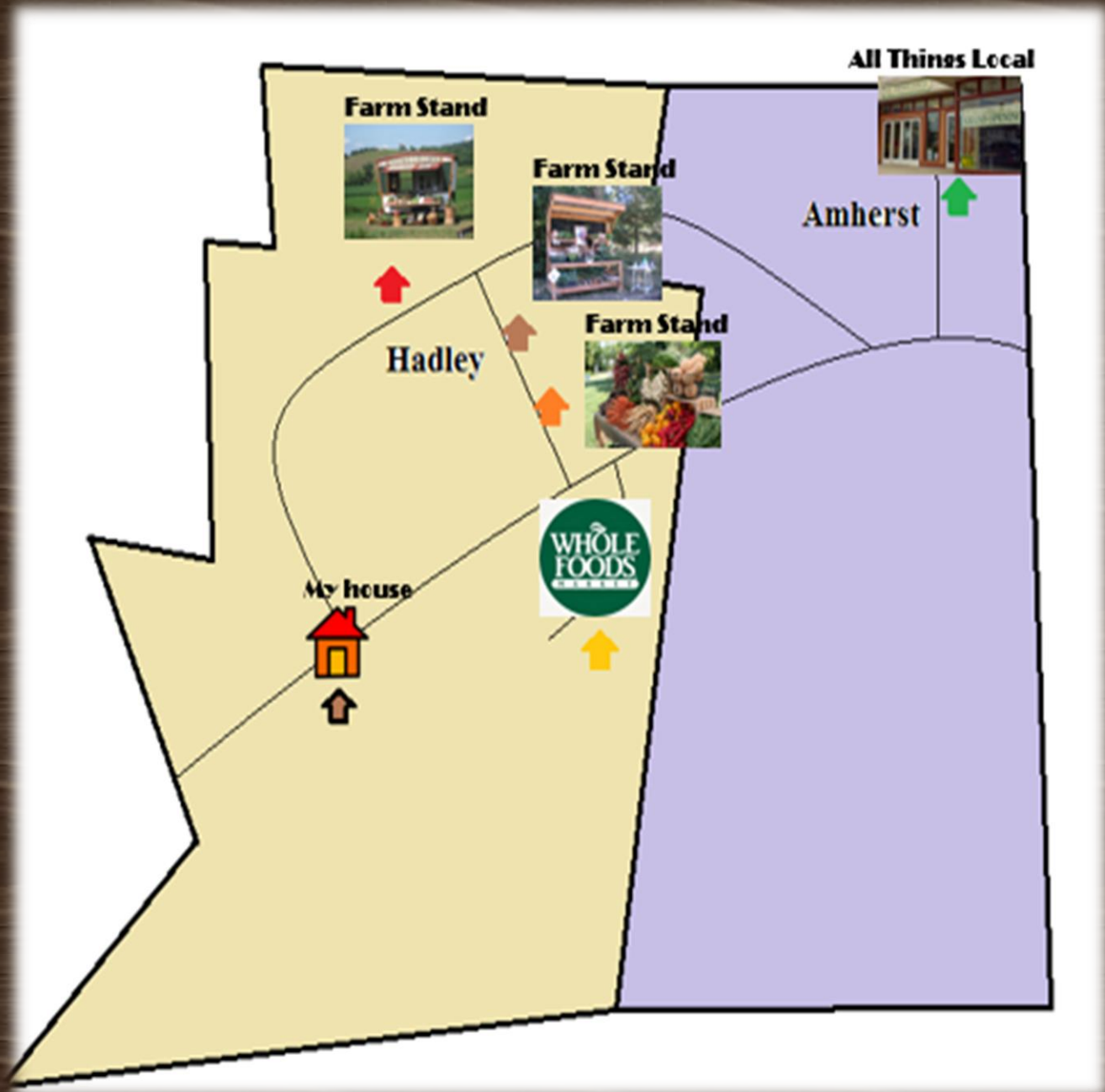


Extra Credit Response: Challenge 3 & 4

FOOD

Local Food Shed Map



Meet the Manager at All Things Local Coop Market



"Hi, I'm Tom Fair and I am the manager at All Things Local in down town Amherst. We sell local food from the local farms. The reason I do this is because I like to eat, and I think this is the right way to eat. This is the way I've been eating all my life: local, in season, sustainable... I mean, I know we've been sailing around the world for thousands of years bringing back pineapples and things like that so those things aren't forbidden, but, I think for a better foundation we really need to concentrate on local. We need to

concentrate on in season, it's not just enough that its local, it needs to be in season too. We have to tune ourselves to the seasons."

-Tom Fair, Manager of All Things Local Cooperative Market,
Amherst, MA 01002

Tom's Favorite Food



via fromdirttodinner.net

Some other questions I asked Tom were: what's your favorite vegetable? Do you have a favorite recipe with this vegetable? What's one of your hobbies? Well, Tom told me he LOVED golden beets. He said, "They are so underrated! They are delicious." He told me when he cooks them he likes to cut them up into slices, place them on a baking sheet, and drizzle olive oil, spices, & salt & pepper over the golden beets. Then, he likes to toast them in the oven. One of his favorite hobbies is cooking. He loves to cook for people. His words exactly were, "I like cooking and I like teaching people how to cook. I always get favorable responses."

Tom's Favorite Food Recipe



1. Cut up your local golden beets into slices or cubes
2. Spread them out on a baking sheet
3. Drizzle organic olive oil over them
4. Add salt and pepper
5. Add local dried thyme (optional)
6. Cook at 425 degrees for 20 minutes, and enjoy!

Please check out a video of Tom below!

<https://www.youtube.com/watch?v=3m9Kng4aTw8>

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