

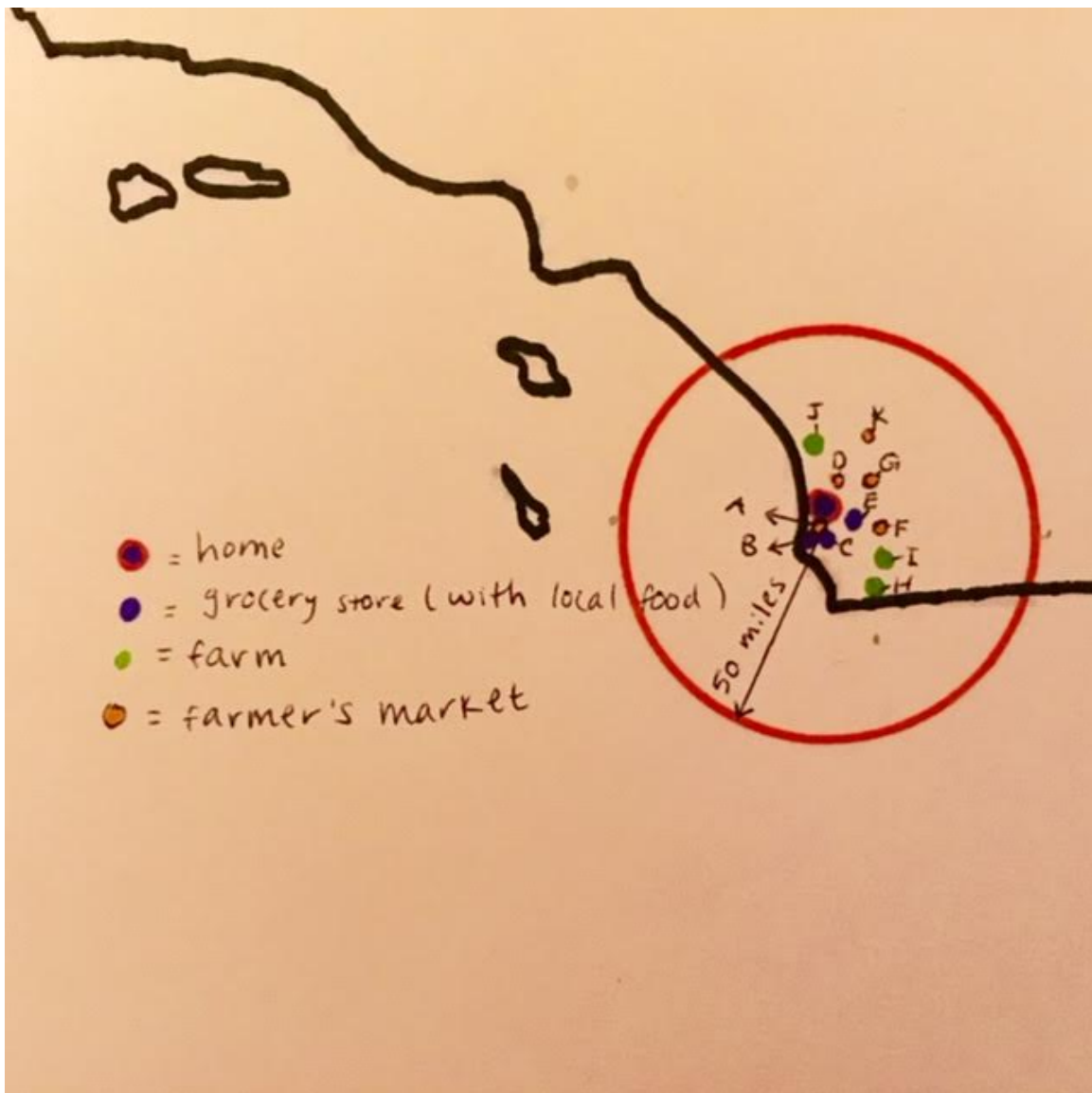
### EXTRA CREDIT

#### THINK

Have you ever thought about where your food comes from? You *can* find FLOSN food anywhere! No matter where you live, people have invested their lives in transforming local food sheds.

#### CHALLENGE

- Create a map of your local food shed.



- Include 5-10 links that highlight farm stands, farmers' markets, local/organic grocers, co-ops, farms, or any business that produces or sells FLOSN foods, within 50 miles of your school/home.

Key:

A. La Jolla Farmer's Market: <https://www.facebook.com/La-Jolla-Open-Aire-Market-106322796070734/>

B. Ocean Beach People's Organic Food Co-op: <http://obpeoplesfood.coop/>

C. Stehly Farms Market: <http://stehlyfarmsmarket.com>

D. UTC Farmer's Market: <https://www.facebook.com/UTCFarmersMarket>

E. Wholefoods La Jolla: <http://www.wholefoodsmarket.com/stores/lajolla>

F. Hillcrest Farmer's Market: <http://hillcrestfarmersmarket.com/>

G. Clairemont Farmer's Market: <http://www.sdweeklymarkets.com/>

H. Wild Willow Farms: <http://www.sandiegoroots.org/farm/index.php>

I. Suzie's Farm: <http://suziesfarm.com/>

J. Sea Breeze Organic Farm: <http://seabreezed.com/>

K. Mira Mesa Farmer's Market: <http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

- Identify one chef, farmer, or business owner that you have included in your map. Reach out to them and set a time to meet.

I chose the General Manager of the Ocean Beach People's Organic Food Co-op (who is also my grandmother).

Nancy Casady is the General manager of our local organic food co-op ([Ocean Beach People's Organic Food Market](#)), and is also a member of the California State Food and Agriculture Board. Today, we spoke about organic agriculture. She says that organic agriculture is important, "because it's an agricultural system that eliminates the use of harmful chemicals that destroy the microbial life in the soil and have potential long term-health effects—negative health effects—on the people who eat the food."



- During your visit:
  - Take a photo



- Record a video (no longer than 2:30 minutes). Ask why they do what they do, their vision of a sustainable food system, and two more questions of your choice.

See full interview here:

<https://youtu.be/PXRI0fbSc40>

- Request one of their favorite recipes made with locally-sourced ingredients including full instructions.

Baked Apples

Ingredients:

Four apples – any type (local)

1 teaspoon of cinnamon

¼ cup maple syrup

2 tablespoons of Earth Balance spread

Heat the oven to 350 degrees

Core and stem the apples

Place upright in a shallow baking pan

Distribute remaining ingredients evenly over the apple centers

Bake one hour

Serve with warm with dairy-less cream