

Missy Martin

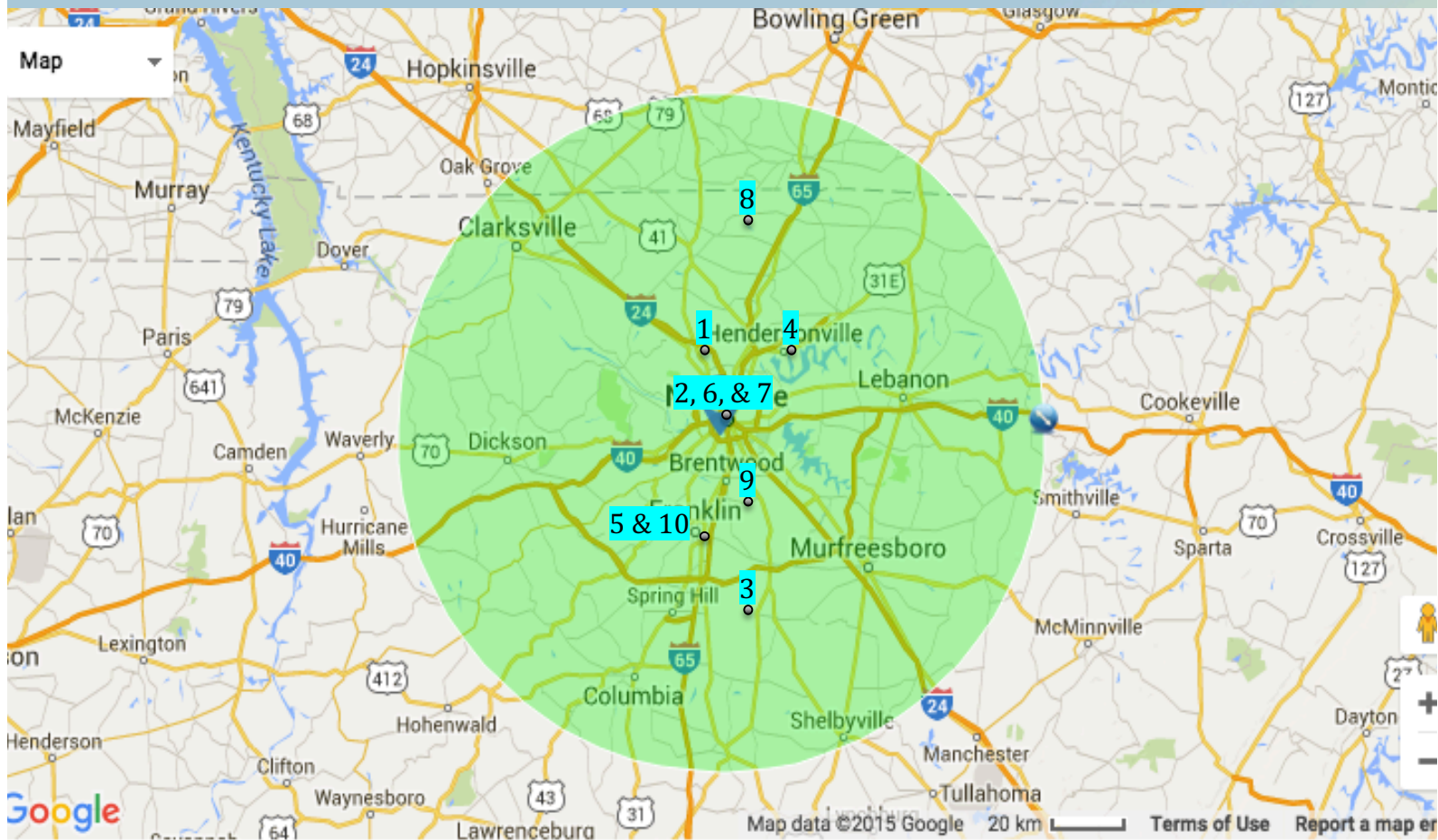
pamissa1107

Belmont University

pamissa1107@gmail.com

Food: Extra Credit

My Local Food Shed:



1. **Madison Creek Farms (Goodlettsville, TN):** <http://www.madisoncreekfarms.com/>
2. **Green Door Gourmet (Nashville, TN):**
<http://www.greendoorgourmet.com/>
3. **Delvin Farms (College Grove, TN):**
<http://delvinfarms.com/>
4. **Hendersonville Produce (Hendersonville, TN)**
http://www.hendersonvilleproduce.com/#labout_us/c161y
5. **The Franklin Farmers Market (Franklin, TN)**
<http://franklinfarmersmarket.com/>
6. **12th South Farmers Market (Nashville, TN):**
<http://www.12southfarmersmarket.com/>
7. **The Turnip Truck (Nashville, TN)**
<http://theturniptruck.com/default.php>
8. **Windy Acres Farm (Orlinda, TN)**
<http://windyacrestn.com/>
9. **Nolensville Farmer's Market (Nolensville, TN)**
<http://www.nolensvillefarmersmarket.com/contact.php>
10. **No. 9 Farms (Ashland, TN)**
<http://www.no9farms.com/>

News Highlighting the FLOSN Places as it Relates to 50 miles within Nashville:

- 1) <http://www.tennessean.com/story/money/2015/10/12/green-door-gourmet-wants-change-how-nashville-eats/73082136/?from=global&sessionKey=&autologin=>
- 2) <http://ecowatch.com/2015/10/27/rice-farmer-non-gmo-organic/>
- 3) <http://www.tennessean.com/story/life/food/2015/10/01/avo-raw-food-wonder/72820800/>
- 4) <http://www.nashvillescene.com/nashville/from-vegan-friendly-to-czech-inspired-pastries-east-nashville-is-rolling-in-dough/Content?oid=4932449>
- 5) <http://www.tennessean.com/story/money/2015/04/28/new-nashville-residents-drive-healthier-music-city/26477143/>

Stephanie Oaks



Stephanie Oaks is the head gardener and nutrition enthusiast at No. 9 Farms in Ashland, TN. She teaches people how to grow food for themselves and also informs people on what to eat and what not to eat from our food industry.

“We try to encourage people to break away from traditional grocery store shopping- buying local food that’s organically raised and also cooking from scratch.”

No. 9 farms is a FLOSN, pick-your-own farm (PYO) that specializes in berries, herbs, fruits, and vegetables. The farm is also looking forward to having Christmas trees available in years to come.

The Experience:

Stephanie Oaks is an incredibly kind and passionate woman. A few weeks before I had interviewed her for this challenge, I had bought a basil plant from her. She took the time to teach me how to care for the plant and offered me advice. After this interview, she let me sample the rosemary salt she makes for popcorn. It is absolutely AMAZING, and I cannot wait to try it with organic, non-GMO popcorn. YUM!

Check Out This Video:

<https://youtu.be/44DQzIo-Gx8>

The Recipes:

Stephanie Oaks gave me more than one recipe that she liked! Out of the 4 recipes, she likes the **salsa** one the best.

Roasted Salsa or Salsa Verde

1 lb. tomatoes / tomatillos
1 small onion
3 cloves of garlic
2 peppers of your choice
1 t salt (high mineral content)
cilantro (optional)

Remove ends from pepper and tomatoes and cut in half. Remove paper from onion and cut in half, peel garlic, and place all vegetables on a baking sheet. Sprinkle with salt and roast at 425 °F for 15 minutes. Tomatoes and peppers can be peeled at this point if preferred. Place all ingredients (including cilantro) in a blender and blend for 30 seconds. Enjoy!

Refrigerator Pickles

3 lb. cucumbers, sliced
3 C whit or champagne vinegar
2 serrano peppers, sliced
2 dill sprigs
1 T high mineral salt
optional teaspoon and celery spread

Place cucumbers, peppers, and dill (and optional seasoning in a quart jar). Heat vinegar and salt in a sauce pan until simmering. Pour vinegar mixture over cucumbers and allow to cool. Place lid on the jar and store in the refrigerator fro 1-2 weeks.

Stewed Okra

1 lb. tomatoes, diced
1 small onion, diced
3 cloves of garlic, minced
½ lb. okra, diced
1 t salt (high mineral content)
1 t Italian seasoning

Combine ingredients in a crockpot or Dutch oven. In a crockpot, simmer on low for 4-6 hours. In a Dutch oven, cook on the stove top on simmer with lid on for two hours.

Mustard Green Chips

1 bunch mustard greens
1 T organic coconut oil
½ t No. 9 Farms Habanero or Garlic Slat

Tear mustard greens into large pieces, discarding the ribbing. Toss greens with coconut oil and salt, and spread onto a baking sheet. Bake at 300 °F for 15 minutes.