

# FOOD!

Making the map of some of my favorite farmers markets, farms, and restaurants was a lot of fun! It made me realize how fortunate I am to have delicious, organic, local foods all around me. I made the map to the left on the back cardboard cover of an old scrapbook, and I intend to hang it in my kitchen to inspire me and my housemates to explore these places more often!

While doing this challenge, I also got to meet with Owen Needham, a farmer who works with Franklinton Gardens (one of the Columbus locations on my map). My conversation with Owen is highlighted below along with a link to a portion of our interview!

Links to my Foodshed Map choices:

- [Clintonville Community Market:](http://communitymarket.org/)
- [Acre Farm-to-Table Togo:](http://www.acretogo.com)
- [Worthington Farmers Market:](http://www.worthingtonfarmersmarket.blogspot.com)



[Worthingtonfarmersmarket.blogspot.com](http://www.worthingtonfarmersmarket.blogspot.com)

[Franklinton Gardens:](http://www.franklintongardens.org)

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- Delaware Farmers Market: <http://www.mainstreetdelaware.com/farmers-market.html>
- Wayward Seed Farms: [www.waywardseed.com](http://www.waywardseed.com)
- Seminary Hill Farm: <http://www.mtso.edu/academics/seminary-hill-farm/>



“I like how tangible farming is. Its humans and nature working together creatively.”

-Owen Needham, Farmer at Franklinton Gardens, Columbus, OH

Owen is inspirational to me. Besides the questions in the video, I asked him about how he got his start in farming, and what he thinks about working the land and growing safe healthy food.

Owen began farming after college. He worked with a group in El Salvador called Fundahmer, growing vegetables, raising chickens, and writing grants for the organization. After leaving El Salvador a year and a half ago, he started working at Seminary Hill Farm in Delaware, OH. He decided to try his hand at urban gardening, which led him to Franklinton.

When asked about why he chose Franklinton, and why he wanted to explore urban farming, Owen points to food insecurity as something we need to look at in the most sustainable way possible. Growing food organically and close to home is possible, even in an urban setting. His

vision of a sustainable food system is one where people come before profit. He firmly believes that everyone has the right to have access to safe, natural food, regardless of race, socioeconomic status, or location. Owen is easy going and laid back about what he considers to be his life's work. When I asked him to tell me how he felt about farming in general, he said simply "I feel good about farming." When prodded, he added "I like how tangible farming is. Its humans and nature working together creatively."

Here's the link to part of our conversation: <https://www.youtube.com/watch?v=xf8tsHI59kA>

## Owen Needham's Sweet Potato Home Fries:

Getting Owen to share a recipe with me proved to be a bit of a challenge. He describes his normal cooking process as "throwing vegetables in oil in a skillet and adding salt and pepper."

No nonsense. We eventually decided that his most complicated (and therefore most interesting to document) recipe is sweet potato home fries.



### Ingredients:

- 2 large Sweet Potatoes
- 1 cup olive oil
- A pinch of salt
- A pinch of pepper
- 1 tablespoon dried rosemary (if you want to get fancy)

### Steps to making delicious home fries:

1. Preheat oven to 400 degrees Fahrenheit
2. Cut sweet potatoes into wedges of the desired size
3. In a mixing bowl, combine oil, salt, pepper, and rosemary
4. Add sweet potatoes to the mixing bowl, toss in oil and seasoning mixture until well coated
5. On a baking sheet, lay out sweet potato wedges evenly
6. Bake until soft and a little bit fluffy (test by stabbing a fork in! If it goes in easily, they're done!)
7. Eat while still slightly warm with ketchup or hot sauce!