

Valeria Frolova

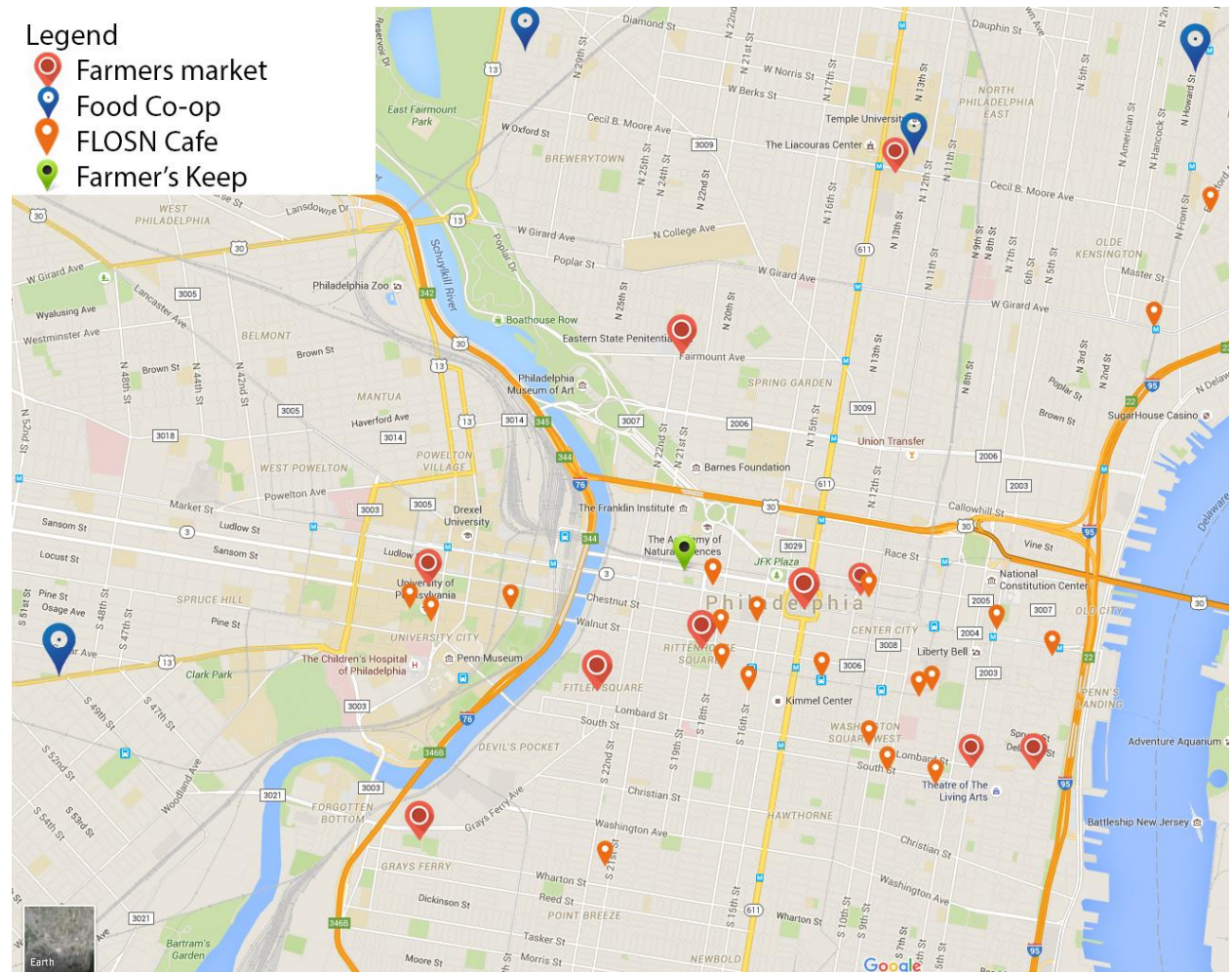
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## FOOD. EXTRA CREDIT

### Philadelphia Local Food Shed



[Reading Terminal Market](#)

[Eat-A-Pita](#)

[HoneyGrow](#)

[Rad Dish Food Co-op](#)

[Headhouse Farmers' Market](#)

[Fuel](#)

[SweetGreen](#)

[Farmicia](#)



Planted in the heart of the Philadelphia Business District, Farmer's Keep is a fast, casual restaurant, with a primary goal of making people happy and healthy. With a farm-meets-city philosophy, it promotes the importance of local, all natural, organic and sustainable ingredients, giving the guests a break from the processed fast food they normally encounter in the city. With a focus on serving healthy, creative cuisine catering to all diets, all of the food is Gluten-Free, Dairy Free, Egg Free, Nut Free, and Shellfish-Free.



Aiming to provide an all-inclusive experience to the guests, Farmer's Keep provides an array of activities, such as Yoga, Pilates, Biking and Running clubs, and other holistic exercise activities, all to strengthen the guests' body.

My [VIDEO](https://youtu.be/LQbm9-P3A7I) interview with the owner, Joshua Bullock  
(<https://youtu.be/LQbm9-P3A7I>)





### Favorite FLOSN Recipe

#### Candy Corn Medley

- Roast corn
- Sweet potato
- Russet potato
- Thyme oil
- Pepper, salt



Cut all corn and vegetables, toss in oil and roast!



