

# Project Green Challenge

Day 7

## GREENEST

#FOOD

Youxuan Wei

@ChrisCat

### WHY BETTER BURGER?

Americans eat around **20 billion burgers a year**, the majority of them coming from animals raised on **polluted farms, fed with water intensive GMO corn and soy.**



Either through environment or our consumption, **eating so much meat, especially non-organic,** harms us and places **big strains on our environment.**



**Friends of  
the Earth**

Moreover, raising humongous amount of animals **require large amount of water and resources,** and most companies dump large amounts of **toxic chemicals into the water.**



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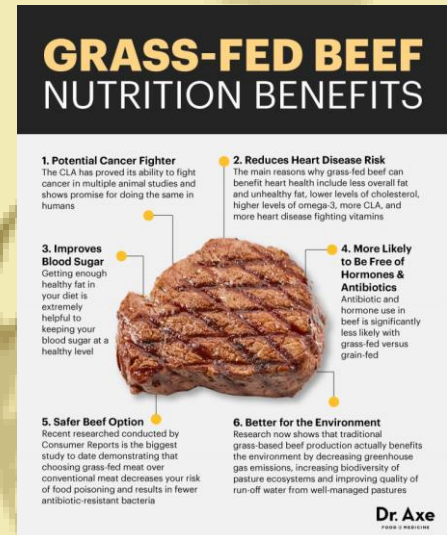
turning  
green

## WHY BETTER BURGER?

**Thankfully, Turning Green and Friends of the Earth started the Better Burger Campaign, which advocated for BURGERS WITH LESS MEAT.**



**Essentially, Better Burgers reduce your carbon footprint by more than 30%!**



**A Better Burger substitutes more than 30% of its meat with ORGANIC VEGETABLES, and instead, the money saved on buying meat can be used to buy better, organic meat.**



**Recipes here:**  
<http://www.b>

**“Better for your health, better for the environment, better for the animals and better for the farmers!”**  
**-Better Burger Campaign.**

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## #BetterBurgers

### MENU:

**ENTRÉE: BETTER BURGERS**

**DRINK: FRUIT (PEEL) JUICE**

**SIDE: SWEET & SOUR  
CABBAGE**

**DESERT: SOY PULP CAKE**



(to eliminate food waste, and to reduce cost as much as possible, I tried to buy less and instead look into the FLOSNS we have at home,

**Making use of what I have:**

*-The juice is boiled out of organic fruit peels*

*-the cabbage was the stem part originally going to be discarded by my mom*

*-the soy pulp, too, was going to be wasted.*



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### **MAKING MY OWN BETTER BURGER**

**TOTAL COSTS:**  
(Everything from  
Wholefoods)

**½ pound organic beef:**  
**\$3.50**

**1 organic tomato: \$1.99**

**1 organic onion: \$1.59**

**1 box of organic  
mushrooms: 3.99**

**Lettuce, Diced  
Cauliflower, and rice+  
Brussels sprouts: ALL  
LEFT OVERS.  
\$0.00**

**TOTAL: \$13.50  
\$3.38/person**



*To cut back on COST, FOOTPRINT, as well as FOOD WASTE, I used cauliflower stems that would otherwise be tossed, and substituted the bun with an almost-spoiled lettuce that I "revived" using tips on [savethefood.org](http://savethefood.org)*

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## #BetterBurgers

### STEP#1 -PATTY



*FIRST, I chopped up all my substitutes for meat - cauliflower and mushrooms.*

*As a big meat eater, I have never tried a burger that's half vegetarian-so today I'm going to try something new!*

*My guest has enver heard of the better burger before -and seeing how much less meat and better quality it is, she's all down for it!*



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## #BetterBurgers

### STEP#1 -PATTY



*These are all the ingredients that I used for the patty -not the best polished, **but the important thing is that as I cook it, I know that I'm taking a little step to a healthier me, and a better environment!***



*I separated the 1 pound ground beef into 2 -with the substitutes, half a pound was enough!*

*Blend them into a patty, and you're good to go 😊*



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### STEP#2 -GRILLED ONION AND MUSHROOMS



**Chop the onions and the other half of the mushrooms into slices, grill till they are golden/brown**



**BUT GET GOGGLES IF YOU CAN  
-I learned this the hard way**



**Try 1**



**Try 2**



**Try 3**

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**\*My friends had fun filming this part 😊 (I didn't)\***



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### **ALMOST READY**

The ingredients that I  
had made **14 BITE SIZE  
PATTIES!**

This is well over enough  
for the four of us -So that  
**can even cut down the  
cost by half** since it's  
enough for 2 meals ☺



**Meanwhile my guests...**

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*Day 7*

## *#BetterBurgers*



***The switch from a conventional bun to lettuce not only saves money, it was really refreshing too!***

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*#BetterBurgers*



***DONE ☺***

*According to Green Eatz, **Eating carbs leaves almost 50% as much footprint than just vegetables!** So the twist to use lettuce instead of grainy buns **further reduces my negative impacts on the environment!***

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# Project Green Challenge

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TEXT

**#BetterBurgers**

## QUICK RECIPES FOR THE SIDES:

**DRINK:** My dad was eating organic apples & oranges that we got from wholefoods, and I decided to steal the peels -free, organic, and delicious!



**SWEET&SOUR CABBAGE:** Boil and chop the cabbage into 1x1 in pieces. Add garlic, vinegar, and sugar while frying for 15-20 minutes



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TEXT



**SOY PULP CAKE:** I filtered out the residue from mom's soy milk, mixed into a dough with brown sugar and flour -then, it was fried for around 10 min.



XT

I made a file for complete, detailed recipes: Please see ☺

[file:///C:/Users/david/Documents/PGC2017/food%20waste%20EC/Youxuan Wei day 8 ExtraCredit 2017.pdf](file:///C:/Users/david/Documents/PGC2017/food%20waste%20EC/Youxuan%20Wei%20day%208%20ExtraCredit%202017.pdf)

## COMPLETE COURSE:



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#BetterBurgers



## REACTIONS:



David (family friend) said that he **has high cholesterol** levels, and really needs to look out for **his fat intake** in his daily diet

**He LOVED** the better burgers because he saw that **half of the meat was replaced by veggies**

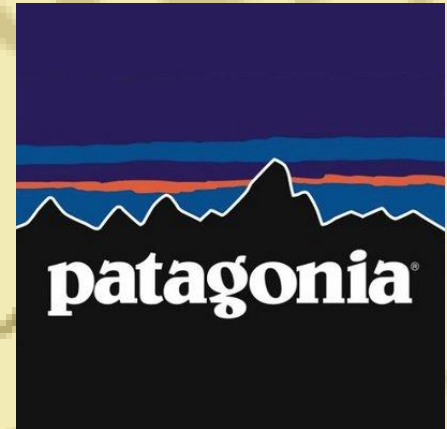
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My friends always go out for fast food, or take out -and they really **enjoyed cooking from scratch today** -it was healthy, and made them **more conscious of what they eat** 😊

So after hearing about the **Conscious Kitchen program**, and **Patagonia provisions'** effort, they fully supported the notion to change our culture, and **revert it back to the healthier, ethical farming and producing approaches** 😊

## CONCLUSIONS:

*The food were made from scraps themselves, so there was essentially zero waste.*

*The only thing that was left were the toothpicks, which we collected and re-used.*

*Everyone loved the burgers, and in the end we only had two left -so we'll finish them tomorrow morning!*



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