

Day 3 – Greenest

Necessary Information

Name: Md. Mahfuzul Islam

Username: MahfuzulIslammegh

School: Jahangirnagar University

Insta_Id: mahfuzul_islam_megh

Report of my meal

Introduction

There will be five food menus on our meal. There will be

1. Vegetable fish egg chop as entrée dish
2. bitter gourd and potato mix as vegetables.
3. Fish curry with potato and banana as main dish
4. Rice as side dish
5. Lentil soup.

Ingredients

The ingredients and their sources for different menu we will need for the meal are given as below;

1. fresh fish egg (Fish egg was a free product in the fish we bought from local market).
2. Potato (Collected from the local farmers market)
3. Green banana (Collected from the local farmers market)
4. Bitter gourd (Collected from my backyard garden)
5. Garlic, onion, ginger, green chili (Collected from the local farmers market)
6. Fish (Collected from the local fishermen's market)
7. Rice (I produce it in my crop land)
8. Lentil (Collected from the local farmers market)
9. Salt (Collected from the local grocery store)
10. Water (Collected from the ground water source)
11. Wheat flour (Collected from the local grocery store)
12. Lemon (Grows in my backyard)
13. Spices (Collected from the local grocery store)

14. Rice bran oil for cooking (Collected from the local grocery store)





The recipe of different menu we will need for the meal are given as below. (For 4 person)

1. Vegetable fish egg chop as entrée dish
 - a. 100 gm of fresh fish egg.
 - b. 5 or 6 small potato or 1 or 2 big size potato.
 - c. 200 gm wheat flour
 - d. Spices as much as needed.
 - e. Half teaspoon Salt

- f. 2 Onion, 5-6 garlic and ginger.



How to prepare

First mix all the ingredients together with water and then make the dough. Then fry it on the stove with oil.

2. bitter gourd and potato mix as vegetables.
 - a. 5-6 small potato or 1-2 big potato and slice them up.
 - b. 5-6 bitter gourd and slice them up.
 - c. 1 teaspoon salt
 - d. Add spices a little, including pepper.
 - e. 5-6 green chili, sliced.

- f. 4 onion, 5-6 garlic and a little bit ginger.



Preparation

Mix all the thing thoroughly and put them on the stove with oil. Add any spices if you feel, stare them on the medium flame. Cook them until the potato get a brown color.

3. Fish curry with potato and banana as main dish
 - a. 3-4 green banana, remove the skin and cut them into pieces.
 - b. Boil 8-10 small potato and peel the skin and add them.

- c. 4 pieces of fish
- d. Spices
- e. A lot of chili
- f. 3 teaspoons of salt.
- g. 5-6 onion, 10-12 garlic, 1 medium size ginger, all sliced.

Preparation

First add oil on the pot, let it become hot. Then add the onions, garlic, ginger one by one. Then add the spices and salt. Add a little amount of water. Let them some time to get mixed properly under a low flame. Then when there is a good amount of sizzling add the fish pieces. Let them cook for 10 minutes. Then add the banana and potato all together. Add enough water so that everything gets drown. Check the test if there any salt is needed or not. If salt is not enough, add some. Let it cook for 30 minutes with lead on under a medium heat. It will be prepared in this time.

- 4. Rice as side dish
 - a. 400 gm of rice.
 - b. Clean it with water first.
 - c. Then put it on the stove into a pot with double amount of water.
 - d. Let it cook until the rice is ready.

- 5. Lentil soup
 - a. 200 gm of lentil seeds
 - b. 2 Onion, 5-6 garlic and ginger.
 - c. 4-5 green chili
 - d. Proper spices
 - e. 2 teaspoon of salt.

Preparation

First clean the lentil seeds, put the on the flame into a pot with water. Then add the spices and salt. When the lentil will boiled up, stare the thoroughly that the lentil seeds would blend in with other ingredients. In the mean time, in another pot heat some oil, put the onions, ginger and garlic with some spices. Fry them up. Then add them to the main lentil dish directly. Then

the lentil sour will be ready.



The final menu



Total budget

1. fresh fish egg – 0 taka
2. Potato – 10 taka (1 k = 20 taka)
3. Green banana – 4 pices 20 taka
4. Bitter gourd – free.
5. Garlic, onion, ginger, green chili – total cost around 50 taka.
6. Fish 100 Taka
7. Rice - free
8. Lentil – 20 taka (100 taka/ Kg)
9. Spices – 20 taka
10. Salt- 5 taka

11. Water – 2 taka (estimated from the electricity bill)
12. Wheat flour – 10 taka
13. Lemon - free
14. Rice bran oil for cooking – 50 taka

Total cost for 4 person meal = 287

Gas cost for burning = 10 taka

Total = 297

Per person cost = 74.25 Taka. Or **0.7163 USD** (1 USD= 103.58 Taka)

Percentage of FLOS

Percentage of FLOS	
Name of ingredient	Is it in FLOS or not
Fresh fish egg (Fish egg was a free product in the fish we bought from local market).	yes (Organic, fresh, local, nutritious)
Potato (Collected from the local farmers market)	yes (Organic, seasonal, fresh, local)
Green banana (Collected from the local farmers market)	yes (organic, fresh, local, nutritious)
Bitter gourd (Collected from my backyard garden)	Yes (organic, fresh, local,seasonal, nutritious)
Garlic, onion, ginger, green chili (Collected from the local farmers market)	yes (organic, fresh, local, nutritious)
Fish (Collected from the local fishermen's market)	Yes (organic, fresh,local, nutritious)
Rice (I produce it in my crop land)	yes (organic, fresh, local, nutritious)
Lentil (Collected from the local farmers market)	yes (organic, fresh, local, nutritious, seasonal)
Salt (Collected from the local grocery store)	No.
Water (Collected from the ground water source)	Yes
Wheat flour (Collected from the local grocery store)	No.

Lemon (Grows in my backyard)	yes (organic, fresh, local, nutritious, seasonal)
Spices (Collected from the local grocery store)	No.
Rice bran oil for cooking (Collected from the local grocery store)	No.
Percentage of FLOSN food	71.42%

So, total percentage of the FLOSN food in the meal was 71.42%.

Was it easy to stay on budget?

Not really. Fortunately, the local and organic food in my area is found very cheaply. Rather the inorganic and processed food are expensive here.

Leftover and wastes

- I have a cat. So, leftover from the fish goes as food for the cat.
- Other leftovers were so minimum, we ate them in our dinner.
- Wastes from the preparation of food, goes in the composting zone in my backyard, where they will be composted and later will be used as fertilizer in my backyard garden.

How did FLOSN food costs stack up?

FLOSN food costs were very available in my area at a very cheap price.

Did you have to travel far to purchase ingredients? How far did the food travel to your local market?

No. I did not have to travel very far. The place I do my shopping is a traditional bazar and has different parts for different types of products. Like, fish market, local farmers market and grocery store. The bazar was 15 minutes walking distance from my home.

Photo of final meal



Screenshots of social media posts

5:50 A M

16.0 KB/S

← Posts



mahfuzul_islam_megh



mahfuzul_islam_megh My recipe with the FLOS
N ingredients.

In this meal there were,

Fish egg chop,

Rice,

Bitter gourds fry,

Fish curry with green banana.

This menu carries 71 percent fresh, local, organic,
seasonal and nutritious (FLOS
N) ingredients.

@turninggreenorg

#pgc2022

55 seconds ago



5:50 A M

26.0 KB/S

← Posts



mahfuzul_islam_megh



mahfuzul_islam_megh My recipe with the FLOS
N ingredients.

In this meal there were,

Fish egg chop,

Rice,

Bitter gourds fry,

Fish curry with green banana.

This menu carries 71 percent fresh, local, organic,
seasonal and nutritious (FLOS
N) ingredients.

@turninggreenorg

#pgc2022

55 seconds ago



5:50 A M

26.0 KB/S

← Posts



mahfuzul_islam_megh



mahfuzul_islam_megh My recipe with the FLOS
N ingredients.
In this meal there were,
Fish egg chop,
Rice,
Bitter gourds fry,
Fish curry with green banana.
This menu carries 71 percent fresh, local, organic,
seasonal and nutritious (FLOS
N) ingredients.
@turninggreenorg
#pgc2022
55 seconds ago



5:50 A M

12.0 KB/S

← Posts



mahfuzul_islam_megh



mahfuzul_islam_megh My recipe with the FLOS
N ingredients.

In this meal there were,

Fish egg chop,

Rice,

Bitter gourds fry,

Fish curry with green banana.

This menu carries 71 percent fresh, local, organic,
seasonal and nutritious (FLOS
N) ingredients.

@turninggreenorg

#pgc2022

55 seconds ago



5:50 A M

16.0 KB/S

← Posts



mahfuzul_islam_megh



mahfuzul_islam_megh My recipe with the FLOS
N ingredients.

In this meal there were,

Fish egg chop,

Rice,

Bitter gourds fry,

Fish curry with green banana.

This menu carries 71 percent fresh, local, organic,
seasonal and nutritious (FLOS
N) ingredients.

@turninggreenorg

#pgc2022

55 seconds ago



