

Name: WaterBuffalos
Username: WaterBuffaloes23
School: Poolesville High School

FLOS ingredients highlighted yellow

I made enough food to serve 4 people

Entree: Japanese Curry

Link to Recipe: <https://www.justonecookbook.com/simple-chicken-curry/>

- 1 Onion (*Picked it up at a local farm's market, ~\$1*)
- 1 Carrot (*Picked it up at a local farm's market, ~\$1*)
- 4 Mini Potatoes (*Picked it up at a local farm's market, ~\$2*)
- ¼ Apple (*Picked the apples at Duc Water Cidery, ~\$0.25*)
- 0.74 lbs Chicken Thighs (*Bought at Whole Foods from Bell&Evans Farm, ~\$3.40*)
- ½ tsp Ginger (Already had in spice cabinet)
- 1 Clove Garlic (Already had in spice cabinet)
- 2 Cups Chicken Broth (Already had in fridge)
- ½ TBSP Honey (*Gift from my sister who picked it up from an independent farmer in Brooklyn*)
- ½ TBSP Ketchup (Already had in fridge)
- ½ Package Japanese Curry Roux (Already had in spice cabinet)
- White Rice (Already had large bag)



Vegetable: Toasted Sweet Potato + Cucumber

- 3 Sweet Potatoes (*Planted in my backyard, free*)
- 3 Baby Cucumbers (*Picked it up at a local farm's market, ~\$1*)
- Chili Oil (*Gifted from family friend who grows peppers*)

Side Dish/Dessert: Cinnamon Apples

Link to Recipe: https://www.youtube.com/watch?v=Ma68BY1a4gg&ab_channel=Currytrail

- 3 Apples (*Picked the apples at Doc Water Cidery, ~\$1 per apple*)
- Maple Syrup (*From Butternut Mountain Farm when I traveled to Vermont, ~\$0.33*)
- Cinnamon (Already had in Spice Cabinet)



COST PER PERSON: \$2.50 (x4)

PERCENT FLOSN: 61%

REFLECTION

It was relatively easy to stay on budget since local foods in my area are not much more expensive than what you would regularly find at the grocery store. I also had a lot of ingredients and spices already which helped to cut down on costs. I didn't have to travel far to purchase ingredients because I go to school in a rural area with lots of farms. As a result, there's many local markets and orchards that I can visit on the way back from school. For the food at the Homestead Farm market, it barely traveled at all since the market is located right next to the farm. The same can be said about the apples I picked at the Doc Water Cidery. When buying the chicken at Whole Foods, I asked for the most local produce which came from Pennsylvania to Maryland. Though it came from much further away, it is still on the East Coast.

Food:



Post:



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waterbuffaloes23 My dinner tonight after cooking with as much FLOSN (Fresh, Local, Organic, Seasonal, Nutritious) produce as possible. I made a Japanese curry with cucumbers and sweet potato, plus some yummy cinnamon apples for dessert. I got apples from @docwaterscidery, potatoes, carrots, and onions from @homestead_farm, and chicken from @bellandevans

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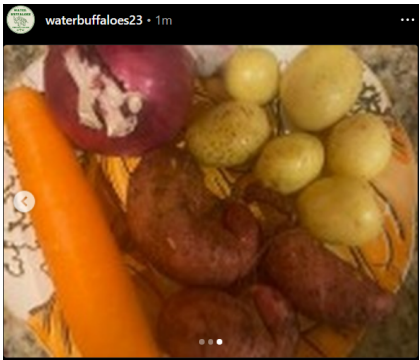
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Caption:

Day 3 Greenest: my dinner tonight after cooking with as much FLOSN (Fresh, Local, Organic, Seasonal, Nutritious) produce as possible. I made a japanese curry with cucumbers and sweet potato, plus some yummy cinnamon apples for dessert. I got apples from @docwaterscidery , potatoes, carrots, and onions from @homestead_farm , and chicken from @bellandevans.

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