

# FARM TO TABLE:

## 1. VEGETABLE

A fresh start:  
Legume  
Fusion Salad



## 2. MAIN

Take a bite:  
Avocado egg  
taco

## 3. SIDE DISH

A Tangy Twist  
of flavours:  
Chili Mayo  
Baby Corn  
Bites



## A SHOWCASE OF MEXICO

# VEGETABLE: LEGUME FUSION SALAD

## INGREDIENTS

Home grown  
lime tree



Onion and  
avocado from a  
local market.  
(Grown in  
farms in the  
state of  
mexico, 100km



Beans  
from  
refill  
store



Chickpeas  
from refill  
store



home grown cherry  
tomatoes



home  
grown  
cilantro

## Price of ingredients, if bought:

- 1 lime (10 cents)
- 1/4 cup onion (30 cents)
- 1/4 cup of cilantro (20 cents)
- 1 avocado (1 dollar)
- 1 1/2 cup of baked beans (10 cents)
- 1 1/2 cup of baked garbanzos (18 cents)
- 1/2 cup of cherry tomatoes chopped (1 dollar)
- 2 tablespoons of olive oil for dressing (20 cents)

TOTAL COST: \$ 3.08 US DOLLARS

## PREPARATION



**ENJOY!**



# MAIN: AVOCADO EGG TACO

## INGREDIENTS

Home grown lime tree



Onion and avocado from a local market. (Grown in farms in the state of Mexico, 100km)



Local street tortilla producer



Fresh eggs from our chicken (hel hel)



home grown cherry tomatoes



home grown cilantro

## Price of ingredients, if bought:

- 1 lime (10 cents)
- 1/4 cup onion (30 cents)
- 1/4 cup of cilantro (20 cents)
- 1 avocado (1 dollar)
- 3 medium corn tortillas (20 cents)
- 3 medium eggs (50 cents)
- 1/4 cup of cherry tomatoes chopped (50 cents)
- 2 tablespoons of olive oil to caramelize onions (20 cents)

TOTAL COST: \$ 3.00 US DOLLARS

## PREPARATION



**ENJOY!**



# SIDE DISH: CHILI MAYO BABY CORN BITES

## INGREDIENTS

Home grown lime tree



Chili powder at refill store



Fresh eggs from our chicken (hei hei)



Home made dijon mustard



Home grown cilantro



Baby corn bought at local market (Grown in farms in the state of Mexico, 100km)



## Price of ingredients, if bought:

- 1 lime (10 cents)
- 1/4 cup of cilantro (20 cents)
- 1 medium egg (16 cents)
- 4 tablespoons of olive oil for mayo (40 cents)
- 2 tablespoons of homemade garlic dijon mustard (80 cents)
- 1 teaspoon of white vinegar (4 cents)
- 1 teaspoon of chili powder (15 cents)
- 5 baby corn (1 dollar)

TOTAL COST: \$ 2.85 US DOLLARS

## PREPARATION



**ENJOY!**



# ENVIRONMENTAL CONTRIBUTION



Replanted  
avocado  
seed



Replanted  
cilantro  
roots

Scraps and  
eggshells to hei  
hei (chicken)



Extra garlic  
from homemade  
dijon mustard



Scraps and  
eggshells as  
fertilizer



# REFLECTIONS

## **Was it easy to stay on budget? How did FLOSN food costs stack up?**

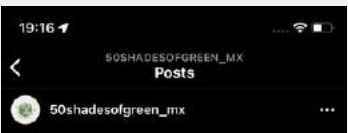
Buying in bulk and going only once a week helped a lot to reduce costs. Going to a local food market meant food prices were lower since they were sourced nearby and they used fruits and vegetables that were only in season. Also buying raw and low processed alternatives such as dry beans or chickpeas instead of pre-made meals helped quite a bit when staying on a budget. Mexico has a mild climate all year round meaning you can cultivate a variety of crops, which is what we did for a large portion of these recipes.

## **Did you have to travel far to purchase ingredients?**

Embarking on this challenge made me discover nearby local food markets and refill stores that I hadn't been to before. Travelling only about 3 km or 6 minutes to buy every ingredient that was needed for the three recipes. Not only was it conveniently close but sourcing ingredients locally allowed me to support small businesses and deepened my appreciation for the vibrant local food scene in my area.

## **How far did the food travel to your local market?**

All foods purchased came from Mexico and mostly from the state of Mexico which is only 100 km from the local market. It's also worth mentioning that a significant amount came right from our own garden, from vegetables and herbs to even eggs.



## FARM TO TABLE:

### 1. VEGETABLES

A fresh start:  
Legume  
Fusion Salad



### 3. BEER CORN

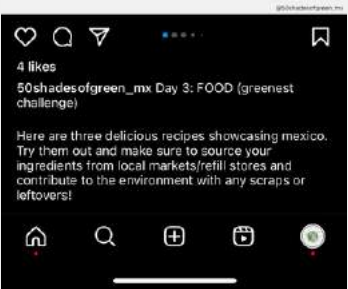
A Tarty Twist  
of flavours:  
Chili Mayo  
Salty Corn  
Bites



### 2. TACOS

Take a bite:  
Avocado egg  
taco

## A SHOWCASE OF MEXICO



username: saomaii  
school name: Greengates School  
Mexico  
team name: 50shadesofgreen\_mx