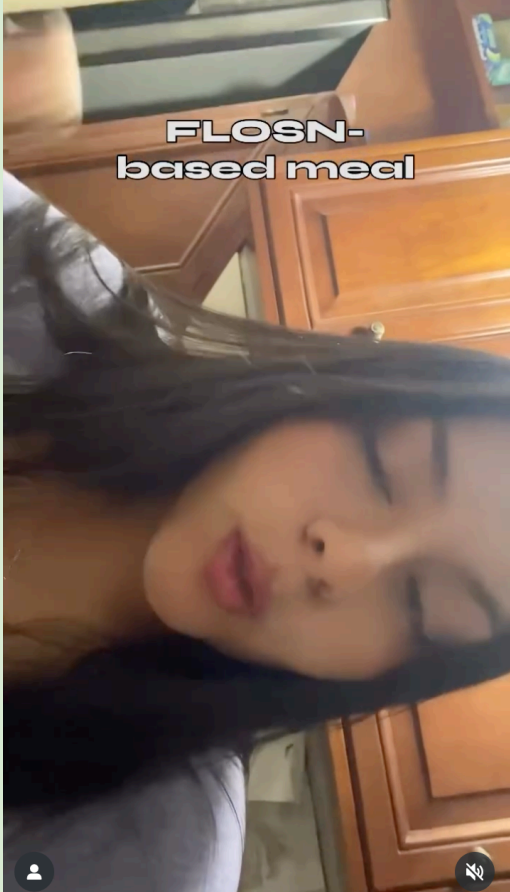


Greenest Challenge - Day 4

Team Name: GreenTech

Username: victorp2610

School: Pontifical Catholic University of Peru



greentech.team2025
Audio original

greentech.team2025 For this challenge, I created a complete meal using fresh, local, seasonal, and nutritious ingredients from my market in Lima 🇵🇪

Meal prepared: Creamy potato with a side salad and fruit dessert.

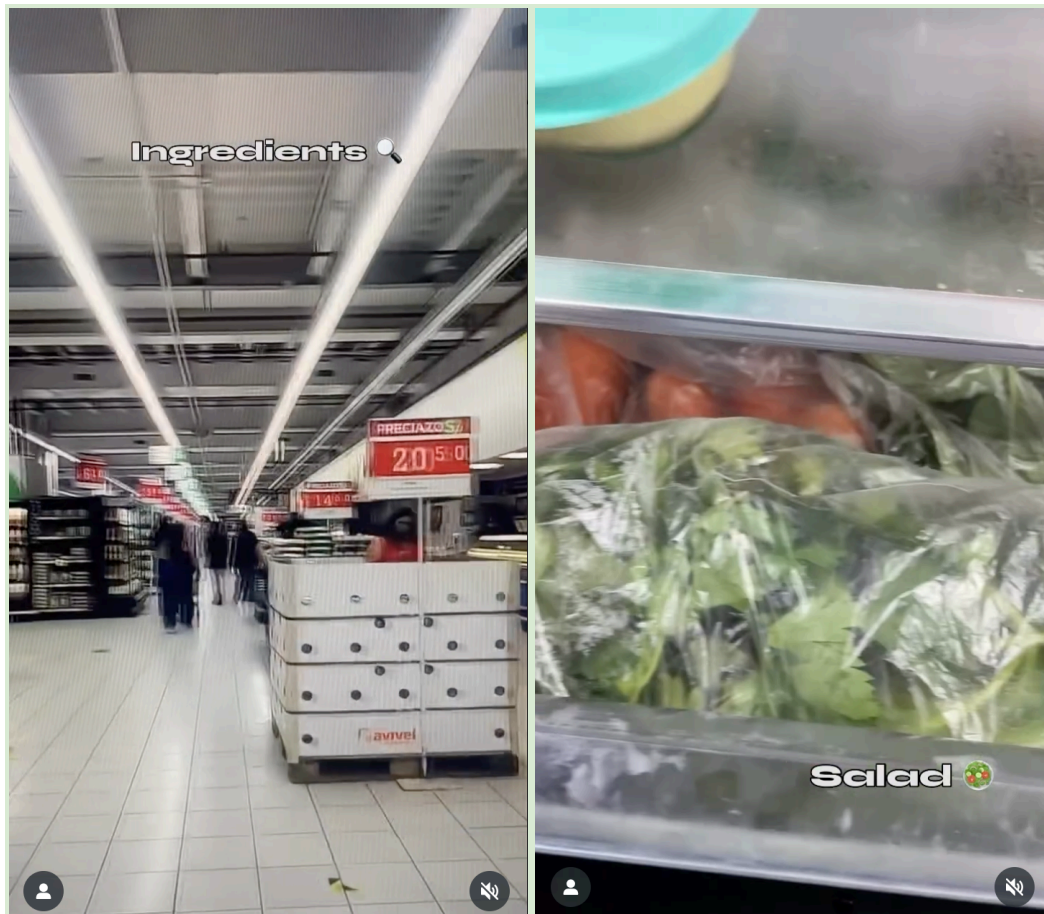
Menu & Prices (per person):

- 🥔 Creamy potato – S/4.00
 - 🥕 Potatoes – 1 kilo for S/4.00, bought at my local market.
 - 🥛 Milk – about S/4.20 per liter, used part of it for the mash
 - 🌿 Oil – about S/0.50 per portion.
- 🥑 Avocado, carrot & spinach salad – S/2.50
 - 🥕 Carrots – 2 units for S/1.00, from a nearby farmer.
 - 🌿 Spinach – 1 bunch for S/1.00, grown locally and seasonal.
 - 🥑 Avocado – from the local market, part of the salad.
- 🍌 Banana or blueberries for dessert – S/0.80–1.00

💚 Total: S/7.50 per person (~\$1.90)
🌿 FLOSN ingredients: about 90% — all fresh, local, and from

2 Me gusta
Hace 30 minutos

Agrega un comentario... Publicar



Link of the video: <https://www.instagram.com/p/DPdO-6VjiYk/>

FLOSN Challenge Meal!

For this challenge, I created a complete meal using fresh, local, seasonal, and nutritious ingredients from my market in Lima 🇵🇪

Meal prepared: Creamy potato with a side salad and fruit dessert.

Menu & Prices (per person):

🍴 Creamy potato – S/4.00

- 🥔 Potatoes – 1 kilo for S/4.00, bought at my local market.
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🍌 Banana or blueberries for dessert – S/0.80–1.00

💚 Total: S/7.50 per person (~\$1.90)

🌿 **FLOSN ingredients:** about 90% — all fresh, local, and from nearby farmers.

Preparation steps

1. Peel and chop potatoes into small chunks. Boil them with salt (and garlic if desired) until soft.
2. Heat milk and butter in a saucepan until warm.
3. Drain potatoes, mash, and mix with the milk-butter mixture. Season with salt and pepper.
4. Serve with a salad of spinach, grated carrots, and avocado.
5. Add a local fruit (banana or blueberries) as dessert.

Especially Preparation steps

1. Peel the potatoes if desired. Cut them into roughly 1-inch chunks and place in a large pot.
2. Fill the pot with enough water to cover the potatoes by 1 inch. Add the salt and garlic cloves, if using, and bring to a boil over high heat. Cook for about 10 minutes or until the potatoes are fork-tender.
3. While the potatoes are boiling, combine the milk and butter in a small saucepan. Cook over medium heat, stirring occasionally, for 3 to 4 minutes or until the butter is melted. Remove from the heat but keep warm if the potatoes aren't done cooking.
4. Drain the potatoes, then transfer them back to the warm pot. Set the heat to low and gently move them around for a minute to help dry off any excess water. Remove from heat and mash the potatoes to the desired consistency using a potato masher or wooden spoon.
5. Pour the hot milk mixture in while gently mixing the mashed potatoes. Season with salt and pepper to taste. Serve with more butter and garnish with cracked pepper, minced chives, or parsley if desired.

Cooking this FLOSN meal helped me understand how sustainable eating can truly be simple, affordable, and meaningful. Almost every ingredient I used came from local farmers and neighborhood markets, which made me feel more connected to my community and aware of where my food actually comes from. Choosing local and seasonal produce—like potatoes, carrots, spinach, and bananas—was not only less expensive but also fresher and more nutritious.

The total cost of the meal was under \$2 per person, proving that healthy and climate-friendly food doesn't have to be a luxury. By purchasing directly from small farmers, I supported local livelihoods, reduced packaging waste, and minimized the carbon footprint caused by long transportation routes.

This experience also made me reflect on accessibility. In many parts of Peru, local markets still offer a wide variety of seasonal produce at low prices. However, people often prefer processed or imported foods out of convenience or habit. Cooking with FLOSN ingredients reminded me that we already have everything we need nearby it's just about making more conscious choices :)

Preparing this meal felt like a small but powerful step toward a more resilient food system. It showed me that each decision we make in the kitchen (where we buy, what we choose, and how we cook) can contribute to protecting the environment, supporting farmers, and nourishing both our bodies and our communities. 🌱