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Team Name: What We Grew

School: Jericho High School

Recipe Card:

THAI PEANUT NOODLE BOWLS

FEATURING
FLOSN VALUES



INGREDIENTS

NOODLE BOWL

- Rice Noodles
- Cucumber
- Carrots
- Peppers
- Tofu
- Brussel Sprouts
- Sweet Potato
- Lettuce
- Tomato

PEANUT SAUCE

- $\frac{1}{3}$ Cup Peanut Butter
- 1 Tsp Maple Syrup
- 2 Tbsp Soy Sauce
- 1 Tsp Rice Wine Vinegar
- $\frac{1}{4}$ Cup Hot Water
- Sesame Seeds
- Red Pepper Flakes

USING FRESH INGREDIENTS

In order to get ingredients for my plant based meal, I went to **Young's Farm**, a local family-run farm and market.



FRESH

We purchased vegetables that were grown directly at the farm, which ensured they were fresh.

They have been through minimal processing and don't contain preservatives.

LOCAL

Young's Farm is a **local farm**, which is important because my ingredients are fresher and have a **lower carbon footprint** due to less transportation. Additionally, I am supporting my community and local economy.



ORGANIC

Young's Farm abides by organic principles and has been **organic certified**. According to their website, they "reject the use of all synthetic fertilizers, pesticides, herbicides, and fungicides." This helps preserve **biodiversity**, reduce **pollution**, and create a more **sustainable** system.



SEASONAL

The vegetables provided at Young's Farm are rotated seasonally based on what crops can grow. This reduces the amount of emissions from transportation and the amount of fertilizers and pesticides used.



NUTRITIOUS

The vegetables I used contained a variety of nutrients, vitamins, and minerals that help contribute to a healthier lifestyle. This is important for having energy throughout the day and preventing disease. Including a mix of these vegetables in meals not only makes food more flavorful and colorful but also ensures the body stays strong.

The original recipe called for chicken to go with the noodles, but I replaced it with **tofu** in order to **reduce emissions**.

First, I mixed together the ingredients needed for the peanut sauce all in one bowl. I stirred until it had a creamy consistency.

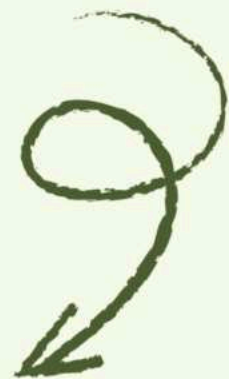
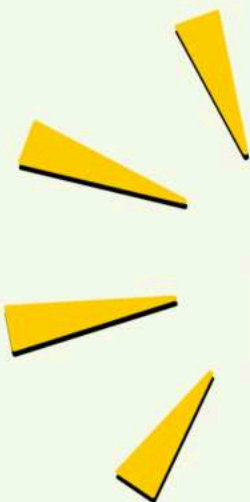


Then, I cut up all my vegetables that I bought from Young's Farm. I also added some veggies I had already at home and tomatoes from my **home garden**.

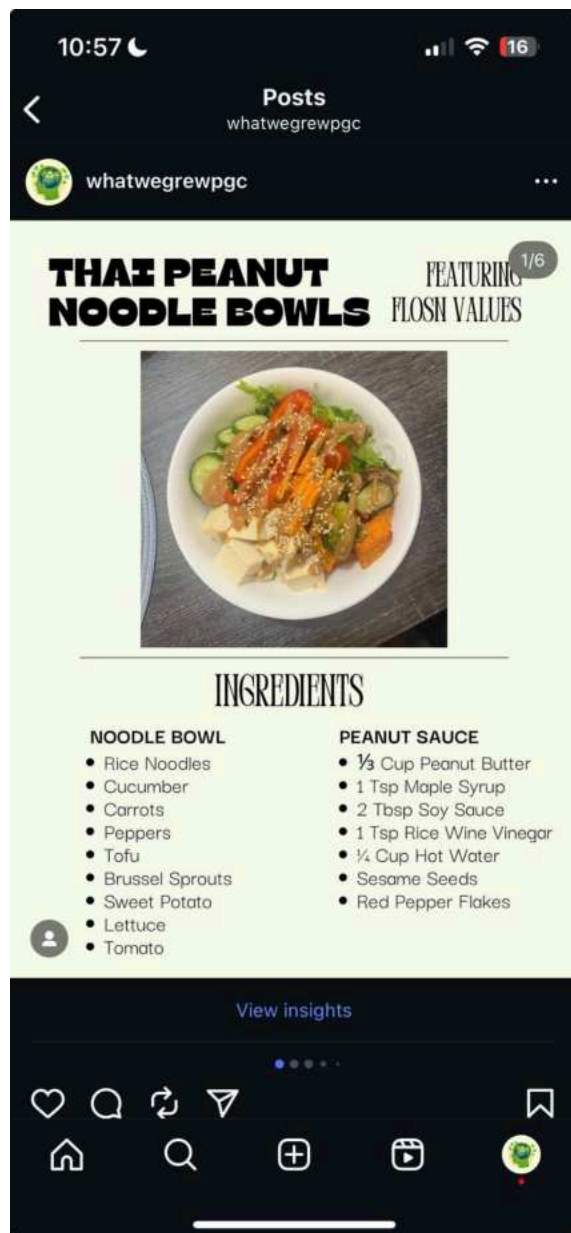
I roasted my brussel sprouts and sweet potatoes in the oven. I also prepared the rice noodles in a pot.



Finally, I assembled my bowl with all my veggies, tofu, and noodles, and I drizzled my peanut dressing on top!



Instagram Post:



Caption: Learning about sourcing food affordably and sustainably opened my eyes to how important our everyday choices are. Buying local produce, supporting organic farming, and choosing seasonal ingredients help the planet. They also make healthy eating more accessible for everyone. Sharing a plant-based meal showed me how food can bring people together, especially when deciding to buy from local farmers in your community. Each dish becomes a reminder that caring for the earth and caring for each other go hand in hand. 🌍💚@TurningGreenOrg @NaturesPathOrganic @PlantFuturesOfficial #pgc2025