



Deaver Farm Explorers

Lesson 4 : *Sustainable Food Systems*

This week we are taking a look at what's blooming and ripening here on the farm in mid-summer, and then talking all about the different parts of our food system to discover how our food gets from the farm all the way to our plates!

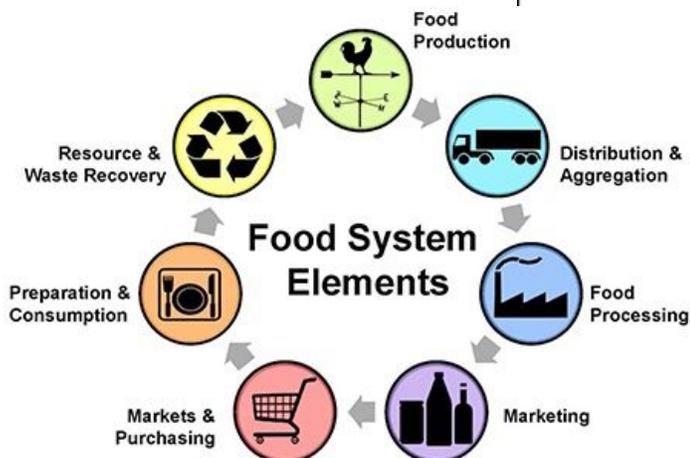
[Watch the Virtual Farm Lesson Here!](#)

Helpful Links

- Learn more about Greener Partners and the Deaver Wellness Farm at Lankenau Medical Center by visiting us at greenerpartners.org
- Check out our friend Farmer Owen and his seed-saving operation, [True Love Seeds](#), which brought us the Buena Mulata pepper we saw in this week's episode!
- Shout out to our friends at [Food & Ferments](#), who showed us how food preparation works in a local food system with the making of their delicious sauerkraut
- Thanks to [Urban Girls Produce](#) for letting us shop at their market stand

This Week's Farming & Food System Phrases

Ripening	The process of fruits becoming ready to harvest and eat; often fruit becomes sweeter, softer, and changes color
Blooming	The process of the petals of a flower opening up to attract pollinators; a process very important for some plants' reproduction
Food System	The journey of our food from seed to plate; Steps include the growing, harvesting, processing, packaging, transporting, marketing, purchasing, consuming, and disposing of food waste
Local Food	Food purchased close to where it was produced ; often food can be considered local with up to 100 miles between where it was grown and where it is sold/eaten



Greener Partners



Connecting communities through food, farms & education

Growing and Cooking Together

Here is another healthy snack to make this week! Your challenge is to see how many ingredients you can find that are **local foods** - feel free to change ingredients based on what's in season and locally available in your area !

Sustainable Salsa!

This recipe makes a great protein-packed snack. Grab your favorite tortilla chips and dig in!

Ingredients

- 15 oz. can black beans
- 1 ripe sweet pepper (any color)
- 2 medium tomatoes
- 1 jalapeño (spicy!)
- 1/4 red onion or 3 scallions
- 1/4 bunch fresh cilantro

Dressing:

- 2 Tbsp olive oil
- 1 fresh lime (2 Tbsp juice)
- 1/2 Tbsp balsamic vinegar
- 1/2 tsp chili powder*
- 1 tsp cumin
- 1/2 tsp salt
- 1/2 tsp sugar

Directions

1. Rinse and drain beans in a colander. Let the excess water drain as you prepare the vegetables
2. Finely dice the bell pepper, tomatoes, jalapeño, and red onion. Try to dice the vegetables into pieces that are roughly the same size as the beans. For a less spicy salad, scrape the seeds out of the jalapeño before dicing. Roughly chop the cilantro. Place the drained beans, bell pepper, tomatoes, jalapeño, onion, and cilantro in a large bowl.
3. In a small bowl, whisk together the olive oil, lime juice, balsamic vinegar, chili powder, cumin, salt, and sugar. Pour the dressing over the salad, then stir until everything is well coated. Serve immediately, or refrigerate until ready to eat.

Deaver Farm Explorers' Tip of the Week

The next time you eat your favorite meal or even a quick snack, take a moment to think about how each ingredient traveled from a seed to your plate! Share pictures, videos, or drawings of your food system discoveries with us at deirdre.sheehy@greenerpartners.org

