

# GREEN

## Big Ideas:

- By maintaining and promoting biodiversity, we are increasing the fertility of our soil. Each species has something to offer our planet. By getting rid of these species, we are getting rid of how they help our planet replenish itself. By letting these animals live, we are letting them add to our soil and plants naturally.
- Natural biodiversity allows for farmers to make a better living. If farmers do not have to pay for chemicals and the shipment of chemicals and the follow up chemicals etc. then they would be making more money per plant that they are able to sell.

## Aside from the loss of biodiversity, what are some problems associated with conventional and factory farming?

- The manure from the farms often spills into waterways
- The manure also pollutes the air, causing several different side effects in humans who neighbor these farms
- Having a bunch of animals in a small space makes it easy for disease to spread
- <https://www.factoryfarmmap.org/problems/>
- Conventional farmers often overuse the groundwater for irrigation, which causes water scarcity in surrounding areas
- The destruction of forests and clearing of land for conventional farming plays a big part in climate change
- <http://leafcertified.org/the-apparel-industry/faqs/problems-associated-with-conventional-farming>

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## My Resource Graphic:


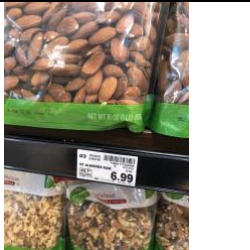



I chose one key point from each of the articles we read for this challenge to display in my chart. I also included the website for more information.



# GREENEST

In this chart, I placed all of the food that I hoped to buy with my \$50, but food is more expensive than I thought. I had to make adjustments to fit my budget.

	Product	Price \$	Quantity	Total \$
	Strawberries	\$4.29 (Kroger)	1	\$4.29
	Blueberries	\$4.99 (Kroger)	1	\$4.99
	Pumpkin	\$14 for one giant pumpkin (Nashville farmer's market)	1	\$14.00
	Spinach	\$2.19 (3 servings) (Kroger)	0 unit	\$0

	Zucchini	\$1.99 (Kroger)	1	\$1.99
	Almonds	\$6.99 full bag (Kroger)	0 bags	\$0
	Granola	\$3.99 bag (3 servings) (Kroger)	1 bag	\$3.99
	Bananas	\$0.69 per lb (Kroger)	1 lb (4 bananas)	\$0.69
	Spaghetti Squash	1 large squash for \$1 (farmer' s market)	1	\$1.00

	Apples	\$5.99 (Kroger)	0	\$0
	Almond Milk	\$2.99 (Thrive Market)	2	\$5.98
	Broccoli	\$3.49 (Kroger)	1 head	\$3.49
	Small Bell Peppers	\$3.99 (20 peppers) (Kroger)	1 bag	\$3.99
	Kale	\$3.99 (10 servings) (Kroger)	1	\$3.99

**Total Cost of Shopping List: \$49.40**

**Recipes:**

Pumpkin soup: 4 servings

Cost per meal: \$4.25

- 1 pumpkin boiled and mashed

- ½ spaghetti squash
- tablespoon olive oil
- 1 1/3 cups water
- 3 cups almond milk
- ½ teaspoon sugar

Veggie Salad: 3 servings

Cost per meal: \$2.04

- 3 serving of kale
- 9 baby sweet bell peppers
- ¾ head of broccoli
- 3 teaspoon of olive oil
- 3 teaspoon of balsamic
- 3 serving of pumpkin seeds

Berry Salad: 2 servings

Cost per meal: 2.03

- 2 serving of kale
- 6 strawberries
- 2/5 package of blueberries
- 2 serving pumpkin seeds
- 2 teaspoon olive oil
- 2 teaspoon balsamic vinegar

Smoothie: 2 servings

Cost per meal: \$2.04

- 10 strawberries
- 2 serving kale
- 1 banana
- 2 cup almond milk
- ice

Granola bowl: 3 servings

Cost per meal: \$2.00

- 3 cup of granola
- 3 banana
- 3 cup almond milk

Zucchini and Spaghetti Squash Pasta: 1 serving

Cost per meal: \$3.77

- ½ spaghetti squash
- 1 zucchini
- 5 baby bell peppers
- 2 teaspoons olive oil

- 3 tablespoons balsamic vinegar
- salt and pepper

**Schedule: day and total meal expenses for the day:**

<b>Monday (\$8.29)</b>	<b>Tuesday (\$6.11)</b>	<b>Wednesday (\$8.29)</b>	<b>Thursday (\$10.06)</b>	<b>Friday (\$8.29)</b>
Granola bowl (\$2.00)	Smoothie (\$2.04)	Granola bowl (\$2.00)	Smoothie (\$2.04)	Granola bowl (\$2.00)
Veggie salad (\$2.04)	Berry salad (\$2.03)	berry salad (\$2.03)	Pumpkin soup (\$4.25)	Veggie salad (\$2.04)
Pumpkin soup (\$4.25)	Veggie salad (\$2.04)	Pumpkin soup (\$4.25)	Squash/zucchini pasta (\$3.77)	Pumpkin soup (\$4.25)

**Saving Money:**

- The biggest way I was able to save money was by using the same ingredients/buying in bulk
- The farmer's market also helped me save money. The spaghetti squash was used in 5 of my meals and only cost me a dollar

**Is this realistic?**

Personally, this is very realistic. I have tried and enjoy all of the recipes I have shared above and so I know that I would eat them. The only thing that is not realistic about this diet is that I do not usually have enough time set aside in my day for me to cook the soup or cut up the zucchini and squash. However, if I set aside two hours one day a week and cut everything and boiled the pumpk, I could easily make this meal plan happen.