

### Supplement A: Vocabulary

**Blight:** A plant disease characterized by sudden and severe browning, withering, or dying. Typically caused by a bacteria, fungus, or virus.

**Compost:** The process of using organic food waste to produce nutrient-rich soil.

**Crop Rotation:** A system of growing different crops one after the other on the same area of land. This process avoids depleting resources in the soil and controls weeds, diseases, and pests.

**Fertilizer:** A chemical or natural substance added to soil to help the growth of plants.

**Habitat:** A natural environment suited to specifically support life of the plants and animals living in that area; every habitat must have food, water, shelter, and sufficient space for its inhabitants.

**Local/Seasonal:** Local and seasonal food is more sustainable because it reduces the need for our food to be preserved, transported long distance, or refrigerated before it ends up on our plate.

**Monoculture:** The production of one crop.

**Organic:** Food produced without using any chemical fertilizers, pesticides, or preservatives

**Preservatives:** Chemicals used to prolong the freshness of certain produce, especially when being transported over long distances.

**Pollinator:** A pollinator is an animal that causes plants to make fruit or seeds. They do this by moving pollen from one part of the flower of a plant to another part. This pollen then fertilizes the plant. Only fertilized plants can make fruit and/or seeds, and without them, the plants cannot reproduce.

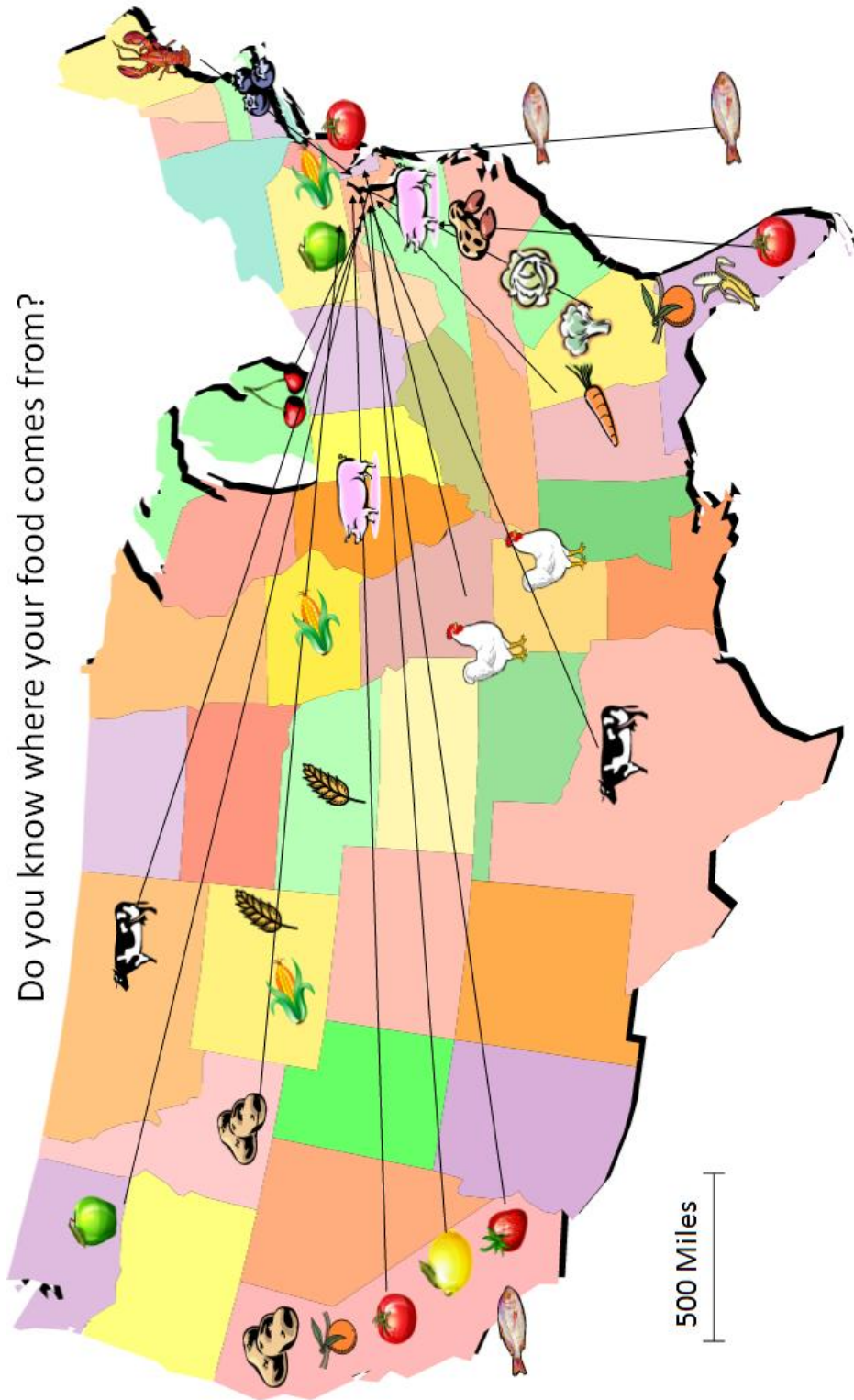
**Polyculture:** The production of more than one crop.

**Sustainable:** A way of harvesting a resource so that it is not used up or permanently destroyed.

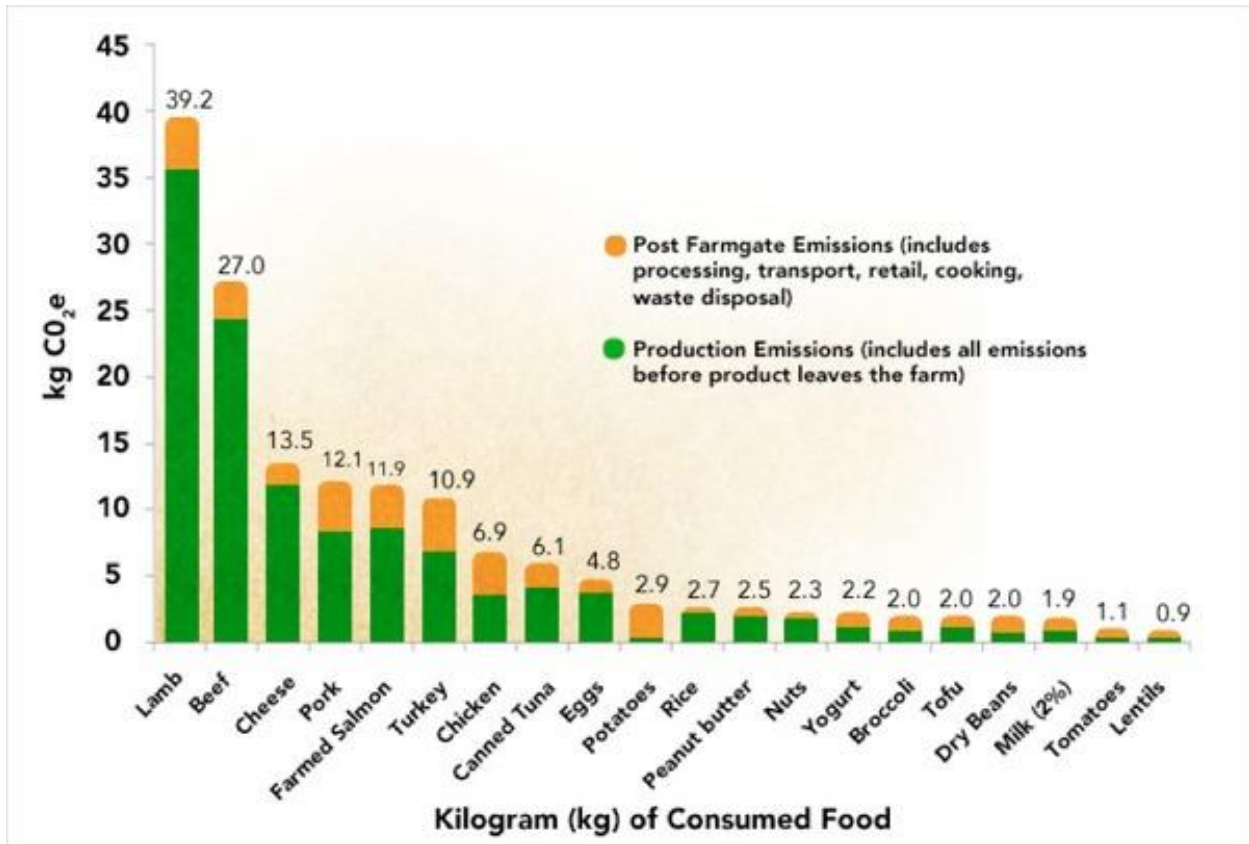
**Symbiotic:** A mutually beneficial relationship between two different organisms.

**Watershed:** An area of land where all water sources flow into a particular body of water.

**Supplement B: Do you know where your food comes from?**



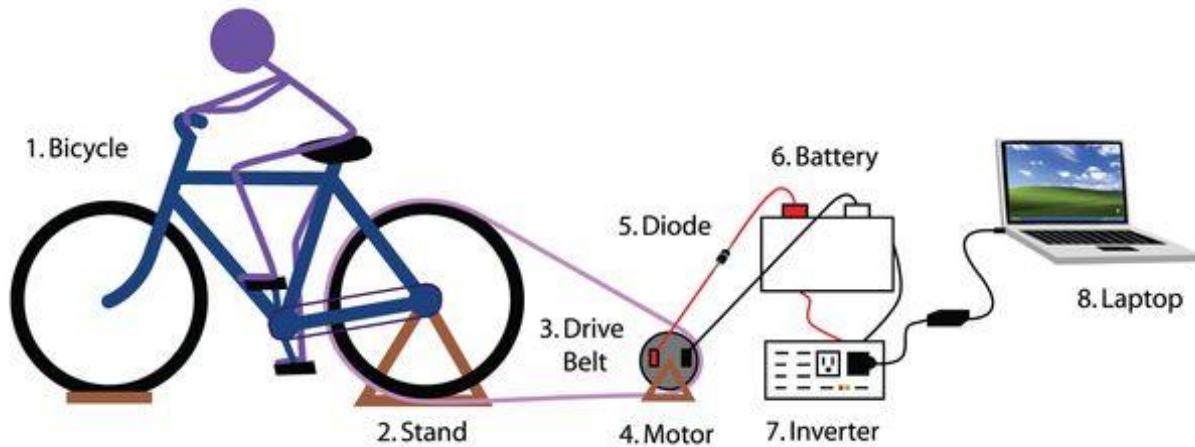
**Supplement C: Estimated amount of Carbon released by the production of different foods**



Source: harvard.edu

- Refer to US produce map; point out several examples of where our food comes from, show the labels of packaged food provided, and have students generate ideas about what needs to be done in order to get that food to Maryland. *(Food must be treated with chemicals such as pesticides and preservatives and requires excessive packaging; it needs to be shipped by truck, train, boat or plane, requiring fossil fuels that release more pollution into the air and on the ground. For reference, the distance from the West Coast to the East Coast is about 3,000 miles).*
- Local seafood is fresh. It never had to be frozen or shipped.
- The higher up the food chain an organism is, the more energy it takes to produce.
- Chicken takes less energy to produce than beef or pork simply because the chicken changes grain into meat more efficiently.
- The pig is more efficient than the cow.
- Processed foods have many ingredients. It would be very difficult and complicated to figure out the amount of energy needed to produce these products. Most of these processed foods contain corn and soy products. Soy and corn are grown on large plots of land and need pesticides, fertilizer, and irrigation to grow. We also would need to account for harvesting, sorting, packaging, and transportation energy costs.
- Cows are very inefficient at producing meat. They use up more energy than any other food product. It takes 1,880 gallons of water to produce one pound of beef. Hamburgers contain meat that has been shipped from all over the country and possibly outside of the country. A single burger can contain meat from as many as 100 cows. Cows are also feed corn, which they do not naturally digest. This causes the cows to release methane gas, which is another greenhouse gas.

### Supplement D: Bicycle Electricity Generation Sheet



This Bike is a generator build to power our small household appliance for our recipe today.

Through pedaling the bike, we will power the motor to charge the battery. The battery is connected to an inverter that allows you to plug the appliance in to the power source, the battery.

Each student will pedal for a minute at an even pace.

Once the entire group has pedaled the bike, plug the blender into the inverter.

Then turn on your blender with all the ingredients in it.

**Supplement E: Tentative schedule for recipes**

(This will change depending on what produce is available at the time)

**Sustainable Table Produce plan for 2017-18**

Week	Food
September and October	Pickles
November and December	Applesauce
February	Applesauce
March	Smoothie with local spinach or kale
April – middle of May	Kale Salad
May and June	Strawberry Smoothie

**Supplement F: Who Can? We Can!**

1. Compost
2. Grow a garden
3. Buy local
4. Shop at a farmer's market (small farms)
5. Eat your leftovers
6. Have zero waste!
7. Eat what is in season – food grown locally in a greenhouse might not be better
8. Eat less meat
9. Eat lower on the food chain (more plants, fewer animals)
10. Don't eat junk
11. Watch the packaging!
12. Use reusable bags, or none at all
13. Drink water from the tap, not from bottles
14. Don't use Styrofoam
15. Don't throw away food by the sell-by date
16. Buy ugly fruit!
17. Share what you know with others, so that they can make changes, too!