PROJECT FOR SUSTAINABLE FOOD AT THE URBAN FARM OF LILLE



SUBSTAINABLE FARM

It's the european sustainable developpement week from 8 to 18 of October.

The sustainable farm



The Concorde substainable farm opened the 23rd April 2023, it is part of a substainable project to help the innhabitants of Lille.

INTERNATIONAL COLLEGE CARNOT



Two students discussing the E3D club. This club takes action for substainable development. Every year the club has a different projects to take action for.

Collège Carnot has a diploma for being an establishment committed to sustainable development

BRAINSTORMING



The goal of our project for the european substainable developement week is to make recipes using organic vegetables from the farm and to eat them.

Vegetable cleaning



Here, we are cleaning some vegetables for the recipe.
As you can see on the picture, we are cleaning some potatoes,green beans, tomatoes...

Gaspacho Recipe



Starter: Gaspacho

Ingredients:

Olive oil,Salt,Pepper,1 1/2 onions,15 tomatoes,2 1/2 red peppers,2 1/2 green peppers,3 1/2 tbsp vinegar,2 1/2 cucumbers,1 1/2 cloves of garlic,6 1/2 scallions (spring onions),1 1/2 slices of bread,3 1/2 hard-boiled eggs,Fresh basil,

Utensils:

Blender,Knife,Oven,Fork,Bowls/ramekins,

Recipe:

1 Chop the tomatoes, 1 green pepper, 1 red pepper, 1 cucumber, the onion, and the garlic.

Blend.

2 Add the slices of bread and blend.

3 Season with salt, pepper, 4 tbsp olive oil, and 2 tbsp vinegar.

4 Let rest in the fridge for 2 hours.

5 Dice the remaining bell peppers, cucumber, and scallions; mash the hard-boiled eggs; add the basil.

Croquettes recipe

Preparation: 30 min
Cooking: 20 min
Resting: 15 min
Total: 65 min
Servings: 12 croquettes Ingredients:



200g of lentils,
2 medium courgettes,
3 medium carrots,
2 eggs,
2 tbsp of flour,
2 tbsp of salt,
1/2 tsp of pepper,
1 tsp of paprika or mild spices

Steps
to prepare the vegetables and lentils:
Wash and peel the carrots.
Cut them into small cube
Wash and peel the carrots.
Cook the lentils in water.



Salad Recipe

Recipe for the mixed salad
potatoes, beetroot, spring oignon, eggs, tomatoes, green bean, salad dressing

Step 1: peel the potatoes and the beetroot, then cook them

Step 2: cut the tomatoes.

Step 3: cook the green bean and the eggs (make hard-boiled eggs)

Step 4: cut the spring oignon

Step 5: make the salad dressing*

*mix the balsamic vinegar, the olive oil, salt, peper and mustard



Cake Recipe

Moist rhubarb cake
Ingredients:
Butter for the pan
2/3 tsp baking powder
200g flour
625g rhubarb
250g granulated sugar
5 eggs
Total time: 1 hour
Preparation: 25 min
Cooking: 35 min

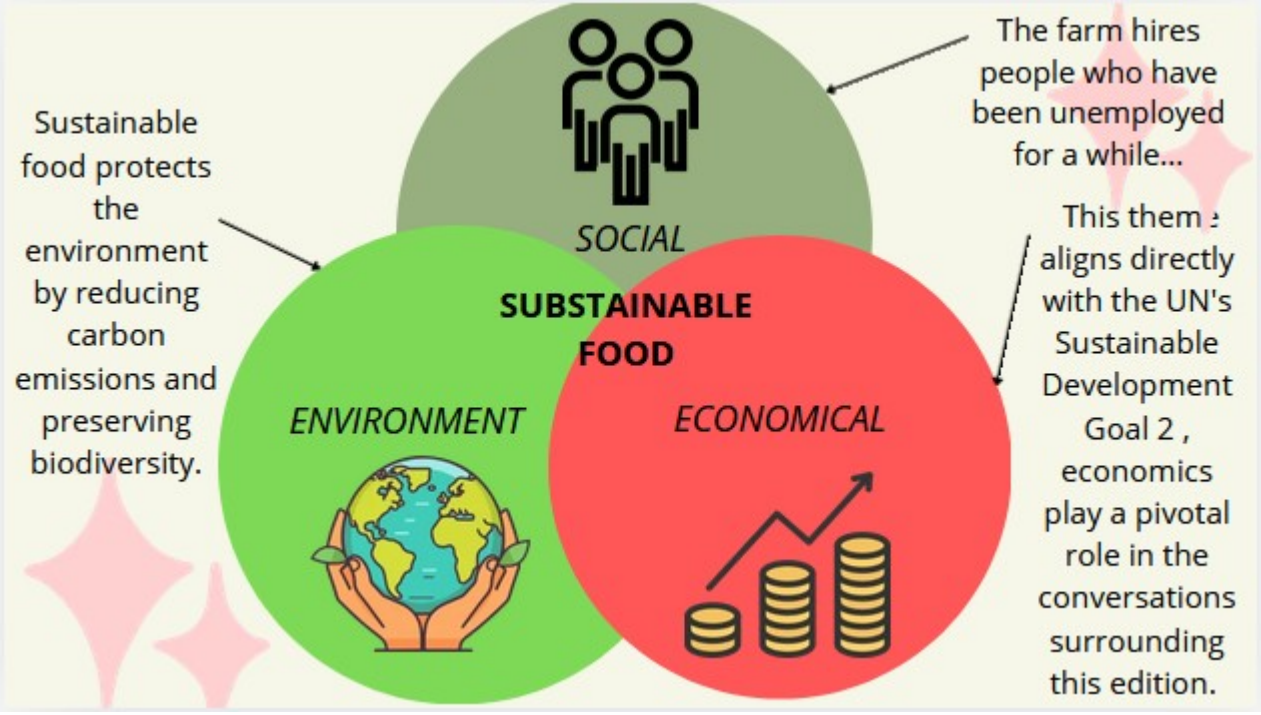


Step 1: Trim and cut the rhubarb
Step 2: Blanch the rhubarb for 2 minutes and drain
Step 3: Preheat the oven to 210°C (gas mark 7)
Step 4: Mix the eggs and sugar in a bowl placed over a hot water bath
Step 5: Whisk the mixture until it has doubled in volume and become frothy
Step 6: Remove from the heat and gently fold in the sifted flour and baking powder
Step 7: Pour the batter into a well-buttered pan and arrange the rhubarb pieces on top
Step 8: Bake in the oven for 35 minutes

THE MEAL



This is what the final meal looked like. They were all homemade with every fruits and vegetables from the sustainable farm.


The farm hires people who have been unemployed for a while...
Sustainable food protects the environment by reducing carbon emissions and preserving biodiversity.
SOCIAL
SUBSTAINABLE FOOD
ENVIRONMENT
ECONOMICAL
This them aligns directly with the UN's Sustainable Development Goal 2 , economics play a pivotal role in the conversations surrounding this edition.