Most of our food travels about 1500 miles to our tables.

Why would three chefs working in famous restaurants trade big city lights for starry nights on the prairie? The answer: the food. They want to be closer to the ingredients that make their gourmet meals so healthy and delicious. Follow the chefs, as they become farmer-chefs who create a sustainable farm from scratch with no fertilizer, pesticides or hormones. The acres are complete with vegetables, fruits, herbs, chickens, cows and pigs cultivated with a system that preserves the land and resources. They believe, as many people do, that we would be healthier if we ate food that is grown locally and just a few miles from farm to table. The chefs at Epiphany Farms Enterprises are feeding and educating a community about delicious nutrition through farm tours, farmers’ markets, CSA share boxes, speeches at schools and organizations, cooking classes and personal dinner events. The final goal: to open a restaurant in the heart of the sustainable heartland.

Directions: After watching “Fresh Food: What is Farm to Table?”, answer the following questions.

1. Why did the chefs move from the big city to the country?

2. What is the farm-to-table concept?

3. What are the two key words that describe the sustainable farming method?
4. Name four types of farming?

5. Why is it healthy to eat foods that are grown locally?

6. Why, beginning in the 1950s, were farmers able to produce four times as much on the same land?

7. How are organic and sustainable farming alike?

8. How are organic and sustainable farming different?

9. How do the farmer-chefs plant and weed their fields?

10. What is the farmer-chefs ultimate goal?
Review

Most of our food travels about 1500 miles to our tables.

Why would three chefs working in famous restaurants trade big city lights for starry nights on the prairie? The answer: the food. They want to be closer to the ingredients that make their gourmet meals so healthy and delicious. Follow the chefs, as they become farmer-chefs who create a sustainable farm from scratch with no fertilizer, pesticides or hormones. The acres are complete with vegetables, fruits, herbs, chickens, cows and pigs cultivated with a system that preserves the land and resources. They believe, as many people do, that we would be healthier if we ate food that is grown locally and just a few miles from table. The chefs at Epiphany Farms Enterprises are feeding and educating a community about delicious nutrition through farm tours, farmers’ markets, CSA share boxes, speeches at schools and organizations, cooking classes and personal dinner events. The final goal: to open a restaurant in the heart of the sustainable heartland.

Directions: After watching “Fresh Food: What is Farm to Table?”, answer the following questions.

1. Why did the chefs move from the big city to the country?
   
   To be closer to the food they prepare in their gourmet meals.

2. What is the farm-to-table concept?
   
   The distance food travels from where it is grown to where it is eaten.

3. What are the two key words that describe the sustainable farming method?
   
   Healthy and local.
4. Name four types of farming?
   *Family, factory, organic and sustainable farming.*

5. Why is it healthy to eat foods that are grown locally?
   *Foods are filled with the most nutrients as soon as they are harvested. Fruits and vegetables lose nutrients as time passes.*

6. Why, beginning in the 1950s, were farmers able to produce four times as much on the same land?
   *The use of specialized seeds, fertilizers and pesticides revolutionized farming.*

7. How are organic and sustainable farming alike?
   *Both use natural farming techniques without chemicals.*

8. How are organic and sustainable farming different?
   *Organic farms must be certified. Some widen their customer base, grow larger and ship their foods. Sustainable farms stay close to their customers.*

9. How do the farmer-chefs plant and weed their fields?
   *By hand.*

10. What is the farmer-chefs ultimate goal?
    *To open a restaurant that serves fresh, sustainable food.*
Activities

Where in Your World is Fresh Food?

Do you have a farmers market in your city? Is it possible to buy a share in a community supported agriculture program? Can you find sustainable and organic farms? What grocery store has the most organic produce? Take to the Internet. Read local newspapers. Check your library. Ask people you meet. You may be surprised at all the fresh food near you. This can be an individual or group activity. Share your information.

Farmers markets: ________________________________________________________________

Dates and times: ________________________________________________________________

CSA: ________________________________________________________________

How to contact: ________________________________________________________________

Sustainable farms: ______________________________________________________________

Organic farms: ________________________________________________________________

Grocery stores with organic food: ________________________________________________
A Good Read

*The Omnivore’s Dilemma*
*The Secrets Behind What You Eat*
by Michael Pollan

Has the Fresh Food: What is Farm to Table? program left you wanting to know more about what’s going on with the food you eat? If so, check out a copy of *The Omnivore’s Dilemma*. This page-turner bestseller is available in both the original and young readers editions. You’ll learn how most of your food is produced. The information is surprising and somewhat scary. However, you will also discover better ways to grow and purchase fresh, nutritious food.

Farm-to-Table Resources from Learning ZoneXpress

Look through the Learning ZoneXpress catalog and website for more resources to tell the nutrition story. Products that specifically apply to the farm-to-table concept include:

*Video:* Nutrition Controversies (#3507-DVD)

*PowerPoint:* The Mechanics of Organic Foods (#7167)

*Posters:*
Farm to Table (#4577)
Eat to Grow – Grow to Eat (#4578)
Food Cycle (#4576)
Organic Foods (#4391)