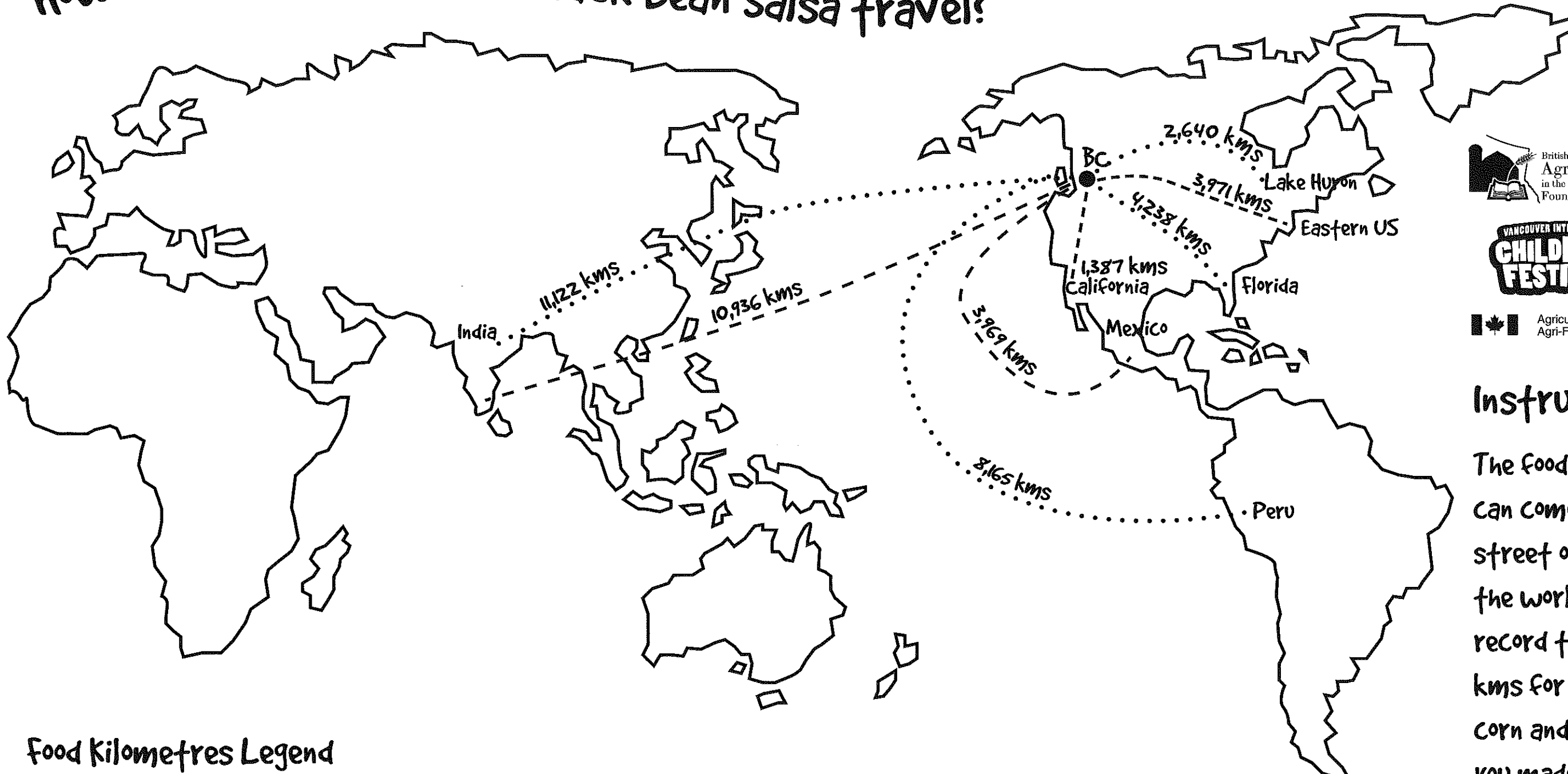


How far did your corn and black bean salsa travel?

Name: _____



Instructions:

The foods that we eat can come from down the street or the other side of the world. Using the map, record the number of food kms for each item in the corn and black bean salsa you made today. Add up the kilometres and you will see how far the ingredients for your corn and black bean salsa travelled.

Food Kilometres Legend

olive oil - California, US _____
 Wine Vinegar - Eastern US _____
 Red Pepper - Delta, BC 23 kms
 Chili Powder - India _____
 Jalapeno Pepper - Mexico _____
 Total column kms _____

Sugar - Florida, US _____
 Salt - Lake Huron, Ontario _____
 Pepper - Southern India _____
 Cilantro - Delta, BC 23 kms
 Green onion - Richmond BC 18 kms
 Total column kms _____

Cumin - Mexico _____
 Garlic - Kelowna, BC 388 kms
 Black Beans - Peru _____
 Corn - Chilliwack BC 64 kms
 Lime - Florida _____
 Total column kms _____

Grand Total kms _____

Corn and Black Bean Salsa to fry at home

Ingredients - makes 2 cups

- | | |
|--|--|
| 2 Tbsp. olive oil | 1/2 a lime, juiced |
| 2 tsp. red wine vinegar | 1 small clove garlic, pressed through a garlic press |
| 1/2 tsp. ground cumin | 1/2 cup fresh or frozen corn |
| 1/4 tsp. chili powder | 1/2 red pepper, diced |
| 1/4 tsp. sugar | 1/4 jalapeno pepper, seeded and diced (optional) |
| Pinch salt and pepper | 1 small green onion, cut in thin strips |
| 1/4 can (398 ml) black beans, rinsed and drained | 2 Tbsp. cilantro, torn into small pieces |

Method:

- Measure the olive oil, red wine vinegar, cumin, chili powder, sugar, salt and pepper and place in a medium-sized bowl. Mix together with a fork.
- Open the can of black beans, pour into a strainer over the sink, and then rinse under cold water. Shake out the water and place about quarter of the beans into the bowl with the oil mixture. Save the rest of the beans for another use (add to a soup or a salad).
- Peel the garlic clove and press through a garlic press. Add to the bean bowl.
- Juice one half lime into the bean bowl.
- Husk the corn, and then break the cob in half. Stand half a corn cob on the cutting board then carefully cut the kernels off of the cob by cutting toward the board. Add to the bean bowl. (You can also use frozen corn when corn is not in season).
- Cut the red pepper into thin strips, and then cut each strip into small cubes. Try to cut the pepper about the same size as the black beans.
- Cut the jalapeno pepper into half from stem to the tip. Scrape out the seeds and the white membrane from 1/4 of the pepper, then cut into thin strips. Cut each strip into tiny cubes. Add the diced jalapeno to the bean bowl then wash your hands and wipe down the cutting board. (Try not to rub your eyes while cutting the jalapeno as they will sting)
- Cut the green onion into thin strips and add to the bean bowl.
- Rip the leaves from the cilantro and tear into small pieces into the bowl.
- Combine all the ingredients together, cover and refrigerate until ready to eat.

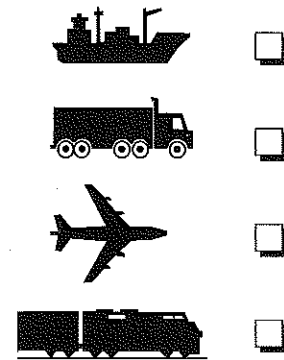
Food Kilometre Questions

1. Which food ingredients travelled the farthest? _____

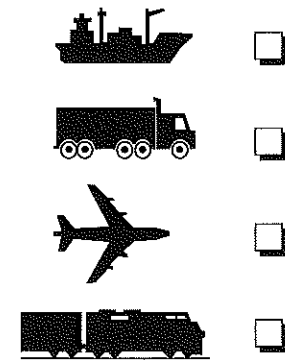
2. Which food ingredients were closest to Vancouver? _____

3. Put a check beside the type of transportation that you think the following ingredients may have travelled in to get to BC?

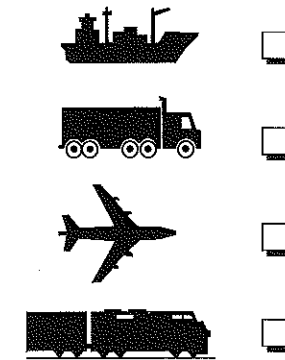
Black Beans - Peru



Pepper - Southern India



Salt - Lake Huron, Ontario



4. How many food kilometres did it take to make corn and black bean salsa? _____ kms

5. Put a check beside the ways that you and your family could cut down your food kms:

- | | |
|--|--|
| <input type="checkbox"/> Walk to the grocery store. | <input type="checkbox"/> Start a community garden in your neighbourhood. |
| <input type="checkbox"/> Buy food that is out of season. | <input type="checkbox"/> Drive to the grocery store. |
| <input type="checkbox"/> Grow some of your own food at home. | <input type="checkbox"/> Buy fruits and vegetables at the farmers' market. |
| <input type="checkbox"/> Share with your neighbours. | <input type="checkbox"/> Freeze berries when they are in season. |
| <input type="checkbox"/> Eat lots of processed food. | <input type="checkbox"/> Buy food from the other side of the world. |

Something to think about: How does food travelling so far affect the health of our planet?