

FUTURE
FOOD

RIGHT
GO
RIZ

Medical Disclaimer

The content in this presentation and online at FutureFoodRightNow.com or on any of the social media posts is for informational or educational purposes only, and it **does not substitute professional medical advice** or consultations with healthcare professionals.

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Agricultural Technologies for a Growing Planet

President



Masters of Architecture 1993



sbn Sustainable Business Network
of Greater Philadelphia

Prior Elected Board Member

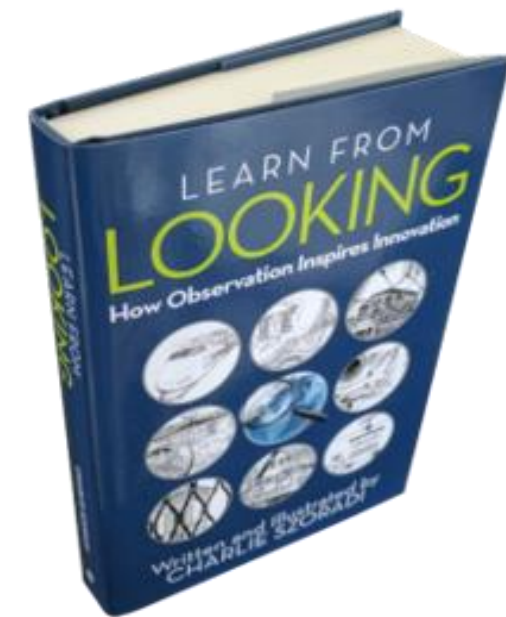


Instructor



GREENandSAVE.com
Saving Your Money and the Planet!

Founder & Editor
since 2007



Author of the book
on sustainable design:
www.LEARNfromLOOKING.com

The Future of Food can be:

**FRESH
LOCAL
HEALTHY
AFFORDABLE
and
SUSTAINABLE**



Problem to Solve
RESEARCH:

Unhealthy America

Obesity in the US:

19.7% children & adolescents

41.9% adults

source: www.cdc.gov/obesity/data/childhood.html +
www.cdc.gov/obesity/data/adult.html



Problem to Solve
RESEARCH:

Long Distance from Farm to Table

90% of U.S. lettuce
comes from California
and Arizona

source: www.lettuceinfo.org/lettuce-safety + www.aic.ucdavis.edu/profiles/lettuce-2005.pdf



Problem to Solve
RESEARCH:

Nutrient Loss

46% loss of key nutrients for
vegetables like lettuce within 7
days of cold storage / transit

source: [www.vegetory.com.my/single-post/2020/04/19/
nutrient-loss-in-vegetables-after-storage](http://www.vegetory.com.my/single-post/2020/04/19/nutrient-loss-in-vegetables-after-storage)

Problem to Solve
RESEARCH:

Climate Change

24% of Greenhouse Gas Emissions (GHG) comes mostly from Agriculture (cultivation of crops & livestock) and deforestation.

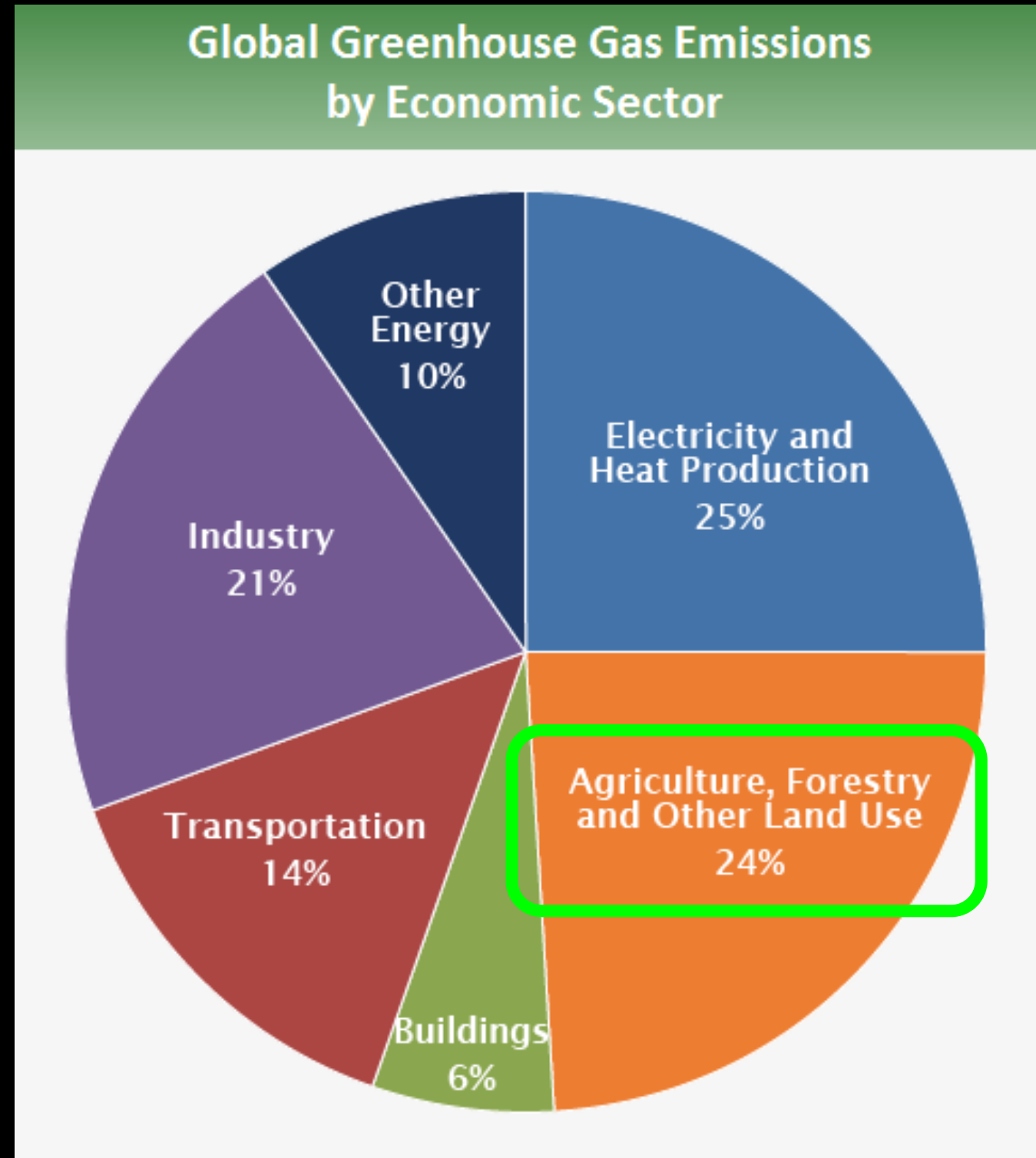
source: <https://www.epa.gov/ghgemissions/global-greenhouse-gas-emissions-data>



Problem to Solve
RESEARCH:

If you only remember one thing, remember this:

Production of food contributes more to Climate Change than the cars we drive.



source: <https://www.epa.gov/ghgemissions/global-greenhouse-gas-emissions-data>



Opportunity
RESEARCH:

Local Indoor Vertical Farming

2 key advantages over traditional outdoor field farming:

10 to 20 times more yield / acre

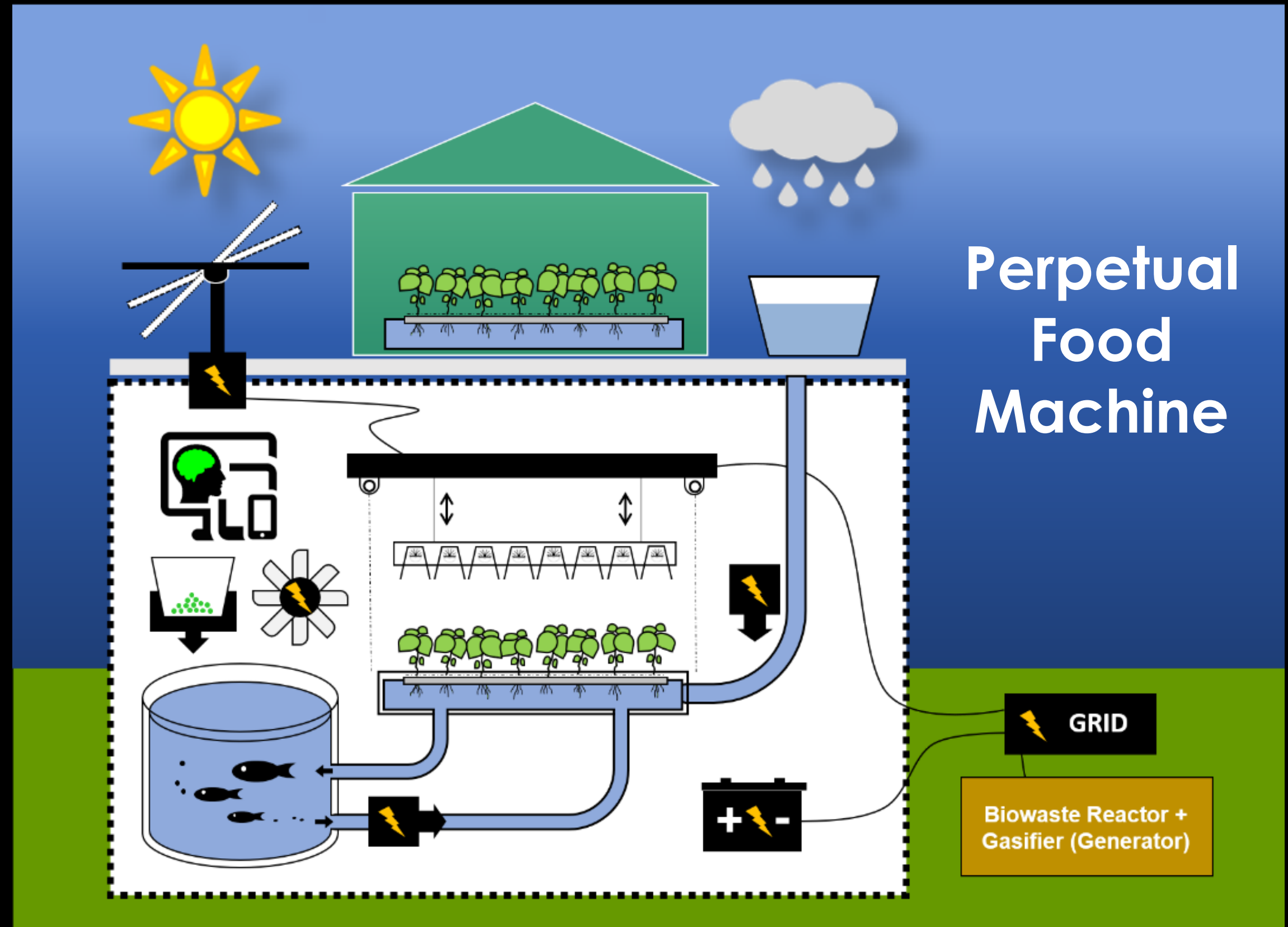
70% to 90% less water

source: US Department of Agriculture + www.theguardian.com/environment/2022/aug/17/indoor-vertical-farms-agriculture

Controlled Environment Agriculture (CEA)

**FUTURE
FOOD** **RIGHT
NOW**

**SOLUTION 1:
High Tech
Indoor
Farming**



Examples of (CEA)

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SOLUTION 1: High Tech Indoor Farming

A



B



C



- A. Rooftop Greenhouses
- B. On-site/campus Cases
- C. On-site/campus Shipping Container Farms

Manufactured Food

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FOOD** **RIGHT
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SOLUTION 2: Lab Tech “Manufactured” Food

Examples of Lab Tech Manufactured Food:

- **Mushrooms for “bacon like” food**
- **Seaweed for protein substitutes**
- **Insects for ground up food additives**
- **Many more**

Home Grown Microgreens

**FUTURE
FOOD** **RIGHT
NOW**

SOLUTION 3: Low Tech Indoor Farming

**Affordable, Fast,
Easy, and
Nutritious**

More info at
FutureFoodRightNow.com
+
StudentFarmers.org



MICROGREEN SUPERFOOD

Starter Kit



Home Grown Microgreens

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Superfood Benefits of this Microgreen **“BAT” MIX:**

Broccoli – Heart Health, Digestion, Immune System, and Cancer Prevention.

Arugula – Sports Performance, Blood Pressure Reduction, Cancer Prevention, Vision Protection, Wound Healing, Liver Detoxification, and Prevention of Bad Breath and Body Odor.

Turnip – Healthy Skin and Hair, Reducing Anemia, Osteoporosis Prevention, Cancer and Diabetes Prevention and Treatment, and improved Digestion, Sleep, Mood, and Sun-damaged skin.



Why Now

The human population of earth has more than doubled in 50 years from under 4 billion to almost 8 billion.

We need to change our approach to food.

SUMMARY

Whole foods like microgreens are good for you and good for the planet.

Support local growers or grow food right at home, on site, or on campus.

For follow up and internship program information contact:

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APPENDIX

The following page includes a Double-Sided Handout for Presentation Attendees. The Presentation will include a demonstration of the physical Microgreen Starter Kit.

Student Farmers is a non-profit organization dedicated to in-home sustainable farming for students of all ages, who seek to improve their health, reduce cost of vegetables, and promote environmental stewardship.

Welcome to the Future of Food!



**MICROGREEN
SUPERFOOD**

Starter Kit

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See: StudentFarmers.com/microgreen-benefits.



This kit includes: 1. Four Envelopes of Seeds, 2. Four Grow Mats, 3. One Grow Tray (with drainage holes), 4. One Upper Tray (without holes), 5. One Lower Tray (without holes), 6. Spray Bottle



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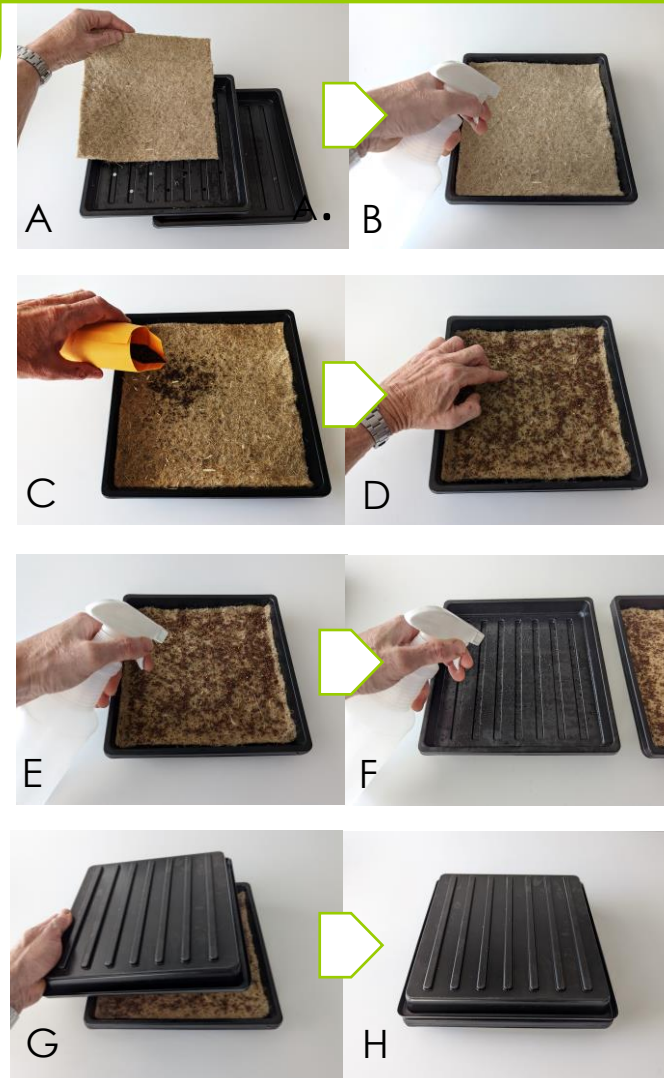


For “how to” video, FAQs, tips, recipes, and supply SHOP for more seeds and grow mats, scan the QR code or visit www.StudentFarmers.com/StarterKit

STEPS FOR SUCCESS

DAY 1

- A.** Lay a sheet of the Grow Mat in the Grow Tray (with drainage holes) and set in Lower Tray (without holes).
- B.** Spray to wet the mat.
- C.** Spread seeds evenly on the mat using the seed envelope.
- D.** Even out the seeds with your finger.
- E.** Spray to wet the seeds.
- F.** Spray to wet the inside of the Upper Tray "lid".
- G.** Cover the lid for germination.
- H.** Set in a cool place away from direct sunlight.



DAYS 2 & 3

Spray the seeds on the mat twice a day, as well as the underside of the lid. Keep the lid covered. The growth should come out by the end of day 2. By day 3 they should measure about 1".



DAYS 4 to 9

The growth should be about 1.5" on day 4. Remove the lid. Move the tray to a windowsill or table near a window. Spray or add 6 oz to 8 oz of water twice a day. Pouring is faster than spraying.

A-1: Pour the water evenly over the top
OR

A-2: Pour the water into the lower tray. When the greens are 3" to 4" tall, they are ready to harvest.



DAY 10

Two easy ways to Harvest: **A-1:** Pull out the greens and eat them with their tiny roots, **A-2:** Cut them above the Grow Mat, **A-3:** Cut the Grow Mat to place on a dish on your counter or in an air-tight container in your refrigerator for a week.



Compost or discard Grow Mats, which are biodegradable.

Eat & Repeat !

Enjoy your microgreens on salads, sandwiches, in smoothies, and more: www.StudentFarmers.com/Recipes