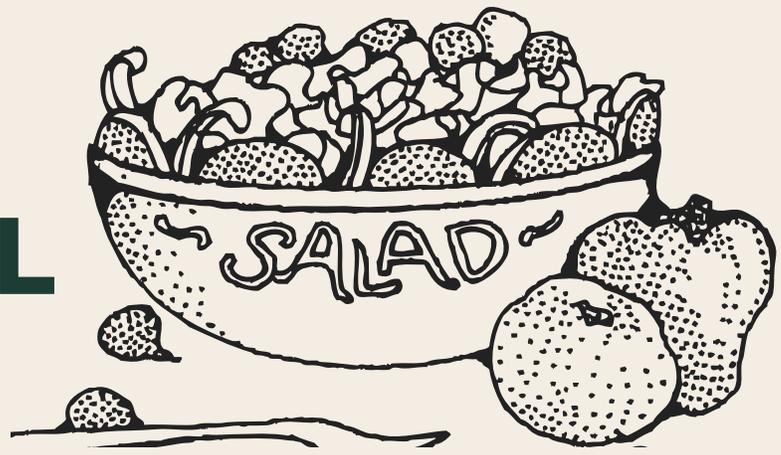


# LANDFILL



This dish demonstrates how environmental racism can show up in our food system - building this salad replicates how dumping garbage and toxic waste impacts the environment and communities around the site.

## SALAD INGREDIENTS

- Raw red/purple beets
- Salad veggies of your choice - e.g.: cucumbers, carrots, bell peppers, etc.
- Greens of your choice
- Light-coloured cooked grains - e.g.: rice, quinoa, barley, etc.

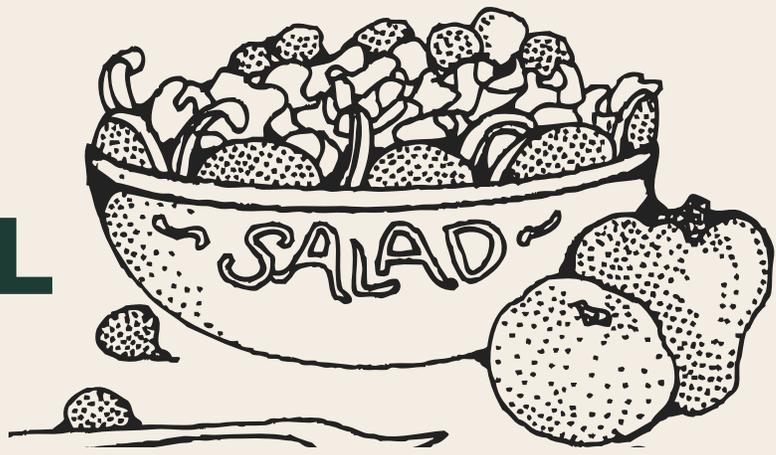
## VINAIGRETTE INGREDIENTS

- 2 tablespoons honey
- 1 tablespoon dijon mustard
- Salt and pepper, to taste
- 1 large garlic clove
- 1/4 cup balsamic vinegar
- 3/4 cup olive oil

## EQUIPMENT

- Cutting boards and knives
- Measuring cups and spoons
- Mason jars
- Chopsticks
- Box grater

# LANDFILL



## INSTRUCTIONS

1. Hand out a mason jar to each participant. Prep vegetables – grate beets, chop/slice additional veggies, wash greens.
2. First, they need to add their garbage, which in this case is freshly grated (this is important for maximum “bleeding”) raw purple beets.
3. Add any additional vegetables and greens going into the salad into the jar.
4. Next, add your soil to cover up your landfill – any light-colored, cooked whole grain such as quinoa, rice, or barley.
5. Now we need some surrounding waterways – this will be your salad dressing. Mix all vinaigrette ingredients, except for oil. Once combined, slowly stream oil into vinaigrette and whisk to emulsify. Add this to your salad.

Waterways travel underground in what’s called the “water table.” Over time, the garbage in your landfill continues to break down at different rates, depending on what it is. Your landfill shifts and moves over time. Stir up your landfill salad to see what happens

Participants should notice the “bleeding” of the purple color from the beets throughout their other salad ingredients (including the soil and the water). This is what happens in real life too as the garbage mixes with the surrounding environment.

Does it have a smell? What does it smell like? Oh no! The air has been polluted too!

**Eat and enjoy your salads together!**