

A WATERWISE GUIDE TO WONDERFUL FOOD

A program of the Wyland National Mayor's Challenge for Water Conservation

The Wyland Foundation brings together people for clean water and a healthy ocean. With the help of public and private partners, we encourage communities everywhere to explore ways they can reduce their impact on local, regional, and global water resources. You can start by carrying this pocket guide and sharing it with others to spread the word.

CREATE YOUR OWN WATERWISE EDIBLE GARDEN

With good garden design, careful plant choices, and smart water and soil management, you can discover first hand what it takes to get food from farm to table.

- Find a spot with hose access that gets at least six hours of sun a day
- Follow our plan at mywaterpledge.com/cooksmart to lay out a small raised bed
- Buy your seeds and enough compost for a six-inch deep layer
- Tend your garden by hand or use a smart irrigation drip system
- Consider "companion planting" with certain plants as a natural pest control

Need a selection of climate friendly herbs and veggies for your garden?

Try ours

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|---------------------------|-------------------|
| • Borago officinalis | Borage |
| • Echinacea purpurea | Purple coneflower |
| • Salvia officinalis | Garden Sage |
| • Rosmarinus officinalis | Rosemary |
| • Lavandula angustifolia | Garden lavender |
| • Calendula officinalis | Calendula |
| • Thymus vulgaris | Thyme |
| • Taraxacum officinale | Dandelion |
| • Satureja hortensis | Summer savory |
| • Satureja montana | Winter savory |
| • Cynara cardunculus | Artichoke |
| • Brassica rapa chinensis | Chinese cabbage |
| • Brassica oleracea | Red cabbage |
| • Brassica oleracea | Cauliflower |
| • Brassica oleracea | Broccoli |
| • Brassica oleracea | Curly Kale |
| • Melissa officinalis | Lemon Balm |
| • Anethum graveolens | Fernleaf dill |
| • Yerba Buena | Sweet mint |
| • Origanum vulgare | Greek oregano |

Try one of our sample recipes from Top Local and Celebrity Chefs

Baked Farro recipe from The Lodge at Torrey Pines, Calif., from Chef Kyle Wiegand.

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|-----------------------------|----------------------|
| ½ cup Diced Pancetta | 1 cup Marinara Sauce |
| ½ cup Onion (Finely Diced) | 4 cups Water |
| ½ cup Carrot (Finely Diced) | 1 Bay leaf |
| ½ cup Celery (Finely Diced) | 1 Sage leaf |
| 1 clove garlic (Chopped) | 1 Thyme Sprig |
| 2 cups Farro | 1 Marjoram Sprig |
| 1 cup Chicken or Pork Stock | pinch Rosemary |

- 1) Sauté the pancetta in a sauce pan to render the fat. Add the vegetables and cook until tender; about 5 minutes.
- 2) Add the rest of the ingredients, season with salt and pepper, then bring to a boil, cover and bake in a 325 degree oven for 1 1/2 hours until most of the liquid is absorbed and the farro is tender.

Look for more recipes from Celebrity chefs at mywaterpledge.com/cooksmart

Take the Wyland National Mayor's Challenge for Water Conservation, April 1-30

With over \$50,000 in eco-friendly prizes to give away, this fun annual challenge is one of the smartest ways to encourage your friends and neighbors to conserve water, energy, and other natural resources on behalf of their community.

www.mywaterpledge.com

National Presenting Partner:

TOYOTA

Additional support provided by:



WYLAND FOUNDATION AND TOYOTA PRESENT A WATERWISE GUIDE TO WONDERFUL FOOD



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Some climates are better suited for growing certain foods. Look at areas that are being hard hit by drought when considering how badly you want to buy a water intensive crop from that region.

THINK SEASONAL

Highly processed foods like candy, chips, and ready-made meals require extraordinary amounts of water. Opting for healthier alternatives is not only good for your waistline, it can actually reduce your water footprint.

MAKE EATING LESS OF A PROCESS

Transporting food over long distances takes lots of fuel. In fact, it takes three-quarters of a gallon of water to produce the gasoline needed to drive one mile. Buying food locally not only saves water, it reduces air pollution, and supports area economies.

GET IT UP THE ROAD



According to the United States Environmental Protection Agency, up to 50 percent of outdoor water is wasted due to inefficient watering methods.

WATER EFFICIENTLY

Americans discard over 30 percent of their food without even eating it. By carefully planning meals, we can bring this number down.

WASTE NOT

Not all food requires the same amount of water to grow. A single pound of beef, on average, has the largest water footprint due to the water needed to grow the grass, forage and feed that a beef steer eats over its lifetime. Vegetables, grains, and beans require much less water.

CHOOSE YOUR FOOD WISELY

Landscape maintenance and irrigation are the biggest users of water in the United States. Agriculture is a major user of ground and surface water, accounting for approximately 80 percent of the nation's consumptive water use (USGS). While there is no substitute for water to grow food, there are many things each of us as consumers can do to improve our understanding of the ways food gets from farms to our tables and to help growers reduce the amount of water needed to supply our food.

TRY THESE TIPS