

# 4. [WIP] Food For Folleterre

Everything to get those bellies filled up, from cooking to ordering, including bits on hygiene.

- [\[WIP\] Introduction: What you REALLY need to know](#)
- [\[WIP\] Getting the food for Folleterre](#)
- [\[WIP\] Cooking the food for Folleterre](#)
- [\[WIP\] Making sure the food in Folleterre does not kill everyone](#)
- [\[WIP\] How to kitchen top](#)

# [WIP] Introduction: What you REALLY need to know



The kitchen is a beautiful and magical place for transformation and pleasure. How do we make this magic safe and smooth?? We like smooth. Everyone is going to get the food and the energy. Even if you don't eat chickpeas or garlic. The group relies on the kitchen. Gratitude, full table, beautiful conversation: kitchen is the soul of the gathering universe feeding us wowo.

## FAQ

We're completely out of gas what do we do?????

Easy, honey: there are many places in Lure where you can get some gas : malls, mainly, like Leclerc. You just take your old container, bring it there, buy another one instead. If you don't know which one to chose, just ask the staff at the mall, they should be able to help. Usually, the brand is already written on your old container.

We're completely out of food what do we do?????

No secrets: organise a trip to town to buy some more! Though it seems quite impossible to be fully out of food in Folleterre. Are you sure you checked all the cupboards in the pantry?

I want to help in the kitchen but I don't what can I do?????

Just ask the cooking team, they should have some ideas for you. You can also take out the compost, clean a little, who knows!

# [WIP] Getting the food for Folleterre



## INTRO:

Finding a balance between ethical and keeping a budget:

[TODO: more research on ethical food in the surroundings] Bottom line is avoid nutella and Nestle

## Providers:

### *GARDEN*

can produce blette, tomato, aromatics, it's nice.

### *CAROLINE MOREL*

- Morel Primeurs, Zone industrielle Cloies, 70200 Lure
- +33 6 84 81 34 34
- Caroline is an old friend of the faeries and knows the community well. We order often from her, it's way more practical because they deliver to us and do a discount -10%. She's been very good to us and giving advice on what to order. Likes Whatsapp, send her a list of what we need (picture of written list is ok you can also send message ). Coriander or tahini is possible if you ask ahead of time.

## ***BULK ORDERS***

## ***SUPERMARKETS***

### **Relais vert:**

- Route de Belfort, 70200 Lure
- Cheap organic stuff (tomato sauce...). If we ask ahead of time we can get a discount because we order bags of stuff. Great guy. Complicated to keep in touch with him and make sure facilitators / grocery goers know how to go.

### **LIDL:**

- 1 Route de Belfort, 70200 Lure
- Great for buying in bulk stuff like tomato puree, coconut milk (Better than Leclerc). They have anti-gaspi bags for 1euro which is also helpful.

### **Colruyt:**

- 54 Route de Lure, 70270 Mélisey
- The closest supermarket, good for essentials like rice, pasta... We buy the gaz bottles for cooking here.

### **Leclerc:**

- Centre Commercial des Cloyes, 70200 Lure
- Part of the large Zone Industriel in Lure that can be accessed either through Lure or via Froideterre. This is where we get all the other food that we can't get elsewhere. Try to do a big shopping here the day before the gathering if one is needed. They sell some foods in large quantities and even have a section of "special diet" food like gluten free baking mixtures and "exotic" ingredients like coconut milk. Making a trip to LeClerc is a big production and difficult for faeries after quiet days on the land. Try to avoid shopping here repeatedly unless absolutely necessary.

## *BAKERIES*

The closest bakery to Folleterie is in Melisay and it is terrible. Another 10 minutes from Folleterie in the direction of Lure is Caput in St. Germain, and their bread is wonderful! There's also another Kaput next to the train station. They give you the 4th loaf free if you buy 3, so buy in multiples of 4. Take different varieties of bread, try to avoid the shitty cheap bread from supermarkets, dedicated bakeries are pretty much always better.

## *OTHER ALTERNATIVES*

We don't really do local markets but should maybe look into it...

Sometimes depending on how motivated faeries are we can do dumpster diving but it's very occasional.

# [WIP] Cooking the food for Folleterre

## Good and bad practices: Kitchen Chronicles

[TODO: Write a story about a kitchen session where everything goes wrong, and a session where everything goes right. make it cute and funny for the people that dont resonat with more practical stuff].

### Kim Kardachiante (the good session)

Points to make in this story:

- simple meals are okay
- wash your hands
- check the pantry before
- factor in time
- how to handle dwindling motivation
- 

Kim Kardachiante (KK) . KK is feeling confident today. It's a good day to cook, she tells herself. I can't *wait* to *STUFF* the **WHOLE GATHERING** full of my **DELICIOUSLY COOKED FOOD**, she moans internally. KK gets ready for the morning circle, and goes to pay a visit to her bestie the pantry. Hmmm so many fresh and sexy vegetables in there!!! She's getting all hot and bothered but maybe that's just the summer and global warming doing that. KK does not like to think about global warming. She wants to cook them KK washes her hands. KK

### Laide Iga Gay (the bad session)

Points to make in this story:

- not checking allergies
- finds out there's no fresh food and don't want to cook the dry stuff so 2h delay to get some stuff from leclerc (not lidl or colruyt because theyre closer that would be easy)
- at the end leaves the gas open and the house blows up when people cook dinner

Laide Iga Gay (LIG) is young, beautiful, successful in bed and in the. This day seemed perfect. Nobody in the morning circle says a word. LIG looks around and sees other faeries looking around. Her gaze crosses her crush's. Gulp. This is her time to prove to everyone .

# Various tips and tricks

Here is some general wisdom from experienced Folleterre cooks. You don't have to memorize it all, feel free to go through it, some tips will surely resonate :)

- Make sure every allergy is accounted for.
- NEVER UNDERESTIMATE HOW LONG IT TAKES TO BOIL WATER. Put on a lid to speed things up.
- Kitchen tops must pay attention to flow. Do not underestimate the kitchen flow, if the space is clean everything is safer, simpler and quicker. Consider a small break around one hour in.
- Separate space, have a table for salads, a table for the things that are going to get cooked.
- Using the food well:
  - Keep a good balance between using fresh and dry food.
  - Prioritize ugly vegetables. If you don't know what to do with them a soup is always good.

[WIP] Making sure the food in  
Folletterre does not kill everyone

# [WIP] How to kitchen top

This is the page where we're like oh wow you want to kitchen top for the first time here's how to do it