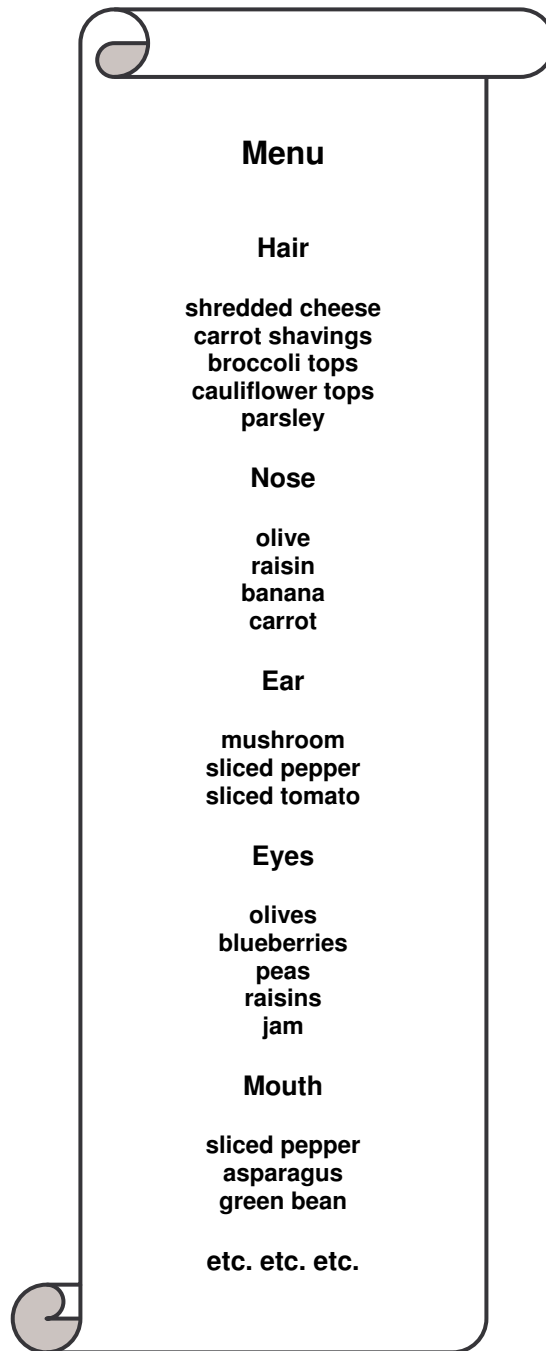


The City Farmer's Food Art Book



European Federation of City Farms



Menu

Hair

shredded cheese
carrot shavings
broccoli tops
cauliflower tops
parsley

Nose

olive
raisin
banana
carrot

Ear

mushroom
sliced pepper
sliced tomato

Eyes

olives
blueberries
peas
raisins
jam

Mouth

sliced pepper
asparagus
green bean

etc. etc. etc.

European Federation of City Farms (EFCF)

Schapenstraat 14

1750 Sint-Martens-Lennik

Belgium

Tel. + 32 25 69 14 45 (day)

+ 32 25 32 01 90 (evening)

Fax + 32 25 32 23 22

E-mail efcf@vgc.be

Website: www.cityfarms.org

The City Farmer's Food Art Book



There is a difference between 'fast food' and 'slow food'.
Fast food usually means factory farming and additives to look good.
It is often difficult to tell from which plant or animal it came,
as all the meals and snacks look and taste almost the same.

Slow food is raised and grown by farmers who care.
It takes a lot more time to produce and prepare.
It is good for the people, the animals and the land,
so that life on earth receives a helping hand.

Slow food is yummy and does not easily go to waste,
it will keep its fresh colours, nice shapes and wonderful taste.
Food is precious - do not throw it away,
but it is all right to create, decorate and play.

**There's enough for everyone's needs,
but not for everyone's greed**

Mahatma Gandhi



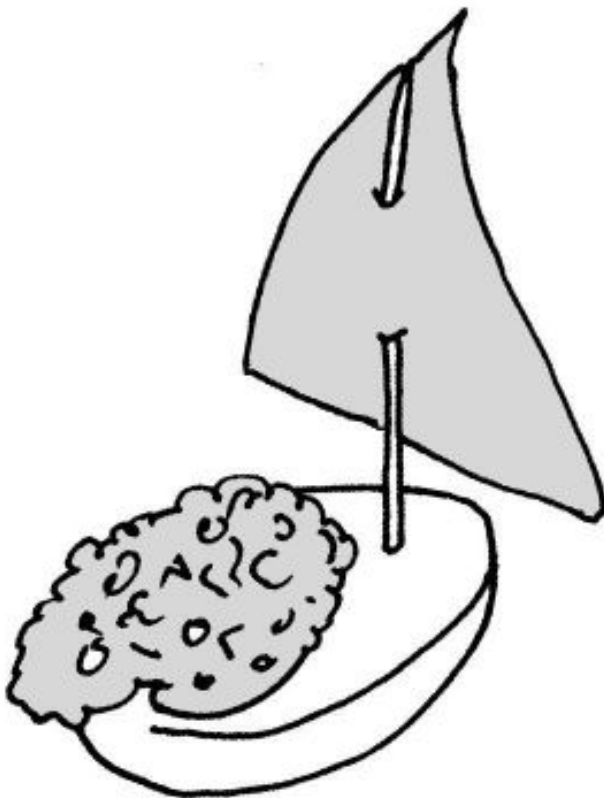
Egg mushroom

hard-boiled egg
tomato
mayonnaise
lettuce



Egg mouse

hard-boiled egg
ham
lettuce
chives



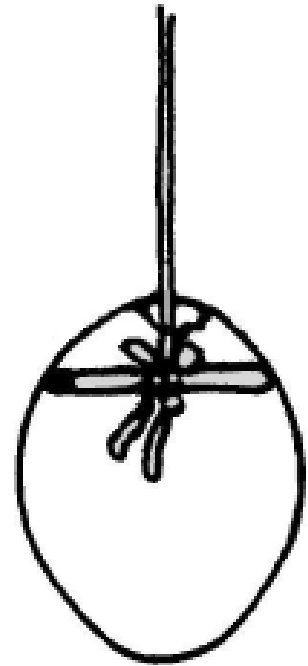
Egg boat

hard-boiled egg
mayonnaise
salt
pepper
toothpick
paper



Egg mobile

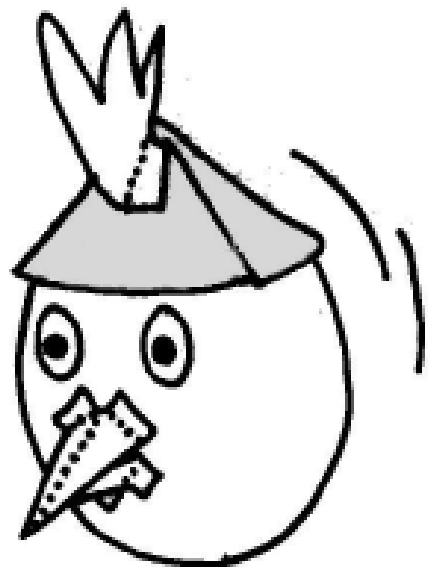
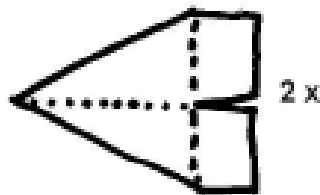
egg
match
string
straw



Chicken head

hard-boiled egg
red pepper

Wobbly egg
empty egg shell
mix of salt and glue

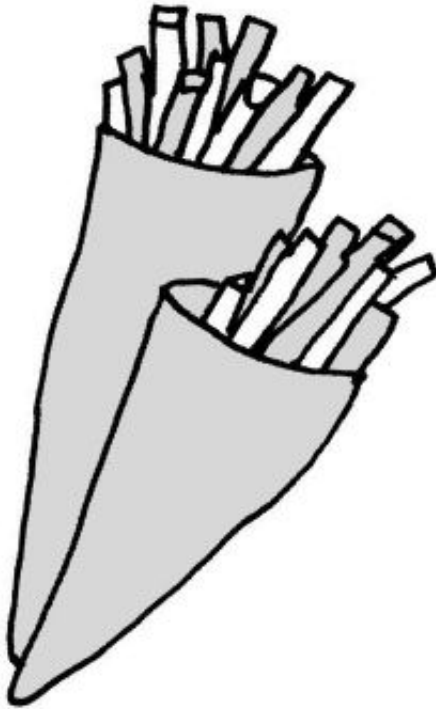


Fake fried egg

apricot
yoghurt

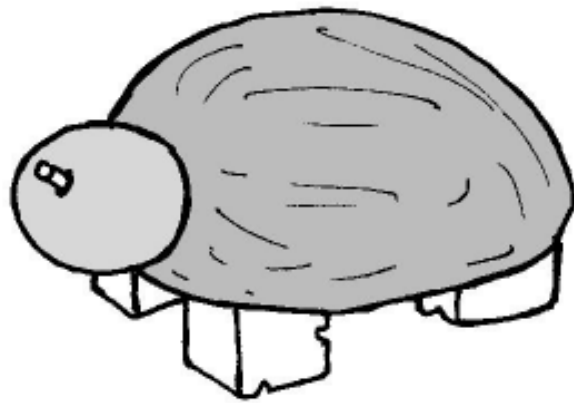
Cheese hedgehog

cheese
pretzels
tomato ketchup



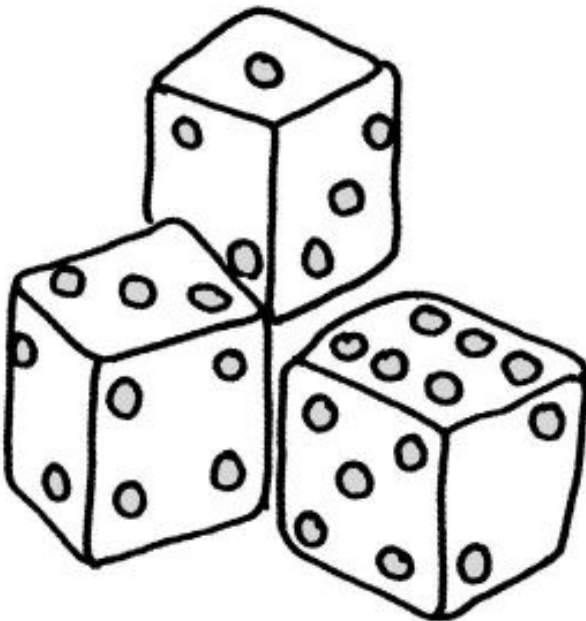
Fake chips

cheese
cucumber
paper



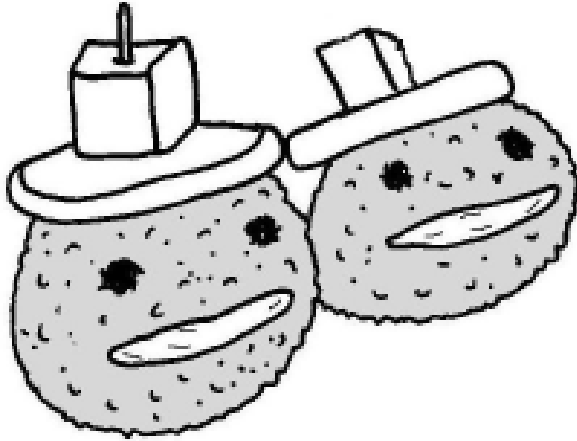
Nectarine turtle

nectarine
cheese
grape



Cheese dice

cheese
rye bread



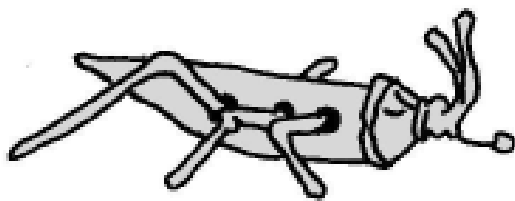
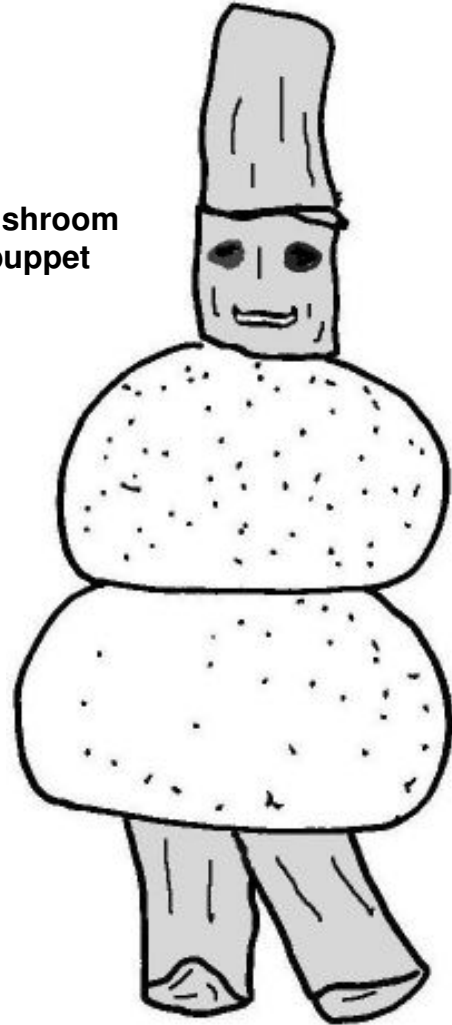
Mandarin faces

mandarins
cheese
raisins
apricot



Mushroom face

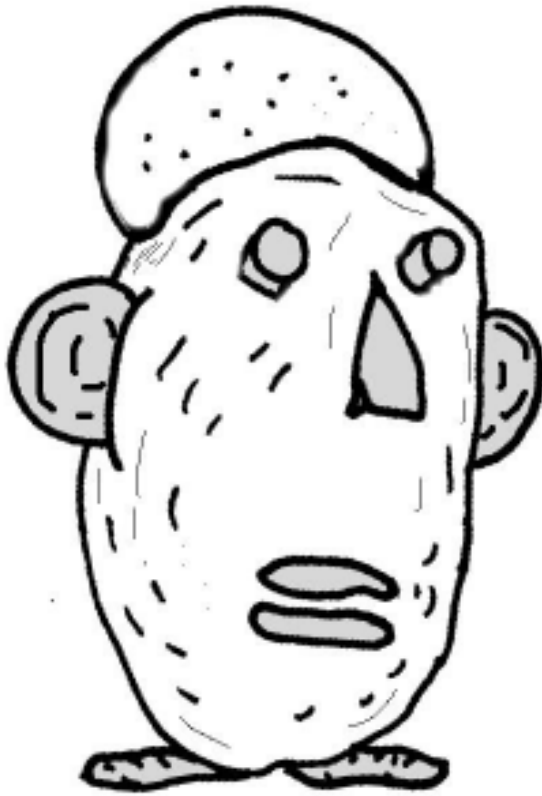
**Mushroom
puppet**



**Okra
grasshopper**

**Green bean
mantis**





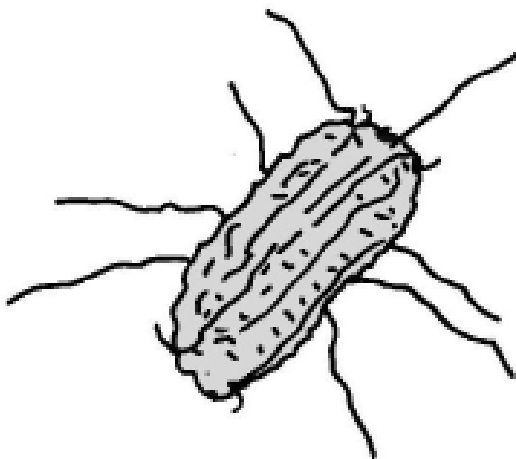
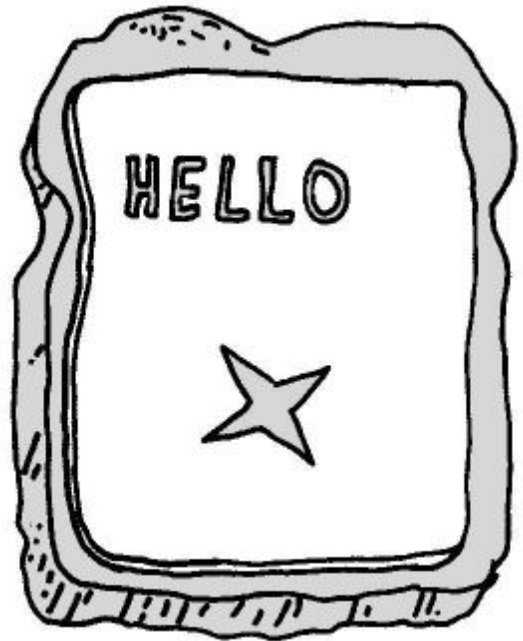
Potato man

potato
carrot
mushroom
beans

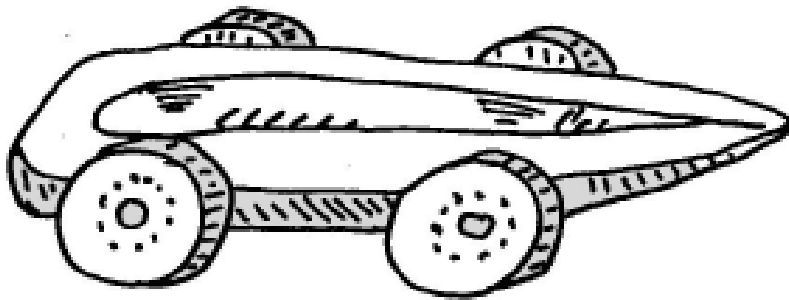


Potato stamp

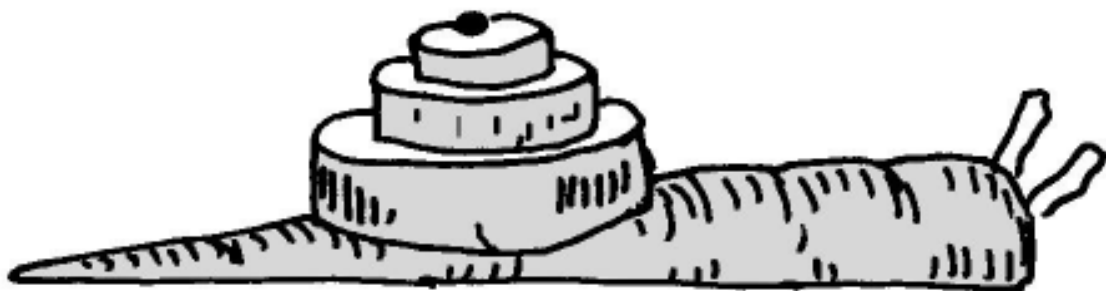
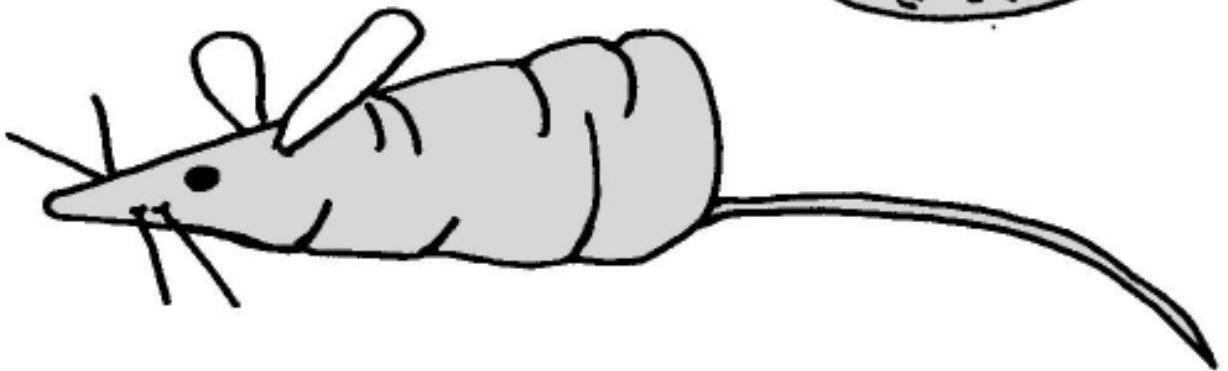
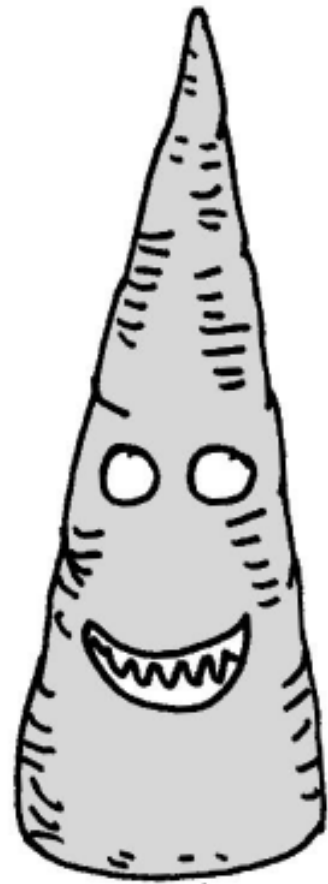
potato
bread
cheese
tomato ketchup

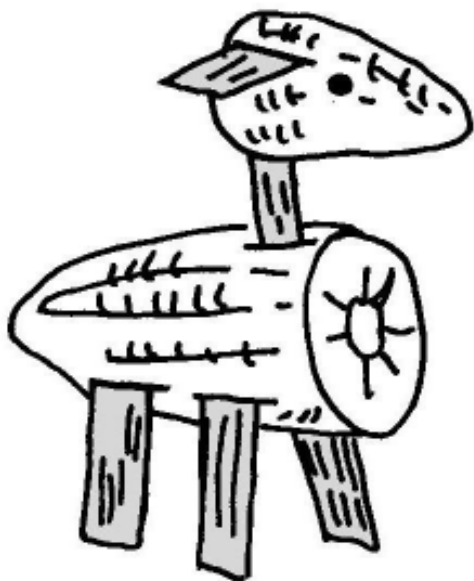


Peanut bug



Carrot craft



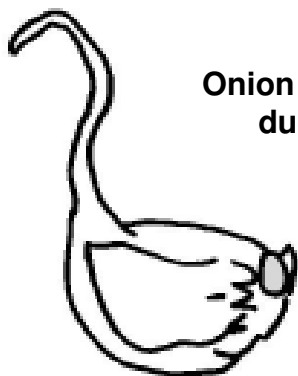
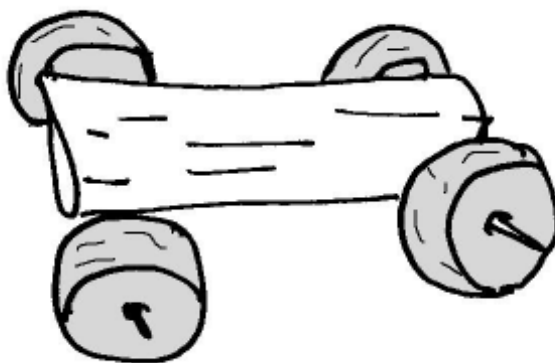


Maize and bamboo dog

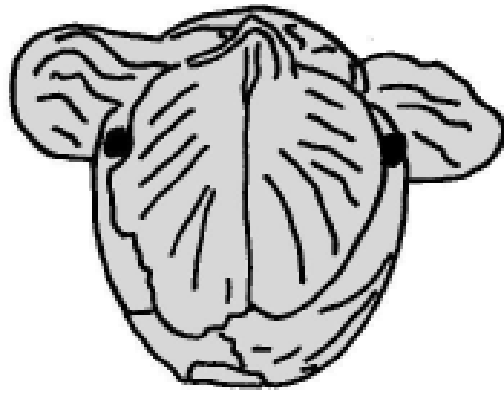


Maize leaves puppet

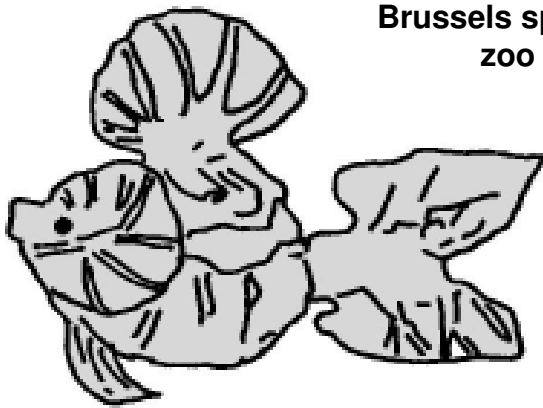
Celery and carrot wagon



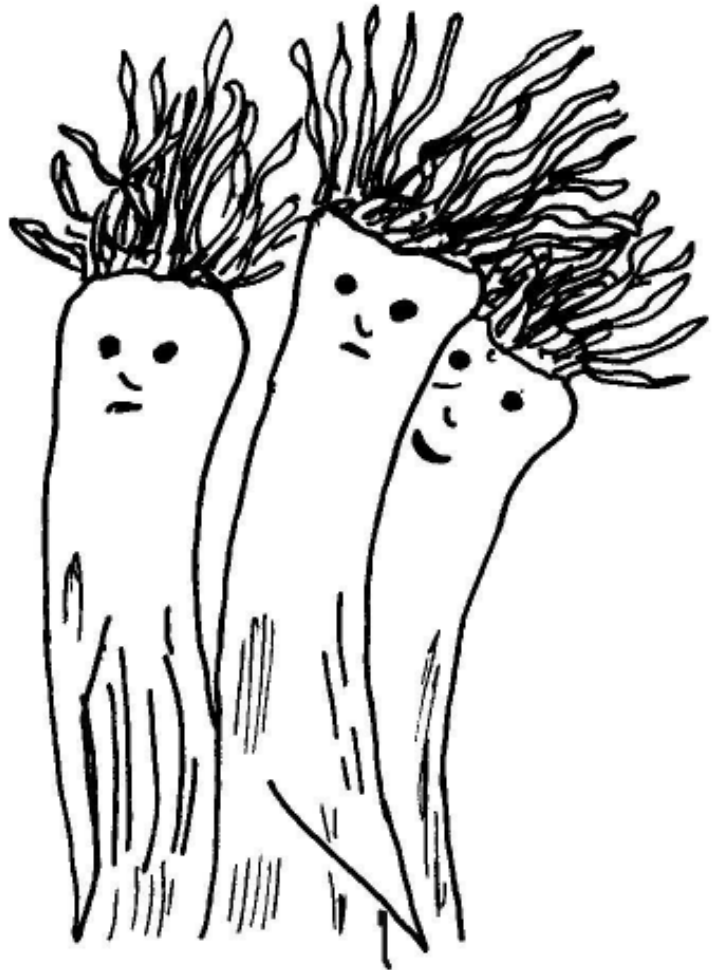
Onion / garlic ducks



Brussels sprouts
zoo



Leek girls

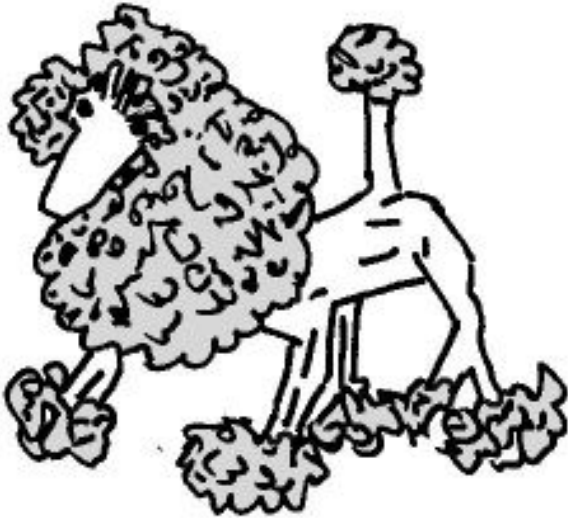
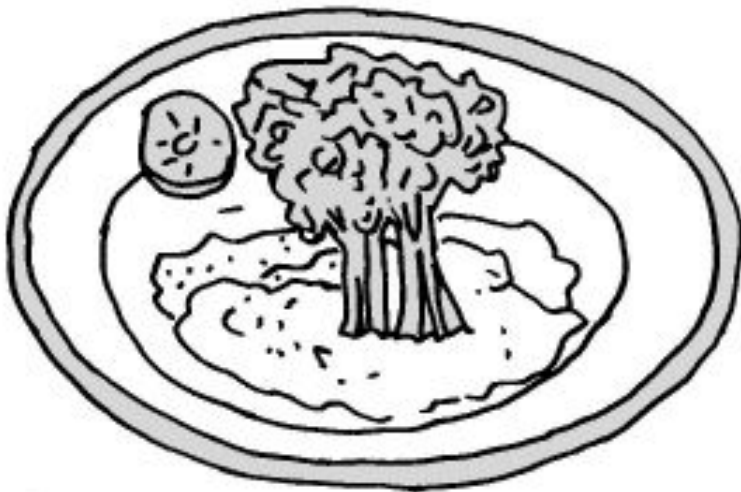




Cauliflower face

- mushrooms
- onion rings
- carrot
- bean
- parsley

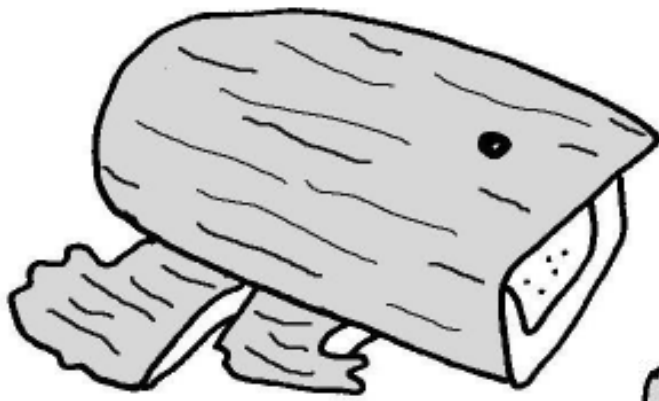
**Broccoli trees
in potato mash**



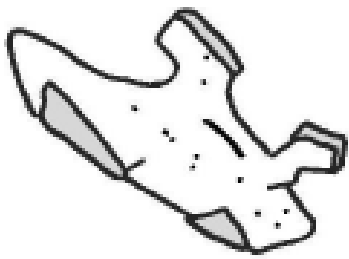
Broccoli poodle

**Artichoke coat and
mushroom hat**

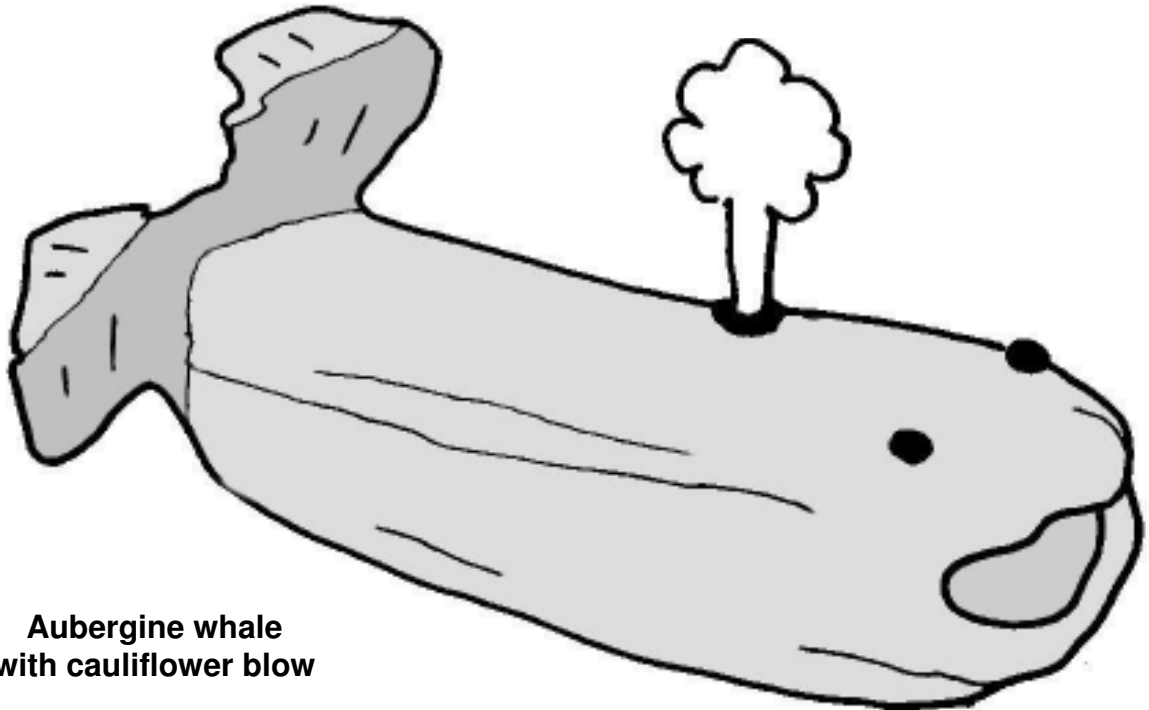
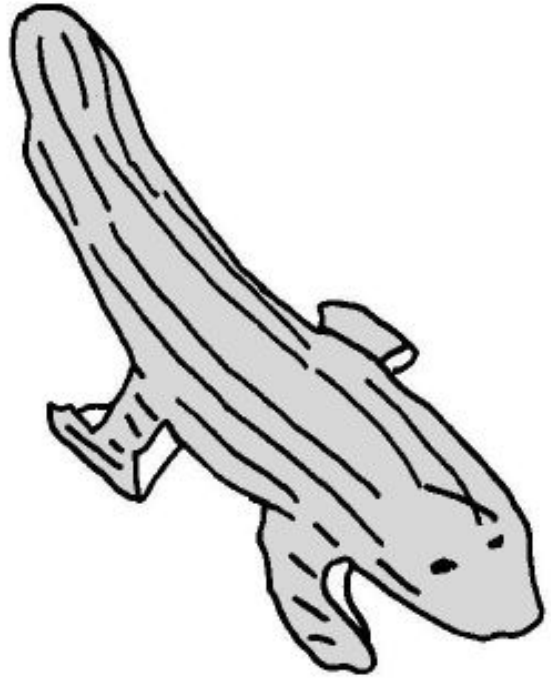




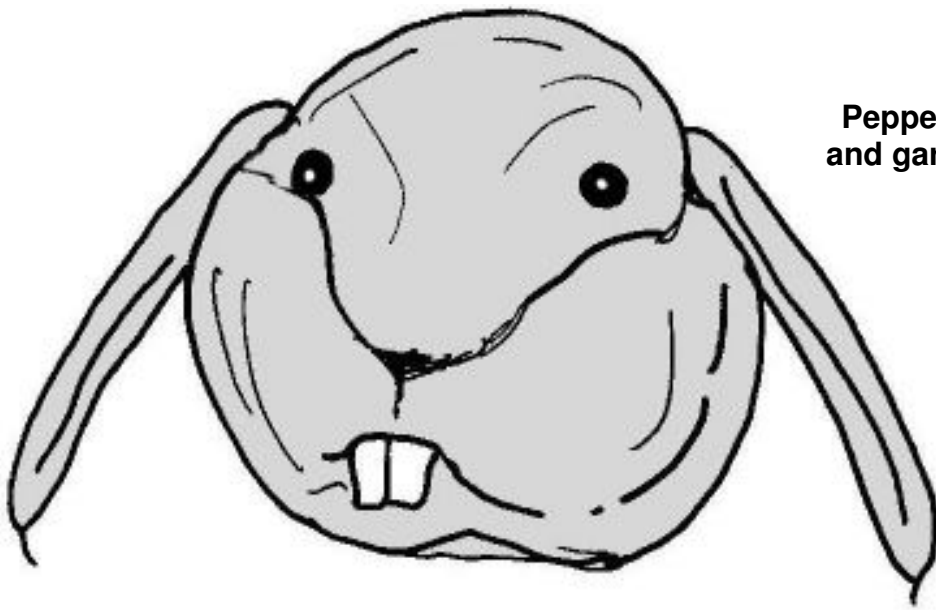
**Cucumber
frog**



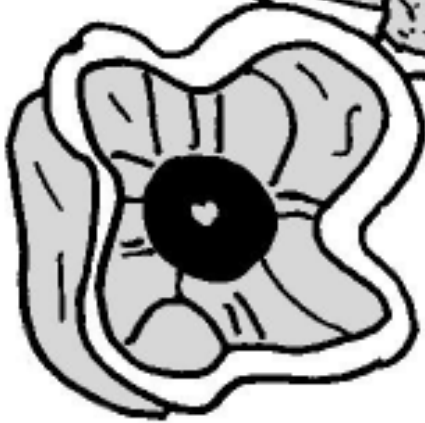
**Cucumber
lizzard**



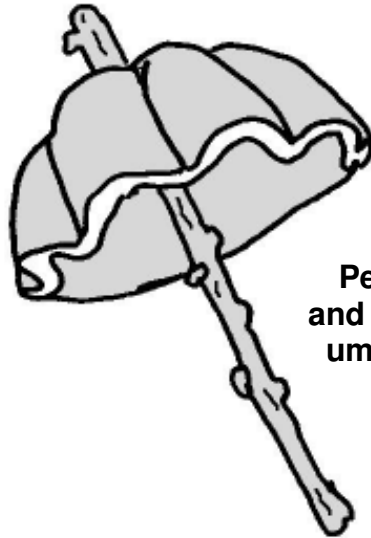
**Aubergine whale
with cauliflower blow**



Pepper, beans
and garlic rabbit

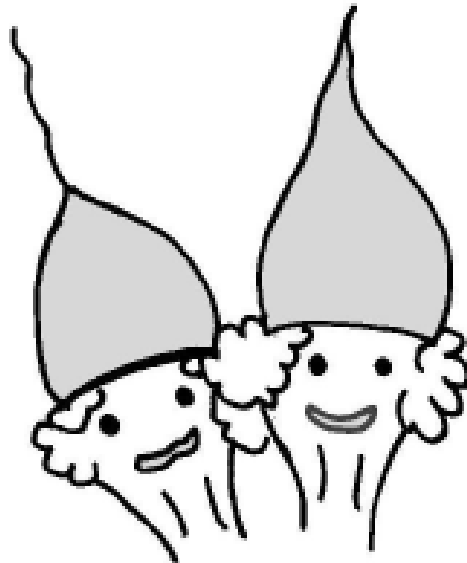


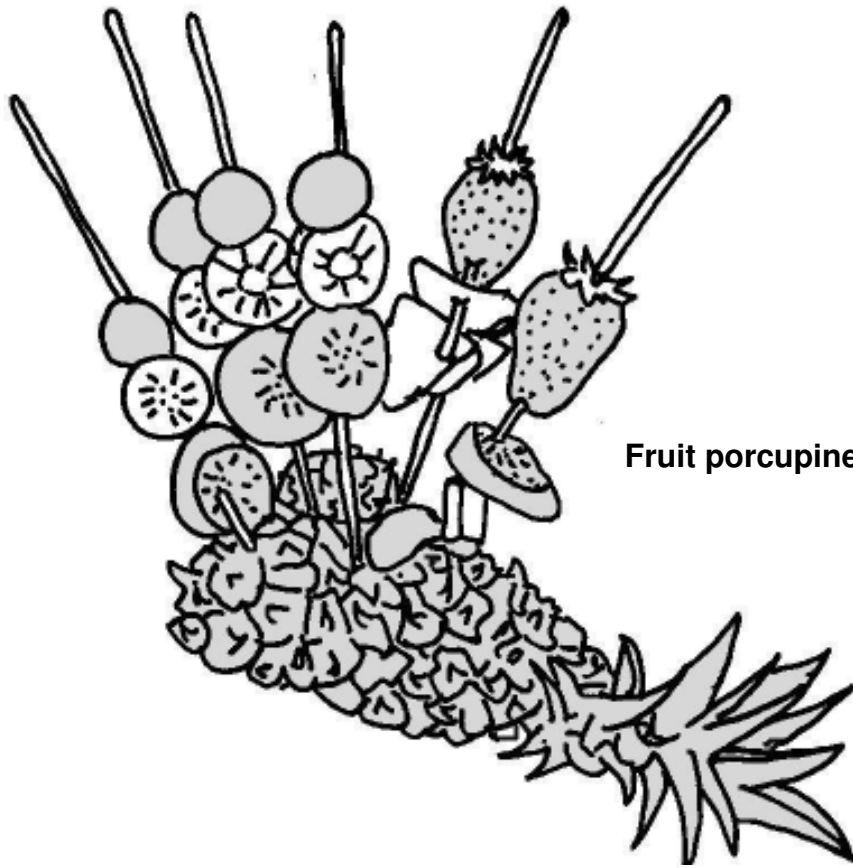
Orange and
pepper flowers



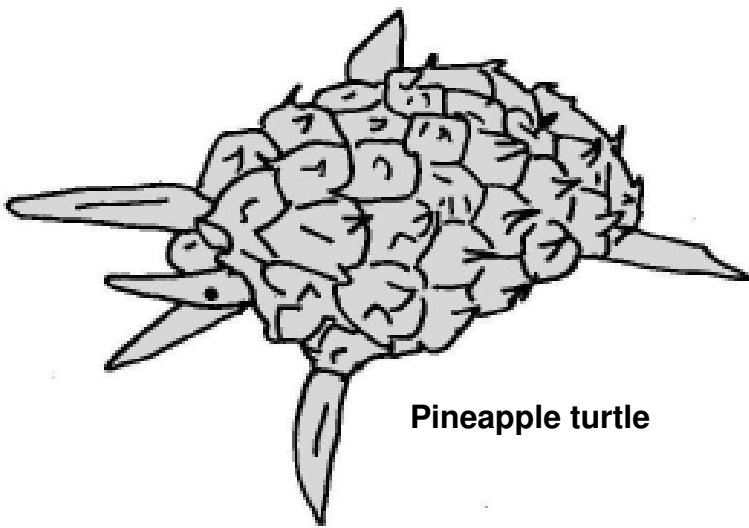
Pepper
and pretzel
umbrella

Cauliflower girls
in radish and
pepper hoods

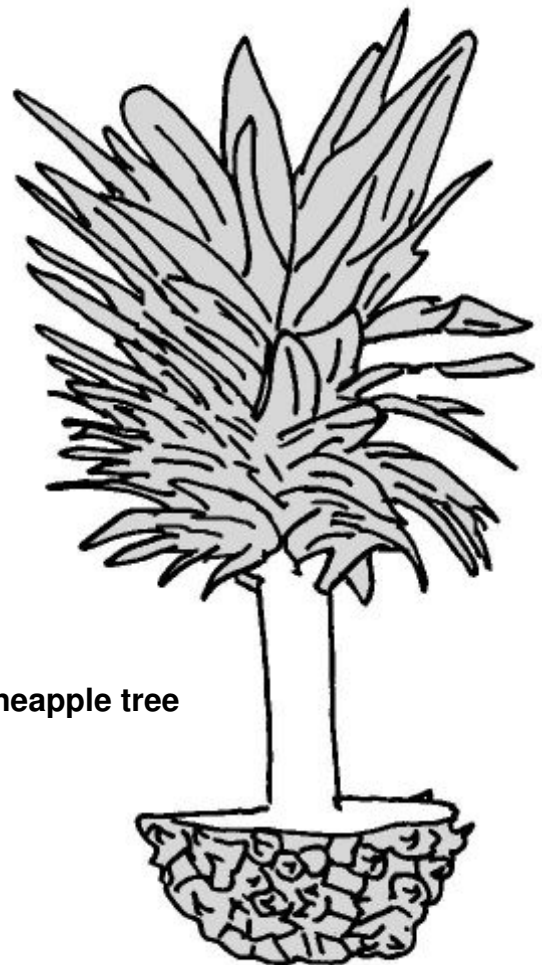




Fruit porcupine

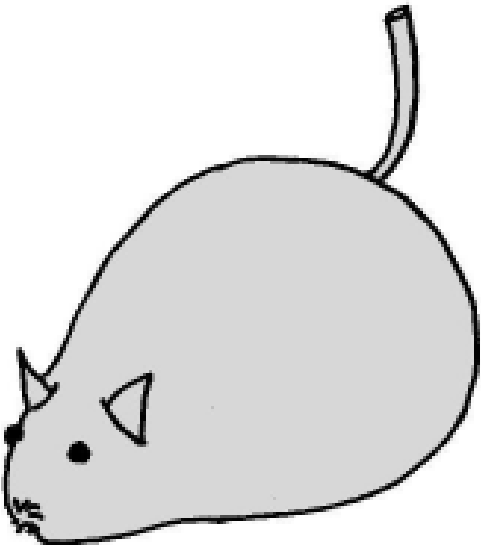
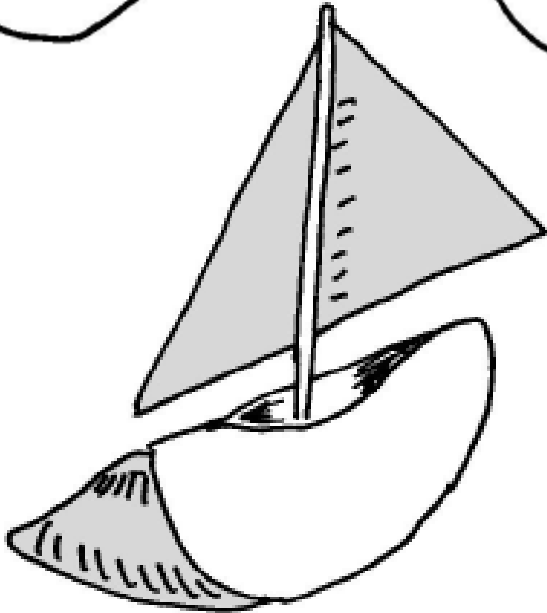
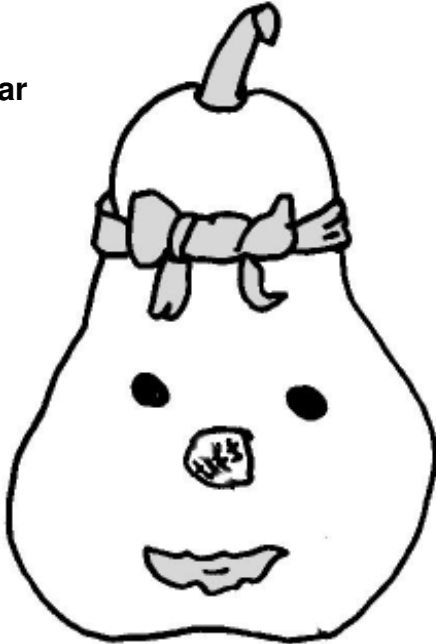


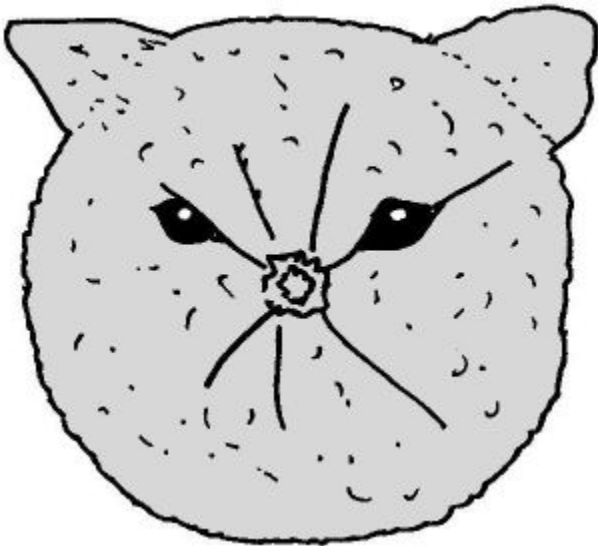
Pineapple turtle



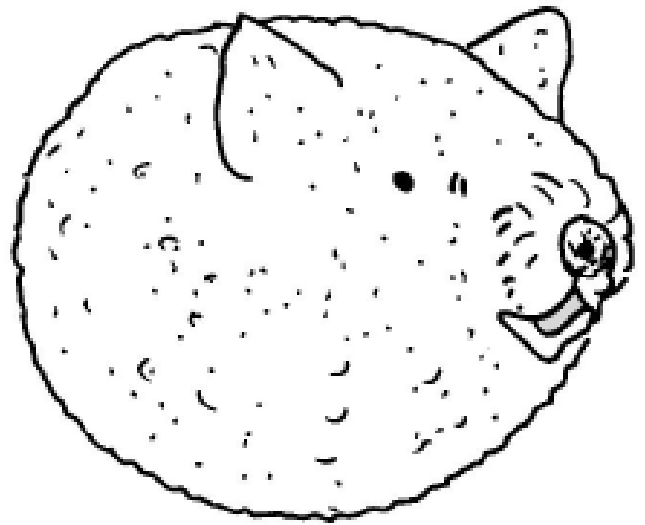
Pineapple tree

Apple and pear
parade

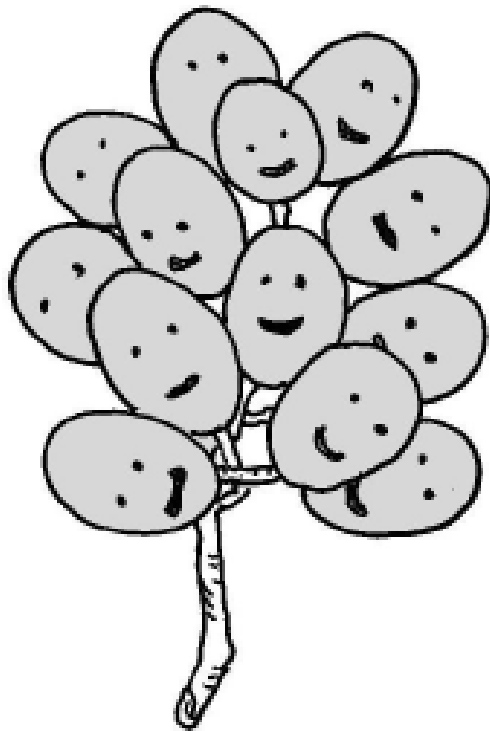




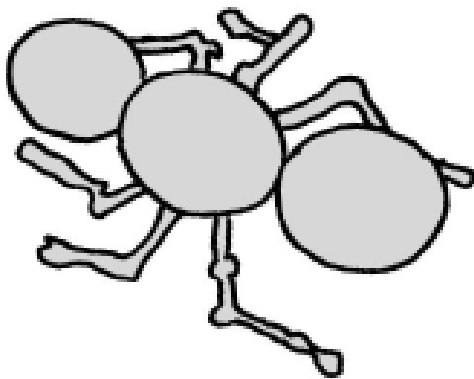
Orange cat



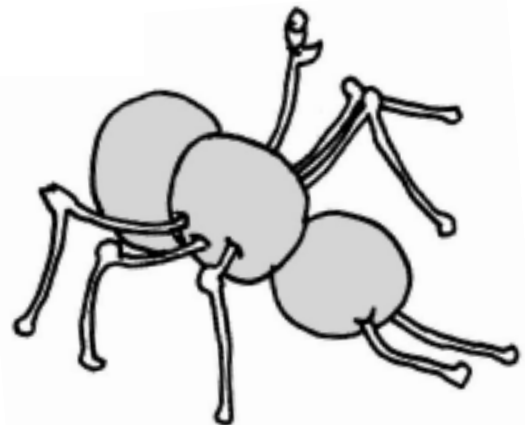
Lemon pig



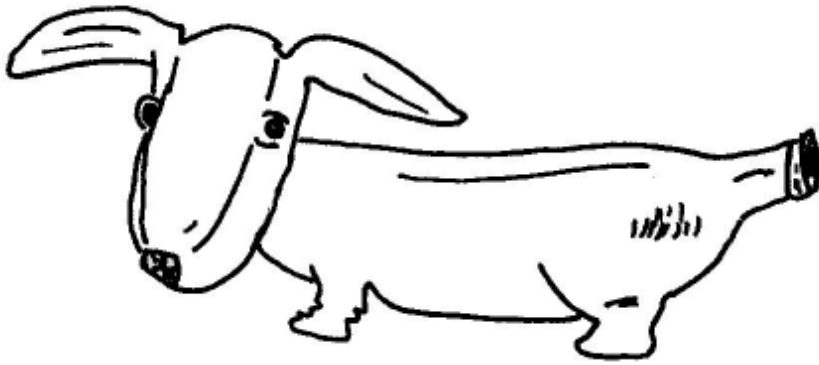
Grape balloons



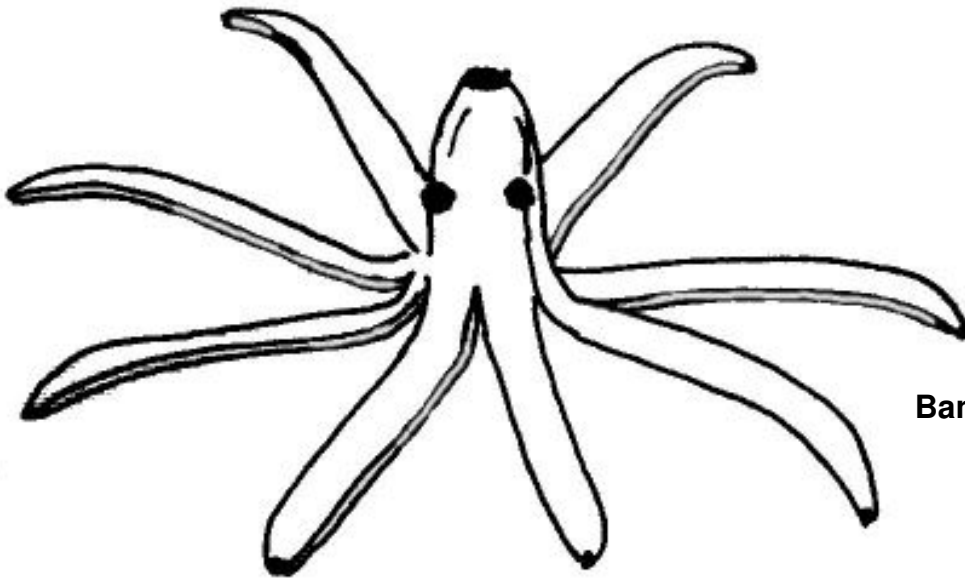
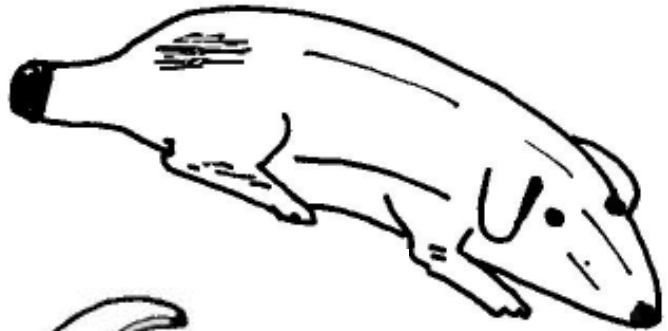
Grape ant



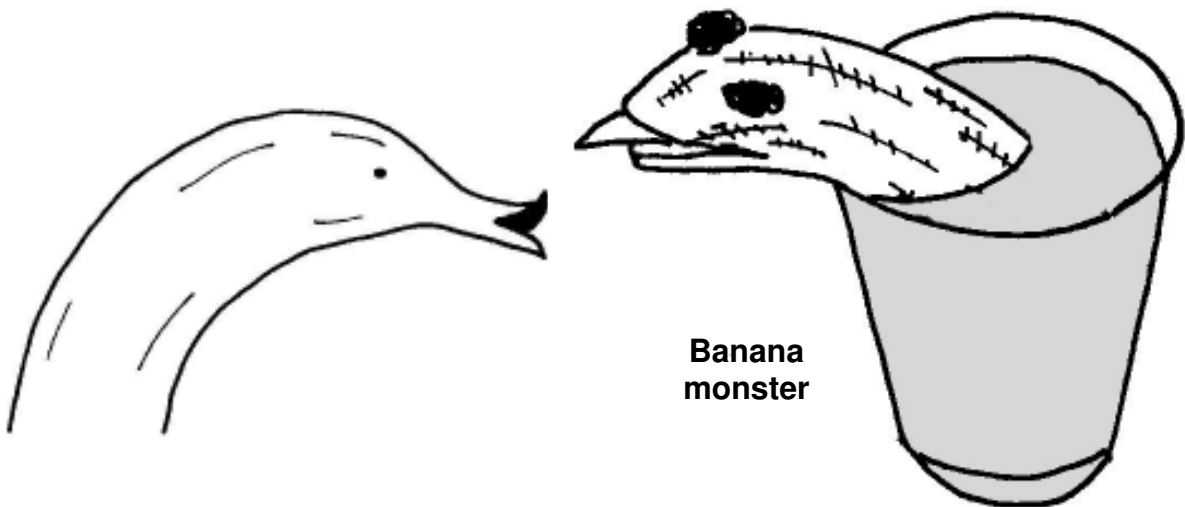
Cherry ant



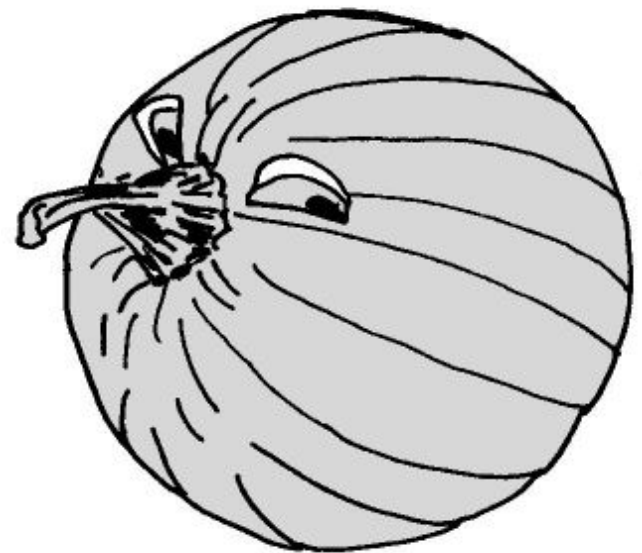
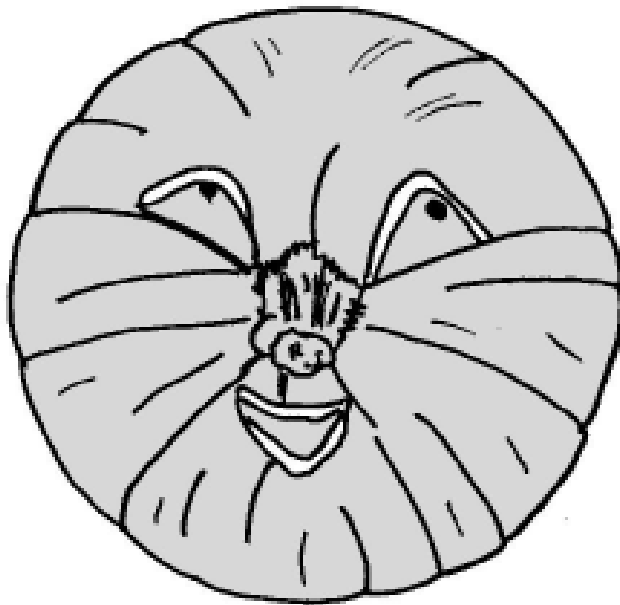
Banana dogs



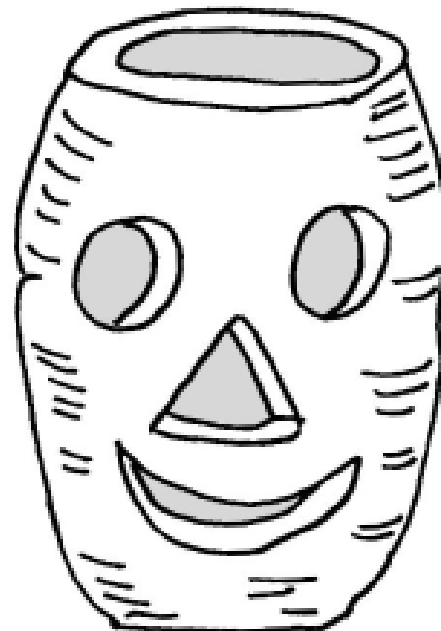
Banana octopus



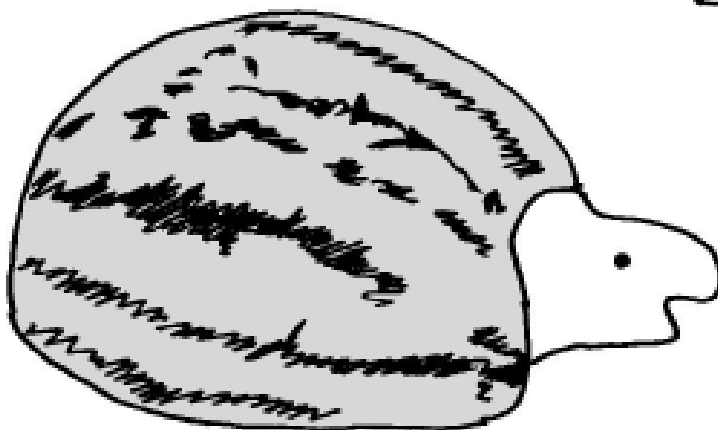
Banana monster



Pumpkin fun



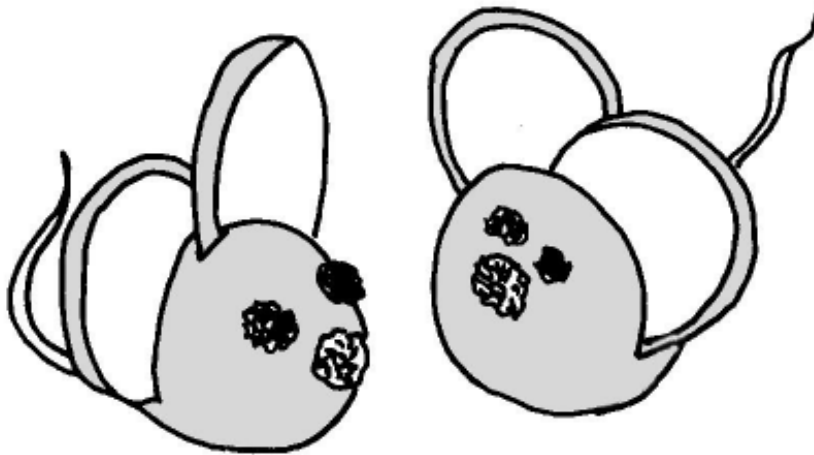
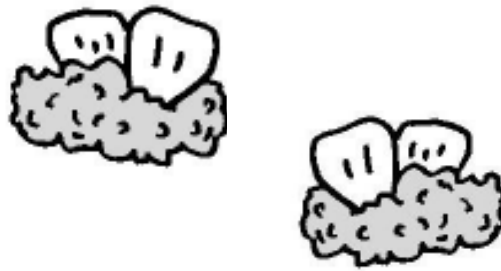
**Melon turtle
with pepper
head**



**Melon seed
jewellery**



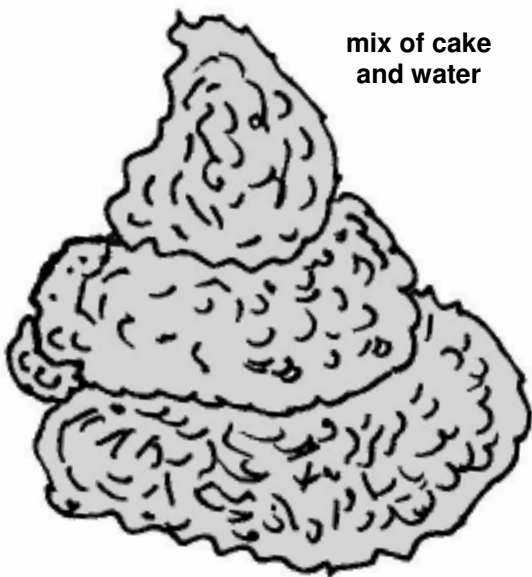
Raisin and sliced almond flies



Radish mice

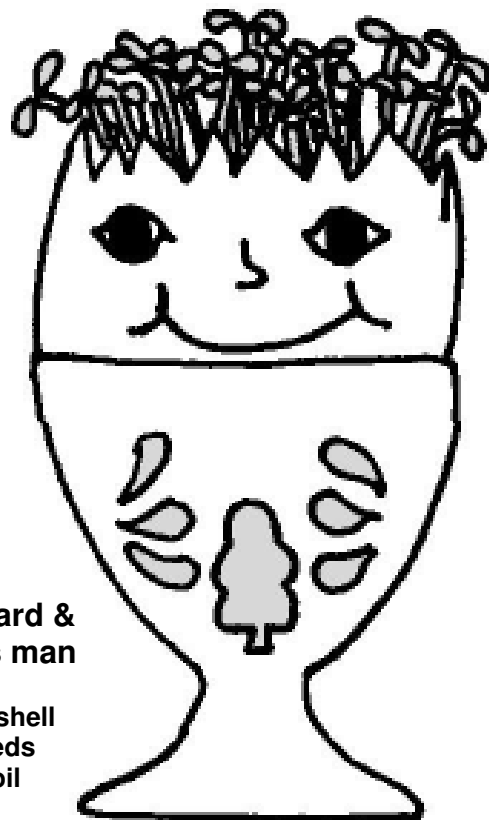
Gingercake turd

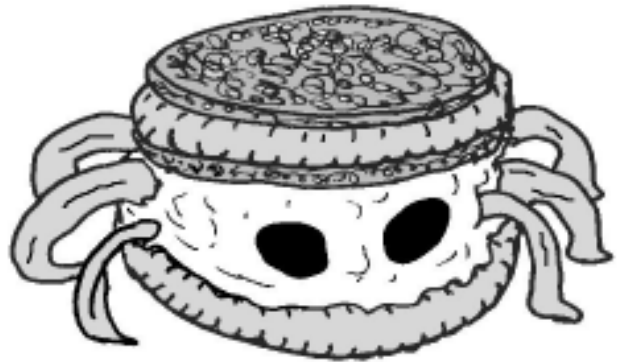
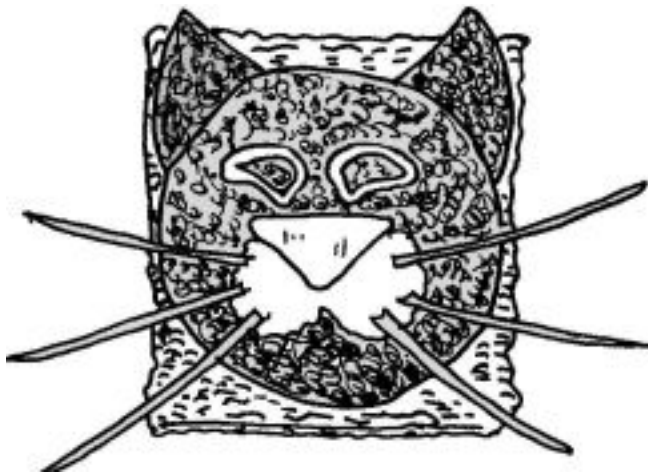
mix of cake and water



Mustard & cress man

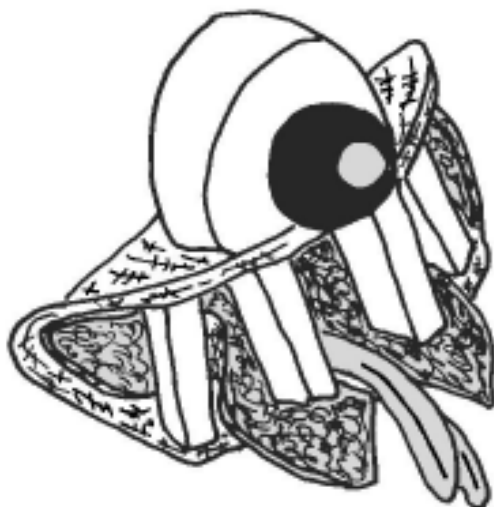
egg shell
seeds
soil



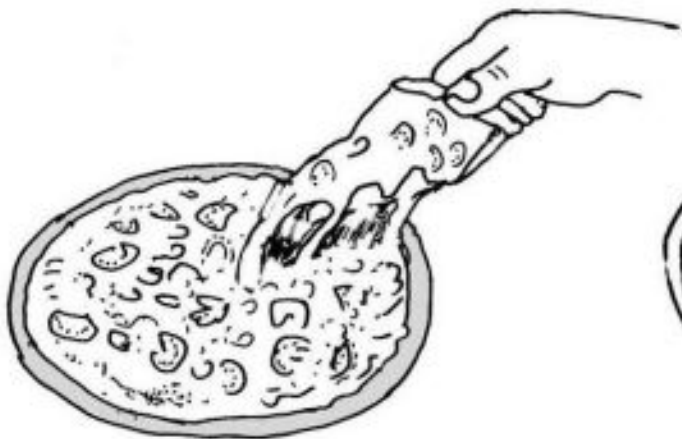
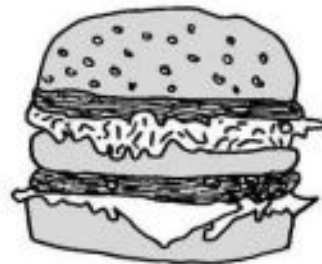
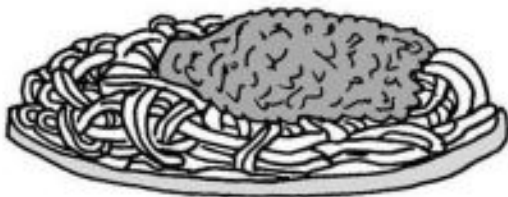
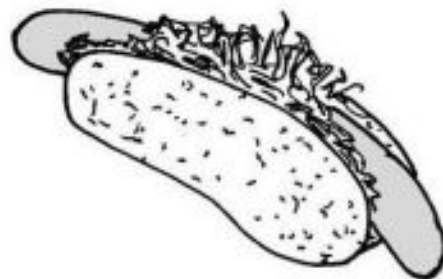
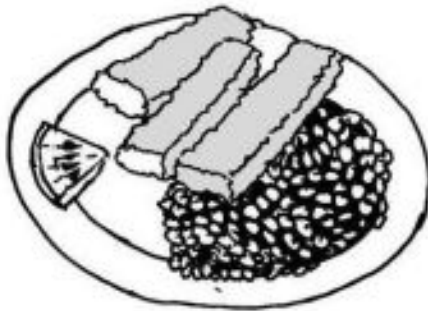
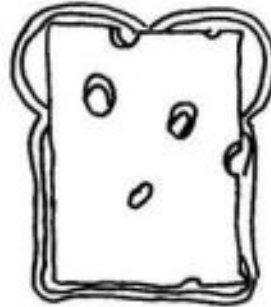
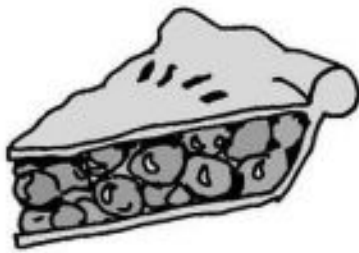
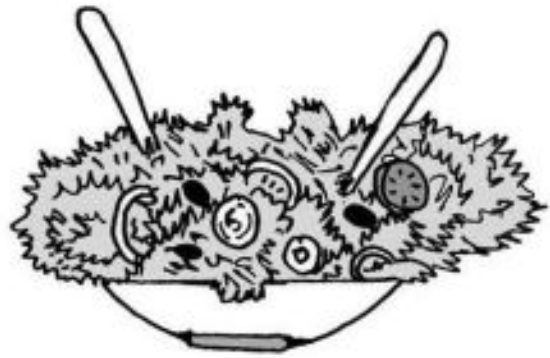
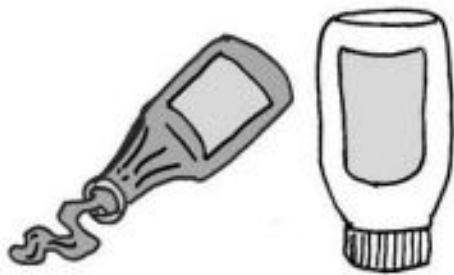


Pepperoni cat cracker
Pepperoni spider cracker
Silly face sandwich
Pepperoni monster wraps

- pepperoni
- pineapple
- soft cheese
- pepper rings
- onion rings
- chives
- cheese
- olives
- cucumber
- tomato ketchup

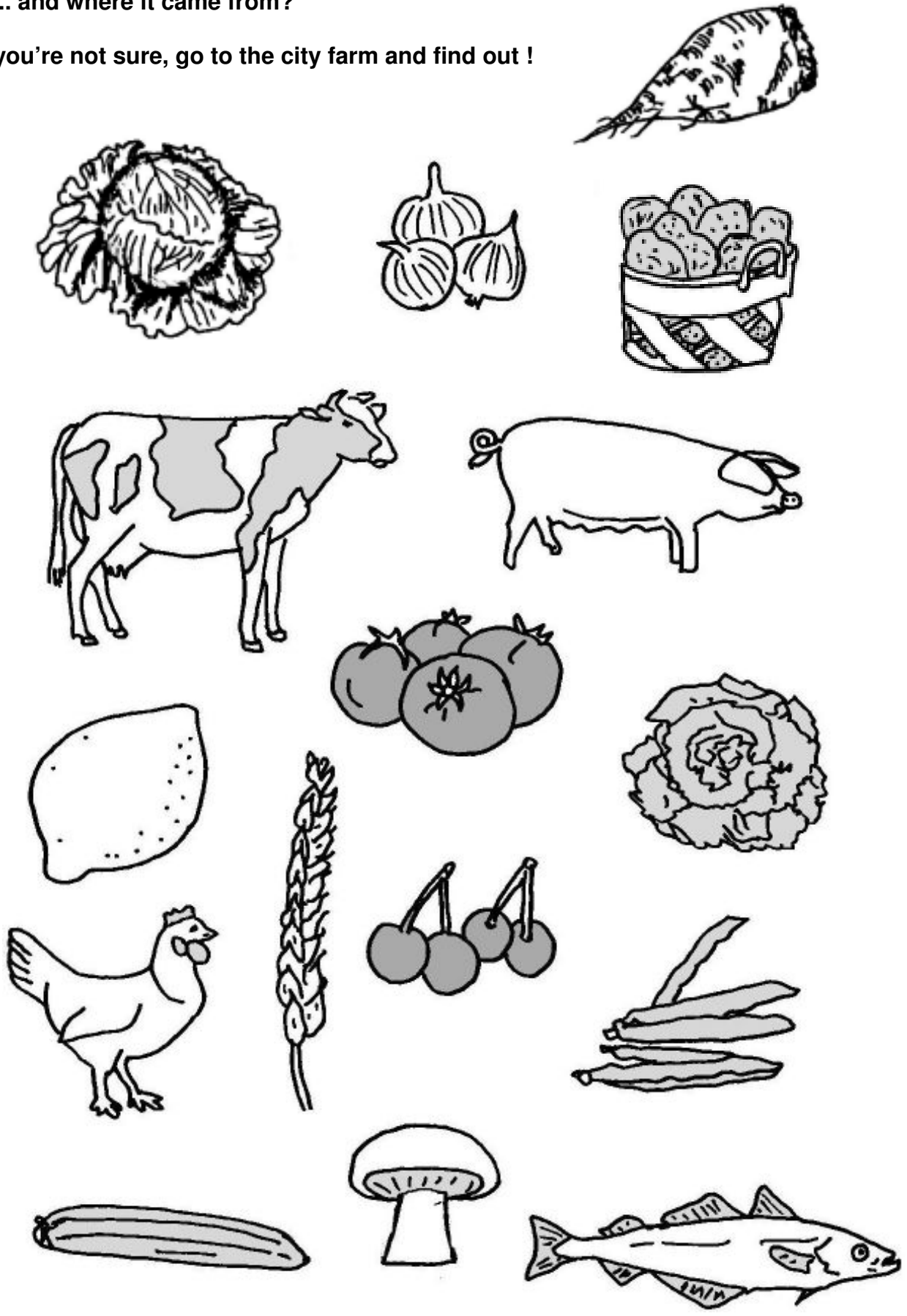


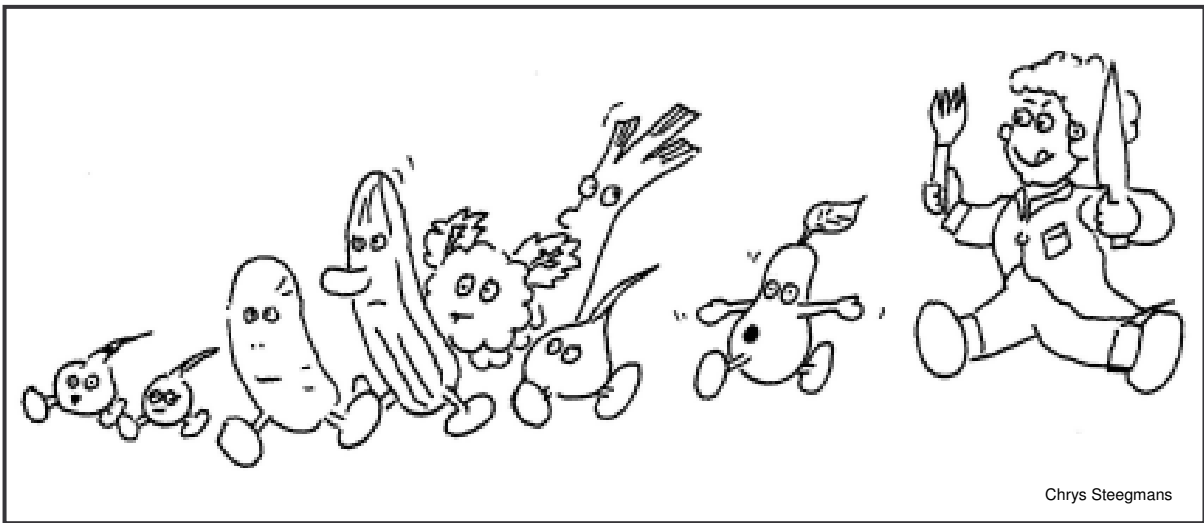
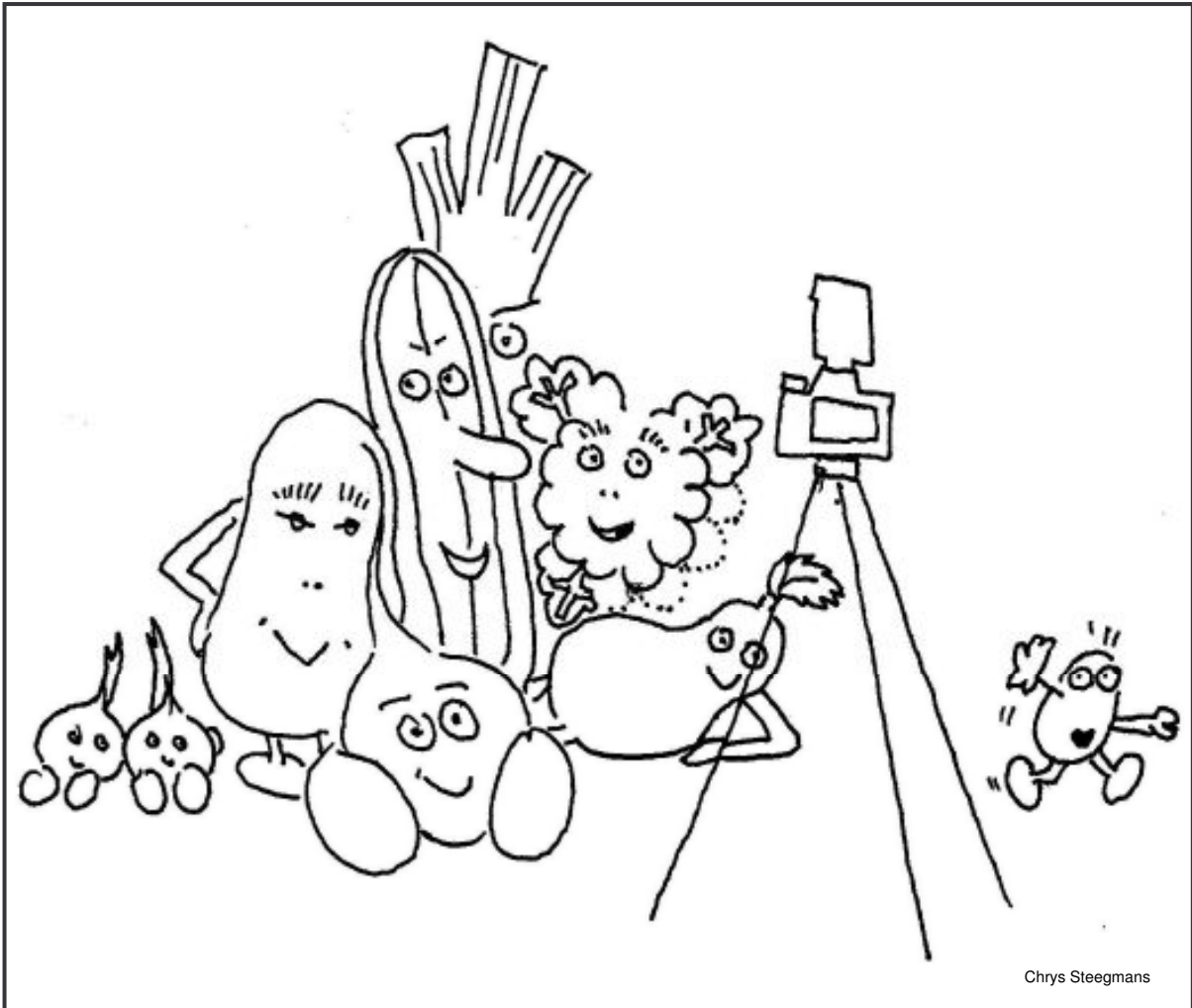
Do you know what's in the food.....



..... and where it came from?

If you're not sure, go to the city farm and find out !





**The European Federation of City Farms (EFCF)
is based on the following values:**

- Commitment to Sustainable Development,
(combining social, environmental and economic goals)
- Equal opportunities and social justice
- Inclusion of disadvantaged people
(addressing social exclusion)
- Civil society
- Co-operation



EFCF Aim

To promote the interests and mutual co-operation of Kinderboerderijen, Jeugdboerderijen, Gezinsboerderijen, Fermes d'Enfants, Fermes d'Animation, Jugendfarmen, Aktivspielplatze, City Farms, 4H-Farms and similar organisations that actively promote the equal access and involvement of children, young people and adults through practical experience in a wide range of educational, environmental, recreational, social and economic activities focused around farming within a framework of sustainable development.

EFCF Strategy Objectives

- To promote the work and the image of City Farms and raise the profile of the EFCF, member Federations and City Farms.
- To help and facilitate member Federations and City Farms to deliver programmes, activities and research that benefit other Federations and City Farms.
- To distribute useful information, in particular good practice, to member organisations.
- To collaborate and network with other like-minded organisations (particularly community run land based groups) to help further the aims and aspirations of member Federations and their City Farms.
- To place all our work within the over-riding theme of Sustainable Development (considering the economic, social and environmental aspects of all programmes and developments).
- To work within a framework of democracy, equal opportunity and social justice, encouraging member organisations, wherever possible, to address issues of social exclusion.
- To encourage and promote co-operative European working in the City Farm movement.
- To raise funding for the operation of EFCF and participating member Federations to deliver agreed programmes and action.
- To empower people to improve their own lives and environment in peaceful coexistence.

www.cityfarms.org



www.cityfarms.org