



# ART



ISSUE #1

ALL ABOUT


# FOOD




THANK YOU 4 READING  
+ SPECIAL THANKS 2:  
\* TAMPA ZINE FEST  
\* PRINT ST PETE  
\* Bella + Jess  
\* The Community



ANTI is a quarterly anthology zine focused on involving an anti-capitalist Praxis in our community. That's just a fancy way of saying, we strive to encourage people to practice self-sustaining life styles and reject consumerism/materialism. Our goal is to act as an encyclopedia of sorts for all things anti-capitalist, and therefore, anti-racist, anti-classist, and anti-sexist. Lastly, we want to act as a resource for starting where you are, right now, with what you have. We hope you learn something new in our first issue...

Our next issue will be about  Transportation

want to contribute?  
email me @  
himiamakesit@gmail.com

FREE PALESTINE   
Mia Bella ♡ Jess

# CHEAP & EASY RECIPES



## Garlic Dill Potato Salad

(adapted from minimalistbaker.com)

- 2 ½ lbs potatoes
- 2 Tbsp olive oil
- Salt and pepper
- 1/3 cup hummus
- 1-2 Tbsp lemon juice
- 1 tsp dried dill
- 3 cloves minced garlic
- 3 Tbsp water (as needed to thin)

1. Preheat oven to 400 F (204 C) and line a baking sheet with parchment paper
2. Cut potatoes into bite-size pieces and place on the prepared baking sheet. Mix with olive oil, salt and pepper to taste.
3. Roast for 30-40 minutes.
4. Add hummus, lemon juice, dill, and garlic to a large mixing bowl. Whisk to combine + add enough water to thin so it's pourable but still somewhat thick.
5. Taste and adjust flavor if needed (more garlic, salt, lemon, etc)
6. Remove the potatoes from oven and cool. add roasted potatoes to garlic dill sauce and gently toss to combine.

## Oven Baked Refried Bean Taquitos

(adapted from frommybowl.com)

- 4 Corn Tortillas
- 1/2 can Refried Beans (make sure they are Vegan)
- 1/3 cup Salsa

1. Preheat oven to 400F.
2. scoop 1/4 of the Refried Beans into the beginning 1/3 of each tortilla. roll each tortilla up to form a Taquito shape (Note: stick a toothpick through them so they don't unravel).
3. Place the taquitos on a baking tray lined with a parchment paper and bake in the oven for 18-20 minutes
4. Remove the taquitos from the oven and serve with the Salsa



## QUICK PICKLES ♡

- ♡ Prep + cut your veggies of choice
- ♡ Fit them in a jar / airtight container
- ♡ Make the brine by combining vinegars, water, salt, spices, and seasoning in a medium saucepan until salt dissolves. Add sugar for sweetness + use kosher or pickling or sea salt. Bring to a boil.
- ♡ Pour the brine over the veggies. Let cool on the counter (1 hour) then refrigerate. Enjoy!

Ratio: → 2 to 1 or 1 to 1 parts vinegar to water! About a Tbsp of salt. Season to your liking.



# SEASONAL PRODUCE:

**SUMMER:** AVOCADO,  
BELL PEPPER, BERRIES  
CANTALOUPE, EGG PLANT,  
GREEN BEANS, PLUMS  
TOMATOES, CHERRIES,  
OKRA, PEACHES,  
CORN, WATERMELON

**FALL:** Squash,  
APPLES, CAULIFLOWER,  
KALE, CRANBERRIES,  
MUSHROOMS, TURNIPS, PEARS, PARSNIPS,  
POTATOES, PUMPKIN, RUTABAGA, YAMS

**WINTER:** CITRUS, BEETS,  
LEEKs, KIWI, BRUSSEL SPROUTS,  
PARSNIPS, PEARS, WINTER  
SQUASH, RUTABAGAS,  
PUMPKIN, SWEET  
POTATOS + YAMS!



**SPRING:** PEAS,  
APRICOT, BROCCOLI,  
GREEN BEANS,  
MANGO, RADISHES,  
MUSHROOM, SPINACH,  
STRAWBERRIES,  
SWISS CHARD,  
RHUBARB,  
ASPARAGUS



♡ BB



## WELCOME TO AMERICA – WHERE DUMPSTERS ARE PROTECTED & STOMACHS ARE LEFT EMPTY & WHAT WORKING IN THE FOOD INDUSTRY HAS TAUGHT ME ABOUT FOOD WASTE

Written by Jess

A 2023 study done by the Department of Solid Waste & Environmental Program Management showed that 22% of Tampa's trash bins are food waste ([tampa.gov/wastereduction](http://tampa.gov/wastereduction)). This is an unfortunate reality when paired with the fact that 1 in 8 people face hunger in Florida, on top of the \$1,500 household annual loss of thrown-out food. Reducing food waste is a noble personal action to reduce greenhouse gas emissions while safeguarding critical natural resources. Simple lifestyle changes like planning meals, freezing food, using leftovers, sticking to grocery lists, and having dinner parties with your friends can help combat this.

However, let's take a look at the real culprit here. Not you and your neighbor, but rather the restaurant and grocery industry.

Each year, about 40% of food in the U.S. never gets eaten. It gets thrown away, feeding our landfills instead. This translates to about \$218 billion in losses when you include the cost of food wasted on the consumer level, retail, wasted water, energy, fertilizers, cropland, and production costs. A disheartening statistic considering how many people are left unfed and food insecure. 40% of restaurant food is thrown away, as well as 30% of grocery food items. We're taught about liabilities and lack of resources and infrastructure when faced with the question, "how can we mitigate food waste?"; yet, it's easier for corporations and businesses to "err on the side of caution" when donating food doesn't bring in any revenue. Because let's be real, why would they help those in hunger if there's no profit?

Many restaurants and grocery chains are reluctant to donate their spare food because they fear being held liable if someone gets sick after eating it. And dumpster divers are faced with trespassing laws and false worry based on the premise they may get hurt then sued. There are "best if used by" and expiration dates slapped on everything. Even things that you know are fine to eat later. There is food that gets tossed based on cosmetics alone. There are actually discount grocery stores out west and up north that combat food waste by selling "expired" and oddities/overproduction/"ugly" items at an extremely discounted price. And guess what, they're successful! I dream about Florida having a magical place such as this. A lot of the groceries in these places aren't even "expired" yet, but rather

are reaching the expiration date, or were just overproduced. It's a genius idea and hey, if you don't like it, don't shop there!

The harsh reality is it's cheaper for corporations to throw away food rather than figure out food donation distribution. I personally have worked at a bakery with artisanal, organic pastries thrown out at the EOD, so fresh pastries could be baked and sold daily. This bothered me heavily, so I literally took action into my own hands. I was not compensated for it, but morally, it was what I believed in. So many people don't eat and the ideology that some managers would rather have food thrown away than sell BOGO to college students or resell day-old pastries the next day or donate to a shelter, was sickening to me. So, I took as much as one little guy could walk out with and donated them personally to small local businesses, friends, events, houseless folk, and such. This is a grass-roots effort, but if you have the capability and time, it's immediate action that can be taken. Of course, I wish America, or even just my local community, had infrastructure that combated restaurant and grocery store food waste, but until that comes to fruition, taking small steps like this is an act of rebellion against the system of capitalistic oppression that lines the pocket of the wealthy and tells us to not break bread with the person on the bench.

Overproduction is a result of capitalism and often the root cause of food waste in restaurants and grocery chains. There is a federal law that incentivizes companies to donate unsold food. Companies have been protected by civil and criminal liabilities via the Good Samaritan Food Donation Act. President Clinton signed this act to encourage companies to donate groceries to those in need. As much as we can do as an individual, it is really up to corporations to focus on product reduction. We could solve hunger and still have a huge amount of food waste.

What an unpalatable reality.

Instead of guarding gourmet trash, supermarkets and restaurants should devote that time, energy, and resources into preventing that food from reaching it (#donatenotdump). Logistics, infrastructure, and laws aside, I hope you find utility and guidance in this zine, "Anti." There is so much to discuss about food, there will most likely be a part two that discusses foraging, dumpster diving, and food preservation methods!

Stay tuned.



*Bloom to death*

## Tools Needed for Hydroponics:

- \* Hydroponic nutrient solutions
  - ↳ built by applying a variety of hydroponic fertilizers to your water reservoir
- \* Lights + Bulbs
  - ↳ to fuel your plant's growth inside
- \* pH Tester
  - ↳ to monitor your nutrient solution's levels of acidity + alkalinity
- \* Planting containers
  - ↳ to house your plants, often filled w/ a growing medium
- \* Submersible pump
  - ↳ needed to aerate and circulate your nutrient solution. w/o an aerating system your plants will drown
- \* Reservoir
  - ↳ this tank holds the bulk of your nutrient water solution. your system trays usually sit on top of this.
- \* Trays
  - ↳ to hold your planting containers in place, allowing them to partially submerge in your nutrient solution (ex: upside down container lid or styrofoam w/ holes drilled)
- \* PPM/EC meter
  - ↳ to test/measure nutrient levels in water
- \* Aquarium heater
  - ↳ if growing all year round
- \* Aggregate substrate / growing media
  - ↳ vermiculite, coconut coir, perlite, rockwool, LECA, sand, ...



# Food as Medicine

## FENNEL

- helps relax muscles
  - alleviates cramping
  - digestive aid
  - helps treat upper respiratory infection (cough/sore throat)
  - tea could be a good ibuprofen substitute
- avoid if you have any condition that might be made worse by estrogen (fennel acts as estrogen)



## BRAZIL NUTS

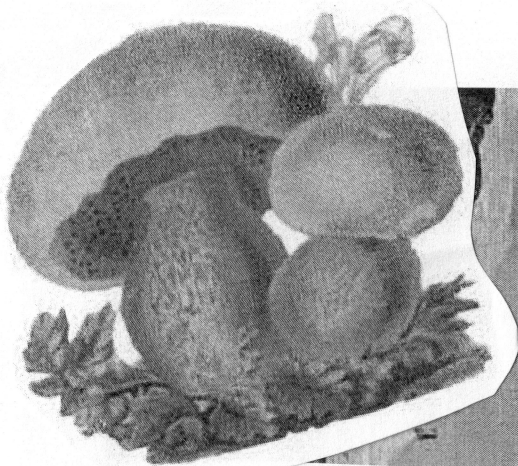
- reduces inflammation
- supports brain function
- improves thyroid
- improves heart health
- high in selenium (a mineral with antioxidant properties)
- limit intake to 1-3 brazil nuts per day



## HAWTHORNS

- help protect against heart disease
  - controls high blood pressure/cholesterol
  - increases blood flow
- [do not take if pregnant]

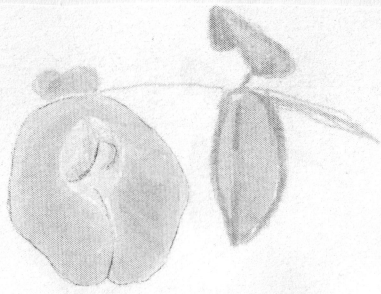




# FOOD AS MEDICINE CONTINUED

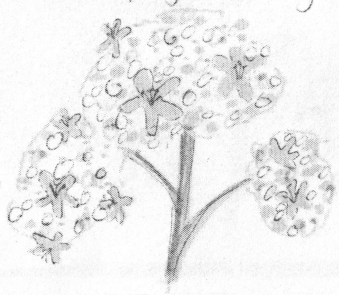
- dry the flowers to make a blue tea (add lemon, it turns purple!)
- relieves fever pain and inflammation
- packed with antioxidants like polyphenols and flavonoids
- treats menstruation problems
- improves hair and skin health
- ie: Asian pigeonwings

Butterfly Pea vine



## VALERIAN ROOT

- acts as a sedative in the brain/nervous system
- used for sleep disorder, insomnia
- eases anxiety/stress
- aids to PMS/menopause, depression/headaches



## TURMERIC

- contains curcumin (anti-inflammatory compound)
- treats arthritis/colitis
- pain reliever



## GINGER

- treats motion sickness/pain/digestive distress
- (protects heart) contains gingerol
- lowers blood pressure

# SMALLER SPACES? NO WORRIES!

Protected Agriculture is a great method for growing your own food when methods like open bed gardening and farming is not accessible. It's also a more controlled climate so it is used for season extension.

Types of Protected Agriculture

- VERTICAL GARDENING
- HYDROPONICS
- LOW/HIGH TUNNEL
- GREENHOUSE

Grow plants using a water-based nutrient solution rather than soil! Cool!

# HYDROPONICS

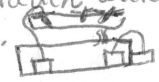


Floating Raft systems: drill or cut holes into styrofoam rafts/mats; this floats on nutrient-rich water. This system works best w/ short-season, shallow-rooted crops (ex: lettuce, basil). Use any container.

Perlite Bucket System: include drip-irrigated, perlite-filled, Dutch buckets or lay-flat plastic bags



Nutrient Film Technique: plants are grown w/ roots contained in a plastic film, a trough, or PVC pipe. nutrient-laden water is recirculated through the system, bathing the roots.



Vertical Systems: vertical hydroponic systems produce crops in upright rows, increasing plant populations



Rockwool Culture: rockwool is a fibrous material made of fine threads and pressed into loosely woven sheets



In a world of endless possibilities and natural wonder, I find it odd that we pluck the beauty out, wrap it in plastic, and slap a dollar sign on it.

An endless transportation of artificial items from one location to the next.

All while destroying the earth in the process.

What is this human infatuation with obtaining more and more physical items? Sure, some are a necessity of modern-day life. Some bring us joy, a necessary human emotion to experience, especially when there is so much darkness around.

But most of the time, it is an ingenuine ad campaign trying to trick us into thinking we need it. Environmental anxiety is real and selfish billionaires who solely care about profit and having an incomprehensible amount of wealth are the root of that.

What would happen if we just let it be? What would happen if we spent more time experiencing all the earth has to offer for free? Yes, for free. When was the last time you went on a walk with your friend or your cat instead of browsing amaz\*n dot com or the aisles of t\*rget? When was the last time you fed your neighbor or shared a meal with your friends? When was the last time you "rolled in all the earth's riches all around you, and for once, never wondered what they were worth?"

I am guilty of this. In a world of devils and angels, capitalism is my biggest sin. Without getting into the politics and socio-economics of capitalism and other systems and ideologies, we decided it would be productive to provide a resource you can reference to try and live a less capitalistic life. It doesn't have to be an absolute. It doesn't have to be an all-or-nothing. Extremes are unrealistic and toxic. We are human after all.

Let's try our best to be better every day. I hope you find something useful in this zine on how to live a more ethical, non-exploitative life in the greater Tampa Bay area, or wherever you are. Creating meaning in our lives does not correlate with consumerism.

-Jess

WHY

BUY

LOCAL?

Transportation - The closer the garden, the less transport is needed, the less gas is needed

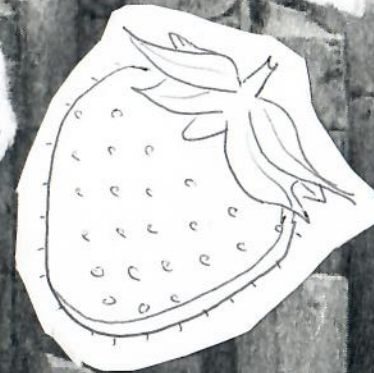
FRESHER PRODUCE! WIN-WIN



BUILD RELATIONSHIPS WITHIN THE COMMUNITY

SUPPORTING your local economy - not a corporation/factory.

FEEL MORE CONNECTED TO THE LAND, FARMERS, AND THEREFOR MORE GRATEFUL FOR THE FOOD THEY HARVEST ♡



# GARDENS & FARMS

N.E.S.T. → fruit trees @ HILLSBOROUGH  
Community college - DALEMABRY + YBOR

MEACHAM URBAN  
FARM: 1108 E. SCOTT  
ST., TAMPA FL

15th street Farm → 342  
15th street N, st. pete

813 HOOD GARDEN  
10004 N. 11th STREET  
TAMPA FL

FOR THE PEOPLE  
FOOD PLOT:  
2924 N. 11th ST  
TAMPA FL 33605

Seminole heights comm-  
unity garden: 6114 River  
Terrace, Tampa FL 33604

BEARSS GROVES

14316 Lake Magdalene  
Bld. Tampa 33618

FAT BEET FARMS:

13830 W. Hillsborough  
Avenue, Tampa FL 33635



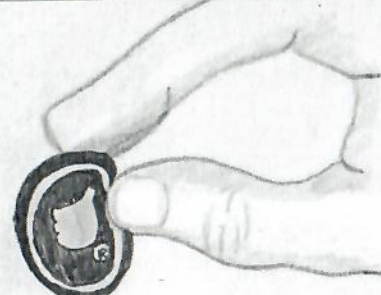
WELLSWOOD  
PARK GARDEN  
4918 North  
MENDENHALL  
DRIVE, TAMPA  
FLORIDA 33603

ALWAYS VISIT  
YOUR LOCAL  
LIBRARY!!!

## PREP

remove any stickers  
chop/shred/tear

↑ speeds up decomposition process  
consistently cover greens with brown's  
↑ avoids pests and odors  
mix/turn once a week



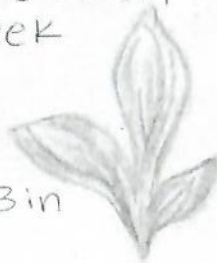
## HARVEST

can be harvested after 4-6 months  
dark brown/crumby/moist texture  
with earthy aroma is ready material  
sift large pieces out from the ready  
material and let sit for a week

## USES

as mulch/lawn feed, spread 2-3 in  
near plants/trees/shrubs

as a potting mix 1:2 (compost:potting  
soil) flowers and plants will thrive

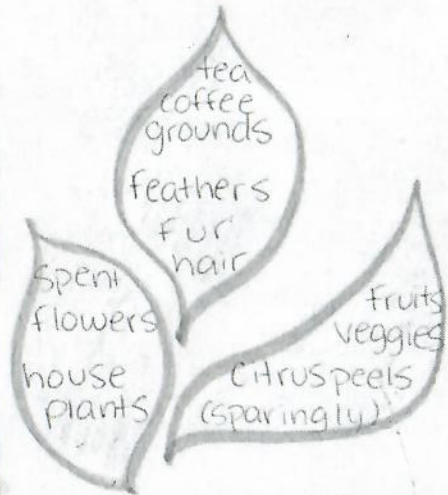
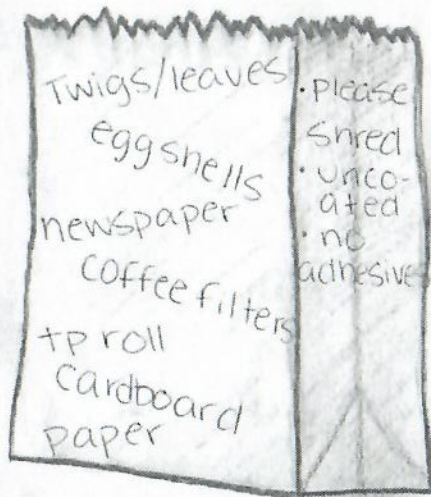






# Compost 101

3 browns to 1 greens  
carbon (energy)      nitrogen (protein)



place your bin somewhere convenient and easily accessible where water does not pool (not under a roof line)

it also needs access to soil for the bugs! (not on cement/gravel)



Bloom to death

GROWING YOUR OWN FOOD DOESN'T HAVE TO BE HARD! START SMALL.



I began growing my own veggies from cuttings! First, water propagate, place the cutting in clean, fresh water. Change the water every 2-3 days + leave in a sunny window sill. You should see roots beginning to grow! allow the roots to grow + after a couple of weeks, they will be ready to plant directly into soil!

here are some examples of what you can grow from cuttings!

CABBAGE

GREEN ONION

BASIL

THYME

CELERY

PARSLEY

LEEKs

Boh CHOY

FENNEL

SPINACH

# ZONE 9B PLANTING

may 16  
2023

## + HARVEST SCHEDULE



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
			Beans							Beans	
			Beets							Beets	
			Broccoli							Broccoli	
			Brussel Sprouts								
			Cabbage							Cabbage	
			Carrots							Carrots	
			Cauliflower							Cauliflower	
			Corn							Corn	
			Cucumber							Cucumber	
										Kale	
			Lettuce							Lettuce	
			Onions								
			Peas							Peas	
			Peppers							Peppers	
			Spinach							Spinach	
			Squash								
			Tomato							Tomato	