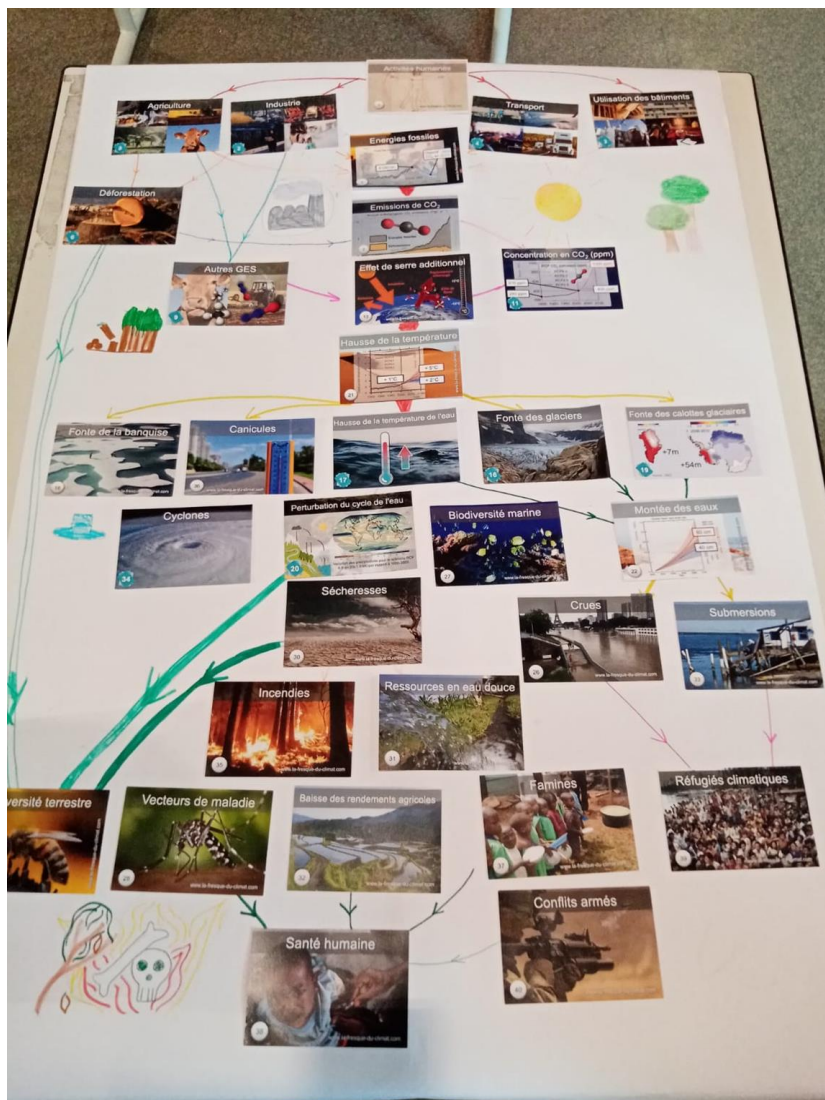


## A day with the GoodPlanet Foundation

FONDATION  
**GoodPlanet**

First of all, the GoodPlanet Foundation is a non-governmental organization founded by the French photographer and director Yann Arthus-Bertrand in 2005, supporting ecology and sustainable development

At the morning, we went to the first session: the climate's fresco.



We saw that human activity was the cause of everything which is happening, and that human people were the first victims of their exploitation of the Earth.

Cards were distributed to us, and we had to classify them, from causes (with, I think you already know it, human activities at the top), to consequences (famine, illness, conflicts and a lot of other joyful things).

Then, we joined the cards together, with color arrows and little drawings to show the links between the different events.

And, after all, we voted for the best fresco, and had a little debate about what should be done for the planet either by us nor by the governments or the United Nations.

~ Vegetalize your meals ~

And came the afternoon, and the Vegetalize your meals workshop with :) We talked about veggie cooking tips, here are a few of them :

\* Nettles:

With nettles, you can make a delicious soup! :

Wash your nettles leaf with water and vinegar two times, then rinse them with clear water

Dry the nettles in the dark 2-3 days

With that, you can make herbal tea or grind them to put the powder in your dishes.

Its full of iron and a very good alternative to spinach.

\* Broken peas

\* To make almond milk: crush the almonds, soak them in double the amount of water.

Let macerate overnight

Press in a cloth: the milk comes out.

You can add chocolate, etc...

\* Hazelnut paste - smells good :)

\* To cook your own Nutella, you need one spoonful of hazelnut paste, one of cocoa 100%, and one of liquid honey.

Then, add a little water. And you're finished ^^ !

\* Liquid chickpeas cooked: aquafaba replaces the egg white for vegans

\* Zucchini - replaces butter (for cakes, here's an example with a chocolate one:

<https://www.food.com/recipe/zucchini-chocolate-cake-18693>. You can try with your friends, ask them to find the secret ingredient, they'll never find it out!)

\* You can also make hummus with cashew nuts ;)

\* source of iron but little protein: moringa

\* for a balanced plate you need:

- 1/2 of fruits and vegetables

- 1/4 of starch

- 1/4 of protein

- a little fat ( for example, a teaspoon of oil)

\* tempeh : a traditional Indonesian soy product that is made from fermented soybeans. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form.

\*cooking workshops, photos, exhibitions, conferences are at the Good planet foundation in Boulogne, France !