

Questions to Ask When Sourcing Ingredients

- Is it someone else's rubbish?
- Is it free?

- Did it come from an animal?
 - Could you find the animal it came from?
 - Would that animal be OK?
 - Did you ask them?

- Was it grown in Dunedin?
- Was it grown in Otago?
- Was it grown in the South Island?
- Was it grown in New Zealand?
- Was it grown somewhere poor?
 - How much information do you have about its production?
 - Is an equivalent or similar item grown in Dunedin/Otago/SI/NZ?

- What kind of agricultural techniques were used
 - Synthetic nitrogen fertilisers? Superphosphate?
 - Chemical herbicides/pesticides?
 - Organic?
 - Biodynamic?
 - Permaculture?
 - Regenerative?

- Who grew it?
 - Is the company small or big?
 - Does it have any accreditations?
 - Are the workers being treated well?
 - Do they seem greedy?

- Who are you buying it from?
 - The grower?
 - A grower coop/association?
 - A manufacturing/distro/retail business?
 - Do they have any accreditations?
 - Do they only sell accredited/somehow verified products?
 - Are they a small local business?

- Is the business owned by a rich white man?

 - How much of it will you be using?
 - Will it be useful for multiple things?
 - How long does it keep?

 - Does it look bad?
 - Could you use something else?
 - Is it time to give up on this ingredient?
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