

# 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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