Lily Dinkins ENEC 370 Field Trip #1

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| **Day and meal** | **Common name of ingredient/food** | ***Genus species* (all ingredients)\*** | **Domestication site of species** | **My food actually came from \_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| *August 29th, Breakfast* | | | | |
| Fried Egg | Egg | *Gallus domesticus* | South East Asia (Lawler, 2014) | I spoke to a manager on the phone who said he would have to send an email out to Trader Joe’s and wouldn’t get a response for a few days. He said he thinks the eggs are most likely not from North Carolina though. I also sent an email request but received no response. |
| Extra Virgin Olive Oil | Extra Virgin Olive Oil | *Olea europaea* | Mediterranean Basin (Diez *et al.,* 2015) | Italy, Spain, Argentina and Greece  Source: Trader Joe’s Extra Virgin Olive Oil label |
| Frozen Spinach | Spinach | *Spinacia oleracea* | Persia (Simoons, 1991) | I called Harris Teeter twice and both times it directed me to a spam number asking about my vacationing habits. Seventy percent of spinach in the US is grown in California though, so my best guess is that it comes from there (Naeve, 2015). |
| Tuttorosso Canned diced tomatoes | Tomatoes | *Solanum lycopersicum* | Central America (Estabrook, 2012) | Indiana, Michigan or Ohio  Source: I spoke to a customer service representative on the phone and she said these are the three states where their tomatoes are grown. She said she could not give me more specific information. |
|  | Tomato juice | *Solanum lycopersicum* | Central America (Estabrook, 2012) | Indiana, Michigan or Ohio  Source: I spoke to a customer service representative on the phone and she said these are the three states where their tomatoes are grown. She said she could not give me more specific information. |
|  | Salt | *N/A* | N/A | N/A |
|  | Naturally derived calcium chloride | *N/A* | N/A | N/A |
|  | Naturally derived citric acid | *N/A* | N/A | N/A |
| Yellow onion | Yellow onion | *Allium cepa* | Southeast Asia and the Middle East, thought to have been domesticated simultaneously around 5,000 years ago (National Onion Association) | Louisville, KY  Source: label on bag states “The Horton Fruit Co., INC. Louisville, Kentucky, 40218-2967” |
| Sambal Oelek | Chili | *Capsicum annuum* | Mexico (Kraft *et al.,* 2014) | Underwood Family Farms in Moorpark, California  Source: Huy Fong website |
|  | Salt | *N/A* | N/A | N/A |
|  | Distilled vinegar | *N/A* | N/A | N/A |
|  | Potassium sorbate | *N/A* | N/A | N/A |
|  | Sodium bisulfite | *N/A* | N/A | N/A |
| Sea Salt | Sea Salt | *N/A* | N/A | Northern California Source: Trader Joe’s Sea Salt label |
| Pepper | Pepper | *Piper nigrum* | India (Kew) | Italy  Source: Drogheria Alimentari Organic Black Pepper Corns Mill label |
| *August 29th, Dinner* | | | | |
| Lentil Salad | Lentils | *Lens culinaris* | Near East, “the cradle of agriculture” (Sonnante *et al.,* 2009) | Canada  Source:  Ziyad Brand All Natural Large Whole Lentils label |
|  | Red onion | *Allium cepa* | Southeast Asia and the Middle East, thought to have been domesticated simultaneously around 5,000 years ago (National Onion Association) | Kettleman City, CA  Source: Sticker on onion said Dalena Farms and I googled to find location |
|  | Red bell pepper | *Capsicum annuum* | Mexico (Quiros, 2010) | Holland  Source: sticker on vegetable says “Origin Holland / Pays-Bas” |
|  | Basil | *Ocimum basilicum* | India (UC Davis, 2011) | My kitchen table! I have a fresh basil plant my dad potted from his herb garden. |
|  | Arugula | *Eruca sativa* | Mediterranean (Wright, 2001) | Earthbound Farm, CA  Source: Organic Baby Arugula Blend label |
|  | Garlic | *Allium sativum* | Egypt or India (Simon, 2016) | USA  Source: Trader Joes Fresh Garlic label |
| Balsamic Vinaigrette | Extra Virgin Olive Oil | *Olea europaea* | Mediterranean Basin (Diez *et al.,* 2015) | Italy, Spain, Argentina and Greece  Source: Trader Joe’s Extra Virgin Olive Oil label |
|  | Sea Salt | *N/A* | N/A | Northern California Source: Trader Joe’s Sea Salt label |
|  | Pepper | *Piper nigrum* | India (Kew) | Italy  Source: Drogheria Alimentari Organic Black Pepper Corns Mill label |
|  | Garlic | *Allium sativum* | Egypt or India (Simon, 2016) | USA  Source: Trader Joes Fresh Garlic label  I had the same issue asking for more specifics as the eggs, the manager I spoke to said he would have to put in an email request that would take a couple days. Most garlic in the US is grown in California, Nevada, and Oregon (Boriss, 2014). |
| Harris Teeter Dijon mustard | Water | *N/A* | N/A | I called Harris Teeter twice and both times it directed me to a spam number asking about my vacationing habits.  Manufactured in Matthews, NC  Source: Harris Teeter Dijon Mustard label |
|  | Mustard seed | *Brassica nigra* | Iran (Singh, 2013) | I called Harris Teeter twice and both times it directed me to a spam number asking about my vacationing habits.  Manufactured in Matthews, NC  Source: Harris Teeter Dijon Mustard label  Mustard is mostly grown in Idaho, Montana, North Dakota, Oregon and Washington and could have come from any of these states (Boland, 2013). |
|  | Distilled vinegar | *N/A* | *N/A* | *N/A* |
|  | Salt | *N/A* | N/A | *N/A* |
|  | White wine | *Vitis* *vinifera* | Near East (Myles *et al.,* 2011) | I called Harris Teeter twice and both times it directed me to a spam number asking about my vacationing habits.  Manufactured in Matthews, NC  Source: Harris Teeter Dijon Mustard label  The white wine is most likely from California since around 90% of American wine is from there (Puckette, 2013). |
|  | Citric acid | *N/A* | N/A | *N/A* |
|  | Turmeric | *Curcuma longa* | India (Avey, 2015) | I called Harris Teeter twice and both times it directed me to a spam number asking about my vacationing habits.  Manufactured in Matthews, NC  Source: Harris Teeter Dijon Mustard label  Eighty percent of the world’s turmeric is grown in India (APEDA). |
|  | Tartaric acid | *N/A* | N/A | N/A |
|  | Spices | *N/A* | N/A | N/A |
| Balsamic vinegar | Concentrated grape must | *Vitis* *vinifera* | Near East (Myles *et al.,* 2011) | Modena, Italy  Source: Monari Federzoni Balsamic Vinegar of Modena Label |
|  | Caramel color | *N/A* | N/A | The websites where I researched |
|  | Wine vinegar | *Vitis* *vinifera* | Near East (Myles *et al.,* 2011) | Modena, Italy  Source: Monari Federzoni Balsamic Vinegar of Modena Label |
| *August 29th, Snack* | | | | |
| Sabra Red Pepper Hummus | Chickpeas | *Cicer arietinum* | Turkey, Syria and Iran (Kew) | I spoke to Kay from Customer Service on the phone and they do not release any farm information but all the ingredients are from the USA and there are two distribution locations in Oceanside, VA and Farmingville, NY. |
|  | Tahini – sesame seeds | *Sesamum indicum* | * India ([Bedigian](http://link.springer.com/article/10.1023/A:1025029903549" \l "author-details-1" \o "View author's information), 2002) | “  Sesame seeds are really only grown in Paris, Texas in the United States (Hanson, 2016). The majority of global sesame comes from India (Hanson, 2016). |
|  | Roasted red bell peppers | *Capsicum annuum* | Mexico (Quiros, 2010) | Bell peppers are most commonly grown in California in the United States but since Sabra is located on the east coast it’s likely their farms are as well (Naeve, 2015). |
|  | Sugar | *Saccharum officinarum* | New Guinea (Cope) | “  Sugar in the United States is grown in Florida, Hawaii, Louisiana and Texas (McConnell, 2016). |
|  | Cultured dextrose | *Bos taurus* | Near east (Bollongino *et al.,* 2012) | “ |
|  | Paprika | *Capsicum annuum* | Mexico (Anderson, 2007) | “  Paprika is most likely grown in California in the US (New World Encyclopedia, 2008) |
|  | Canola oil | *Brassica Napus* | Mediterranean (Raymer, 2002) | “  Canola is mostly grown in North Dakota in the United States (US Canola Association) |
|  | Salt | *N/A* | N/A | “ |
|  | Lemon juice | *Citrus* × *limon* | China (Robertson) | “  Most lemons are grown in California in the US (Crane, 2010). |
|  | Citric acid | *N/A* | N/A | “ |
|  | Garlic powder | *Allium sativum* | Egypt or India (Simon, 2016) | “  Most garlic in the US is grown in California, Nevada, and Oregon (Boriss, 2014). |
|  | Sugar gum | *Eucalyptus cladocalyx* | Australia (Hamilton, 2001) | “  Sugar gum is endemic to Australia (Hamilton, 2001). |
| Red bell pepper | Red bell pepper | *Capsicum annuum* | Mexico (Quiros, 2010) | Holland Source: sticker on vegetable says “Origin Holland / Pays-Bas” |

**\***All genus species retrieved from Wikipedia

In total I had 33 entries (only counting the ones I researched not the chemicals) with 22 species likely from nine countries. I wasn’t surprised at how biodiverse my diet was but I was surprised at where my food was from. The most shocking to me was that my red bell pepper from Harris Teeter originated in Holland. Maybe I don’t know enough about the agriculture business yet, but this makes no sense to me financially or environmentally. The aspect of my diet that I definitely need to reevaluate is the lack of local produce. Not a single thing I ate on August 29th was from North Carolina besides the basil from the plant in my kitchen. I also was very surprised that bell pepper and paprika are the same genus species. Some of the ingredients from the more processed foods were so vague that it would have been impossible to trace without knowing every aspect of the companies recipe. For example, when I googled “caramel color” I found that it can be made with either corn or wheat and there’s not real way of knowing without company specifics. Same with the Harris Teeter mustard that listed “spices” as an ingredient. Another aspect of my diet that struck me was how much of my food was potentially from California. I know that California is a major farming state but I had no idea how prolific. When I’ve thought of California agriculture I think of tomatoes, almonds, avocados, and wine. I wish it had been possible to find more information about specific tomato and pepper breeds. The only hybrid I had on my list was lemons but I’m sure some of the other produce was hybrid as well. Most of the species I ate were domesticated in the “Near East”, Asia and the Mediterranean.

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