

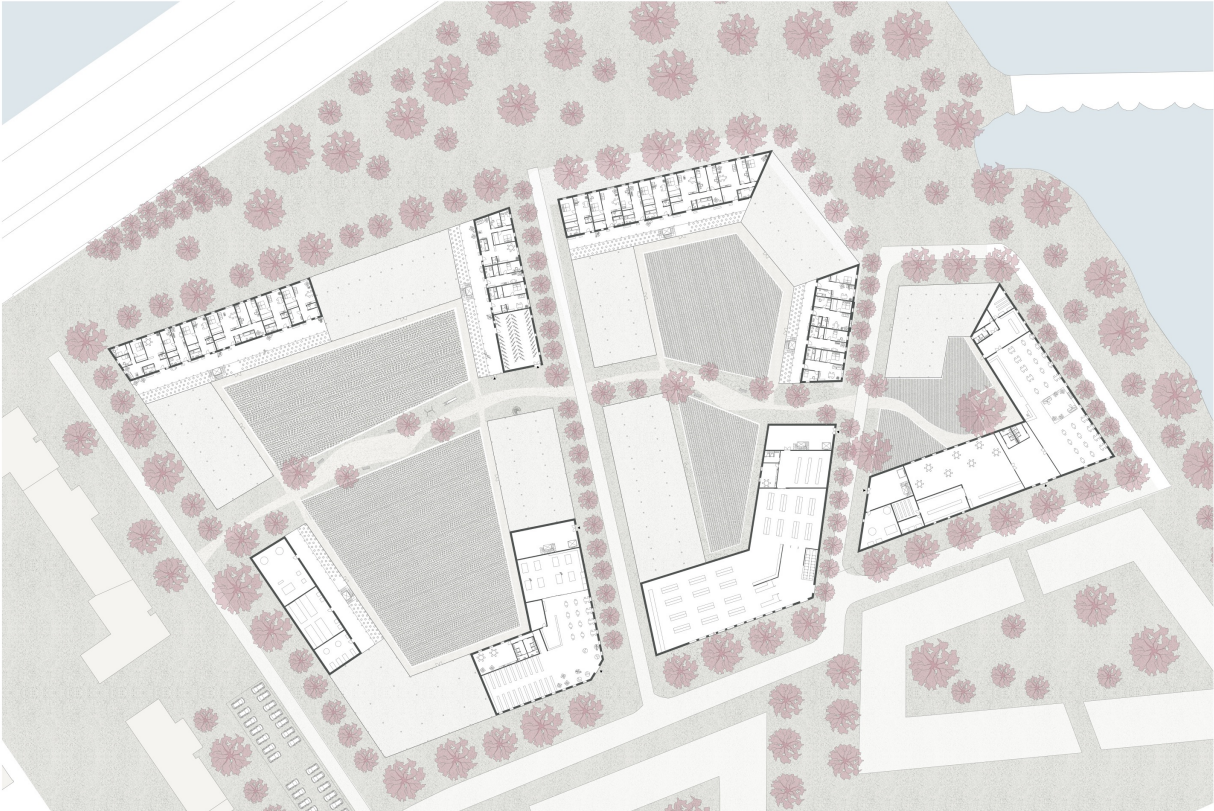
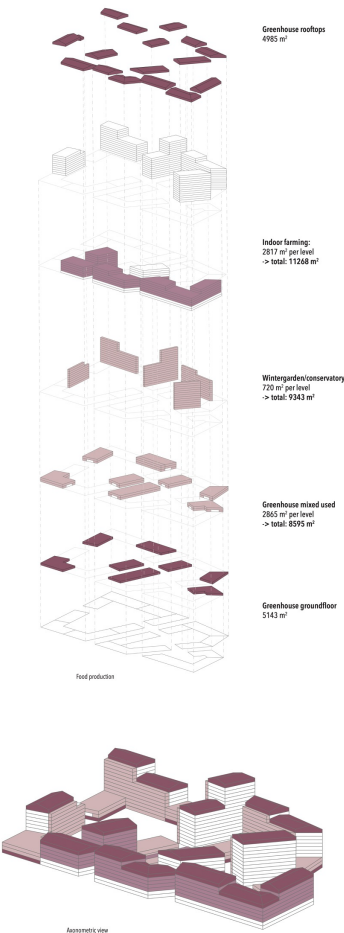
GROWING HARMONY
Where Food, Life and Architecture Thrive

Food consumption

My personal diet (plant-based) in % today: 34.2% Cereals products, 34.2% 13.8% Meat substitutes, 13.8% 15.1% Milk products (dairy) 9.9% Vegetables and potatoes 0% Other 6.8% Confectionery 13.8% Fruit 0% Sausages 0% Misc 14% Drinks (soft drinks only)	Average Scottish Diet in % today: 31% Cereals products 14% Meat 17% Milk products 9% Vegetables and potatoes 13% Other 3% Confectionery 4% Fruit 3% Sausages 2% Misc 2% Drinks	Average Scottish Diet plant-based in % today: 31% Cereals products 14% Meat substitutes 17% Milk alternative products 9% Vegetables and potatoes 13% Other 3% Confectionery 4% Fruit 3% Sausages 2% Misc 2% Drinks
My personal diet in kg today: 851 kg Cereals products 341 kg Meat substitutes 251 kg Milk products (dairy) 441 kg Veg. (veg. alt.) 248 kg Vegetables and potatoes 0 kg Other 170 kg Confectionery 240 kg Fruit 0 kg Sausages 0 kg Misc 230 kg Drinks	Average Scottish Diet in kg today: 773 kg Cereals products 330 kg Meat 275 kg Milk products 225 kg Vegetables and potatoes 450 kg Other 125 kg Confectionery 100 kg Fruit 75 kg Sausages 75 kg Misc 75 kg Drinks	Average Scottish Diet plant-based in kg today: 773 kg Cereals products 330 kg Meat substitutes 275 kg Milk alternative products 225 kg Vegetables and potatoes 450 kg Other (veg.) 125 kg Confectionery (veg.) 100 kg Fruit 75 kg Sausages (veg.) 75 kg Misc 75 kg Drinks
My personal diet in kg CO2 today: 0.21 kg CO2 Cereals products 1.58 kg CO2 Meat substitutes 0.14 kg CO2 Milk products (dairy) 0.11 kg CO2 Veg. (veg. alt.) 0.07 kg CO2 Vegetables and potatoes 0 kg CO2 Other 0.81 kg CO2 Confectionery 0.14 kg CO2 Fruit 0 kg CO2 Sausages 0 kg CO2 Misc 0.7 kg CO2 Drinks	Average Scottish Diet in kg CO2 today: 0.22 kg CO2 Cereals products 0.14 kg CO2 Meat 0.14 kg CO2 Milk products 0.04 kg CO2 Vegetables and potatoes 0.11 kg CO2 Other 0.03 kg CO2 Confectionery 0.1 kg CO2 Fruit 0.15 kg CO2 Sausages 0.05 kg CO2 Misc 0.15 kg CO2 Drinks	Average Scottish Diet plant-based in kg CO2 today: 0.22 kg CO2 Cereals products 0.14 kg CO2 Meat substitutes 0.14 kg CO2 Milk alternative products 0.04 kg CO2 Vegetables and potatoes 0.11 kg CO2 Other (veg.) 0.03 kg CO2 Confectionery (veg.) 0.1 kg CO2 Fruit 0.15 kg CO2 Sausages (veg.) 0.05 kg CO2 Misc 0.15 kg CO2 Drinks -3.34 kg CO2/day kg CO2/year = 1219 kg
1 plant-based person can save 6873 kg CO2 each year in comparison to a omnivorous diet. 650 people with a plant-based diet can save 4 467.5 t CO2 each year in comparison to a omnivorous diet.		

Food consumption	kg/ha	kg/day	kg/year	production method	yield	Food production	m2/person	650 people
Cereals/potatoes						Open Field		
Oats	4037	0.1	36.5	open field	0.8 kg/m2	Oats	45.6	20640
Wheat	3390	0.1	36.5	indoor farm	15.4 kg/m2	Handbruts	26	18900
Potatoes	1100	0.2	73	tower	30 kg/tower	Sunflowers	24	15600
Sweet Potat.	1027	0.15	54.3	tower	15 kg/tower			
Proteins						Greenhouse		
Chicken	1840	0.1	36.5	greenhouse	2.5 kg/m2	Chicken	14.6	6490
> Microgreen	1200	0.15	54.3	indoor farm	6000 kg/m2 (10 levels)			
Mushrooms	413	0.2	73	indoor farm	10 kg/m2	Indoor farm		
Algae		0.05	3.65			Chia seeds	11	7150
						Shelf		
						Chickpea M	0.009	5.85
						Wheat	1.6	1170
Healthy Fat						Towers		
Chia seeds	4860	0.03	10.85	indoor farm	1 kg/m2			
Handbruts	6278	0.033	10	open field	0.3 kg/m2			
Sunflowers	5840	0.016	6	open field	0.25 kg/m2			
Vitamins & Minerals								
Kale	276	0.05	18.25	tower	30 kg/tower	Potatoes	3.36	2184
Spinach	233	0.05	18.25	tower	13.9 kg/tower	Sweet Potat.	5	3250
Carrots	430	0.1	36.5	tower	4.8 kg/tower	Kale	0.42	273
Tomatoes	211	0.1	36.5	tower	30 kg/tower	Spinach	0.63	409.5
Broccoli	284	0.1	36.5	tower	15 kg/tower	Carrots	5.3	3440
Garlic	0.04	1.6	5.8	pot.	0.5 kg/pot.	Tomatoes	1.68	1092
Blackberries		0.05	5.475	pot.	kg/pot.	Broccoli	3.36	2184
Strawberries	277	0.05	5.475	tower	15 kg/tower	Strawberries	0.5	325
Total:	1.64 kg	560 kg					143.7 m2	93391 m2

Food table



Groundfloor
1:500