

Cyn's Joint Food Truck





Throughout my childhood, I have moved more than I can count on one hand:

Gerard Ave,
Revere Ave,
Castle Hill Ave,
Edison Ave, Bronx
Park East,
East 137th St,
Wyatt St,
East 149th St &
Manida St.

Little did I know I'd be traveling all around the Bronx eating different foods from other cultures.

I went away for college at SUNY Geneseo and had the privilege of studying abroad, which led me to travel even more.



I wanted to immerse myself in the food scene back in NYC. Since coming back home, I have lacked a sense of community for two main reasons: all my friends lived abroad and my neighborhood has been undergoing gentrification. It didn't feel like home at all!

Notice anything different?



20 years later



FACTS

The South Bronx is known to be the poorest urban congressional district in the US. Even though we have diverse cuisines similar to Queens, the South Bronx is also known to have some of the lowest amount of access to nutritious foods.

100



Few things about the South Bronx:

- It's predominantly Hispanic and Black (~70%)
- Education levels are lower compared to NYC as a whole
 - ~45% of adults do not have a high school degree vs 20% citywide
- ~45% of residents live in poverty (twice the citywide level)
- ~20% are unemployed

Daily Consumption of Fruits and Vegetables

17%
12% citywide



0 Servings

79%
77% citywide



1-4 Servings

4%
11% citywide



5+ Servings

Daily Consumption of Sugar-Sweetened Drinks

35%
45% citywide



None

30%
31% citywide



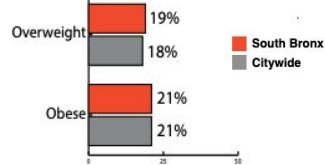
Less than 1 per day

35%
24% citywide

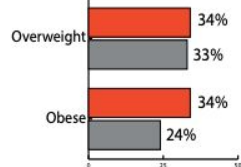


1 or more per day

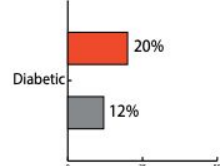
Children (5-14) Who Are Overweight or Obese



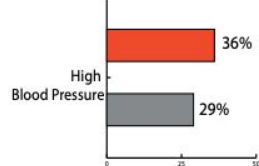
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure



Walking Distance to Fresh Fruits and Vegetables



47% live 5 minutes or less
49% citywide



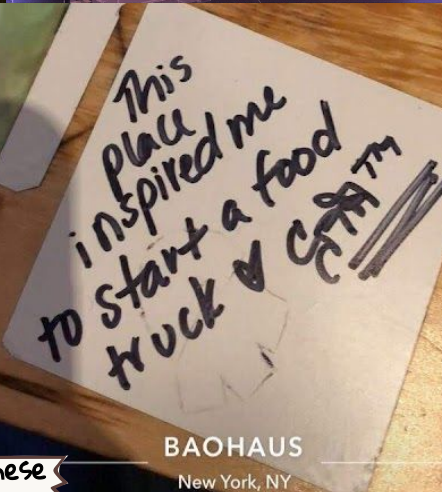
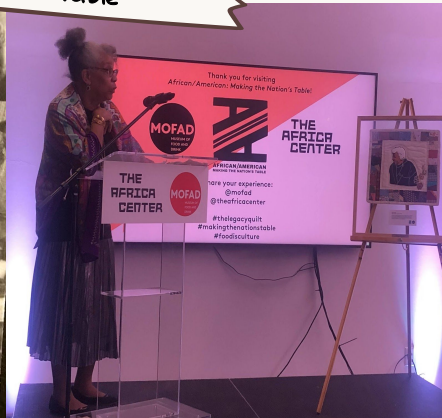
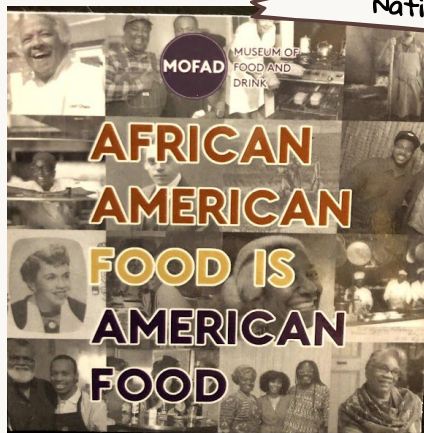
17% live between 5-10 minutes
18% citywide



34% live 10 minutes or more
32% citywide



African/American: Making the Nation's Table



BAOHAUS
New York, NY

- Spiceland Bao**
Brined 24 hours, served with lemon-garlic aioli and an 8-ingredient szechuan chili oil. Topped with pickled cabbage, crushed peanuts, Taiwanese red sugar, and cilantro.
- Fire Birdhaus Bao**
All natural fried chicken. Brined 24 hours, dipped in our homemade Szechuan chili oil and served with crushed peanuts, Taiwanese red sugar, and cilantro
- Chairman Bao**
Braised all natural berkshire pork belly. Served with haus relish, crushed peanuts, Taiwanese red sugar, and cilantro
- Taro Fries**
Fresh hand cut taro, seasoned with haus spices, and sauce

Chow: Making the Chinese American Restaurant

How can I help my community become more knowledgeable about the food they eat?

FOOD TRUCK WITH A ROOFTOP GARDEN!!!!



Est. 8/1/2018

The mission is to advocate for eating locally, seasonally, and culturally within the region we live by providing a garden space on the rooftop of the truck.

Food Truck Rooftop Garden Solutions:

- Access to local & seasonal fresh meals
- Relearn where food comes from
- Educate oneself on living off the land again
- Be resourceful to the community



3rd time applying!

Thanks for filling out [2021 Farm School NYC- Citywide Program Application](#)

Here's what was received.

2021 Farm School NYC- Citywide Program Application

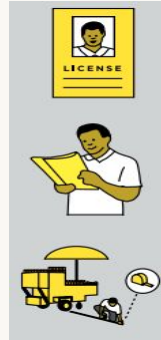
Welcome! Farm School NYC offers an urban agriculture education program rooted in food justice and social justice. This year, as we continue responding to the ever-changing circumstances of Covid-19, Farm School has evolved to offer a one-year citywide program.

This program is rooted in New York City on Lenape land. Utilizing a multi-dimensional, hands-on approach that centers BIPOC land traditions and community building, the program consists of 12 courses beginning December 2021 and running through to the following December 2022.

We are humbled to be able to offer this program to all students as a gift. All students are welcome to attend Farm School NYC, regardless of if they choose to contribute financially towards program costs. Please visit www.farmschoolnyc.org/applications for more information, and thank you for your interest in applying.

100%

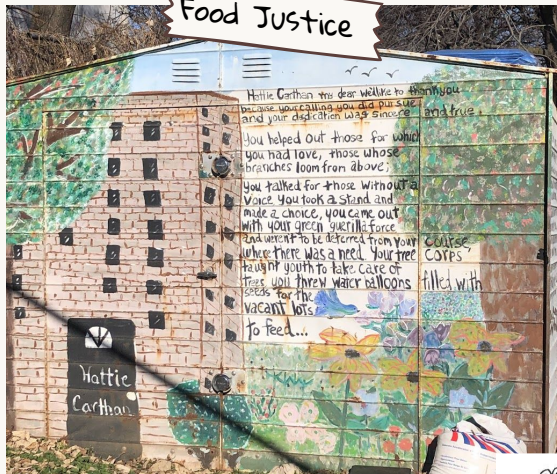
What do I know about food trucks?



20%



Food Justice



Botany

Okra

Other common name: Gumbo



- Origins: Ethiopia/Eritrea
- A flowering plant in the Mallow family
- African people brought it to the Americas, along with the skills to cultivate it.
- Used as a poultice & as birth control

Food Justice



Training of Trainers/ Food Justice



Carpentry

Coming
back to
reality means
doing something
to change it—
to solve the problems
we've talked about.
If we don't, we end
up being just arm-
chair critics.



Prepping for Winter





Cyn's Joint recreates childhood dishes using one's own cultural background to educate, acknowledge and promote local and seasonal meals.

The food truck is literally a moving vehicle for people to feel acknowledged and prideful of what they eat and where it comes from.







Cyn's Joint
Food Truck
Roof-top Garden

Front of Food Truck

Storage

Herbs

Roma Tomatoes

Herbs

Storage

Purpose of Roof-top garden?

- Moving garden for fresh meals on the go

Who's it for?

- Community

What crops?

- Seasonal crops for NYC (1b), may change when on the road

How much to harvest? Plant Succession?

- Trial & error, may have to try transport then seeding & vice versa

Space? Sun-time? Water Access? Soil fertility?

- 20' Foodtruck / Bus (8ft)

- Full Sun

- Home water & rainwater/drip irrigation

- Light soil media, needs to be tested frequently

Budget

- Aside from the food truck, this may be a much more expensive project considering the labor & observations needed for the plants' successions. ~\$5K-10K

Planting Peppers? Cilantro?
Next - Chard/Spinach?

4-6 Raised Beds

Greenhouse

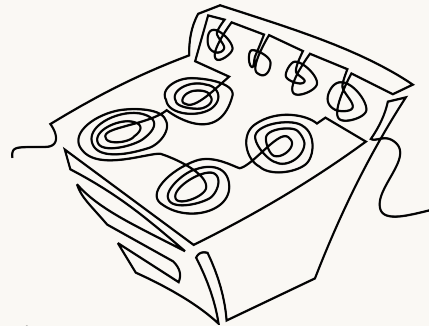
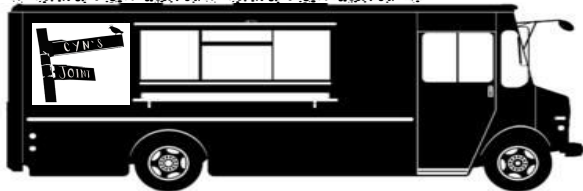
Solar Panels

Irrigation?

Rotating crops in the

Soil / Germination

Security on Road & R



Next steps:

- Food handlers license
- Continue learning about botany and growing culinary herbs
- Practice cooking and creating seasonal menus
- Look for food truck
- Pop ups/ cooking workshops
- Plan rooftop garden
- Hire farmer and partnering chef





"I want to see the South Bronx be a food bazaar again." -Cyn

THANK YOU FOR
YOUR TIME!



@cynsjoint



Resources

https://www.nycfoodpolicy.org/wp-content/uploads/2017/03/FS10567_2017.pdf

<https://www.bxtimes.com/mott-haven-community-teaching-kitchen-aims-for-8000-meals-per-week-in-boroughs-food-desert/>

<https://www.bronximpact.org/history>

https://placesjournal.org/article/bodega-down-bronx/?gclid=Cj0KCQiAqribBhDKARIsAAS5buZyFPQ3XMmgoZ_JkeFD6TXNLDFaivZKXbzNf17nCcXPI00sEdIpogaAKpWEALw_wcB&cn-reloaded=1

<https://www.nycfoodpolicy.org/the-status-of-street-vendors-in-nyc-background-and-overview/>

<https://nyfta.org/>

<https://roaminghunger.com/food-trucks/new-york-ny/>