

Information about **lettuce**



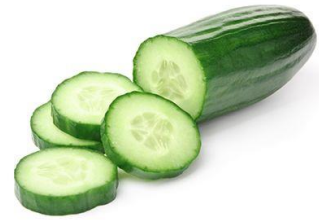
The sandwich consists of a whole lot of ingredients. Each of these ingredients is grown or cultivated differently. This also brings with it consequences specific to each ingredient.

Consider, for example, the amount of fertiliser used to grow lettuce or other plants or the number of kilometres that have to be travelled to transport the ingredient from the farm to the factory, to the store,

There is also a difference between growing outdoors and in greenhouses. The yield in greenhouses is often high, but there is a lot of CO₂-production involved. On the other hand, they can often be close to the factory, so the mileage is again low. You can use greenhouses to grow crops that are otherwise not in season, but that does result in higher energy consumption (heating and lighting in winter). Because of this artificial lighting, there is light pollution. When farming outdoors, you don't need extra energy for lighting or heating. Here, however, fertilisers and pesticides are released into the environment, which is harmful to nature. This is again not the case when using greenhouses.

The type of farming is also important. Organic agriculture uses few pesticides and artificial fertilisers (good for biodiversity), but production is lower per hectare of land than more intensive variants. Organic products are also more expensive.

Information about **cucumber**



The sandwich consists of a whole lot of ingredients. Each of these ingredients is grown or cultivated differently. This also brings with it consequences specific to each ingredient.

Consider, for example, the amount of fertiliser used to grow cucumber or other plants or the number of kilometres that have to be travelled to transport the ingredient from the farm to the factory, to the store,

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Information about **tomatoes**



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Information about **wheat**



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Information about **eggs**



The sandwich consists of a whole lot of ingredients. Each of these ingredients is grown or cultivated differently. This also brings with it consequences specific to each ingredient.

Consider, for example, the large amount of greenhouse gases released in livestock farming. In animal husbandry, the production of methane is of great importance. The effect of methane on climate change is in fact 25x as strong as that of CO₂, so it has a much greater impact on global warming. In addition, the distance between the farm and the factory is important: it has an effect on greenhouse gas emissions.

The manure released from livestock farming has negative consequences (damage to the environment) but can also be positive (fertilisation of fields i.e. crop production). In addition, a lot of fertiliser is used in the production of animal feed. Fertiliser is thereby released into the environment, which has a negative impact on local biodiversity. Also, the production of cattle feed often requires a lot of agricultural land. Rainforest is very regularly cleared for this purpose in Brazil, for example. So if you need more livestock to produce eggs, you also need more fodder, which in turn results in more deforestation.

In addition, the type of livestock farming is important. Organic livestock farming uses few pesticides and artificial fertilisers (which is better for biodiversity), but production is lower per hectare of land than more intensive varieties. Organic products are also more expensive.

Information about **cheese**



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Information about **ham**



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