



## *Letter # 4*

### Our first experiences in the USA!

Hi everyone,

It's been a few weeks now since we arrived in the USA and we are experiencing the bike trip and the bivouac here. We will explain how we do for our accommodation because it is always a challenge!

#### Accommodation, a surprise every day

We organize ourselves from day to day and we rarely know where we will sleep before the end of the afternoon. So far we use 3 methods:

1. The WarmShower is a network of cyclists around the world that welcomes other cyclists. We have an application on our mobile phone and as soon as we have Wi-Fi we can see if there is a Warm Shower next to us. People are noted with review and their phones and addresses are accessible directly. Often we send a text message in the morning or noon for the evening and we hope to have an answer (which does not happen every time). It's completely free and they often offer us more than a hot shower (meal, bed, washing machine). This is how we met Phil and Emmy Lou (see video) with whom we got along so well that we stayed 2 nights. Phil even invited us to talk about Foodorama in his KPTZ radio in Port Townsend!! Each time, it's a great experience.



In this photo, a warm shower offers to drop us after the bridge of Astoria, very dangerous for cyclists! Thanks to them 😊

2. Door to door: when we do not have a Warm Shower planned and we do not find an ideal place to camp, around 5 pm we ask for water at the first house that we find inviting (mostly by feeling) and if people seem nice to us, we ask them permission to camp in their garden. Here again, we are each time surprised by the welcome we find there. Very often, people offer us to eat with them and a good hot shower.



One day we met a family who prepared us an American breakfast: scrambled eggs, coffee, pancake, bacon, fruit etc. Indeed in the USA the most important meal is breakfast. This is the moment when they find themselves in family. In the evening, however, we eat early, quickly and often, each on time.





Another anecdote: 2 days ago, Sylvain got hit by a car wheel running at full speed on the road (yes, a car wheel, coming from nowhere). We will never know where it came from! It hit Sylvain from behind. More fear than harm because it only has some scratches and a little broken equipment (bag, pedal, screws etc.). It was pretty impressive; we decided to stop early that day to regain strength. Sylvain was a little upset and Kalima therefore looked for a welcoming home to help us. She saw a "welcome flag" in front of a house, rang the bell and after telling our story, Ruth and Darcy welcomed us as if we were their own children. They even took us by car the next morning to find the tire!!



Ruth and Darcy in front of the "Welcome Flag"



The bed in which we sleep after the "incident" and the famous "crazy tire" found the next day!



3. The campsite. Whether wild in the forest or in a "campground" is the time when we find a little privacy. We reconnect with nature and it feels good! It's especially nice when the weather is good and the place is nice, otherwise we prefer the other 2 methods because that's how we can meet Americans! And that's also why we like to travel.





In the USA, we stopped 4 days in Portland for our documentary.

### Zenger Farm Urban Farm

It's a farm in Portland where they grow all kinds of vegetables, fruits and even make honey.

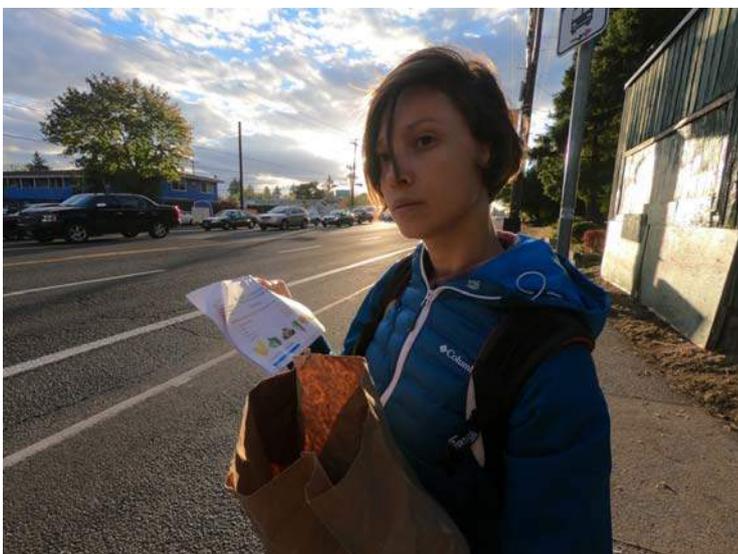
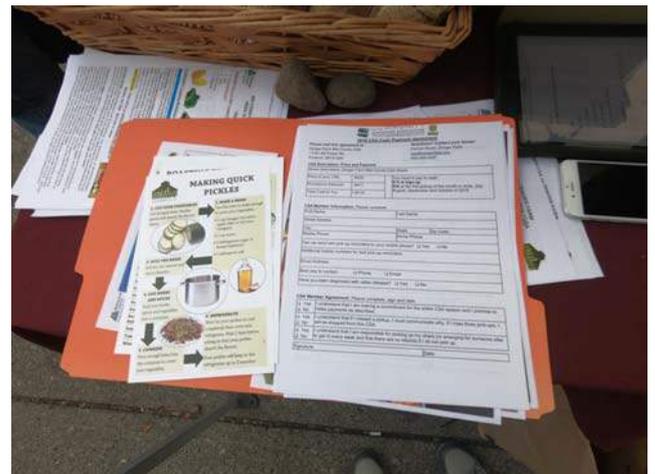
This farm regularly hosts classes to teach the youngest where their food comes from and put them in touch with nature while most live in the cities.

It is a fairly disadvantaged neighborhood where it is very complicated for people to have access to fresh and healthy food. We found it ourselves, we looked for lunch and could not find anything but fast-food in the area.

What surprised us most was that they set up a grant system to provide food for the poorest and that they found a good way to finance it. They sell their vegetables at Portland restaurants very dearly and they can sell the other part of their production at a very low price to local residents.



We also discovered the Health Program. The neighborhood hospitals donate to this farm; the clinic doctors make medical prescriptions so that people who need have access to this program. So they pay \$ 100 instead of \$ 500, to have every week, fruits, vegetables, cereals and recipes like in an AMAP in France. Fresh fruits and vegetables are almost considered drugs!



We interviewed the gardeners and the beneficiaries of this program and we will put them in our film on urban agriculture.

See you soon!