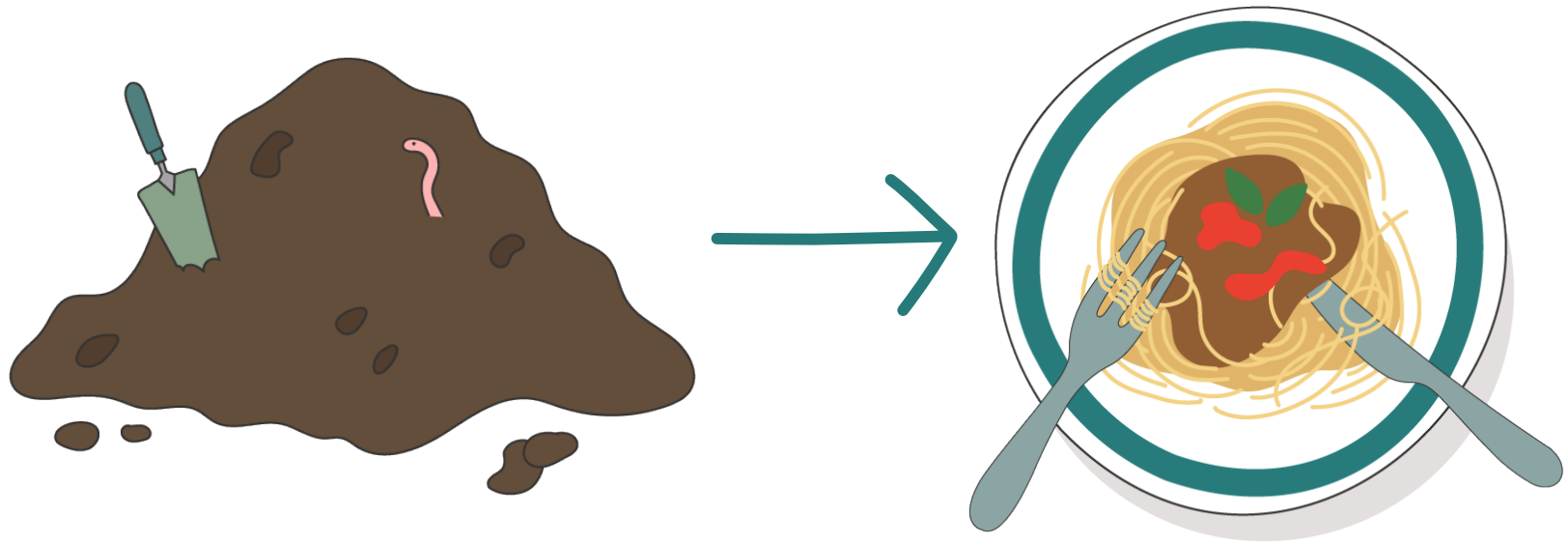
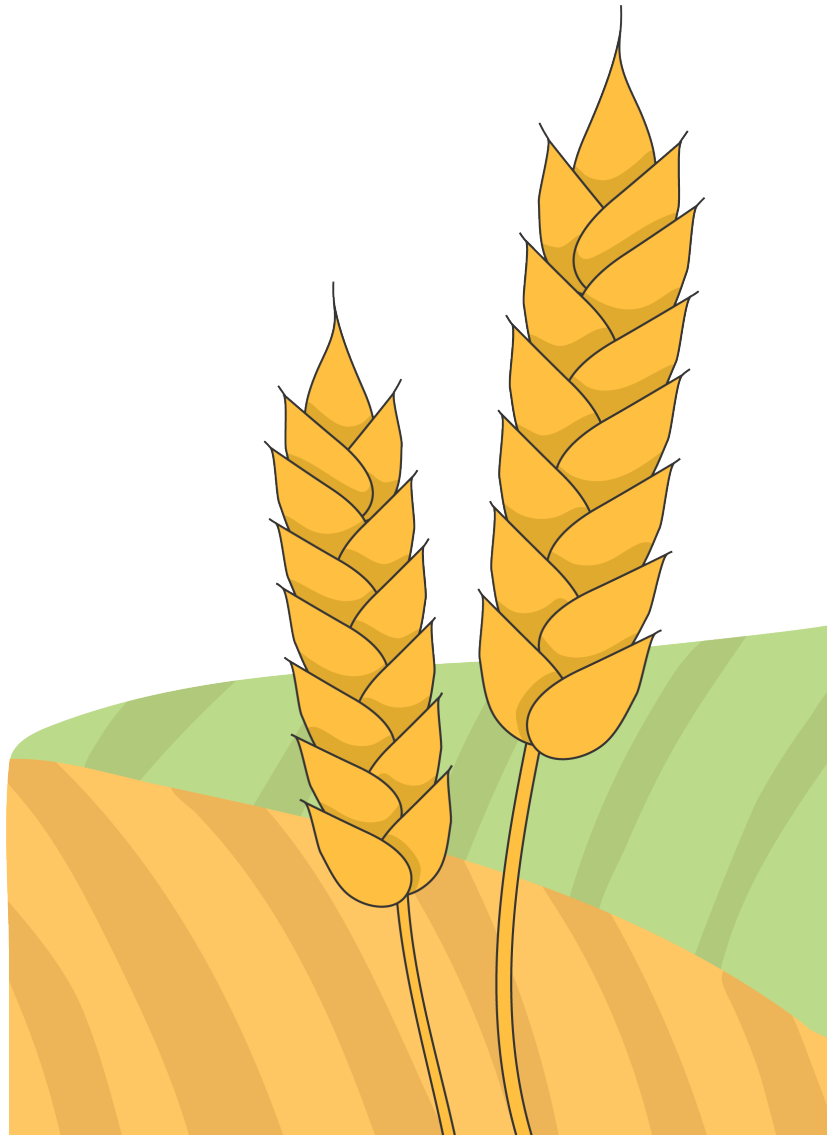


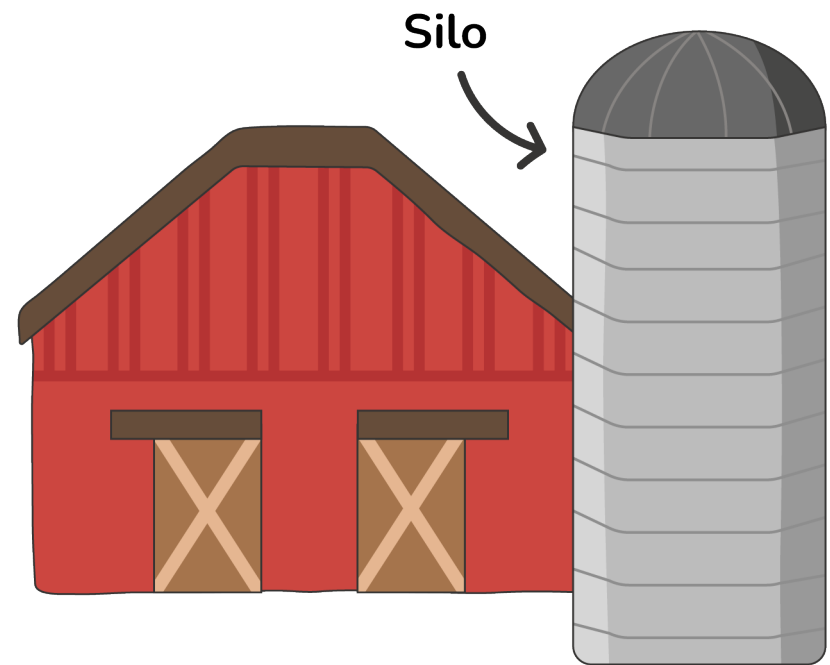
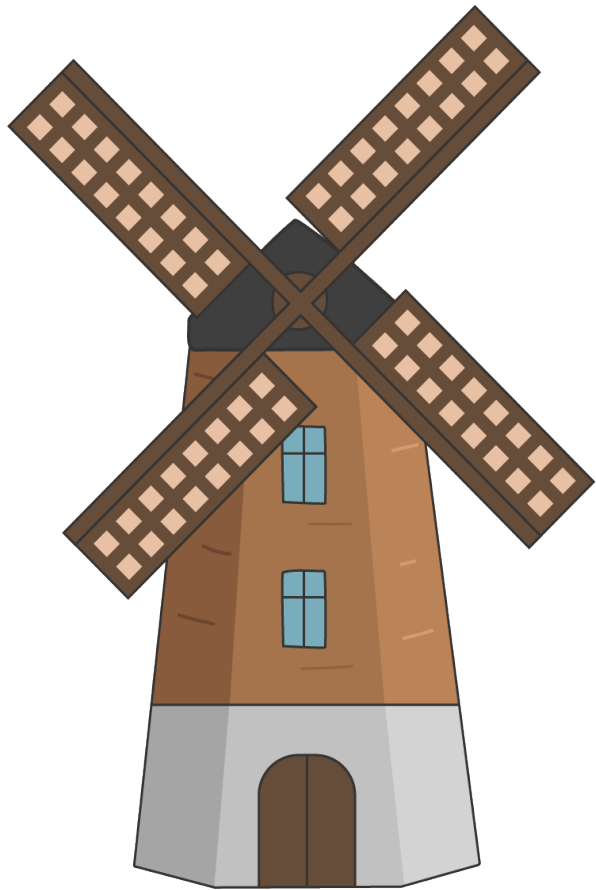
# Från jord till bord



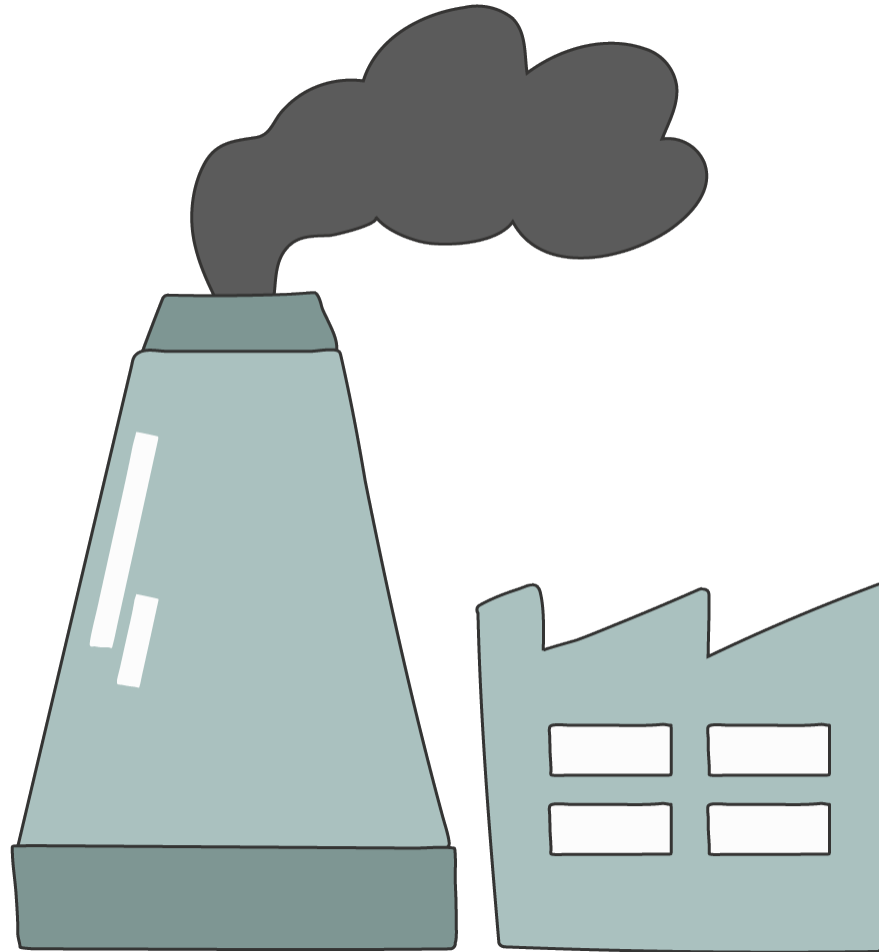
# Step 1



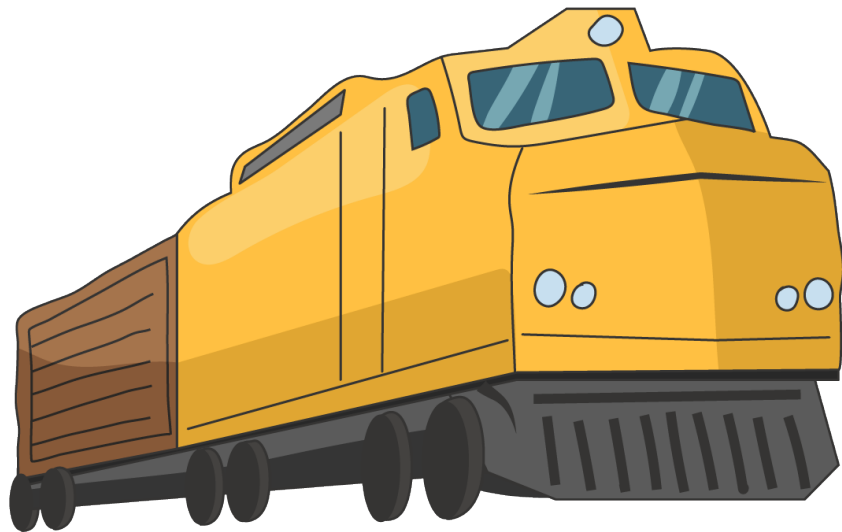
# Step 2



# Steg 3



# Steg 4



# Steg 5

