1.

I will describe a small Italian town at the coast of the Mediterranean Sea, near the border of France.  
There are 4 important aspects: Tourists, Mediterranean Sea, harbor, food.

2.

In this city there are different kind of flows, the first one are the tourists in the summer. They come to visit the city and to enjoy the beach, the nice weather and the Italian lifestyle and after the holyday they leave again. They bring money and work to the town and the surrounding countryside. So, one can say that the flow of foreigners coming to the town over time gets a kind of a stock of economic security.

The second flow is the Water that surrounds the town. Water is an example for a flow and stock in this city. The Water in this city is the Mediterranean Sea can be described as a flow, because it brings people, food and goods, which are needed in the city. But it is in the same time a stock, because it has always fish, which is a common food. And furthermore, someone can describe the sea as a resource that, until now seems to last forever.

The harbor is at the moment a not used stock. Because it was a very important harbor, once it was the connection from Torino to the Mediterranean Sea, to the world. But now there is no commercial traffic anymore. But they still have the big halls for conservation and big cranes to load goods up and down.

Food is a flow in the city, because there is no urban gardening. But if you are looking a little bit closer it becomes mostly a stock. Because there are a lot of food markets were people come from the villages near the city to sell their vegetables. There are many small and middle-sized fabrics too, to produce Olive oil from olives of the surrounding countryside so the flow comes from outside the town and the fabrics and producer can be seen as the stock of this town and region.

3.

The tourism can get more a stock, changing the city in a way, that it becomes not only in the summertime interesting but also in wintertime. Therefor they could invest and offer more culture. And at least create new flows.

The harbor could be used again like once, so it would become a flow. With this the city would get again more important and richer, so the tourist wouldn’t be so important anymore and there would be a lot more people in any season. So, the working places would also increase. And flows and stocks could support and promote/abet each other and generate new qualities of life.

The food flow is an important factor I think, because it connects the rural with the city part. Therefor I don’t see the necessity to change this flow. But it would be possible to put urban gardening boxes in the city and use vegetable plants for shadowing the public space or the borders of the bars and shops.