

SENIOR: LOCAVORE

Hey Girl Scout! Have you ever heard of locavores. These are people who are committed to eating locally grown seasonal foods. Have you ever wanted to try local grown foods? Well, this is your chance! When you have earned this badge, you'll know how to prepare a meal of seasonal and locally grown dishes.

Step 1: Explore the benefits and challenges of going local.

1. We are going to define local foods. Local food is within 100 miles of your home. Food that is grown on a farm close to home.
2. Now we are going to interview you friends and family to get a better understanding of local food. You need to make a list with 5 predetermined questions. Some questions you could use are; Have you ever tried to buy something locally? How easy or hard was it? Have you heard the word locavore and what does it mean to you? etc.
3. Then compare the answers of 5-10 interviewees answers.

Supplies:

1. Paper
2. Pens

Step 2: Find your local food sources.

1. Now it is time to find local food sources you can use or take advantage of. Choose 10 foods in your house and research places you could purchase them that are local. Once you have located these places use a map of your area to mark these places down so you can go to them with your family.

Supplies:

1. Paper
2. Pens
3. Computer

Step 3: Cook a simple meal showcasing local ingredients.

1. Time to use some of those fresh ingredients you found. Pick one type of produce you really enjoy and make two different meals showcasing this item. For example you could make a strawberry smoothie and strawberry soup. Be creative and have fun with it.
2. While making your dishes think about the look, flavor and smells of your ingredient. What do you like about the produce you selected?

Supplies: None

Step 4: Make a recipe with different ingredients.

1. Now you are going to take your favorite family recipes and find ways to change the ingredients for ingredients you can find locally. Ask family members for ideas about the ingredients that could be locally resourced.

Supplies:

1. Family recipe
2. Paper
3. Pens

Step 5: Try a local cooking challenge.

1. Now it is time to put this work to the test. Make a salad, entre, and dessert using all or mostly local foods.