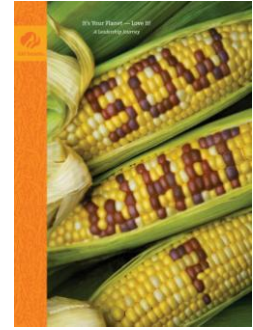


It's Your Planet - Love It! Senior - Sow What?



Basic Description

- *Sow What?* invites girls on a journey through some big food issues: how and where food is grown, processed, distributed, consumed – and so often wasted.
- Topics include:
 - The Food Network
 - Country of Origin Labeling – COOL
 - Benefits of Eating Locally
 - Organic vs. local vs. conventionally grown food
 - Slow Food
 - Food Rituals from Around the World
 - History and Current Trends in Food Production
 - Effects of Pesticides
 - Solutions for Changing the Food System
- Includes recipes and profiles of women involved in various parts of the food network

What do they earn and how do they earn them?

- Harvest Award
 - Identify and dig into a food or land issue, tapping some community experts as you go
 - Capture your vision for change in a Harvest Plan that includes your own “Sow What?” goals
 - Execute your plan by trying to influence a food policy or land-use effort or by educating and inspiring others to act on your solution you identify
 - Ideas listed on pages 90-93 in the girl workbook

Possible Field Trip or Community Partners

- Local farmers or farmers markets
- Shatto Dairy
- Local Slow Food groups
- Volunteer at a local food bank
- American Royal
- National Ag Hall of Fame

Additional Programming Ideas for Meetings

- Prepare the recipes listed in the book
- Have a progressive dinner or dinner around the world
- Plant your own vegetable garden
- Visit a harvest or harvest festival
- Learn about local or national associations that lobby for farmers like the Cattlemen's Association

Other Thoughts or Helpful Hints

- It is recommended that each girl has her own copy of the Journey book
- The green boxes in the Leader Guide have great optional ideas

Interest Project Patches & Other Program Connections

- Creative Cooking IPP
- The Food Connection IPP
- Law and Order IPP
- Plant Life
- Understanding Yourself and Others IPP
- A World of Understanding IPP
- Eco-Action IPP
- Get with the Land Patch
- Full of Ourselves
- Positive Power

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.