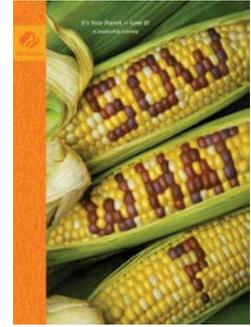


It's Your Planet - Love It! Senior - Sow What?



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
- It 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

- Explore local agriculture and food by visiting:
 - Local farmers or farmers markets
 - 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.

Badge Connections

Badges can be added throughout your Journey. Some might relate or be a fun side trip. Below are a few examples for how a badge might relate to your Journey.

- Locavore – Explore local food through a fun cooking badge.
- Truth Seeker – Become a citizen journalist and create an article or video about local food.
- Adventurer – Use ideas from Sow What? to plan your menu on your adventure.

Other Thoughts or Helpful Hints

- This Journey is divided into 10 sample sessions.
- The green boxes in the Leader Guide have great optional ideas.
- In the Journey section of the [Girl Scout website](#), you will find additional resources to help you.