

## SENIOR LOCAVORE BADGE

**Badge Purpose:** When you've earned this badge, you'll know how to prepare a meal of seasonal and locally grown dishes.

Activity	Materials Needed
Tomato, Tomahto <ul style="list-style-type: none"> <li>Find out why supermarkets don't always source local produce, and research the possible barriers farmers face in getting their produce to customers.</li> </ul>	None
What's Good? <ul style="list-style-type: none"> <li>Discover what produce is available during each season and what local products are available year-round.</li> </ul>	<input type="checkbox"/> Seasonal produce calendar
Farm-to-Table <ul style="list-style-type: none"> <li>Create a three-course menu featuring local produce and products.</li> </ul>	<input type="checkbox"/> Seasonal produce calendar (from Activity #2) <input type="checkbox"/> Local product list (from Activity #2)

### Activity #1: Tomato, Tomahto

Badge Connection: Step 1 – Explore the benefits and challenges of going local

1. Summer is prime growing season for local farms. Farmer's markets, U-picks, and roadside stands are bursting with fresh, local produce. When you go to the supermarket though, that's not always the case. Even in the summer, the zucchini or tomatoes in the produce aisle might have been shipped in from California or Mexico.
2. Make a trip to your local supermarket and ask the produce manager how they source their produce. If you don't see a lot of local produce available, ask them why. Is it a matter of getting consistent inventory (aka the produce), customer preference (maybe local produce doesn't sell as well?), or another reason?
3. Then, visit a local farmer's market or farm and ask the farmer(s) if they sell their produce in grocery stores or co-ops. If they don't, ask them why they choose not to, or what barriers are in the way of getting their product into stores.

### Activity #2: What's Good?

Badge Connection: Step 2 – Find your local food sources

Materials Needed: Seasonal produce calendar (at the end of the activity plan)

1. Create a seasonal food calendar, with a list of fruits and vegetables that are available in your area during the spring, summer, fall, and winter seasons. (You can use the template at the end of this activity plan, or create your own.)



2. Then, head over to your neighborhood grocery store or co-op and scan the shelves for local products for your pantry. Make a list of items that are available year-round (like honey, eggs, milk, flour, etc.).

## Activity #3: Farm-to-Table

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Badge Connection: Step 3 – Cook a simple dish showcasing local ingredients; Step 4 – Make a recipe with local ingredients; and Step 5 – Try a local cooking challenge!

Materials Needed: Seasonal produce calendar and local product list from Activity #2; computer with internet access

1. Look at the seasonal calendar and list you created in the previous activity. Use them to create a three-course menu highlighting the season's produce—an appetizer, main course, and dessert.
2. You can either choose to focus on creating a menu around one ingredient (like pumpkin if it's fall) or an assortment of produce (like zucchini, tomatoes, and cucumbers if it's summer). Try to incorporate as many local products as you can in your dishes (for example, use locally milled flour for a pie crust, or local eggs in a frittata).
3. For inspiration, browse through menus of farm-to-table restaurants in the area (Explore Minnesota has a great list of these—choose the “Local & Organic” option under the cuisine type—on their website: [exploreminnesota.com/drink-eat](http://exploreminnesota.com/drink-eat)), or check out cookbooks from the region.

Cookbook suggestions:

- *Chowgirls Killer Party Food* by Heidi Andermack and Amy Lynn Brown
- *The Northern Heartland Kitchen* by Beth Dooley
- *The New Midwestern Table* by Amy Thielen
- *Edible Twin Cities* by Angelo Gentile
- *The Flavor of Wisconsin* by Harva Hachten



winter

spring

summer

fall

What's good to eat this season?

