



Topic: Cooking

Badge: Locavore

Suggested Supplies: Phone or computer with internet access, pen & paper, Local product list (from Step 2), Seasonal product list (from Step 2)

Helpful websites:

LocalHarvest connects people looking for good food with the farmers who produce it.

<https://www.localharvest.org/oklahoma-city-ok>

A locavore is someone committed to eating locally-grown, seasonal foods. The effects of locavores can be important toward helping the environment and supporting local farmers. After earning this badge, girls know how to prepare a meal of locally-grown dishes.

Steps:

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

In this badge, your challenge is to cook with local foods. In the industrial food chain, the typical food travels 1,500 miles before being eaten. In a local food chain, the number of miles between where food is grown and where it's eaten ("food miles") is much lower. But how far can a food travel and still be "local"?

In this step, find out how others define local-and why going local might be important to them. After your interview, trade informed ideas with your Senior friends about the benefits and challenges of being a locavore. End the step by expressing your opinion about what's local and why it matters-perhaps in an article, collage, or short presentation.

CHOOSE ONE:

Interview via e-mail or telephone someone who cooks. This might be an amateur or professional chef, a restaurant worker, or a neighbor who loves to cook. How do they address the local question in their kitchens?

OR

Interview someone via phone or e-mail in the food delivery chain. It could be a farmer, transportation worker, or grocery store manager. How far does the farmer's food travel to reach a table? Where does the grocery store source its produce?

OR

Canvas your friends and family. Make a survey of at least five questions to give in person or online (there are many free and simple survey websites). You might ask: "Where have you heard the word locavore, and what does it mean to you?", "Do you get any produce or meat from a local farm?", "Have you ever tried to buy local-how easy or hard was it?"

Step 2: Find your local food sources

You may be able to find local foods at your grocery store, health food store, or farmers' market. Or you might be close to a farm or live in a community with the option to invest in a box of seasonal farm foods every month. Explore what the local options are in your area.

CHOOSE ONE:

Create a food calendar showing when 10 foods are in season. It could be as simple as a list of months and food that grows in your area at that time, or you could decorate a monthly calendar with drawings. Find local sources for the foods you choose and include them on your calendar.

OR

Draw your food-radius map. Get a map of your area, and draw a circle that will encompass the radius you consider local, be it 5 or 100 miles. Now find 10 sources (farms, orchards, dairies, ranches) in your radius, and label them on your map.

OR

Choose 10 foods in your house and find local equivalents. Select 10 foods you buy regularly-maybe eggs, cheese, lettuce, or fruit. Does your family purchase them from local sources? If not, make a list of places to get these foods or alternatives from local sources.

Step 3: Cook a simple dish showcasing local ingredients

Locavores often praise the fresh flavors of local ingredients, when a tomato sauce really tastes like tomatoes should, or an apple tart radiates the essence of apple. Try a recipe in one of these categories to showcase local ingredients.

CHOOSE ONE:

Make two different dishes that showcase the same ingredient. For example, you could make a carrot coleslaw and carrot juice, strawberry soup and a strawberry smoothie, a raspberry coulis (a French word for sauce) and a raspberry tart, or tomato sauce and tomato salsa.

OR

Create two salads with at least three ingredients each. What about a kale, carrot, and beet coleslaw (with a vinaigrette from local grapes!) and a mixed-lettuces salad? Or a colorful fruit salad and a panzanella (Italian bread salad) with local bread, tomatoes, and basil could be fun. Herbs count as ingredients!

OR

Create a simple, local-ingredients meal. This could be a pasta primavera with different local veggies, a chicken stew with local chicken and herbs, or a simple meat loaf with local ground meat and mashed potatoes. FOR MORE FUN: Make a dessert to go with it-perhaps a local pear tart or baked apple!

Step 4: Make a recipe with local ingredients

Make something that's local in two ways: It's both a personal, community, or family recipe, and it's sourced with local ingredients. (Use as many local ingredients as you can; it's possible you won't be able to find every single ingredient where you live.) Find your recipe in one of these ways.

CHOOSE ONE:

Talk to a chef who specializes in locally grown foods. Check out restaurants, cafés, or delis in your area that serve locally grown dishes. Ask one of the chefs to share a recipe. (Learning where they source it would be useful, as well. Some chefs include this information on their menu or website.)

OR

Make a recipe local. Pick your favorite recipe from a friend or family member. If you love pepperoni pizza, maybe you can find local cheese, pepperoni, and tomatoes. If your grandmother has a fantastic recipe for moussaka, use local es plants, tomatoes, and ground meat.

OR

Talk to someone who knows local foods. You might ask a community gardener, farmer, or staff of a store that stocks local foods. The people who know the ingredients best often have great recipes to recommend.

Step 5: Host your own cooking challenge for your family

Put your growing knowledge of local foods to the test in one of the following ways. Whichever choice you do, invite your family to enjoy your delicious creations with you-and give you tips for what to try next.

CHOOSE ONE:

Prepare a three-course meal. Make an appetizer or salad, entrée, and dessert using locally grown food.

OR

Cook a dish starring something from scratch. Try making pasta or bread with local eggs and flour, or yogurt, cheese, or ice cream with local dairy. Then create a dish around that ingredient. For instance, pasta from scratch with local tomato sauce, or homemade bread with local jam.

OR

Pretend you're a Girl Scout from 1920. Find out what foods can be canned, dehydrated, or repurposed. This way, you can keep it local all year, even in the dead of winter. Then try pickling, making jams or jellies, drying fruit, or making applesauce and apple butter. To learn about safe preserving techniques, go to the National Center for Home Food Preservation. (Girls canned to earn their Canner badge in 1920 and their Food Raiser badge in 1963.)

***Once completed, this badge can be purchased at the following direct link:**

https://www.girlscoutshop.com/SENIOR-LOCAVORE-BADGE?utm_campaign=National_Site&utm_medium=National_Site_Image&utm_source=Badge_Explorer

Please visit the following link to complete a quick survey on this virtual badge:

<https://gswestok.wufoo.com/forms/virtual-badge-completion-survey/>