



## **Project #3: Food**

There are two options for this project, but members will only need to **complete ONE**.

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### **Option 1: Grow Food from Kitchen Scraps!**

Did you know you can re-grow some of your kitchen scraps? How cool!

Choose a scrap from your kitchen waste/scraps (celery, green onion, lettuce, etc. - organic is best) and document its progress. Please write a paragraph about the experience (Was it easy? Difficult? Why did you choose that produce? Are you going to plant your produce? Will you try this again? Etc.) and attach photos of your plant's journey. This should be sent to your workshops leaders before the last workshop.

**\*Tip: If you would like to grow your own food we recommend starting this about 2 weeks into the workshops so that you have plenty of time to see your food grow!**

Please take a look at the resources below for some examples and tips!

<https://www.farmersalmanac.com/regrow-vegetables-from-kitchen-scraps-24373>

[https://www.youtube.com/watch?v=z\\_6RTILQqsE](https://www.youtube.com/watch?v=z_6RTILQqsE)

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### **Option 2: Research a Common Item from your Plate**

Think of an item you eat often (bananas, beans, rice, potatoes, oranges, chocolate, etc). Do you know the life cycle of that item? We want you to get to know your food!

Once you've picked an item, it's time to dig in.

In your paper answer the following:

- Where is this food typically grown? Where is it typically processed?
- About how many miles could it have possibly traveled to get to your plate?
- What are the growing practices for the item?
  - Is it water intensive?
  - Are lots of herbicides and pesticides generally used?
  - Is it typically a mono crop?
- Is a large amount of this crop typically wasted? (In grocery stores or even while still on the farm) \*If you are able to find this information
- What are some of the health benefits?
- Any additional information you find interesting!

\*Reminder for Option 2: This does *not* need to be a formal paper/format. These are the general guidelines: double spaced, 12 font, 1 page minimum.

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DUE DATES FOR BOTH OPTIONS:

If your workshop is on a Monday: 05/03/2021

If your workshop is on a Tuesday: 05/04/2021

If your workshop is on a Wednesday: 05/05/2021

Please turn this project into your workshop leader/s via email.

*If you have any questions please contact your workshop leader as well.*