

Sow What? Make it Your Own!

THINK ABOUT . . .	WHAT WE'LL DO
<p>THE HARVEST AWARD: Do you want to earn this prestigious Girl Scout leadership award? What do you hope to learn and explore by doing so? What interests do you have related to making your food network more environmentally friendly? Do you want to complete steps as individuals and discuss and share insights with the team? Or progress through the steps as a team? Will you use your gatherings primarily to work on the award, or mix in other opportunities along the way?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>FREESTYLING: You might opt to “mix and match” ideas from <i>Sow What?</i> to create your own journey, and not focus on earning the award. What ideas from your book spark your interest? Perhaps you want to focus on exploring career ideas or use your energy on a particular topic covered in <i>Sow What?</i> There is no right or wrong way to journey through <i>Sow What?</i></p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>EXPLORING LOCAL FOOD: Yum! What would you like to spend time making and eating with your Senior friends? Cook off, anyone? Do you want to plan, prepare, and enjoy meals with guests, too? Ask your adult volunteer about the ideas offered in Sample Session 3. With a little imagination, you could create a whole journey out of them, or just plan some time to enjoy food along the way. You have plenty of recipes and other ideas in your book, too!</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>NETWORKING: Building a network of people will enrich your experience—and give you ideas and resources for college and career planning! Who would you like to meet along the journey? Agricultural experts or other scientists from a university? Business owners interested in sustainable food innovations? Restaurant and market owners?</p> <p>What do you want to find out by talking to them?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

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<p>CEREMONIES: What (if anything) would you like to do to mark the opening and/or closing of your time together as special and apart from all the busyness of your daily life? Here are some ideas:</p> <ul style="list-style-type: none"> • Would you enjoy sharing with your team both a good thing and a challenge you've experienced in life between Senior meetings? • Would you enjoy taking turns bringing in special foods to share? • What about rituals that various cultures use to celebrate food? (Check out pages 36–37 of your book to get you started.) • Would you like to practice a few minutes of quiet together, aided by a candle, music, or a beautiful photo of something in nature? • Take turns sharing poems, quotes, or music about nurturing yourself? • A blend of these ideas? None of these? Something of your own? <p>How will your team share leadership? What skills and values will you offer?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>ADDITIONAL LEADERSHIP OPPORTUNITIES</p> <p>Perhaps you or other team members (or all of you in turn!) would like to lead the explorations and discussions at various gatherings. You could tailor and tweak and make them your own as you go). Find out which team members might like to “sign on” to lead. You can chat with your adult volunteer ahead of “your session” to get assistance in thinking the gathering through and adding your own creative touches.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>ENJOYING THE GREAT OUTDOORS</p> <p>How would you like to spend some time connecting to nature? Day hikes? A weekend camping retreat? Exploring places where food grows? Maybe you can link up with other Senior groups in your region who are journeying through <i>Sow What?</i> and have a mega campout with time to share ideas and networks, enjoying local foods along the way!</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

TASTY NAME?

How about giving your team a name for this journey that represents food from your region? If you live in California, it could be the Santa Rosa Plum Circle; if you're in South Carolina, where the Provider Bush Bean grows, it could be the Provider's Council. Get creative! Get a little competition going with other Senior teams!