

# Harvest Time!

## Seeds of Fun

### S'MORES WITH A TWIST

A warm, toasted marshmallow oozes into chocolate, and two graham crackers sandwich the sweets together. What's the food print of all that? How about a S'More-Off? In mini-teams, invent a new kind of S'More. Whose recipe has the lowest food print? Whose uses Fair Trade ingredients? Who used the lowest food miles to acquire the ingredients? Get imaginative! Who can judge?

### MORE MEALS—REALLY HAPPY!

If you liked the ideas your adult volunteer provided for Session 2 and want to do one again or try a new one, now's the time—just ask to review them again! Have you tried any of the recipes in your *Sow What?* book? How about inventing one of your own?

**Our *Sow What?* Recipe Ideas:**

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### MYSTERY MEAL PARTY

Do like Siv Lie on pages 30–31 of your book. Each girl on the team can bring an ingredient. So, what will you make?

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## SOW WHAT?

### GET OUTSIDE

If you have not yet had a *Sow What?* outing, don't miss an opportunity to camp, hike, or enjoy a day at the park together. Talk about what you most love about Earth! Sun, air, water, soil! Trees, flowers, animals and . . . So much to love, so much to take for granted—unless you get out a little and enjoy! Check out page 54 in your book, where Molly Morrison is profiled. Find a land trust near you!

**I'd like to visit:**

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### SOW WHAT ELSE? (AND MAYBE EVEN SEW!)

Of course, crops that grow on Earth don't just produce the food we eat. They produce lots of other stuff we use, like cotton for clothing, sheets, blankets, and so much more! What's the story of some of the cotton lying around in your home? An old shirt from your mom? A summer dress from when you were younger? A worn-out comforter?

Gather some fabric scraps or just one item and find an imaginative way to tell the story. Who grew the cotton? Where? What soil, air, sun, and water made it grow? Who made it into what it became? How did it get to you? What's a happy memory about how you or your family used it? If you are in a crafty mood, think about how you can creatively use the scraps to tell the story. Mini quilt? Senior team quilt? Fabric collage? What else?

**I'd like to make:**

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## Seeds of Inspiration

What have you learned and experienced that you want to share with others? How will you do that? How can you reach out further to leave your leader print on Earth?

### FOOD PRINTS

Now that you know about your food print, who else in your life can you inspire to think differently about how they participate in the food network? What is one habit you could inspire lots of friends and family members to change? Start simple. Where could the snowball go? What activity can you get people to try—to give them a *Sow What?* moment of their own?

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How could you use your imagination to get some younger Girl Scouts to start thinking about their food prints? Would a flip book help (ask your adult volunteer for the details, given in Sample Session 1 of her journey guide)? Could you post your call to action on the Internet? In a newsletter at your place of worship? In the town newspaper? Make a display for the library?

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### LEADER PRINTS

What have you learned about who a leader is? Does a leader have to be the person at the front pulling everyone along? What do you do that makes you a leader? What kind of leadership do you think Earth needs? Make a commitment to providing some of it! Then share it with others (Younger girls? Your family? Friends at school? A teacher or two? Who?) and ask them to make a leadership commitment, too!

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## Seeds for Ceremonies

Maybe you and your sister Seniors have earned your Harvest Awards. Maybe not. Either way, take a little time to capture what you've learned and share it with one another. Ceremonies can be a great way to highlight the important moments of your journey experience. Here are a few ideas to get you started (add your own creative sparks!):

**Gift One Another:** Tell one another (or write a note, even in your books) about the personal values and talents that you admire. Make it serious (I admire how you speak up about what you believe; I love your curious questions—they help me learn). Or make it fun (You get the award for team jokester, most hip, most neat and tidy). Even make it symbolic (I gift you with a little packet of sunflower seeds because you always make get togethers feel bright and sunny!).

**Name It:** Say one thing you learned on your *Sow What?* journey—something about yourself, your food networks, leadership, or a little of each! Capture it on paper, in a jar, or in a collage. Pass on your wisdom. Share it with Girl Scout Cadettes. Encourage them to keep the wisdom growing!

**Commit to Your Leader Print:** Promise to look out for more opportunities to be a leader in your world. Think about how you'd fill in the following statements. Then share your ideas with friends.

I was pleased to Discover that a value that is important to me is .....

I will keep living this value by .....

When I Connect with other people in the community, I .....

I will make more connections by .....

I think it is important to Take Action to .....

In the future, I'd like to Take Action to .....

**Put Your Heart In It:** *Sow What?* is part of the *It's Your Planet—Love It!* series of leadership journeys. Why do you love Earth? What does the planet do for you? What will you do for it?

## Seeds of Thanks

Who are all the people you have talked to and learned from along the way? How will you let them know what gifts they have given to you and how much their interest and time has meant to you? From people you talked to on your food forage to the farmers or scientists you spoke to as you were digging deep, from everyone who did something to move your Harvest project along to the adults who drove you around—don't leave anyone out of your network of thanks.

Your thanks can range from simple and heartfelt notes, to sharing a tasty (and low-food print!) treat, or a photo or drawing that represents an idea you learned with someone's help. What other ideas do you have about giving thanks? As you use your creativity to show your gratitude, remember that people networks, just like food networks, need your care and attention. Whom have you met who can help you with school, or with ideas about college or careers, or maybe even reference letters? Keep your new network thriving. Thanks is a good way to start! And, of course, don't forget to sow some gratitude for the Girl Scout volunteers who have guided you along the way.

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## Seeds of the Future

Before you end your *Sow What?* journey, be sure to investigate other opportunities in Girl Scouting that might interest you. Check out *destinations* at [girlscouts.org](http://girlscouts.org) and think about taking a trip—across the country or around the world! When's the Cookie Activity Program? You might be able to earn some dough for travel. What are other teen Girl Scouts up to in your area? Ask your council for an event list or check online.

So, what will you find? You won't know until you ask!

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