

## Senior Journey Guide

It's Your Planet—Love It!

### Sow What?

#### 1. The Purpose of Sow What?

**i** Explore your carbon footprint and various other agricultural and environmental strains that the community produces. *Sow What?* challenges you to take these issues head on by providing knowledge and tools to be successful in whatever take action project you choose.

#### 2. Take Action Project

**i** To complete *Sow What?*, finish the Journey and do a take action project. This is when your creativity gets to shine through as you take a leap into *generating* sustainable change for real world problems.

**Examples:**

- Plan a feast featuring local foods and educate attendees on how to identify and reduce their waste.
- Create a community garden and host weekly classes to teach people how they can build and maintain their own gardens!
- Partner with an agriculturist and publish a research paper on eliminating food waste or back diversion to improve local agriculture.
- Display an art piece in your local gallery showing people's typical food print.
- Work with your local government to preserve farming and animal protection land.
- Research soil cleaning agents and propose ways farmers can rebalance their soil.

### 3. Harvest Award

**i** In this Journey, you have the opportunity to earn the Harvest award. Identify an issue, create an action plan, and generate environmental change.

**Harvest Award:**

1. Identify and dig into a food or land issue, tapping some community experts as you go.
2. Capture your vision for change in a Harvest Plan that includes:
  - a. Your very own “So What?”—your goal, why it matters, how it will benefit both the planet and people.
  - b. Identify who you can turn to for input and support.
  - c. Choose what specific impact you hope to have and then name it! Once you have completed the award, come back to this step and reflect on how you achieve it.
3. Now, create change—execute your plan. Influence a food policy or land-use effort. Or educate and inspire others to act on a solution you identify.
4. Optional Step 4: Declare It!—if influencing public policy interests you, you can write a Declaration of the Right to Food. Once you’ve written your declaration, work with local leaders to get it adopted by your community.

### 4. Field Trip Ideas

**i** Whether you are promoting access and use of local produce, eliminating food waste, or designing a garden, take time to get out and explore.

**Examples:**

- Visit a local restaurant or grocer and see if they carry local produce. If they don’t you can even help establish a new market!
- Go to your local chamber of commerce or government economic office and see the funds and efforts going into improving our access and use of local produce.
- Visit a local farm to see the different types of farming (hydroponics, bee farming, wheat farming, etc.)
- Take a trip to your school cafeteria and track how much waste it produces a week.

### 5. Sow What? Ending

**i** Congratulations! Now that you have completed a take action project and possibly the Harvest award it’s time to celebrate and reap what you have sown. Don’t forget to share what you’ve learned and your bounty with others as you go forward.