



Eat Local for Thanksgiving Discussion and Activity Cards for Middle and High School Students

Harvest festivals and thanksgiving celebrations have occurred for centuries around the world. Each is imbued with cultural traditions and customs that reflect their place of origin and the bounty of their local agricultural production. As people have migrated, a wonderful mixing of these traditions has occurred to create a rich tapestry of celebrations around the globe.

These discussion and activity cards have been created to spark conversation with youth and children to think about our food traditions, where our food comes from, and what foods are native or seasonally available here in Washington.

Three ways to inspire and spark conversation using the Eat Local for Thanksgiving Discussion Cards:

1. In-class discussion and activities
2. Give as a 'take home' for family discussion
3. Use as a newsletter or cafeteria display topic

For more information on Eat Local for Thanksgiving, go to www.pugetsoundfresh.org/eatlocal.

These cards were developed by WSU King County Extension Farm-to-School Connections and FoodSense. More info at www.king.wsu.edu

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.



What's Fresh at Thanksgiving?

Puget Sound and Washington grown varieties of all these foods are available in November in our area:

Vegetables

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collard Greens
- Celery
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peppers
- Potatoes
- Shallots
- Spinach
- Winter Squash

Fruit

- Apples
- Asian Pears
- Cranberries
- Pears
- Quince

Herbs

- Rosemary
- Sage
- Thyme
- Parsley

Grocery Items

- Eggs
- Flour
- Grains
- Hazelnuts

Meats

- Beef
- Pork
- Poultry

Seafood

- Salmon
- Clams
- Oysters
- Geoducks
- Mussels

Beverages

- Wine
- Cider



1.

Look at the list of foods grown in Washington State and in season during Thanksgiving. These foods grow in our region and are ready to eat in November. Choose one food item from the list and design a dish for Thanksgiving dinner highlighting that food. For an extra challenge, use as many of the locally available foods as possible as ingredients in your dish. Describe your planned dish or share your recipe with the class. If you want, you could make it a competition and see whose dish the class would most like to taste!

Variation I: Do this exercise in groups of 3-4 people, and work together to design a dish. At the end, have the class vote on which dish they'd most like to eat.

Variation II: If you have the time and facilities, you could actually try making the dishes in groups. Then you could do a taste-test at the end to see which dishes are favorites!

Learn More! Why would we want to buy more locally grown food? <http://www.pugetsoundfresh.org/eatlocal/why-eat-local.htm> or http://www.cascadeharvest.org/files/u1/TenReasons_Website.pdf



2.

The Pacific Northwest is home to a wide variety of native plants and animals that provide food. Many of these were traditional foods for native cultures in our region. Salmon, loganberries and nettles are examples of native and traditional foods in the Pacific Northwest. Think about the foods that are traditional in our country and/or in your family for Thanksgiving. How many of these foods are also native to our region? What would the first Thanksgiving have looked like if it happened in the Pacific Northwest? Would the traditions be different?

Learn More! <http://dailyuw.com/2006/11/21/what-would-thanksgiving-be-like-in-the-pacific/>



3.

Many locally grown foods are not native to the Pacific Northwest, but are cultivated by farmers. They provide many of the foods on the seasonal food list and allow us to eat a diverse diet of foods year-round. Farming uses natural resources to provide food, and farmers also play an important role in taking care of our lands and waterways. How might local farming and food production impact those plants and animals that are native to this region? How might other aspects of our modern lives affect the native plants and animals?

Learn More! Look at Salmon Safe and other farm-based stewardship programs www.stewardshippartners.org (look at Salmon Safe and other programs) and learn how WA farmer Nash Huber provides good stewardship for local lands and waterways: <http://www.farmland.org/programs/award/Winners-2008.asp>



4.

Think of three places in your community where you might find or purchase food grown locally. Try to think of places besides the grocery store. Is anyone growing food in your community? Can you buy from farmers or farm stands? Draw a map of your neighborhood food sources, within 2-3 miles of your home.



5.

What if your favorite foods are grown or produced locally, but are not in season for Thanksgiving? How might you plan ahead to eat locally grown foods out of their growing season? Discuss one or two examples.

*Learn More! <http://uga.edu/nchfp/>
(The National Center for Home Food Preservation)*



6.

Look at the food that is thrown away in your lunchroom today. What happens to this waste? What happens to the food waste at your home? In nature, what happens to food waste? Is there a way you can recycle food waste into something useful?

*Learn More! <http://your.kingcounty.gov/solidwaste/garbage-recycling/recycle-food.asp> or
<http://www.seattletilth.org/resources/compost>*