

## SENIOR SOW WHAT? JOURNEY AWARD – MEETING 3

**Award Purpose:** When you’ve earned this award, you’ll become aware of your place in the global food network as you start to think about where food really comes from and how your choices about food impact Planet Earth.

Activity	Materials Needed
Food for Thought <ul style="list-style-type: none"> <li>Look into the benefits of herb spirals and growing your own food.</li> </ul>	None
Seeds for Change <ul style="list-style-type: none"> <li>Connect with local gardeners to help with your Take Action project, and decide which heirloom seeds to grow.</li> </ul>	<input type="checkbox"/> Computer with internet access
Reap What You Sow <ul style="list-style-type: none"> <li>Carry out your Take Action project.</li> </ul>	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Various supplies (depending on project)

### Getting Started

- If you’ve identified a different food or land-use issue you want to address for your Take Action project, carry out that idea instead! This activity plan is just one idea you can use to fulfill the final step of your Journey.

### Activity #1: Food for Thought

**Award Connection:** Step 3 – Create change—execute your plan by influencing a food policy or land-use effort, or by educating and inspiring others to act on a solution you identify

**Materials Needed:** None

- One way that you can disrupt the food system is by growing your own food. You get to decide how and what you grow.
- For your Take Action project, build an herb spiral. Herb spirals are a great example of vertical gardening and permaculture (Bill Mollison, one of the founders of permaculture, defines it as “the conscious design and maintenance of agriculturally productive ecosystems, which have the diversity, stability, and resilience of natural ecosystems”).
- Herb spirals maximize space, use water wisely, and also mimic different microclimates, which lets you plant a variety of herbs and vegetables with different soil and sunlight needs in a small space.
- Connect with your community to see if there’s a community garden or elementary school where you can start your garden. See if there’s a local gardening group or master gardener in your neighborhood with whom you



can team up to start and maintain your garden.

## Activity #2: Seeds for Change

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Award Connection: Step 3 – Create change—execute your plan by influencing a food policy or land-use effort, or by educating and inspiring others to act on a solution you identify

Materials Needed: Computer with internet access

1. Search online for instructions on building an herb spiral. Some places to start:
  - [themicrogardener.com/4-step-guide-to-building-a-herb-spiral](http://themicrogardener.com/4-step-guide-to-building-a-herb-spiral)
  - [familyfoodgarden.com/how-to-build-a-herb-spiral](http://familyfoodgarden.com/how-to-build-a-herb-spiral)
2. Help promote biodiversity by selecting heirloom seeds to plant. Organizations like Seed Savers Exchange are dedicated to growing and saving heirloom seeds to ensure they'll be available for generations to come. Browse through the Seed Savers Exchange catalog ([exchange.seedsavers.org](http://exchange.seedsavers.org)) or visit your local nursery to find a source for heirloom seeds.

## Activity #3: Reap What You Sow

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Award Connection: Step 3 – Create change—execute your plan by influencing a food policy or land-use effort, or by educating and inspiring others to act on a solution you identify

Materials Needed: Computer with internet access; various supplies (depending on project)

1. Once you've decided what to grow, gather your tools and supplies (including volunteers!) and build your spiral!

