

CASE 10.

BUT HOW DO YOU COOK THEM?

WHAT ARE SOME DIFFERENT WAYS TO COOK VEGETABLES?

1. _____

2. _____

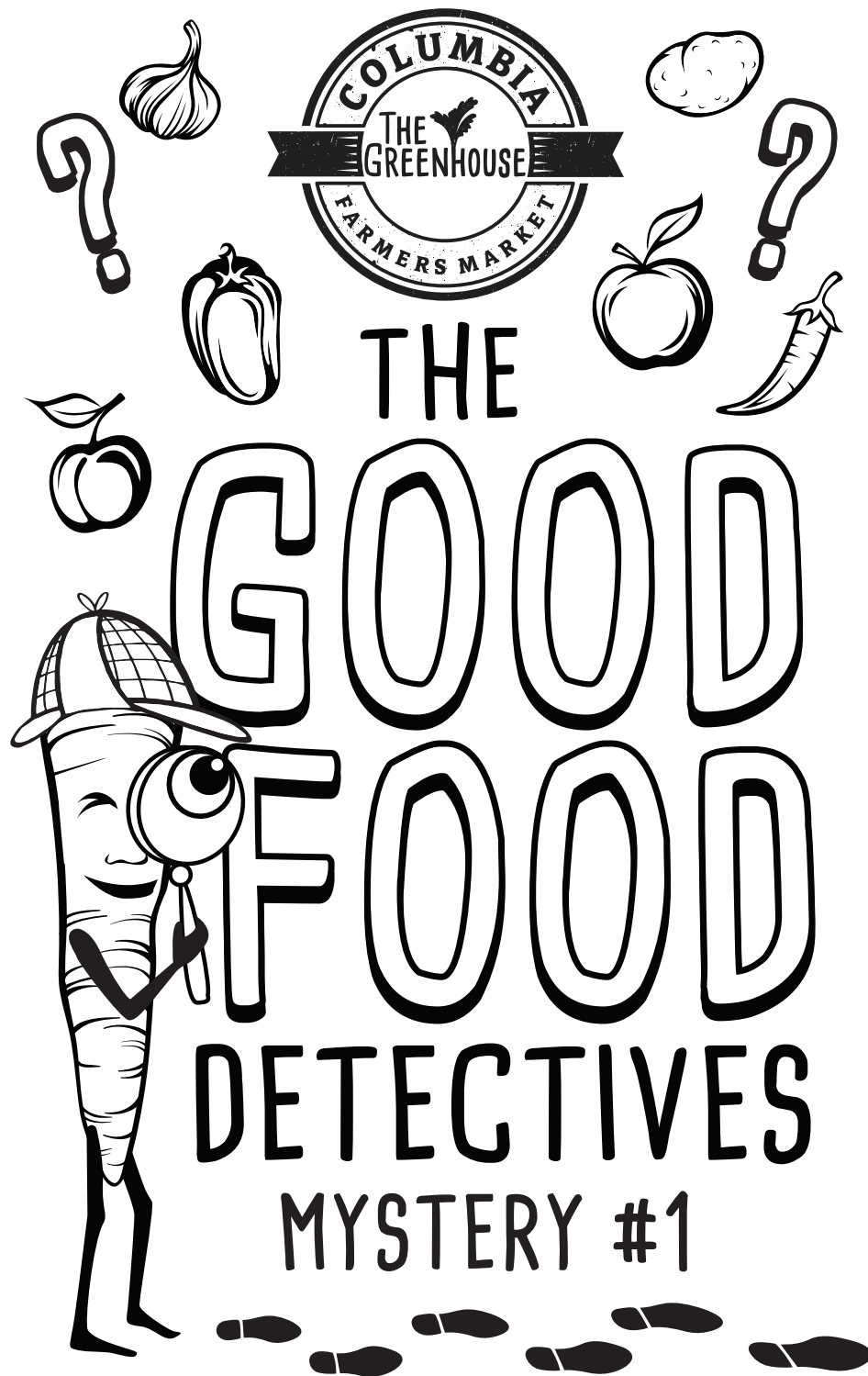
3. _____



REMEMBER!

ONCE YOU'RE DONE, TURN THIS IN AT THE OASIS BOOTH AT THE
COLUMBIA FARMERS MARKET FOR YOUR MUNCH MONEY!

FOR MORE INFORMATION & MARKET DAYS, TIMES & LOCATIONS VISIT:
COLUMBIAFARMERSMARKET.ORG



BEING A GOOD FOOD DETECTIVE.

INVESTIGATING FOOD WITH HELP FROM YOUR COMMUNITY!

BECOMING A GOOD FOOD DETECTIVE IS NOT A SIMPLE TASK. IT TAKES HARD WORK, DETERMINATION AND A HEALTHY APPETITE. DO YOU HAVE WHAT IT TAKES TO KNOW EACH AND EVERY FRUIT AND VEGETABLE, WHERE IS COMES FROM AND HOW TO EAT IT?

PROVE YOUR SKILLS AS A GOOD FOOD DETECTIVE BY COMPLETING THE ACTIVITIES IN THIS BOOK. BRING YOUR BOOK EVERY WEEK TO THE COLUMBIA FARMERS MARKET WITH A COMPLETED ACTIVITY TO EARN MUNCH MONEY.

1. USING YOUR SENSES
2. WHAT'S GROWING OUT THERE
3. SKETCH YOUR FAVORITE VEGETABLES OR FRUITS
4. HOMEGROWN RIDDLES
5. THE FIVE FOOD GROUPS
6. WHERE DOES THIS FOOD COME FROM?
7. FIND A REAL FARMER!
8. INVESTIGATE THE FARMERS MARKET
9. A TOP SECRET RECIPE
10. BUT HOW DO YOU COOK THEM?

THESE FIELD NOTES BELONG TO:

CASE 9. A TOP SECRET RECIPE



WHAT'S YOUR FAVORITE GOOD FOOD RECIPE?

INGREDIENTS:

HOW DO YOU MAKE IT?



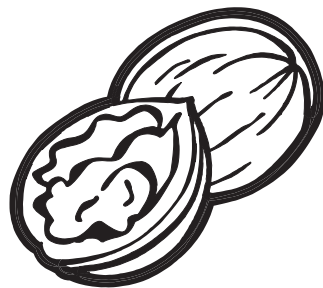
CASE 8.

INVESTIGATE THE FARMERS MARKET

THERE HAVE BEEN SEVERAL SIGHTINGS OF GOOD FOOD REPORTED AT THE FARMERS MARKET. WE NEED YOU TO FURTHER INVESTIGATE AND ANSWER QUESTIONS PEOPLE HAVE BEEN ASKING ABOUT THE MARKET.

WHAT KINDS OF FOOD DID YOU SEE AT THE FARMERS MARKET?
LIST FIVE FOODS!

1. _____
2. _____
3. _____
4. _____
5. _____



CASE 1.

USING YOUR SENSES

A GOOD SKILL FOR ANY DETECTIVE IS THE ABILITY TO DESCRIBE THE FRUITS AND VEGETABLES YOU EAT. NO TALENT COMES IN HANDY MORE THAN YOUR SENSE OF TOUCH, SMELL, SIGHT AND, MOST IMPORTANTLY, TASTE. PICK A VEGETABLE YOU THINK NEEDS TO BE INVESTIGATED AND WRITE DOWN **TWO** ADJECTIVES TO DESCRIBE IT. USE YOUR SENSES AND FIND OUT MORE ABOUT THEM!

WHAT VEGETABLES ARE YOU INVESTIGATING?

1. TOUCH. WHAT DOES THE VEGETABLE FEEL LIKE?

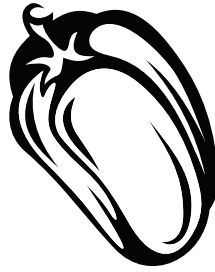
2. SMELL. WHAT DOES THE VEGETABLE SMELL LIKE?

3. SIGHT. CAN YOU DESCRIBE WHAT THE VEGETABLE LOOKS LIKE?

4. TASTE. HOW DOES THE VEGETABLE TASTE?



CASE 2. WHAT'S GROWING OUT THERE?



TAKE A LOOK OUTSIDE TO SEE WHAT'S GROWING. VISIT A FARM, COMMUNITY GARDEN OR NEIGHBORHOOD GARDEN TO INVESTIGATE WHAT VEGETABLES ARE CURRENTLY IN SEASON. IF YOU DON'T KNOW ANYONE WHO GROWS VEGETABLES HERE ARE SOME HELPFUL TIPS FOR PLACES TO VISIT.

- COLUMBIA FARMERS MARKET, COLUMBIAFARMERSMARKET.ORG
- COLUMBIA CENTER FOR URBAN AGRICULTURE, COLUMBIAURBANAG.ORG
- COMMUNITY GARDEN COALITION, COMOGARDENS.ORG

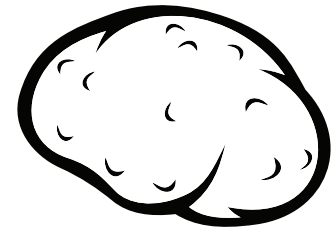
WHAT ARE SOME OF THE VEGETABLES GROWING RIGHT NOW?

DO THE SAME VEGETABLES GROW YEAR AROUND OR DOES IT CHANGE WITH THE SEASONS?

CASE 7. FIND A REAL FARMER!

WHO ARE THESE PEOPLE THAT GROW OUR VEGETABLES? DETECTIVES REFUSE TO LEAVE ANY STONE UNTURNED OR ANY QUESTION UNANSWERED! GET OUT THERE AND FIND OUT WHO GROWS OUR VEGETABLES AND MEET A FARMER. LIKELY PLACES TO FIND FARMERS:

- COLUMBIA FARMERS MARKET
- COMMUNITY GARDEN COALITION
- COLUMBIA CENTER FOR URBAN AGRICULTURE
- FAMILY MEMBERS!?
- NEIGHBORS!?



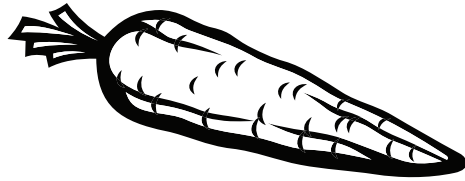
WHO DID YOU MEET?

WHAT DO THEY GROW?

CASE 6.

WHERE DOES THIS FOOD COME FROM?

FOLLOW THE TRACKS OF YOUR FRUITS AND VEGETABLES. PICK TWO THINGS YOU ATE THIS WEEK AND FIND OUT WHERE THEY CAME FROM! SOME HELPFUL HINTS ARE TO LOOK FOR LOCATIONS ON THE PACKAGE OR ASK AN ADULT TO HELP INVESTIGATE!



EXAMPLE: I HAD CARROT STICKS AT HOME. THE PACKAGE SAID DOLE AND I FOUND THAT THEY WERE GROWN BY A FARM IN CALIFORNIA

1. _____

2. _____

CASE 3.



SKETCH YOUR FAVORITE VEGETABLES OR FRUITS

EVERY DETECTIVE UNDERSTANDS THE IMPORTANCE OF KNOWING WHAT THE SUSPECT LOOKS LIKE. IN THIS CASE, WE NEED TO PRACTICE OUR ABILITY TO DRAW THE SUSPECTS. BELOW DRAW AND COLOR TWO OF YOUR FAVORITE FRUITS OR VEGETABLES.

CASE 4. HOMEGROWN RIDDLES



TO PRACTICE YOUR MYSTERY SOLVING, WE NEED YOU TO FIGURE OUT THESE RIDDLES BELOW. THE FRUITS AND VEGGIES WILL GIVE YOU CLUES TO WHAT THEY ARE, BUT WON'T REVEAL THEIR TRUE IDENTITY!

1. I'M A VEGETABLE THAT GROWS UNDER THE GROUND AND HAS A GREEN TOP. EATING ME HELPS YOU HAVE GOOD EYESIGHT. WHAT AM I?

2. I'M A LEAFY GREEN VEGETABLE THAT COMES IN DIFFERENT COLORS... INCLUDING RED! YOU MOST LIKELY EAT ME IN A SALAD OR ON A SANDWICH NEXT TO A SLICE OF TOMATO. WHAT AM I?

3. I'M A BEAUTIFUL RED FRUIT THAT GROWS IN EARLY SUMMER. I TASTE SWEET AND YOU CAN EAT ME IN A SMOOTHIE, IN YOUR CEREAL, OR ALL BY MYSELF. I ALSO HAVE LOTS OF SEEDS I WEAR ON MY SKIN. WHAT AM I?

4. I'M ROUND AND GROW UNDER THE GROUND. MY TALL GREEN TOPS TASTE GOOD IN SOUPS AND SALADS, BUT MY RED OR GOLDEN ROOT TASTES NICE AND SWEET. WHAT AM I?

5. I'M A RED FRUIT THAT CAN STAIN YOUR HANDS WHEN YOU EAT ME. I GROW ON BUSHES, SOMETIMES WITH THORNS, AND I TASTE GOOD ON YOUR CEREAL. WHAT AM I?

CASE 5. THE FIVE FOOD GROUPS



LIKE EVERY OTHER GOOD FOOD DETECTIVE, YOU NEED TO KNOW THE FIVE FOOD GROUPS. LIST THEM BELOW AND GIVE A FEW EXAMPLES!

FOOD GROUPS	EXAMPLES
1.	
2.	
3.	
4.	
5.	

