

Locavor

Complete the five steps to earn your Locavor Badge.

1. **Explore the benefits and challenges of going local:** Watch the attached video to learn about using local ingredients.
2. **Find your local food sources:** Do you know where to get food besides the grocery store? Pull up google maps and search for farms in your town or farms “near me”. Take a look at some of the places near you that sell fresh foods and see if you could make your favorite meal using ingredients that they sell. If there is nothing in your town, see how far you would have to go to get to a farm.
3. **Cook a simple dish showcasing local ingredients:** Have you ever seen chef make something two ways? Pick one ingredient that you can find locally and make two different dishes using that same ingredient. It could be as simple as using a tomato to make fresh tomato sauce, and using it to make a tomato and herb salad. Get creative and try to make something new.
4. **Make a recipe with local ingredients:** Think of your favorite dish, meal or recipe. Now make it using only, or mostly only, local ingredients. For example if you love blueberry pancakes, use local blueberries, eggs, and milk to make it.
5. **Try a local cooking challenge:** Make a three course meal using locally grown food. The meal should include an appetizer or salad, an entrée, and a dessert.