

## SEED TO PLANT TO KITCHEN TO MEAL

Let's take a look at the journey from seed, to plant, to kitchen, to meal, and see if you can create your own eventful and/or fantastical, fun journey on how the ingredients of some of your favorite meals find their way from the farm and into your belly.

For instance, let's consider the tomato, a fruit that is the center of many a favorite dish. It starts as a seed then begins to sprout. After this stage, it starts to grow branches with flowering fruit buds. These fruit buds are green but ripen to become the red tomatoes we typically eat. This whole process can take a couple of months before they are plucked, delivered to a store where you can buy them, take them home and put them into your fridge to be cooked into something tasty such as pizza sauce. That's quite the journey!

Now, let's imagine what this long journey from vine to your plate might have been like. This can be fantastical and silly! Was there a problem getting from the farm to the market? Did the fruit or vegetable become lost at the market? Did somebody spill this fruit or vegetable in the kitchen while cooking and have to buy a new one? Be creative! You could even use personification, which is the process of giving nonhuman things human traits or thoughts in writing, to tell the story from the point of view of your favorite fruit or vegetable.

Below are the steps to help guide you in the creation of your story, along with a link to some examples of what different foods look like while growing.

- STEP 1** Choose your favorite fruit or vegetable that goes in your favorite dish (it could be one of the examples given or one of your own choosing).
- STEP 2** Answer the background questions listed on the Crop Journey Template
- STEP 3** Use these answers to help shape a narrative, which could be eventful or fantastical, on your crop's long journey from seed to meal/dish. Feel free to use the Crop Journey Model about a tomato to spark ideas.