



November Theme: Healthy Harvest

Due Date: November 30, 2023

Challenge #8: Seed Collecting & Storing

The practice of collecting seeds is a sustainable way to continually grow plants at low cost. Seeds can be collected from fruit and vegetable plants, trees, wildflowers, etc. Your challenge is to properly collect and store seeds and document the process.

Challenge #9: Local Food Map

Your challenge is to document where food is grown in the Cincinnati area and how you can access local food to purchase. Maps can be digital or hand drawn and each location should be accompanied by a description.

Challenge #10: Local Food Cooking Demonstration Video

Your challenge is to record yourself creating a meal using local ingredients that are in season. Each video should be engaging and appropriate for an audience of all ages with an emphasis on safety considerations.

Challenge #11: Community Celebration with Shared Meal

Your challenge is to build community with your neighbors as you share a meal. We seek to reframe the standard pizza and pop that is offered at most gatherings and include healthy, seasonal and locally grown foods.

**“Nature provides a free meal, only if we
control our appetites.”**

~ William Ruckelshaus



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Challenge #8: Seed Collecting & Storing

November

Description

The practice of collecting seeds is a sustainable way to continually grow plants at low cost. Seeds can be collected from fruit and vegetable plants, trees, wildflowers, etc. If stored properly, some seeds can be viable for several years! The science of storing seeds is important for saving species that may be at risk of extinction. Your challenge is to properly collect and store seeds. Each seed type should be documented with the location it was collected from.



Resources

Find our recommended resources at <https://civicgardencenter.org/green-teens-challenge>. For further support, email us at greenteens@civicgardencenter.org.

Steps to Success

- Step 1:** Read the description (above) and rubric (next page) for the challenge and email us for our recommended seed list.
- Step 2:** Research when to collect seeds to ensure their maturity.
- Step 3:** Gather the materials necessary for collection.
- Step 4:** Determine what plants or trees you are going to collect from. Remember to take photos during the collection process and to document the location and how many seeds you collect.
- Step 5:** Once seeds are collected, research the best ways to store them.
- Step 6:** Store seeds.
- Step 7:** Record all materials used, procedures and photos into one document for submission.
- Step 8:** Make sure your name and email are written clearly and that you have submitted all pieces of your submission.
- Step 9:** Review the rubric to make sure you have met all the “Full Points” column.
- Step 10:** Submit and celebrate!

Don't forget the rubric on the next page!

Challenge #8: Seed Collecting & Storing Rubric

	Full Points	Half Points	No Points
Number of Seed Varieties	A minimum of five seed varieties were collected and stored	Four seed varieties were collected and stored	Fewer than four seed varieties were collected and stored
Collecting & Storing Procedure	Every seed variety is paired with an accurate collecting procedure and necessary storage requirements	One seed variety is missing an accurate collecting procedure and/or necessary storage requirements	More than one seed variety is missing an accurate collecting procedure and/or necessary storage requirements
Photo Documentation	Every seed variety is paired with captioned photos	One seed variety is missing captioned photos	More than one seed variety is missing captioned photos
Student Information	Student names and email addresses are clearly written		Student names and email addresses are missing
Due Date	Challenge was submitted by the due date of November 30		Challenge was not submitted by due date

Did you...

- Complete the Steps to Success checklist on the previous page?
- Make note of the submission due date?
- Email us for support (greenteens@civicgardencenter.org)?

Standards Alignment

- **Meets these ELA standards:** L.9-10.3, L.11-12.3, WHST.9-10.9, WHST.11-12.9, RST.11-12.7, RST.11-12.8, RST.11-12.9
- **Meets these Math standards:** MP.2, MP.4
- **Meets these Science standards:** HS-ETS1-2

Challenge #9: Local Food Map

November

Description

Farms in the city? You bet! Your challenge is to document where food is grown in the Cincinnati area and where you can access local food to purchase. Maps should be accurate but also demonstrate artistic creativity. Maps can be digital or hand drawn and each location should be accompanied by a description (see the rubric on the next page for details).



Resources

Find our recommended resources at <https://civicgardencenter.org/green-teens-challenge>. For further support, email us at greenteens@civicgardencenter.org.

Steps to Success

- Step 1:** Read the description (above) and rubric (next page) for Challenge #9.
- Step 2:** Research how to make a food map, check out the resource on our website!
- Step 3:** Research different local farms and markets.
- Step 4:** Select four of each to highlight on your map.
- Step 5:** Make sure they fall within twenty miles of your school.
- Step 6:** Write your descriptions for each selected farm and market.
- Step 7:** Create your map.
- Step 8:** Make sure your name and email are written clearly and that you have submitted all pieces of your submission.
- Step 9:** Review the rubric to make sure you have met all the “Full Points” column.
- Step 10:** Submit and celebrate!

Don't forget the rubric on the next page!

Challenge #9: Local Food Map Rubric

	Full Points	Half Points	No Points
Map Parameters	All locations on the map are within the 20 miles of your school	One location is farther than 20 miles from your school	More than one location is farther than 20 miles from your school
Map Locations	Map includes a minimum of four farms and four markets locations (eight total)	Map includes only three farms and/or three market locations (six total)	Map includes fewer than three farms and/or three markets locations (five or less)
Map Descriptions	Each of the farm/market location is accompanied by a three sentence description of what seasonal food can be purchased	Descriptions are less than three sentences and/or are not grammatically correct	One or more locations are not accompanied by a description
Student Information	Student names and email addresses are clearly written		Student names and email addresses are missing
Due Date	Challenge was submitted by the due date of November 30		Challenge was not submitted by due date

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Standards Alignment

- **Meets these ELA standards:** W.9-10.7, W.11-12.7, SL.9-10.5, SL.11-12.5, L.9-10.2, L.11-12.2, L.9-10.3, L.11-12.3, WHST.9-10.9, WHST.11-12.9
- **Meets these Math standards:** S.ID.1

Challenge #10:

Local Food Cooking Demonstration Video

November

Description

Ready, camera, ACTION! Your challenge is to record yourself creating a meal using local ingredients that are in season. Not all ingredients are required to be sourced from local growers, but an emphasis on seasonally available produce is preferred. Each video should be engaging and appropriate for an audience of all ages with an emphasis on safety considerations (see the rubric on the next page for details).



Resources

For inspiration and ideas, see <https://civiggardencenter.org/green-teens-challenge>. For further support, email us at greenteens@civiggardencenter.org.

Steps to Success

- Step 1:** Read the description (above) and rubric (next page) for Challenge #10.
- Step 2:** Determine what recipe you want to make by looking at what is in season (email us for a list of resources).
- Step 3:** Determine or research where you are going to get your ingredients from (refer to the Challenge #9 Local Food Map).
- Step 4:** Gather the ingredients, cooking equipment and safety ware.
- Step 5:** Practice what you plan on sharing in your video. Draft a script.
- Step 6:** Film your cooking demo video.
- Step 7:** Edit video. Compile list of ingredients/cooking equipment/safety ware needed to make the recipe to be included in your submission.
- Step 8:** Make sure your name and email are written clearly and that you have submitted all pieces of your submission.
- Step 9:** Review the rubric to make sure you have met all the “Full Points” column.
- Step 10:** Submit and celebrate!

Don't forget the rubric on the next page!

Challenge #10: Local Food Cooking Demonstration Video Rubric

	Full Points	Half Points	No Points
Video Length	Video is between five and nine minutes long	Video is between three and five minutes or more than nine minutes long	Video is under three minutes long
Video Components	Video description includes a complete and accurate list of ingredients and equipment needed to make the meal	Video includes an incomplete list of needed supplies or procedures	Video is missing significant information regarding ingredients or equipment
Content Elements	Demonstration focuses on food that is seasonal, emphasizes safety protocols and accurately conveys information needed to replicate the meal	Demonstration focuses on food that is seasonal and emphasizes safety protocols but is missing one or two small details required to replicate the meal	Cooking demonstration doesn't focus on seasonal food or doesn't emphasize safety; meals cannot be replicated due to missing information
Student Information	Student names and email addresses are clearly written		Student names and email addresses are missing
Due Date	Challenge was submitted by the due date of November 30		Challenge was not submitted by due date

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Standards Alignment

- **Meets these ELA standards:** SL.9-10.5, SL.11-12.5, WHST.9-10.2, WHST.11-12.2

Challenge #11: Community Celebration with Shared Meal

November

Description

There is no better way to build community than with a shared meal. In this challenge you will plan an event with your friends and family to celebrate the harvest and each other! Your challenge is to build community with your neighbors as you share a meal. You are encouraged to work in a group to plan and execute the event. We seek to reframe the standard pizza and pop that is offered at most gatherings and include healthy, seasonal and locally grown foods (see the rubric on the next page for details).



Resources

For more information about what constitutes seasonal food and where to purchase locally grown produce, see <https://civicgardencenter.org/green-teens-challenge>. For further support, email us at greenteens@civicgardencenter.org.

Steps to Success

- Step 1:** Read the description (above) and rubric (next page) for Challenge #11.
- Step 2:** Set a date for the community celebration meal.
- Step 3:** Decide what you will be cooked for the meal.
- Step 4:** Invite community members, other clubs, classes, teachers, etc. to your celebration.
- Step 5:** Do your best to locally source your ingredients (see Challenge #9: Local Food Map for details).
- Step 6:** Host your celebration! Remember to take photos!
- Step 7:** Write your reflection.
- Step 8:** Make sure your name and email are written clearly and that you have submitted all pieces of your submission.
- Step 9:** Review the rubric to make sure you have met all the “Full Points” column.
- Step 10:** Submit and celebrate!

Don't forget the rubric on the next page!

Challenge #11: Community Celebration with Shared Meal Rubric

	Full Points	Half Points	No Points
Celebration Components	Celebration brings together community residents, includes a focus on local achievements and provides resources to build resilience	Celebration brings together community residents but is missing a focus on local achievements or resources to build resilience	Celebration doesn't bring together community residents
Shared Meal Components	Shared meal is seasonal, healthy and nutritious and includes locally grown produce	Shared meal is seasonal, healthy and nutritious but doesn't include locally grown produce	Shared meal is seasonal but is not healthy, nutritious or focused on locally grown produce
Personal Reflection	Personal reflection includes at least three photographs and four sentences describing the celebration	Personal reflection includes two photographs and three sentences describing the celebration	Personal reflection doesn't include photographs and/or is fewer than three sentences
Student Information	Student names and email addresses are clearly written		Student names and email addresses are missing
Submission Details	Challenge was submitted by the due date of November 30		Challenge was not submitted by due date

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