

Become an Oklavore!



At Home:

- Shop at a farmers' market
 - Find one in Oklahoma
www.okgrown.com/markets
 - Find one in Green Country
http://www.kerrcenter.com/pdf/2009-BFBL-GC_FMGuide.pdf
 - Shopping Tips
http://100milediet.org/market_tips
- Join the Oklahoma Food Cooperative
www.oklahomafood.coop
- Visit a Pick-Your-Own Farm
 - In Oklahoma:
<http://agritourism.travelok.com/index.php?id=14&at=8>
 - In Green Country:
www.kerrcenter.com/pdf/2008-Local_Food_Guide-GC.pdf
- Buy directly from a local farmer
<http://kerrcenter.com/ofpc/foodconnection.htm>
- Prepare a meal using locally grown and processed foods
- Preserve some tomatoes or peaches
- Plan a fall garden
<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-1114/HLA-6009web.pdf>
- Join the 100-Mile Diet
<http://100milediet.org/get-started/join>
- Become a Locavore and get vocal

At School:

- Talk about where food comes from and when/how different items grow in OK
www.agclassroom.org/ok
- Have taste testing of locally grown items in the classroom or cafeteria
www.vtfeed.org/assets/files/TasteTestGuide2005.pdf

- Grow some plants in the classroom
- Participate in the Oklahoma Farm-to-School program, www.okfarmtoschool.com
- Invite a farmer to speak at your school or visit a nearby farm
www.kerrcenter.com/farm_to_school/farmer_speakers.htm
- Plan a fall garden at school
 - General planning for school gardens
www.deq.state.ok.us/mainlinks/ediblegardens.htm
 - Fall Gardening in OK
<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-1114/HLA-6009web.pdf>

In the Community:

- Plan a fall "Canning Swap"
<http://www.foodroutes.org/ffarticle.jsp?id=13>
- Plant a Row for the Hungry
www.regionalfoodbank.org/plant-a-row
- Adopt a nearby farmers' market or farm to volunteer your time
- Help start a community or school garden
www.communitygarden.org

At Work:

- Visit a nearby farmers' market during a break or after work
- Distribute copies of the '09 Farmers' Market Guide at your workplace
- Organize a lunchtime potluck of locally grown and processed foods

On the Farm:

- Share recipes for your favorite way to fix some items you grow
- Take pictures of your farm to show your customers at market
- Include your farm in the Oklahoma Food Connection
<http://kerrcenter.com/ofpc/foodconnection.htm>
- Invite some loyal customers to visit your farm or feed them dinner
- Host an open house, school classroom farm visit, or a work day

At the Farmers' Market:

- Hold a fun event such as:
 - Grilling or Cooking Demo w/ a local chef or team of avid cooks
www.kansaruralcenter.org/publications/ChefDemo.pdf
 - Customer Appreciation Day or Father's Day Celebration with raffles of free produce baskets

Other Local Food Resources:

Buy Fresh Buy Local – Oklahoma, www.buyfreshbuylocalok.com

Kerr Center Community/Local Foods Program, www.kerrcenter.com/community_food/index.htm

Local Harvest, www.localharvest.com Sustainable Table, www.sustainabletable.org



Peach or Cucumber Tasting Event
Juneteenth Celebration with live music
Salsa Tasting Contest

- Partner with a local school to hold a poster contest
www.eatsmartmovemorenc.com/SuccessStories/StoryArchieve.html

In the Restaurant:

- Feature a locally grown special, and tell your customers who grew the local foods you serve
- Commit to finding and serving locally grown items on a regular basis

In the State and Local Government:

- Encourage citizens to celebrate Local Foods Week
- Support and adopt family farm-friendly legislation and policies
- Protect farmland from development