

# Become an Oklavore!

## A Menu of Ideas for Celebrating Local Food Week (June 13<sup>th</sup> – 20<sup>th</sup>)



### At Home:

- Shop at a farmers' market
  - [Find one in Oklahoma](#)
  - [Find one in Green Country](#)
  - [Shopping Tips](#)
- Join the [Oklahoma Food Cooperative](#)
- Visit a Pick-Your-Own Farm and/or buy directly from a local farmer
  - [In Oklahoma](#)
  - In Green Country
- Prepare a meal using locally grown and processed foods
- Preserve some tomatoes or peaches
- [Plan a fall garden](#)
- [Join the 100-Mile Diet](#)
- Become a Locavore and get vocal

### At School:

- [Talk about where food comes from and when/how different items grow in OK](#)
- [Have taste testing of locally grown items in the classroom or cafeteria](#)
- Grow some plants in the classroom
- [Invite a farmer to speak at your school, or go visit a nearby farm](#)
- Plan a fall garden at school
  - [Learn about school gardens](#)
  - [Learn about fall gardening in OK](#)

### In the Community:

- [Plan a "Canning Swap"](#)
- [Plant a Row for the Hungry](#)
- Adopt a nearby farmers' market or farm at which to volunteer your time
- Organize a "Friends of the Market" group
- [Help start a community or school garden](#)

### At Work:

- Bring a co-worker to visit a nearby farmers' market during a break or after work
- Distribute electronic copies of the [2010 Farmers' Market Guide](#) at your workplace
- Organize a lunchtime or after-work potluck of locally grown and processed foods
- See about incorporating some local foods into a business breakfast or luncheon.

### 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](#)
- Invite some loyal customers to visit your farm, or have them over for 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 with a local chef or team of avid cooks](#)
  - Customer Appreciation Day or Father's Day Celebration with raffles of free produce baskets
  - Peach or Cucumber Tasting Event
  - Juneteenth Celebration with live music
  - Have a market vendor give a talk about their specialty
  - Hold a story-time or book reading for children; featuring food, gardens or farms
- [Partner with a local school to hold a poster contest](#)

## In the Restaurant:

- Feature a locally grown special, and tell your customers about the farmer(s) who grew those foods
- 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 (feel free to distribute this flyer)
- [Promote efforts to grow food commercially, in and near towns and cities](#)
- [Protect farmland from development](#)

## Other Local Food Resources:

*Buy Fresh Buy Local – Oklahoma, [www.buyfreshbuylocalok.com](http://www.buyfreshbuylocalok.com)*

*Oklahoma Food Connection, [www.kerrcenter.com/resources/food-connection.htm](http://www.kerrcenter.com/resources/food-connection.htm)*

Foodroutes, [www.foodroutes.org](http://www.foodroutes.org)

Local Harvest, [www.localharvest.org](http://www.localharvest.org)

Sustainable Table, [www.sustainabletable.org](http://www.sustainabletable.org)

