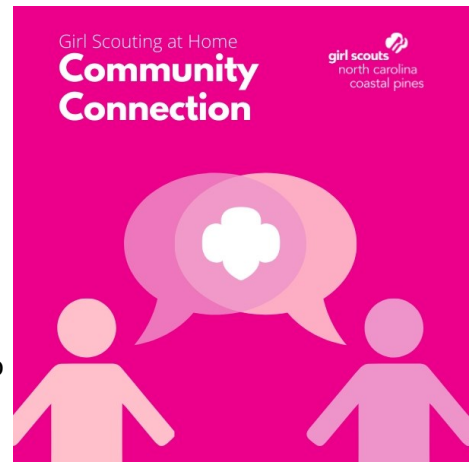


# Community Connection

**Girl Scouts North Carolina Coastal Pines** invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

**COMMUNITY CONNECTION** encourages Girl Scouts to continue to maintain a connection with their community. Each Monday we'll share ways for you to engage with your community by learning about, connecting with, and leaning into the community around you. Join the conversation online.

**#OurGSNCCPCommunity**



## Feeding our Communities

Most of us are familiar with getting groceries from the store, but did you know that there are many other local organizations working hard to make sure that our communities are fed? Read on to learn about a few!

**Community-Supported Agriculture (CSA):** CSA is a system where people can purchase a weekly or monthly order of food items from a local farm. Sometimes, the CSA is formed by multiple farmers. Orders could include eggs, dairy, fruits, vegetables, herbs, or any variety of farms products.

**Farmer's Markets:** A farmer's market is a market where local farmers can sell their products directly to consumers. These markets can be held indoors or outdoors, and may be held seasonally or year round.

**Food Bank:** A food bank is a non-profit organization that collects, stores, and distributes food to local food programs. These food programs might include food pantries, soup kitchens, and other agencies that work to prevent hunger in our communities.

## Learn More:

Want to know more about the agencies providing food to your community?

- Watch one of these videos from NC State Extension's Fork to Farmer Project to learn about chefs in North Carolina restaurants and the farmers that grow the food ingredients they use: [Fork to Farmer Project](#).
- Find out about the Food Bank of Central & Eastern North Carolina and the work they are currently doing to supply our communities with food: <https://foodbankcenc.org/food-bank-covid-19-preparedness/>
- Discover local farmer's markets near you: <https://www.farmersmarketonline.com/fm/NorthCarolina.htm>
- Find food distribution locations near you: <https://www.foodpantries.org/>

## Take Action:

Here are some great ways that you can get more involved:

- Grow your own food at home using food scraps from your kitchen! [Food Scrap Gardening](#).
- Find a local garden center or nursery. Learn about what types of plants they sell that can be used as a food source in the community. Design or plant your own food garden. [NC Garden Centers and Nurseries](#).
- Start a virtual food drive to support the Food Bank of Central & Eastern North Carolina or another food distribution organization near you: [http://secure.foodbankcenc.org/site/TR?fr\\_id=1153&pg=entry](http://secure.foodbankcenc.org/site/TR?fr_id=1153&pg=entry)
- Complete the Homegrown in North Carolina Patch Program on the following pages!

**Questions?** [programteam@nccoastalpines.org](mailto:programteam@nccoastalpines.org)

[www.nccoastalpines.org](http://www.nccoastalpines.org)

## Home Grown in North Carolina, Part A

Please complete activity 1, and 3 other activities in Part A

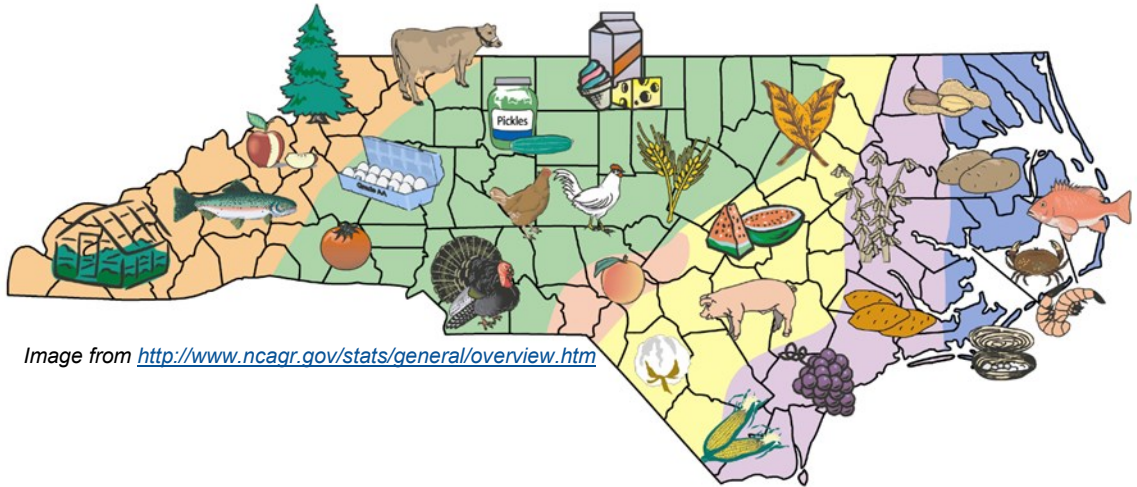


Image from <http://www.ncagr.gov/stats/general/overview.htm>

### 1. Take a trip!

Make plans to visit one of the following locations. *\*\*If you cannot visit one of these locations in person, find one that has an online tour you can view, and call the owner/organizer to complete the following\*\** While there, interview an employee and ask the person why the place is important to agriculture. Find out about what type of job this person does. After your visit, make a scrapbook page or write a journal entry about the activities you did.

- State-run or local Farmers Market
- Agricultural Fair (see [www.ncagfairs.org](http://www.ncagfairs.org) )
- Farm

### 2. Go to the Grocery Store!

Visit your local grocery store and look for the Goodness Grows in North Carolina label or the Got to Be NC label.

- Write down five products with this label.
- What does it mean if a product has this logo on the label?
- Why is this label important to agriculture in our state?
- What does it mean when you see the green local sign?



LOCAL

### 3. Weights and Measures.

The North Carolina Department of Agriculture and Consumer Services inspect gas pumps and scales statewide. An inspection sticker is placed on the pump or scale once it is inspected. Name five places in your community you have seen this sticker.

### 4. Surf the Web.

Visit the NCDA&CS Web site ([www.ncagr.com](http://www.ncagr.com) ) and answer the following questions:

Questions? [programteam@nccoastalpines.org](mailto:programteam@nccoastalpines.org)

[www.nccoastalpines.org](http://www.nccoastalpines.org)

- Who is the Commissioner of Agriculture and what is his job?
- What is the name of the newspaper published monthly by the NCDA&CS?
- Visit the Ag Statistics Division page. Find the top five commodities in our state.
- Name the four farmer's markets and two fairs the department runs.
- Go to the Human Resources Division and visit job listings and choose two jobs. What type of education must you have to take the jobs?

## 5. Food Diary.

Make a list of all the foods you eat for one week. Which foods are grown in North Carolina?

## 6. Visit a roadside produce stand or farmer's market booth.

With an adult, visit a roadside produce stand or booth at the farmer's market. Discuss with the grower the following topics/questions:

- What is he/she growing?
- How many acres he/she farms?
- What is the easiest/most difficult commodity to grow?
- How long he/she has been farming?
- Why he/she farms?



## 7. Find the following things at a local farmers market and try them:

- a. Two seasonal fruits
- b. Two season vegetables
- c. Honey
- d. Salsa/jam/butter

Use this PDF to help you figure out what is in season: <http://www.ncagr.gov/markets/availabilitychart.pdf>

## 8. Visit a local dairy farm.

- a. Learn how to milk a cow
  - b. Pet a cow
  - c. Learn what a cow eats
  - d. Ask the farmer what he does everyday
- Learn about the different types of cows



## 9. As a troop or with your family, order a Produce Box.

Experience local North Carolina goods at your home. <http://theproducebox.com/>

## 10. Plant your own garden! Be a part of the agriculture industry in North Carolina

**Girl Scout Leader resources:** Please use the following Web sites for more information: [www.ncagr.com](http://www.ncagr.com). and [www.ncagfairs.org](http://www.ncagfairs.org).

Once you complete the requirements, remember to get your patch by contacting our retail team!

Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).

**Questions?** [programteam@nccoastalpines.org](mailto:programteam@nccoastalpines.org)

[www.nccoastalpines.org](http://www.nccoastalpines.org)