

Some Suggested Activities to Follow Up to Menu for the Future

brainstormed by Lore Rosenthal (listed in no particular order),
after participating in a Menu for the Future group in January 2009

1. hold a “Sustainable Community Supper” once a month, potluck, open to others
2. arrange for Cooking Classes using local fresh vegetables (vegetarian? Vegan?)
3. hold a Canning and Freezing Workshop (Bette Hoover from Eden Valley, Mike Tabor from “Licking Creek Bend Farm” CSA, Linsey Shelton from Acokeek)
4. invite Master Gardeners to present a workshop or class on “Victory Gardens” (gardening in your own backyard). They have a whole new program called “Grow It-Eat It” and are training new presenters.
5. take a tour of the Community Garden plots in Greenbelt (contact John Henry Jones or Martha Tomecek)
6. visit Calvert Farms (and other local farms, vegetable, meat, pick-you-own)
7. write articles/profiles for the News Review about each farm
8. visit Horizon Farm factory/milk processing plant
9. join the Thoughts_on_Food yahoogroup or SMEI’s FoodPassionESA yahoogroup
10. exchange recipes (through yahoogroup or in other ways)
11. watch Food Movies together (see list below)
12. help GCAN & SMEI start more “Menu for the Future” discussion circles
13. work with a local school to get more fresh vegetables on the menu (see Greenbelt News Review, Aug 21, page 6)
14. interview several people who have backyard gardens. Write one or more articles for the News Review.
15. interview several people who plant in the Community Garden. Write an article for the News Review.
16. visit local restaurants and request local produce
17. learn more about various food “movements”: 100-mile challenge, slow food, raw food, raw milk, grass-fed meat
18. visit Recycling Center
19. visit Waste Water Treatment plant

Videos about Food

Listed in our discussion guide

- A. Fast Food Nation (2006)
- B. King Corn (2007)
- C. The Power of Community: How Cuba Survived Peak Oil (2006)
- D. The Real Dirt on Farmer John (2005)
- E. Silent Killer: The Unfinished Campaign Against Hunger (2005)
- F. The Future of Food (2004)
- G. The GMO Trilogy: Seeds of Deception (2006)

Not in our discussion guide

- A. Peaceable Kingdom (2004) (Animal Sanctuaries)
- B. My Father’s Garden (1996) [WARNING: another movie, same title, 2002]
- C. Organic Opportunity: Small Farms and Economic Development (date?)
- D. Black Gold (2006) (Fair Trade Coffee)
- E. The Rave Diet (date?)