nourish

ACTIVITY

Seasonal, Local Food

ESSENTIAL QUESTION

Why does it matter when and where our food is grown?



in season

Ripe and ready to harvest nearby, in the months when a food naturally grows.



local food

Food grown and produced close to where it is eaten, usually within the same region.



foodshed

The area where food is grown and produced to feed the people who live there, like a watershed but for food.

trade-off

Choosing one thing means giving something else up.

