

Three different ways to engage in food interactions and examples-

1) Acquiring ingredients

- Your garden- sharing bumper crops
“Could you use some _____?” or “What do you do with so much _____?”
- Neighbors garden- helping & trading crops
“Want to trade some of your _____ for some of my _____?”
- Farmer Direct/ roadside stand- growing methods & food varieties
Leave messages with your contact info at a roadside stand.
- Farmers market- meeting growers, producers & food eaters
“Why do you grow that variety?”
- Foraging/hunting- learn about land & invite others
“Where does _____ grow around here?”
- Butcher shop- source local meats, eggs & other food eaters
“What’s in the _____?”
- CSA- evolving seasonal food conversations
“How have the _____ affected the crops this year verses last year?”
- Grocery Store- meet food eaters and learn unfamiliar ingredients
“What do you use this ingredient in?”

2). Ingredient Application

- Recipe swaps- join or arrange
“I’m gathering local recipes would you exchange a soup recipe with me?”
- Ask- simple recipe or food question
“What’s your favorite recipe using _____?”
- Culinary traditions- connect with individual history
“How did your grandmother prepare _____?”
- Preserving –share bounty & work
“Would you like to help me can and have a supply of homemade sauce for the year?”
- Community cooking – volunteer to cook
“Next time there is an event, sign me up- I’m good at _____”
- Holidays- special foods
“What do you do with _____ this time of year?”

3). Food Experiences- eating, serving & sharing

- Food swap- initiate or join
“Want to make each other lunch and swap next week?”
- Cookouts/ potlucks- food conversations in the flesh
“I’m hosting an outdoor potluck, want to come and bring your favorite covered dish!”
- Festivals- sample and chat about food culture
“I just hear about this festival, want to go try some new foods?”
- Local & seasonal food scenes- invite or find other food eaters
“Where’s your favorite place to eat on special occasions and what do they have that you always order?”
- Picture taking- share visuals
Take pictures and share information about the food picture in person or on on-line platforms
- Storytelling- tell a food story
“I just discovered _____, have you ever tried it?”

To keep conversations going, curious and think about what the other person is saying. Picture what they are saying, then ask questions to fill in gaps or spice the conversation with your own story. Ask around and have fun!