

Sustainable Ag Interns Virtual Session Plan: 2 of 15



What are sustainable local food systems?

FARRMS Sustainable Ag Interns meet weekly on Zoom, for 1 hour on Tuesdays from 12pm to 1pm. The interns' learning sessions are meant to complement the hands on learning they are doing on farms across North Dakota and western Minnesota.

Sustainable Ag Interns Core Learning Objectives

These are the objectives driving the Sustainable Ag Internship Program. We will evaluate against these objectives.

FARRMS strengthens sustainable agriculture and builds local food systems to create resilient rural communities. FARRMS' goals are:

1. **More farmers on the land (increase # of farmers in ND and western MN)**
2. **More sustainable agriculture practices used.**
3. **More locally grown food and agriculture products available in ND and MN.**

The Sustainable Ag Internship Program will contribute to these goals through the following objectives:

- a. Participants' knowledge of sustainable agriculture principles will increase.
- b. Participants' knowledge of local food systems will increase.
- c. Participants skills in sustainable ag production will increase. Participants' awareness of ND/Red River Valley sustainable producers/local food systems will increase. (Interns will meet new farmers and discover new types of agriculture.
- d. Interns' soft skills will improve. Soft Skills include problem solving, self management, team work, and self motivation.
- e. Interns will have increased appreciation for sustainable ag and local food systems. (This is interpreted broadly and can mean starting their own farm, becoming an ag educator, working at a food hub or working in food systems in some way, or simply committing to become a more conscious consumer.)

Objectives

This session will meet the following internship objectives. After the session students will be able to:

1. Identify the parts of a food system
2. Define what a system is.
3. Think critically about sustainable and non sustainable systems
4. Define the terms "local" "specialty crop" "commodity crop" and "direct market"

Pework

The following assignments, due prior to this session, provide context, support, practice, demonstrate, or deepen a student's understanding of the above core learning components and objectives.

1. Feeding Nine Billion Video 5: Local Food Systems by Dr. Evan Fraser
https://youtu.be/35mOyg7_A8g

Virtual Lesson Plan Session 1



Whole Farm Planning: Intro to Holistic Management

2. [What is a Local Food System?](#) (2 minutes 37 seconds)
3. [Michael Pollan: Why Eat Local?](#) (1:58)
4. Take a look at the [glossary of terms](#) from the [Nourish](#) food literacy curriculum.

Homework

The following assignments synthesize and further practice the objectives and core learnings.

5. Agroecology for Sustainable Food Systems <https://youtu.be/OgJInRNyEDY>

Farmer Presenters (as necessary)

Name, email, phone. Topic

1. List the session's objectives this presenter will address

Virtual Lesson Plan Session 1

Whole Farm Planning: Intro to Holistic Management



Agenda

1. Welcome/ Opening questions
2. Review last week's discussion on sustainability
3. Discuss local food systems
4. Review Handbook
5. Review how to submit experience reports
6. Closing
 - a. Review homework assignments
 - b. Harvest Reflections

Procedure:

Time	Agenda Topics and Procedure	Resources
12:00 06 Min	Welcome Check-in Statement Question: What is something you ate recently that was locally grown?	
12:06 8 min	Review: What did you learn from your host farmer about how they practice sustainability? Review JM Fortier reading	
12:14 8 Min	Local Food Systems • How does food nourish and build community? • What is food culture? How would you describe your food culture? • Describe an experience where you have felt connection with others through food.	Nourish Means . . .
12:22 8 Min	Put up food system diagram Compare the industrial food system diagram to the local food system diagram What issues represented on the map are most important to you? Why? • What is missing from the map that might be important? Why? • Who do you think has the most power to influence the food we eat? Why? • Who are some of the people affected by the food choices you make? Who benefits the most from your food choices? • How can communities exercise more control over the food they eat? • If you were invited to design a healthier, more sustainable food system, where would you focus your attention? Why? • After studying the Food System Map, what new insights do you have?	Food_Systems_Diagrams.pdf Nourish Food System Map 11x14.pdf

Virtual Lesson Plan Session 1

Whole Farm Planning: Intro to Holistic Management



	How will these insights affect your personal actions?	
12:30 6 min	ND Local Food Development Alliance	www.farrms.org/ndlfda
12:36 4 min	Review Handbook	
12:40 4 minutes	Experience Reports Make sure you're on the right week	
12:44 6 min	Homework and recommended reading Discuss with your host farmer: What do they see as being their role in their local food system? Definitions Homework: Homework, May 25, 2021: Definitions Take the Food Literacy Quiz https://www.sare.org/wp-content/uploads/Building-Local-and-Regional-Food-Systems.pdf	Show them the Portal Not all of the homework is required. Also: Resource page
12:50 10 min	Closing Reflection & Harvest: What is your definition of local food?	Links to S.2 Homework items FB Schedule Harvest document

Credits

Weekly E-mail Text: