



DESCRIPTION: In this place-based listening exercise, participants are introduced to the importance of oral histories and the connections between food, place and storytelling.

OBJECTIVES: to explore the coming-together of diverse oral histories that shape the everyday activities of gardening, cooking and eating food.

TIME: 1h30

MATERIALS: Global Roots Project Website, a garden space, tape recorder

STEP BY STEP:

1. Show the Global Roots Project website and explain the

project to workshop participants.

2. Click on a seed and listen to a story. (5-10 minutes)

4. Facilitate a group discussion about place-based oral storytelling, drawing upon the key questions listed below: (20-30 minutes)

▶ Were you reminded of any gardening experiences while listening to this story? If yes, how and why? If not, were you surprised by the stories we listened to?

▶ Do you see or hear anything in this garden that appears new, strange or simply different after listening to this story?

▶ What do these stories tell us about diverse food and gardening experiences?

▶ In what ways does this story reflect or question our current food system (the way we produce, distribute consume and dispose of food)?

5. Ask the following key questions:

▶ Does the garden you are physically located in conjure up memories of your own past experiences with food and gardening? If so, describe these memories.

▶ Has your relationship with food and gardening changed since these memories? And if so, describe.

▶ Describe a place where you have a strong connection with food experiences.

VARIATIONS: This activity can be done without the use of the Global Roots Website by starting the activity with step five and then asking key questions from step four. It is best done in a garden but can be done elsewhere by asking participants to imagine being in a garden.