Hungry Vikings Food Mapping Project

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http://www.wwu.edu/
http://www.wwu.edu/huxley/
Viking Food History

Just as the Scandinavian Vikings had difficulty growing wintertime crops, we promote an alternative to attacking and raiding others for food for the Western Vikings...
Local Winter-time Foods

• Increase local winter-time foods
  – Storage space
  – Winter-time fresh harvests
  – Food processor
  – Cooperation between stakeholders

• Research Work:
  – Created food documentation spreadsheet framework
  – Winter time crops and growing techniques
  – Food storage/processor locations
  – Student involvement & food awareness
What Exactly is ‘Real Food?’

REAL FOOD is grown with consideration of the whole process and impact of food harvest and growth.

http://realfoodchallenge.org/
• 20% REAL FOOD “A” and “B” by 2020
  – “A” meets two out of four
  – “B” meet one out of four
  – Conventional: does not meet any

<table>
<thead>
<tr>
<th>Local: Grown Locally and Established Relationship With Farm</th>
<th>Fair: Safe and fair working conditions</th>
<th>Humane: Promotes a humane environment for animals Certified humane</th>
<th>Ecologically Sound: Contributes to a sustainable environment for plants &amp; ecosystems</th>
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<td><img src="logo.png" alt="Growing Washington" /></td>
<td><img src="logo.png" alt="Fair Trade" /></td>
<td><img src="logo.png" alt="Food Alliance" /></td>
<td><img src="logo.png" alt="Salmon Safe" /></td>
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<td><img src="logo.png" alt="Certified" /></td>
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<td><img src="logo.png" alt="Certified Humane" /></td>
<td><img src="logo.png" alt="USDA Organic" /></td>
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DeVries et al. (2010)
Why Local Food Matters

• Enhance local economy
• Provide healthy foods
• Advocate food awareness
• Preserve ecology
• Protect workers’ rights
Growing Washington: Our Local Provider

• Coalition of small time farmers and businesses
  - Provide Voice for small farms
  Self-sustaining
  Community-based
  Non-discriminating

• Local farms under Growing WA
  • Bellwood Acres
  • Edaleen Dairy
  • Alm Hill Gardens

http://growingwashington.blogspot.com/
List of GW’s winter crop order list.

Winter-time squash is especially good.

- Apples
- Beans-Shelling
- Broccoli
- Butter
- Cabbage
- Carrots
- Free-Range Eggs
- Flour
- Onions
- Pears
- Salad Mix
- Spinach
- Potatoes
- Winter Squash

This is a Butternut Squash.

This is a Carnival Squash. Cook like a Butternut Squash.

This is a Spaghetti Squash.

This is an Acorn Squash.
University Dining Services operates Resident Dining Halls, Cafes and Markets and Catering that serve Western’s Campus

Committed to purchasing local foods
Road Blocks

• Inconsistent crop delivery to WWU from local sources
• Communication with farmers
• Completing spreadsheet documenting specific WWU crop intake
• No current food processor

http://www.wwu.edu/sustain/
What's Needed?

Part 1 of 4: More Crops & Storage Space

• Create a more reliable and consistent supply of local foods

• Increase capacity and harvest
  – Unused buildings on or off campus
  – Build new storage facility
  – Rent storage facility
Food Storage Example

Intervale Community Farm in Burlington, VT stores over 20,000 pounds of crops each winter.
Part 2 of 4: Food Processing

Preserving and preparing food for future consumption

• Methods

  1. Food preparation for longer storage
     - Example: Clean and slice carrots and onions.

  2. Canning and freezing

• Local food processor facility needed for late winter consumption
Local Outside Food Processor

Bellingham Cold Storage

What?: full-service public refrigerated warehousing company

Do?: stores and handles frozen and chilled products including seafood, vegetables, fruits, and meats.

Facility for Rent!

- 34,000 sq. feet
- 14,600 sq. feet wet processing area
- 14,000 sq. feet dry storage
- 670 sq. foot freezer
Wintertime fresh harvest of certain crops in smaller quantities is obtainable.

Use ‘hoop houses’ to help protect crops from elements.

Acknowledge difficulties for stakeholders.
Hoop Houses: What are they??

- Inexpensive green house
- Flexible plastic piping frame, covered with transparent plastic
- Increases winter productivity through solar convection heating, i.e. the ‘green house effect’
- Protects crops from extreme harsh elements
Part 4 of 4: Cooperation

Collaboration between Dining Services and Growing W.A.

- Use spreadsheet to understand who needs what.
  - What crops are most popular?
  - How much does WWU want?

Work together on shared challenges

- Find and use food processor
Future Works: Taste Off!

- An educational and fun event at the Viking Commons
- Feature local winter-time foods at existing salad bar
- To increase awareness of food and farms
- Advertise and Promote!
Recap: The Future
What Needs to Happen from **Growing W.A.**

- **Increase crops & storage**
  - more storage area
  - larger harvests
  - supplement for winter-time

- **Select fresh winter crops to be grown**
  - Hoop houses

- **Complete winter-time food documentation spreadsheet**

- **Further food processor capabilities**
  - outside and in-house food processor to ↑ late winter local
The Future:
What Needs to Happen from Dining Services

• Help facilitate ‘Taste Off’ and further involve students

• Fill in food spreadsheet numbers
  - What foods do students want?
    (results of Taste Off)

• Be more willing to purchase foods with less specifics of type, size, and shape