

Hungry Vikings Food Mapping Project

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WESTERN
WASHINGTON UNIVERSITY

<http://www.wvu.edu/>



<http://www.wvu.edu/huxley/>

Viking Food History



wohill.com

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...



deepfriar.wordpress.com

Local Winter-time Foods

- **Increase local winter-time foods**

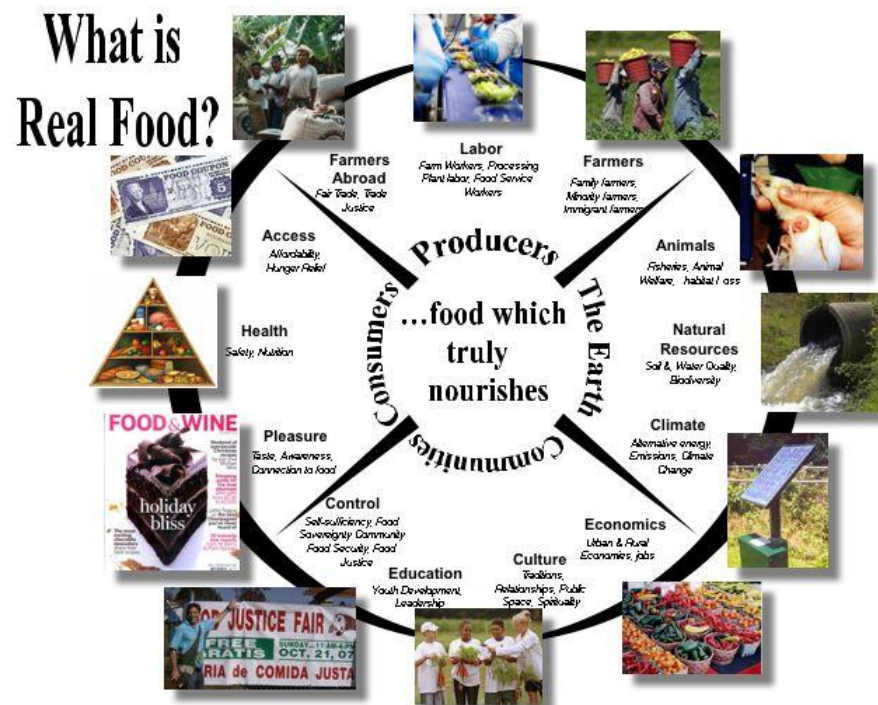
- Storage space
- Winter-time fresh harvests
- Food processor
- Cooperation between stakeholders

- **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



<http://www.sysco.com/>

Local: Grown Locally and Established Relationship With Farm	Fair: Safe and fair working conditions	Humane: Promotes a humane environment for animals Certified humane	Ecologically Sound: Contributes to a sustainable environment for plants & ecosystems
	 	 	 

Why Local Food Matters

- Enhance local economy
- Provide healthy foods
- Advocate food awareness
- Preserve ecology
- Protect workers' rights



naomicatalina.com



http://www.growingwashington.org/alm_hill.php



<http://housing.wvu.edu/dining/retail/vu-cafe.php>

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



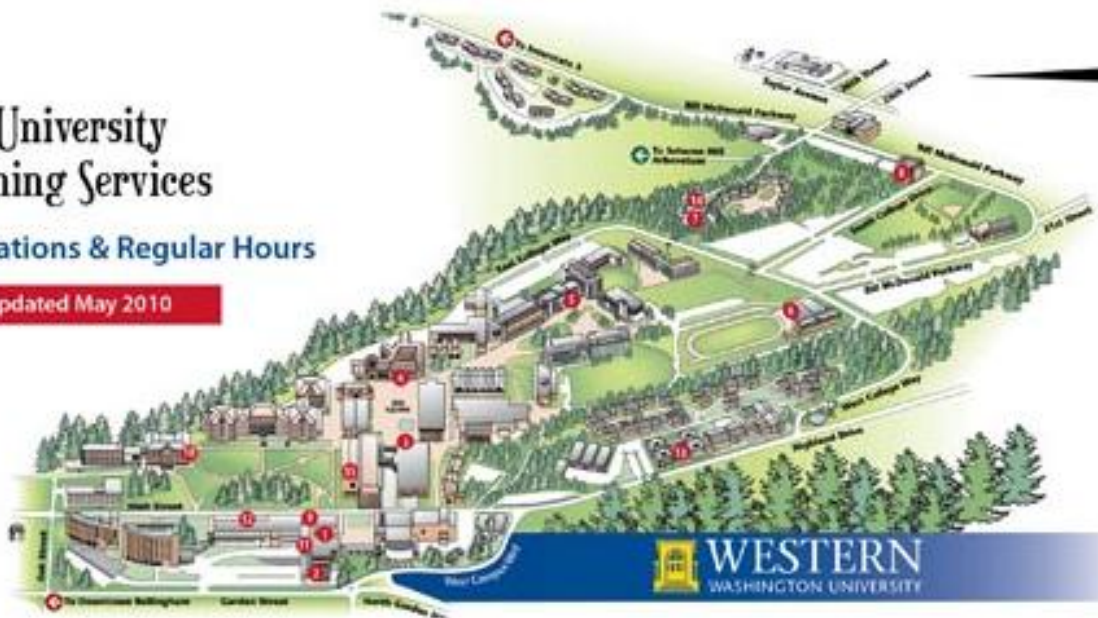


- University Dining Services operates Resident Dining Halls, Cafes and Markets and Catering that serve Western's Campus
- Committed to purchasing local foods

University Dining Services

Dining Locations & Regular Hours

Updated May 2010



Road Blocks

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



What's Needed?

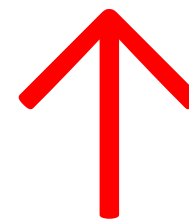
Part 1 of 4: More Crops & Storage Space

- 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



Storage

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



- 34,000 sq. feet
- 14,600 sq. feet wet processing area
- 14,000 sq. feet dry storage
- 670 sq. foot freezer

What?: full-service public refrigerated warehousing company

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

Facility for Rent!

Part 3 of 4: Winter Time Fresh



livepawtucket.com

- Wintertime fresh harvest of certain crops in smaller quantities is obtainable
- Use 'hoop houses' to help protect crops from elements
- Acknowledge difficulties for stakeholders



sense-serendipity.com

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!

Those
Who Care,
Teach



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