



Scavenger Hunt Form

Presented by Tidal Creek Co-op • 910.799.2667
5329 Oleander Dr., Wilmington NC 28403

Name _____ Email Address _____

Good luck Locavores! Please check off all Scavenger Hunt challenges that you complete & return this form to Customer Service or email to contest@tidalcreek.coop by July 17th to be considered for prizes.

- 1. **Join our 'Eat Local Challenge' Event** ...on Tidal Creek's Facebook Page
- 2. **Learn what produce is in season** ...download the "What's in Season" PDF from Tidal Creek's website.
- 3. **Share your favorite Local recipe** ...on the 'Eat Local Challenge' Facebook Event
- 4. **Share your favorite Local product** (food, wine, soaps, etc.) ...on the 'Eat Local Challenge' Facebook Event
- 5. **Pin a recipe!** ...to the Eat Local Challenge Recipe board on Tidal Creek's Pinterest page
- 6. **Take a trip to 1 or more of our Local Farmers Markets:** (open 8 am-1 pm)
 - Wrightsville Beach Farmers' Market: Mondays
 - Poplar Grove Plantation Farmers' Market: Wednesdays
 - Riverfront Farmers' Market (downtown): Saturdays
 - Carolina Beach Farmers' Market: Saturdays
- 7. **Learn about CSA's** ...and order a bag of fresh local veggies from Down East Connect (farmersfreshmarket.org/downeast/). They offer lots of local pick up points (including Tidal Creek) to make supporting local, even more convenient.
- 8. **Visit 1 or more of these amazing Local Farms (and Co-op producers!)** ...and see exactly where your food is coming from! These farms all have shops on site and welcome customers throughout the week, check out the shop hours to plan your visit.
 - Jones Family Farm in Burgaw, NC
 - Nature's Way Farm in Hampstead, NC
 - Shelton Herb Farm in Leland, NC
 - Progressive Farms in Wilmington, NC
- 9. **Get to know your Farmer!** ...have your picture taken with them!
- 10. **Get ultra-local and grow your own!** From backyard farms to a windowsill herb garden, growing your own food is as local as you can get.
- 11. **Brew your own!** Going local can go beyond just food. Brew your own kombucha, water kefir or beer! New to brewing? Check out Wilmington Home Brew (wilmingtonhomebrew.com) and GRUB (thisisgrub.com) for help to get started.
- 12. **Join a Crop Mob!** Check out the Cape Fear Crop Mob on Facebook for upcoming events.
- 13. **Take a class at GRUB!** (thisisgrub.com) ...and learn exciting new ways to cook your local foods.
- 14. **Share the local love!**
 - Bring fresh local fruits or veggies to a friend/neighbor.
 - Take a local dish to a cookout or community gathering.
- 15. **Get to know your Produce Guys & Gals!** ...take a selfie with a member of the Tidal Creek Produce Team, and while you have them, be sure to ask them any questions you have about Tidal Creek's local produce.
- 16. **Enjoy a bite to eat at 1 or more of these amazing restaurants** ...they source from local farmers and producers!
 - Manna
 - Rx Restaurant & Bar
 - Epic Food Co.
 - Pembroke's
 - Folks Café
- 17. **Make a meal using ALL local ingredients!**
- 18. **Make each of the following meals, using 1 or more local ingredients:**
 - Local Breakfast
 - Local Lunch
 - Local Dinner
 - Local Dessert
- 19. **Have a local lunch on the Co-op Deck!** Did you know that our Co-op Café makes everything fresh daily? We source from local farms whenever possible too. Shopping at your local Co-op is supporting local!
- 20. **Try 1 or more of Tidal Creek's local products and give us a foodie review!**
 - Little Red Wagon Granola (littleredwagongranola.com)
 - Kitchen Ahimsa Kale Chips (kitchenahimsa.com)
 - Berties County Blister Fried Peanuts (www.pnuts.net)
 - Tanya's Pecan Cookies (tonyascookies.com)
 - Ginny O's Cheese Rings (ginnyo.com)