



Foodways & Byways

The Story of Food in North Central Washington

www.gatheringourvoice.org

General Interview Guide

for *Gathering Our Voice* 2011 Community Studio Project

Foodways & Byways – The Story of Food in North Central Washington
produced by

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General Interview Guide

These questions are designed to bring responses from diverse community members about successful stewardship practices relative to the harvest, handling, and distribution of food – practices that together help assure the future health of our lands and communities.

- How long have you and your family lived in North Central Washington?
- What brought you to the area? How have you made a living over the years?
- What do you like most about this place?
- Do you have any food traditions in your family that are specifically linked to North Central Washington?
- What other traditions do you have around food in your family?
- Why do you care about these traditions?
- What are your favorite foods that come from our region? How about those from outside our region?
- Where did you get most of your food when you were younger, i.e., how much did you grow or gather compared to what you got at the store?
- Did you share food you grew or gathered with your neighbors and friends? Did they share food with you and your family? What about putting up that food, bartering for it or selling it?
- Were there difficult times when you had to survive with little to no money? How did you manage then compared to those times when making a living was easier?
- Have you passed this information on to others in your family or community?



- How did you learn to grow or gather your food? What have you learned you're your family? From the community?
- Is there one thing that you are most proud of in terms of the way your family and community harvests and grows food?
- How did you learn to take care of the lands and waters where you grew and gathered your food? What practices did others teach you that helped you be successful?
- Have your ideas about how to care for the land – farmlands to wildlands – changed over time? If so, how?
- Did you belong to any coops that collected, processed and distributed food?
- Did you share harvesting and processing activities with others? Where and when?
- How did the community deal with people in need? Where did they get their food?
- How have you adapted to changes in the way food has been distributed over time? What worked for you? What do you miss?
- How did these changes affect your community and the surrounding environment?
- When you think about the food we harvest and eat, what is your hope for the future in this region? What are some ways you can see us increasing access to local food?
- Do you have any last thoughts before we close?

