

True Story Contest

Topics & Prompts

Acceptable Topics:

- Farming
- Food & Cooking
- Making & Art
- Entrepreneurship
- Foraging
- Sustainability
- Farmers Markets

Writing Prompts:

Farming

- Stories of: visiting or owning a farm; a memory of visiting a u-pick blueberry farm when you were a child; the delight of picking and eating vegetables from your garden;
- Did it all go wrong? Did you fight valiantly against pests or fungus? Recall your first time gardening - what did you learn, what did you experience?
- Memories of a pumpkin patch or corn maze

Food & Cooking

- Learning to cook; famous family recipes; kitchen mishaps;
- Trying new foods
- Memories tied to flavours
- Food gone wrong/right
- Food leading to disagreements or unification
- The pleasure of making beautiful food for yourself or others.

Makers, Artists, & Music

- Do you have artistic hobbies? How do they make you feel? How did you learn? Failures, fears, successes?
- Style, aesthetics: do your walls tell a story? Do you have a story of fashion disaster or triumph, or a treasured piece of clothing?

- Make: what have you made and how did it make you feel?
- Write about music. How has music affected your life? Stories: of learning an instrument; memories of street performances; music that takes you sharply back to a different time or place.
- Do you fear IKEA furniture assembly? Do you have ‘two left hands’? (Clumsy with tools?)
- Did you accomplish something you never thought possible? Did you learn new skills, how to use new tools? Did you overcome your fears to build something great?
- Do you paint? Make jewelry? Sculpt?
- Did you throw together a kid’s school costume in a matter of a couple of desperate hours?

Entrepreneurship

- Did you have a lemonade stand as a kid? Cut grass? Tell us about it.
- Do you have a side hustle? What are your struggles? What are you passionate about? What have you learned along the way?
- Do you have a dream for the future of starting your own business? What is it? How will you get there? Where did the dream start?

Foraging

- Are you a mushroom picker? Do you have stories of foraging forest adventures? Teaching others?
- Do you pick wild fruit and veggies? Tell us about the joy, the frustrations.
- Do you make medicine from wild plants?

Topic Prompts: These are just samples. As long as your story falls within one of the main topics (aligns with the principles of the Cedar Farmers Market) it will be eligible. To confirm that your topic meets our objectives, please reach out to stories@cedarfarmersmarket.org