

The title card features a vibrant illustration of a farm scene. On the left, a red barn with a white roof and a silo stands on a green hill. To its right are several green trees. The background is a bright blue sky with white, fluffy clouds. The title "Farmers Market Fun" is written in a large, bold, black font across the center of the image.

Farmers Market Fun

Play I Spy... Choose a color and say, "I spy with my little eye something that is... *name the color*". Your children can look around and try to guess the chosen object.

I Ate the Whole Plant: We eat many different parts of a plant - Seeds, Flowers, Stems, Leaves and Roots. Challenge your child to find a food to match each part of the plant. For example – Almond is a seed, Broccoli is a flower, Celery is a stem, Spinach is a leaf, and Sweet Potato is a root.

Taste Testing: Most growers offer small tastings. The farmers market is a great place for your child to experiment with new flavors and to discover new favorite foods. Encourage him to try three new things when you visit the market. Choose one of the items to take home and enjoy at a meal.

Math Matters: The market is great place for your child to put math lessons to work. For the little ones, it can be counting and sorting shapes and colors. For older children, weighing, figuring cost based on price per pound, and buying on a budget are real-life math problems.

Get Curious! Ask Lots of Questions

The farmers market is the best place to learn about new foods. If you see an unfamiliar food, let growers explain what it is and how to use it in a recipe.

Questions to ask a Farmer

- Does this taste sweet or sour?
- How long does it take to grow this?
- When did you pick this?
- Is this ready to eat today?
- How can you tell when a fruit or vegetable is ripe for picking?
- How do you pick fruit that is really high up in the tree?
- Is this a seed? Flower? Stem? Or Roots?
- If potatoes grow underground, how do you know when to pick them?
- How many eggs does a chicken lay each week?
- Do chickens lay eggs all year long?

