



- 1 Proteins, such as meat and eggs, can be found at farmer's markets. Proteins help us build strong bones and muscles. How many proteins do you see on the banner?

- 2 Farmer's markets are great at supplying seasonal fruits. What are two of your favorite fruits? _____
- 3 For a healthy diet, we should eat 3 servings of vegetables a day. What vegetables would you like on your plate? _____
- 4 Flowers come in many different colors. Three of these colors are primary colors: red, blue and yellow. At a farmer's market you may find many different flowers. What primary colors do you see in this market? _____

Answers: 1) 3 (eggs, cured meats, burger) 2) Varies 3) Varies 4) red, blue and yellow



1

There are many things that affect the price of food, such as how far the food product traveled, the weather where the product was grown, and if the product is in season. If you purchase 3 pounds of grapes for \$2 per pound, how much will it cost? _____

2

There are not many places where you can buy food and talk to the person that grew it. This is what makes farmer's markets so cool! You can ask the farmers questions about where and how the food was grown. If you went to a farmer's market, what questions would you ask a farmer? _____

3

You can tell what crops are in season depending on what is being sold at a farmer's market. Crops are "in season" when the crop is harvested at its most productive time during the year. These crops are often cheaper when they are in season! If apples cost \$1.20 in September but cost \$2.00 in February, what month can we hypothesize that apples are in season? _____

4

What is a simple way to know the kinds of foods you should be eating? Try MyPlate. It is a reminder of how to build a healthy diet. With MyPlate, it is all about small changes in food and beverage choices that can create a healthier lifestyle. Look at the hamburger meal. What parts of a healthy meal do you see? What would you add? _____

Answers: 1) \$6 2) Varies 3) September 4) Varies



1

A community is a group of individuals that live in the same area or have a common interest. Farmer's markets provide communities for small farmers and businesses to sell their products and they help meet the growing demands for locally produced food. If you were to meet with a farmer who sold produce at a local farmer's market, what question would you ask them about bettering their local community through agriculture?

2

Farmers are always trying to make the best decisions for our environment. At a farmer's market, food is transported shorter distances and is generally grown using methods that minimize the impact on the earth. Can you guess how far, on average, your food travels to get to your plate? _____

3

CSA (Community Supported Agriculture) allows city residents to get to fresh produce grown locally by farmers. When you become a CSA member, you're purchasing a "share" of produce from a farmer. CSAs work by the farmer delivering that share of produce to a convenient drop-off location in your neighborhood. This is similar to a farmer's market, but instead the farmer comes to you! If the average cost per week for a CSA is \$22.00, what is the average cost per month to be part of a CSA? _____

4

Check out "Farmer's Market Challenge" on the MyAmericanFarm.org to sharpen your math skills while you learn about the farmer's market! Put your skills to the test by answering different word problems. Once you have played the game, share a fun fact with a friend!

Answers: 1)Varies 2)1,500 miles 3) \$550