



Use these Vermont products in your snack program this month:

- Apples
- Beans
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Corn
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Greens
- Kale
- Leeks
- Lettuce
- Melons
- Onions
- Peas
- Peppers
- Potatoes
- Radishes
- Raspberries
- Scallions
- Spinach
- Summer Squash
- Tomatoes
- Turnips
- Watermelon



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Celebrating...

NATIONAL FARMER'S MARKET WEEK



National Farmer's Market Week was established to celebrate and emphasize the growing importance and vitality of local agriculture in our country. Farmer's Markets bring together communities, help support farmer livelihoods, and encourage healthier, lifestyles for consumers. *National Farmer's Market Week* is a great opportunity for kids and their families to spend time together outside, meet and learn from local farmers, and taste new and different fresh fruits and vegetables.

Other August Celebrations

National Water Quality Month

water.epa.gov/learn/kids/waterkids/waterforkids.cfm

International Day of the World's Indigenous People

www.un.org/en/events/indigenousday

Fun Farmer's Market Facts

- Lancaster, Pennsylvania's Central Market, the oldest farmer's market in the United States, predates the Revolutionary War.
- In 2010, there were over 6,132 markets nationally; this is a 114% increase over the previous 10 years.
- Nationally, 25% of farmers earn their income by selling at farmer's markets.
- Farmers keep an average of 90 cents on the dollar at farmer's markets.
- There are over two million farms in the United States, 80% of which are small scale and family-owned.

Resources

Learn more about farmer's markets: farmersmarket.com

Check out regional resources about farmers, produce, and current farm-related events:

- vermontfresh.net
- vtfma.org



ACTIVITIES for NATIONAL FARMER'S MARKET WEEK

- ★ Invite kids and parents to visit a Farmer's Market to sample tasty produce and meet local farmers.
- ★ Create a scavenger hunt. Have kids find specific vegetables or facts from a farmer.
- ★ Visit a local farmer to observe the growing process from farm to plate.
- ★ Encourage kids to try new fruits and vegetables they find at the Farmer's Market.
- ★ Have students choose a fruit or vegetable they have never seen or tried before and make a poster or presentation about it.
- ★ Visit a farmer's market with a seasonal recipe and try to find all of the ingredients.



See the **Education Activities & Connections Section** for more ideas.

SNACK bites

- Have kids explore the differences between varieties of fruits or vegetables. Tomatoes are a great choice.
- Create a fresh fruit salad. Add different varieties of berries or melon.
- Make *Sunshine Dip* to use with veggie sticks from a farmer's market.
- Prepare a Rainbow Salad. Have kids find a vegetable of each color at the market and toss them together to make a colorful salad.
- Build berry parfaits. Pick your favorite assortment of berries and low-fat yogurt, and let kids create their own parfait.



See **RECIPE** section for more ideas