

## Farm to School: Highlighting Local Fruits & Vegetables



# August

Materials to inspire your USDA Fresh Fruit & Vegetable Program

### 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](http://water.epa.gov/learn/kids/waterkids/waterforkids.cfm)

International Day of the World's Indigenous People  
[www.un.org/en/events/indigenousday](http://www.un.org/en/events/indigenousday)



## Fun Farmer's Market Facts

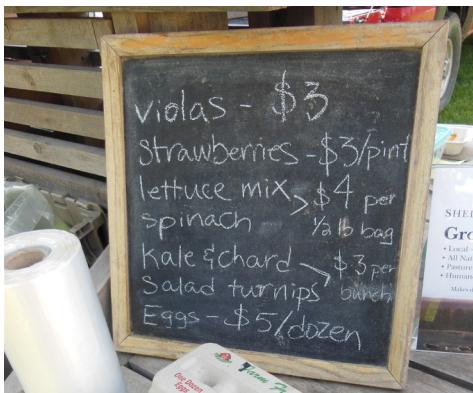
- Lancaster, Pennsylvania's Central Market, the oldest farmer's market in the United States, predates the Revolutionary War.
- In 2010, there were over 6,132 markets nationally; this is a 114% increase over the previous 10 years.
- Nationally, 25% of farmers earn their income by selling at farmer's markets.
- 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](http://farmersmarket.com)

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

- [vermontfresh.net](http://vermontfresh.net)
- [vtfma.org](http://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