Farmer’s Market Fun!
Edible Schoolyard Pittsburgh

**MATERIALS**
- Book: *To Market, To Market* by Nikki McClure
- Bag with “Farmers Market Items” such as plastic (or real) produce, baked goods, dairy products, soap, etc
- Farmer’s Market Fun! Worksheets
- 3 Large pieces of chart paper
- Marker

**PREPARATION**
- Write one of the following phrases on each of the pieces of chart paper: “Environmental benefits of shopping at farmer’s markets (draw a picture of a tree),” “Economic benefits of shopping at farmer’s markets (draw a $),” “Health Benefits of Shopping at Farmer’s Markets (draw a smiling person).”

**ACTIVITY**

Read and Recap (15 minutes)
- “I am going to read you a wonderful book about Farmer’s Markets. While I’m reading, I want you to try to remember all of the items the little boy and his mom buy at the market. Do you think you can do it?”
- Read *To Market, To Market* to students. If working with younger grades or short on time, skip the pages with in-depth descriptions of the farmer’s processes.
- “The little boy and his mother bought so many wonderful items at the market! Raise your hand if you can name one of the items they bought.” Make a list of the items on the board, or just say them aloud. Spend as much time asking students questions about the book and making connections to students’ own experiences as you’d like.

Farmer’s Market Grab Bag (10 minutes)
- “Let’s pretend we’re going to a farmer’s market right now! I have a bag full of wonderful, fresh items here. I’m going to call on one student at a time to come up and pull an item out of the bag. The student’s job is to do two things: 1. Tell us what they pulled out of the bag 2. Tell us what type of person might make the item (a farmer, a baker, an artist etc). If you need help, you can call on a friend.” Demonstrate with one item.
- Call on students to come up and pull items out of the bag. Ask what each item is and who would make it or bring it to market. If working with older students, you could talk about seasonality and which season(s) you would be likely to find the item at the local market. Or, you could talk about how the item is made/processed to get ready for market.

Benefits of Shopping at Farmer’s Markets (10 minutes)
- Hang up the 3 pieces of chart paper listing the benefits of shopping at farmer’s markets. “A benefit is something good that happens as a result of something else. For example, one benefit of teaching is that I get to work with kids everyday. We are going to think about the benefits of shopping at a farmer’s market today. There are benefits for the environment, for our economy and for our health.” Go through each chart paper and explain the heading, then allow students to brainstorm with a partner and share answers. Write ideas on the chart paper. Allow students to share answers that might not fit into the 3 categories as well.

Farmer’s Market Fun! Worksheet (5-15 minutes)
- Hand out a worksheet to each student. Explain directions for front and back. Allow students time to work, referencing the “benefits of farmer’s markets” chart papers, the book, and the items in the market bag.
**ENGAGE**

**Farmer’s Market Words (5 minutes)**

“Have you ever been to a farmer’s market before? Take a moment to think about words you might use to describe a farmer’s market. Hint: You can think about what a farmer’s market is, what you might buy at a market or what you might see, hear or taste at a farmer’s market. Now, share your farmer’s market words with a partner. Would anyone like to share some words you and your partner discussed with the whole class? Let’s write some on the board.”

**EXPLAIN**

**Benefits of Purchasing Local Food and Products**

- **Environmental:** The average piece of produce sold in the United States travels over 1,200* miles before it gets eaten. To transport produce, we use up barrels and barrels of fossil fuels in our trucks, planes, boats and cars from places all over the world. Local produce travels a much shorter distance before it reaches the consumer, often less than 25 miles! By buying at a farmer’s market, you are reducing the need for us to transport produce across the country, which reduces fossil fuel consumption and air pollution.

- **Economic:** “The economy” refers to the goods and services made and consumed in a certain place. When we buy food at the grocery store, the money we spend goes all around the country to the many different companies and farms that produced the food far and wide. This is a national or global economy, and it’s hard to follow your money that far away. When we buy food at a farmer’s market, the money we spend goes directly to the farmer, baker or producer who made the food. The local economy directly benefits from the money you spend.

- **Health:** Fruit and vegetables are the most tasty, healthy and nutrient-dense when eaten shortly after they are harvested. Most produce and other food at grocery stores does not get eaten right away because it first must be transported to the store, then needs to wait to be purchased by the shopper and lastly needs to be taken home to be eaten. To help food look good for this whole time, some farmers and producers add preservatives or artificial colorings. These preservatives are often made of chemicals that can be harmful to our bodies. When you buy produce and food at the farmer’s market, you are getting food fresh from the vine or plant – still full of vitamins and without the preservatives.

- **Relational:** When you shop at a Farmer’s Market you get to meet the people who grew or made your food. You can ask them questions and really get to know your farmer/neighbor!

**SNAP/FMNP/WIC:** Most Farmer’s Markets in our city accept many forms of money. Anyone can shop there!

**ACTIVITY ADDITIONS (see previous page)**

Take a field trip to a farmer’s market. If you are able to visit a real market, make a scavenger hunt to encourage students to discover a wide variety of foods and vendors. If you can’t visit a real market, create one in your school! Have parents or volunteers act like vendors and have students walk around to “meet the farmers”.

**EVALUATE**

**Journal:** What are the benefits of shopping at a farmer’s market?
Farmer’s Market Fun!

A Farmer’s Market is a place where farmer’s, bakers and other food producers come to sell their products to local families.

There are so many great reasons to shop at a farmer’s market! Write and draw two of your reasons below:

My Reason #1:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My Reason #2:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What would you choose to buy at the farmer’s market? Draw and label your choices in the grocery bag below. Think: Fruits, vegetables, dairy products, baked goods...