

Exploring Specialty Crops: From Farm to Market

LEARNING RECAP

Farmers markets are more than just shopping—they're places to explore, discover special crops, and see how food travels from farm to table.

1. **From Farm to Market:** Farmers grow fruits, vegetables, eggs, and cheese, then bring them to the market for everyone to enjoy.
2. **Explore Specialty Crops:** At the market, you can discover unique foods like beans, heirloom tomatoes, and Golden Delicious apples.
3. **Learn and Taste:** Visiting the market helps you see where food comes from, try new foods, and support local farmers.

AT HOME ACTIVITIES

Grow Your Own Specialty Crop

- Pick a unique or colorful vegetable or herb, like a rainbow carrot, pole bean, or basil, and try growing it at home.
- Keep a small journal to track how it grows each week.

Farmers Market Scavenger Hunt

- Visit a local farmers market with your family. Look for specialty crops like heirloom tomatoes, Golden Delicious apples, or unusual beans.
- Draw or take notes about what you find and what makes each crop special.

Create a Market Recipe

- Pick one specialty crop and invent a simple recipe using it.
- Draw or write the steps, and then try making it at home.

FUN FACTS

- There are over 8,600 farmers' markets in the U.S., more than triple the number from the 1990s.
- Farmers who sell food directly at markets made \$9 billion in 2020. That's a LOT of apples, veggies, and honey!
- Farmers markets are full of colorful, unusual fruits and veggies you might not see in stores.
- You can talk to real farmers, learn how food grows, and hear fun stories about their farms!
- On average, people spend about \$35 each time they visit a farmers market, enough for tasty treats and healthy snacks!