

Garden Detective News



Grow Healthy Habits With Your Children

Find out where fruits and vegetables come from.

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United States
Department of
Agriculture



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This week, the garden detectives read a story about a class field trip to a farm. They learned how farmers sell their fruits and vegetables to the public. The class talked about how eating produce grown by local farmers has many benefits. For example, your food doesn't have to travel as far to reach you. Freshly-picked fruits and vegetables taste great! Buying local also supports farmers in your community.

Here are some ways to buy local produce:

- Visit the farmers market, if there's one in your community. At a farmers market, farmers sell their produce directly to consumers like you. Look for a farmers market near you at <http://apps.ams.usda.gov/FarmersMarkets/>.
- Stop at a farm stand, if you're driving in the country. Some farmers sell their fruits and vegetables at a stand near their farm.
- Take a trip to a local u-pick farm, where you and your family can pick your own fruits and vegetables.

- Buy a community supported agriculture (CSA) share. Local farmers sell shares in their crops at the beginning of the season, then deliver boxes of fresh produce each week to a designated location for pick-up. Find out more at <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

1. **Go food shopping with your children.** Grocery shopping can teach your child about food and nutrition. Discuss where fruits and vegetables come from. Let your children make healthy choices.
2. **Celebrate the season.** Use fresh fruits and vegetables that are in season—the fruits and vegetables in your detective's garden are in season! Check your local supermarket or farmers market for these fruits and vegetables. They are easy to get, have more flavor, and are usually less expensive.



Family Activity 5

Follow the Path of the Fruits and Vegetables From the Farm to Your Plate

Directions to the Maze:

1. Trace a line from the Farm to the CSA Pickup to Your Plate.
2. Trace a line from the Farm to the Farmers Market to Your Plate.
3. Trace a line from the Farm to the School to Your Plate.
4. Trace a line from the Farm to the Wholesale Distributer to the Grocery Store to Your Plate.
5. Go to the next page to think about the distance from the Farm to Your Plate when buying fruits and vegetables from different sources.



Questions:

1. How many different routes are there from Farm to Plate on the maze? _____

2. Which route was the longest distance from the Farm to Your Plate? _____

3. Which routes were the shortest distance from the Farm to Your Plate? _____

Ask your garden detective what he or she learned in school about where fruits and vegetables come from and the benefits of consuming locally grown fruits and vegetables.



Know your farmer. Know your food. Fruits and vegetables do not have to travel as far when you buy from local farmers. Farms can also be a great place to learn about where your food comes from.

Answer Key: 1. Four 2. Farm to the Wholesale Distributor to the Grocery Store to Your Plate 3. Locally grown fruits and vegetables from the Farm to Farmers Market, CSA Pickup, and School