

FSNE Farm to School

Plan a Field Trip to the Farmers' Market

Taking your class to the farmers' market creates a valuable learning experience. Children can learn about:

- Nutrition and healthy eating
- Foods that grow near where they live
- How a farmer grows food and brings fruits and vegetables to market

On the market field trip, students might even have a chance to taste some local fruits and vegetables! They can share their experience at the farmers' market with parents and caregivers and then visit the market together to shop for fresh produce to include in family meals and snacks.

Plan Ahead:

A little planning and preparation is key for a meaningful and stress-free farmers' market field trip. Here are some simple tips to make your trip to the farmers' market a great success:

1. Locate your nearest farmers' market at visitmaryland.org and type Farmers' Markets to access a market listing by county. Check the day(s) and hours of operation to plan your trip and also note the contact information for the market manager.
2. Contact the market manager to gain more information about the market and to let the market manager know you would like to visit with your class. The market manager can connect you with a farmer who is willing to meet with your class during your visit.
3. Arrange transportation and distribute permission paperwork. Determine strategies to address the potential for students to bring their own spending money to the farmers' market. Many food items, in addition to fresh fruits and vegetables, are available for sale at the market. The focus of this field trip is to learn about fruits and vegetables. Guidance should be provided to chaperones/students regarding spending money opportunities at the market, if this component is to be included in your trip.
4. Partner with your local FSNE educator (for FSNE collaborating schools) for additional tips/guidance, and produce tasting opportunities.

In the Classroom:

1. FSNE lesson materials can be used to introduce the farmers' market and the importance of eating fruits and vegetables to students in preparation for your visit. Check out these lessons to prepare students for your market visit: [Market to Mealttime KIDS](#) and these Read for Health Lessons [Fruits and Vegetables](#), [Where do Fruits and Vegetables Grow](#), and [Farm to Table](#). Additional lessons and parent engagement ideas can be found on the [FSNE Farm to School Toolkit](#).



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- Choose a read-aloud book to teach about how food grows and how food travels from the farm to the farmers' market or grocery store:
 - Jobs on a Farm*, by Nancy Dickmann
 - How Food Gets From Farms to Store Shelves*, by Erika Shores
 - Grow! Raise! Catch! How We Get Our Food*, by Shelley Rotner
 - [Max Goes to the Farmers' Market](#), by Adria F. Klein
 - [Up, Down, and Around](#), by Katherine Ayers
 - [Before We Eat: From Farm to Table](#), by Pat Brisson
- Talk about your trip to the farmers' market and what to expect when you visit.
 - Look for a variety of colors of fruits and vegetables
 - Meet a farmer
 - Taste local produce
 - Learn how different foods grows and travel to market
- Ask students to write down a question they wish to ask the farmer, and collect them to bring to the market.

At the Market:

- Remind students of your behavioral expectations before your visit, including a “do not touch the fruits and vegetables, and please look with your eyes” approach, and also share the plan for your visit.
- Provide each student with an FSNE [Tasting Passport](#) so that they can list the fruit/vegetable they taste at the market.
- You can use the [FSNE Edible ABC curriculum](#) to show pictures of produce and the ways they help our bodies grow.
- Remind students that you share their questions with the farmer. While each student will not be able to ask their question during the market visit, the farmer may be able to respond via email at a later time. You may also [invite the farmer to visit](#) your classroom on another day.
- Enjoy your visit!

After Your Market Field Trip:

- Extend the learning experience by asking students to draw a picture and/or write a story about their visit. Send a letter home to parents/caregivers and share information about your visit to the market.
- Provide each student with an FSNE Farmers' Market Promotional flyer ([English](#), [Spanish](#)), with the nearest farmers' market listed, to share with parents/caregivers at home.
- Download and print [Edible ABC stickers](#) for students to wear home to show which fresh fruit or vegetable they tasted at the market.
- Encourage students to ask their family to take them to the farmers' market to select fruits and vegetables to prepare and enjoy at home!

