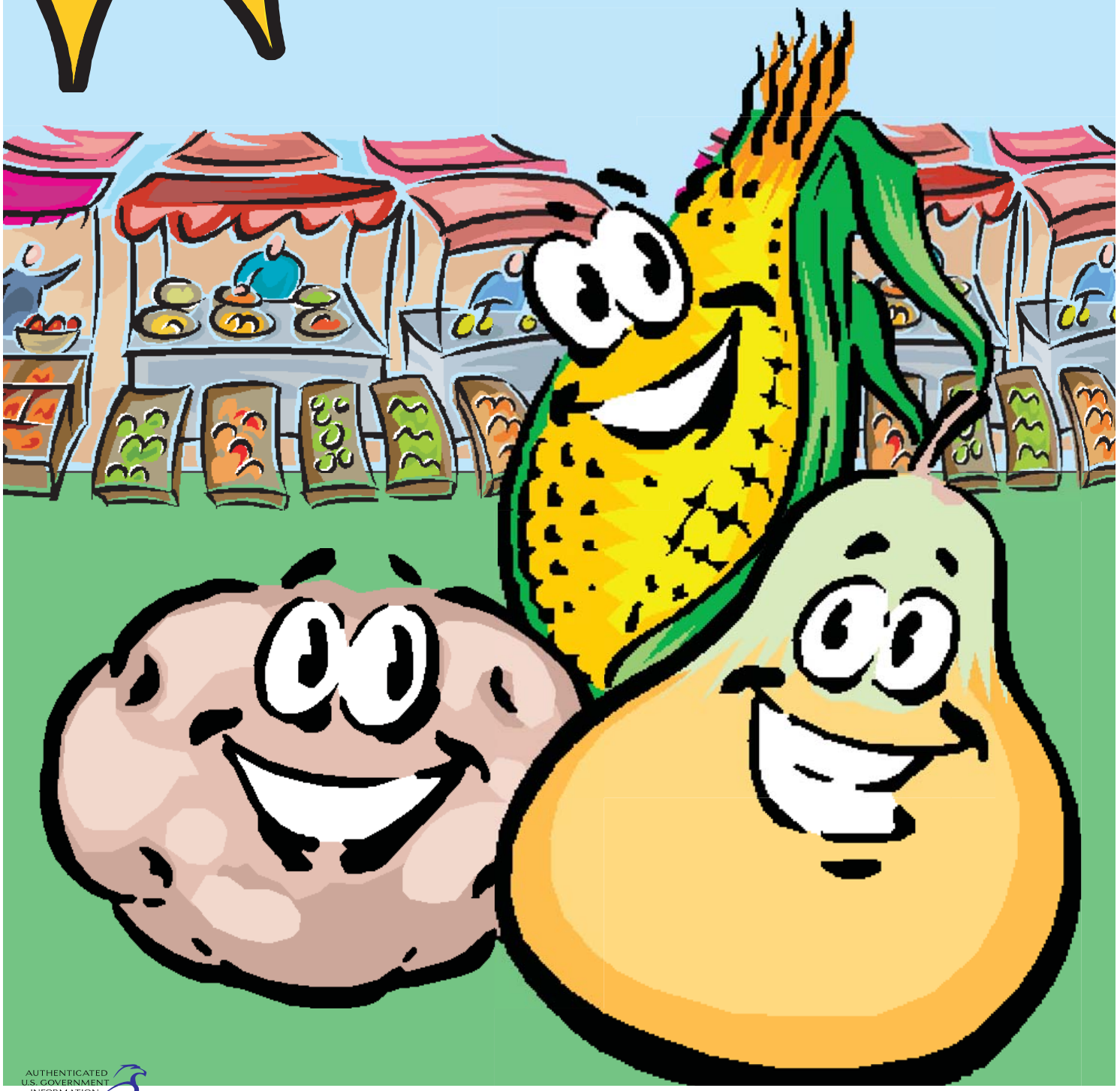
United States
Department of
Agriculture

Agricultural
Marketing Service

December 2005
Reprinted April 2008

Having Fun at Your Local Farmers Market



AUTHENTICATED
U.S. GOVERNMENT
INFORMATION
GPO

"Improving food and agricultural product distribution"



Our Mission:

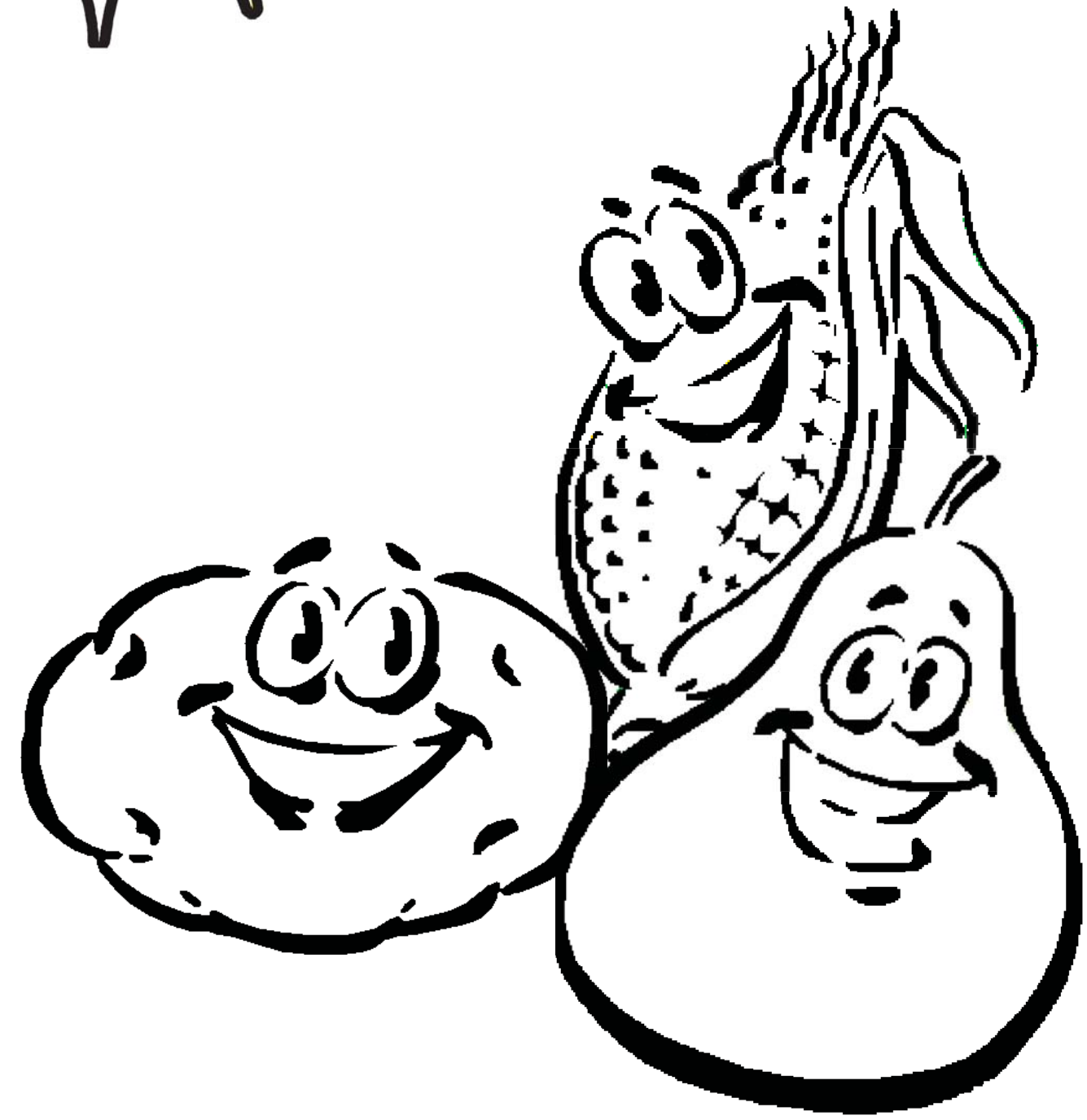
To facilitate distribution of U.S. agricultural products, the Marketing Services Division identifies marketing opportunities, provides analysis to help take advantage of those opportunities, and develops and evaluates solutions including improving farmers markets and other direct-to-consumer marketing activities, researching and developing marketing channels, providing information and education, encouraging adoption of improved postharvest technology, and designing market facilities.

1-800-384-8704

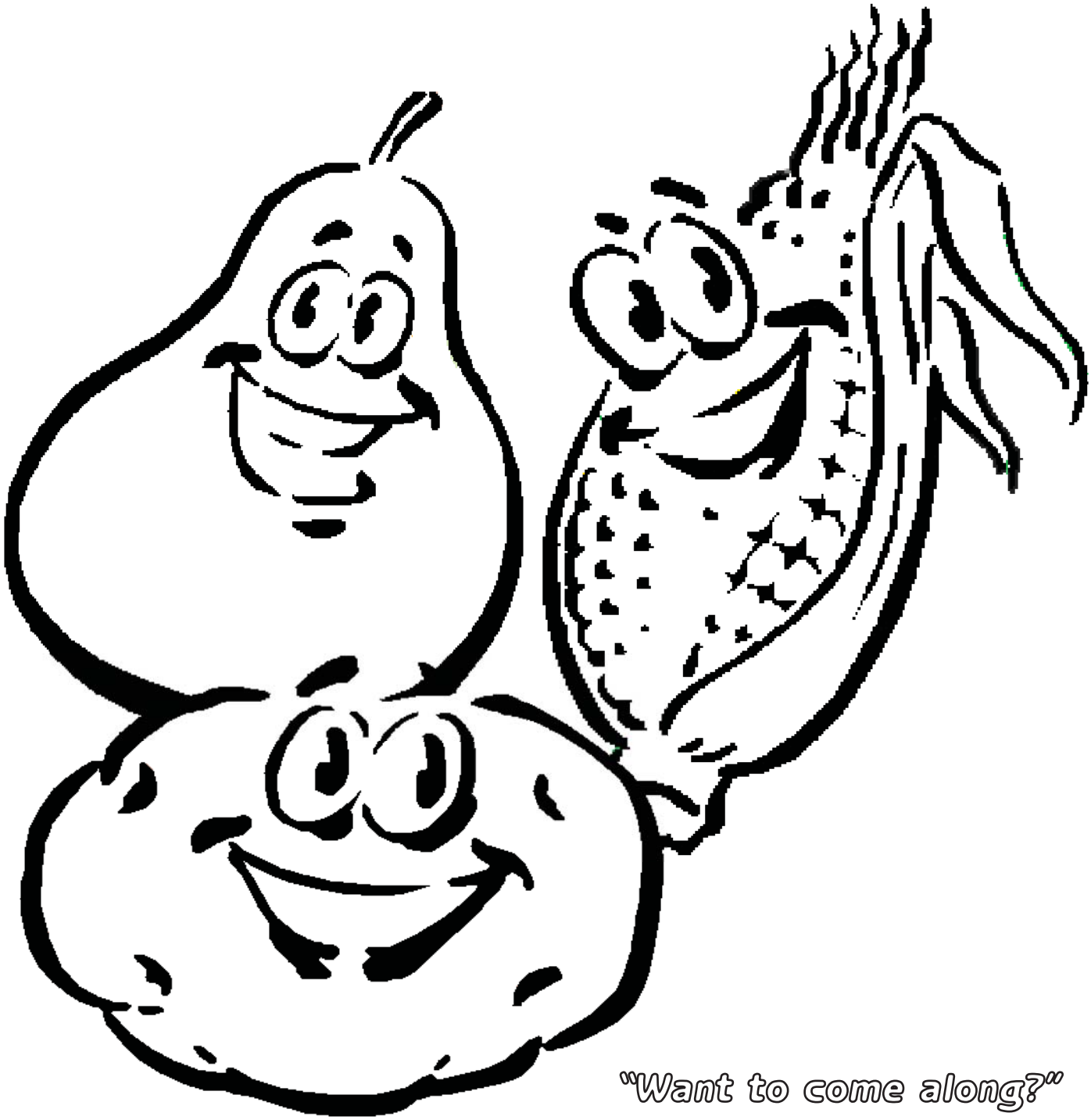
www.ams.usda.gov/farmersmarkets

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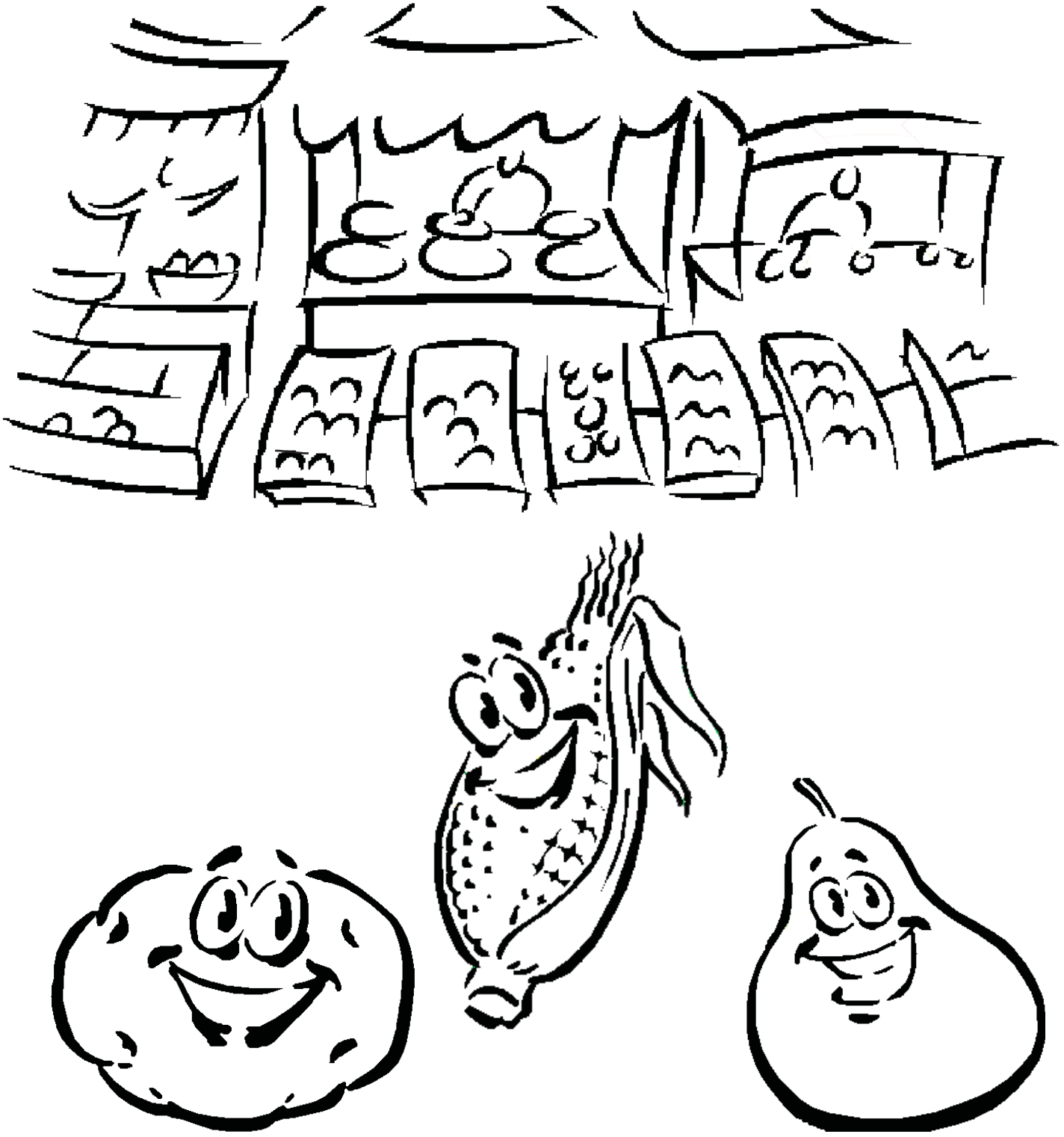
Having Fun at Your Local Farmers Market



"We're off to visit our local farmers market."

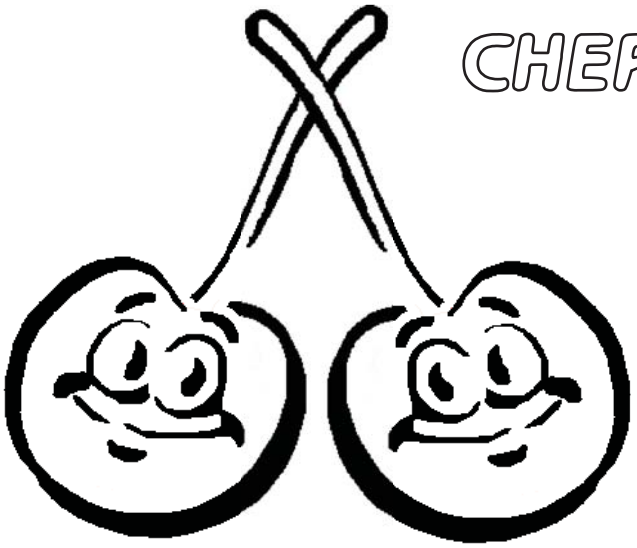


"Want to come along?"



"Look at all the fresh fruits and vegetables!"

"And look -- our friends are here too. Let's say hello."

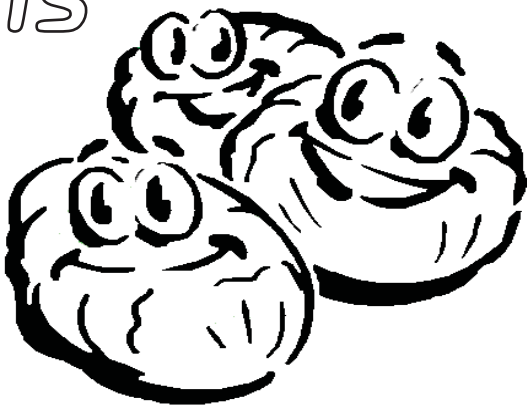


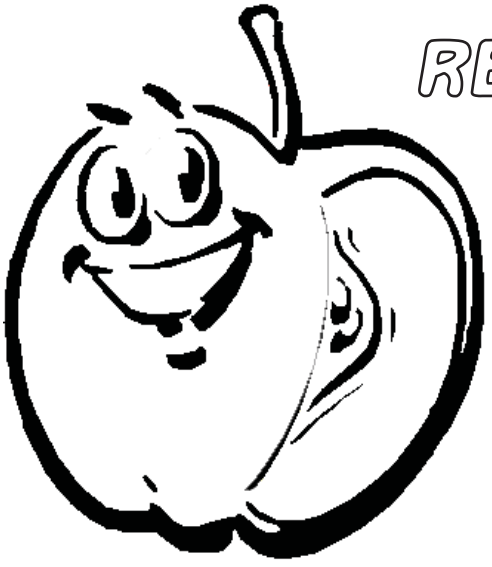
CHERRIES

"We're having a swinging good time at the farmers market."

BRUSSELS SPROUTS

"We might be little sprouts now, but if we eat healthful foods from the market, we'll grow big and strong."

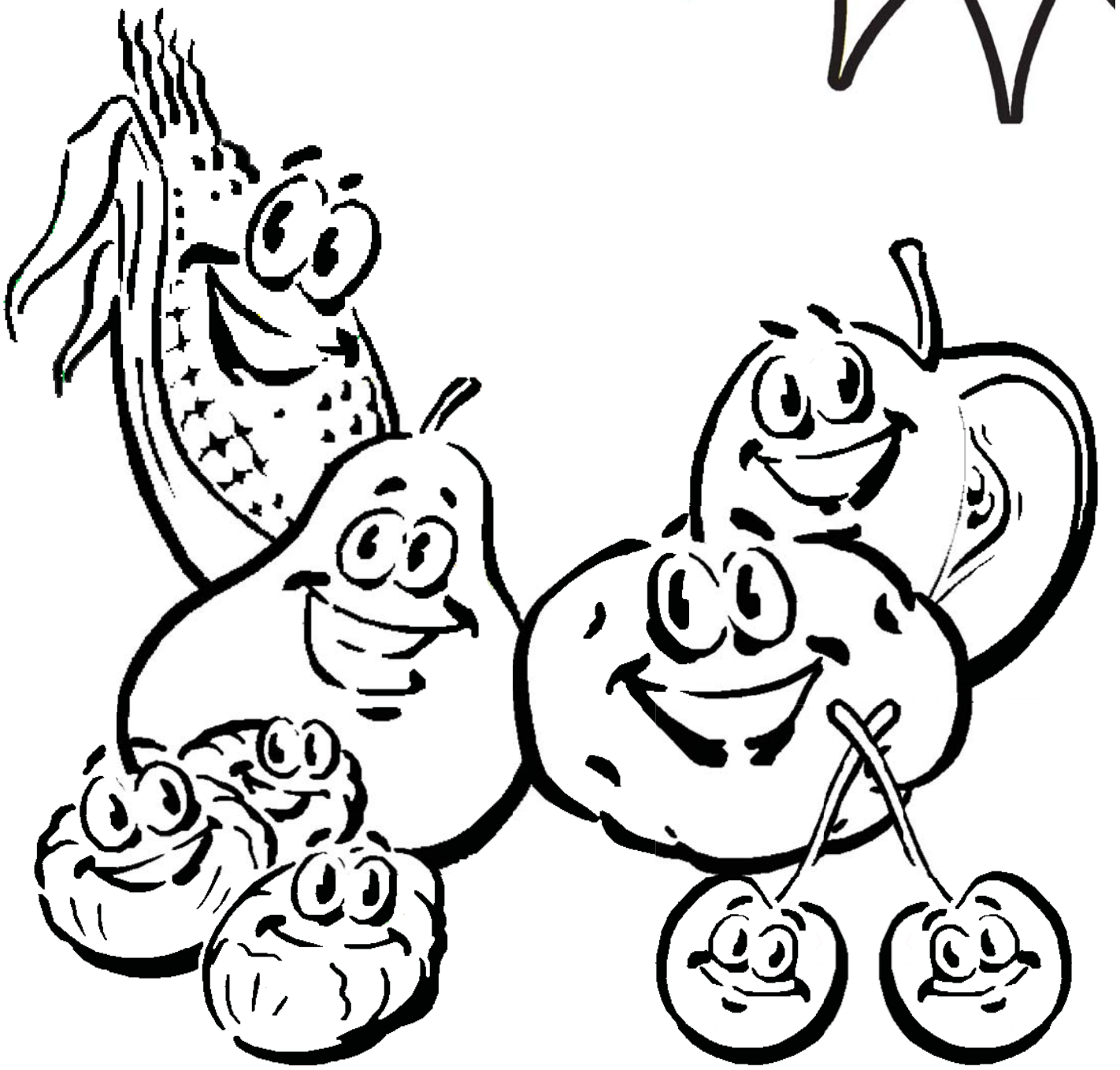




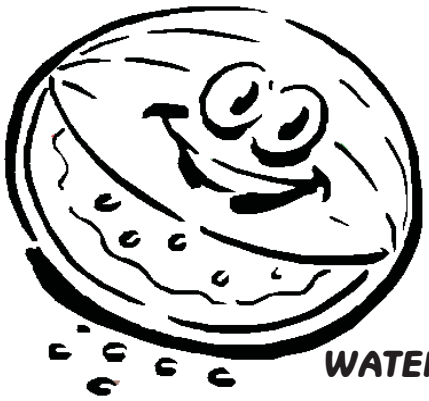
RED APPLE

"I make a great snack. Remember: an apple a day keeps the doctor away."

"Now that we're all together, let's look for some healthful snacks. I bet we can find some at the market stand right over there."



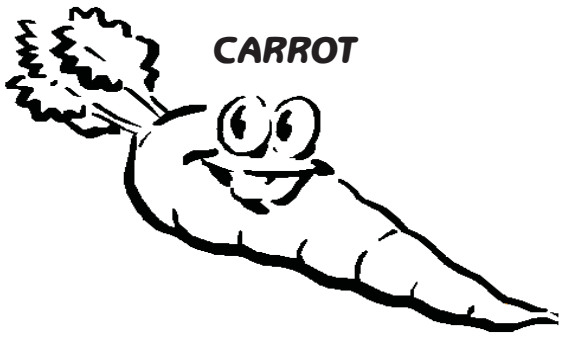
CIRCLE THE FOODS YOU WOULD FIND



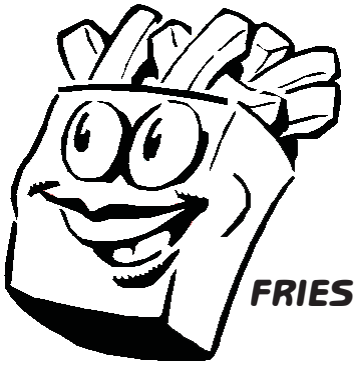
WATERMELON

HAMBURGER



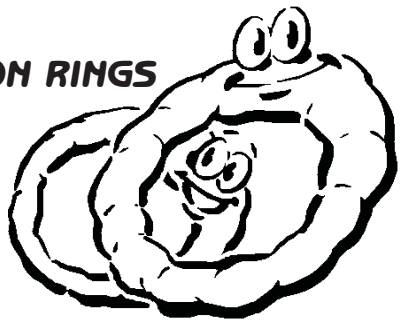


CARROT

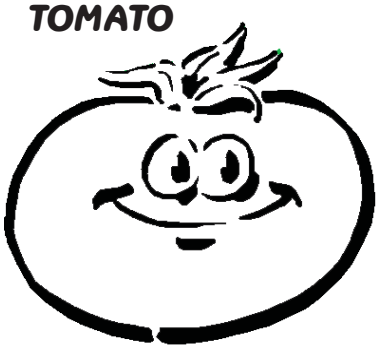


FRIES

ONION RINGS

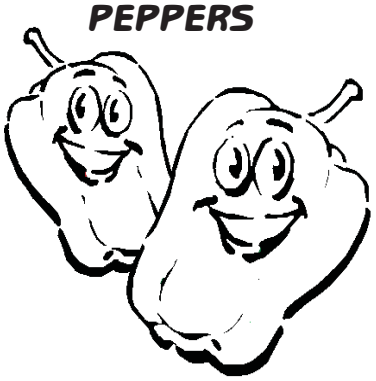


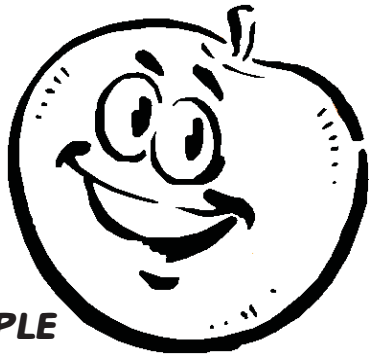
TOMATO



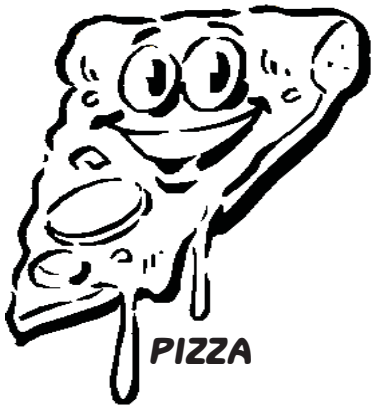
AT YOUR LOCAL FARMERS MARKET.

PEPPERS





YELLOW APPLE

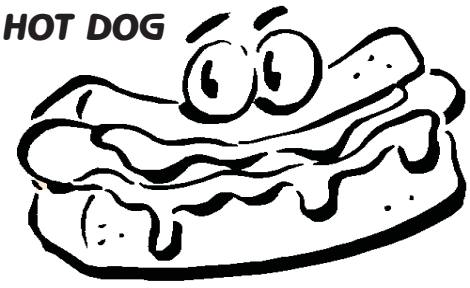


PIZZA

SODA

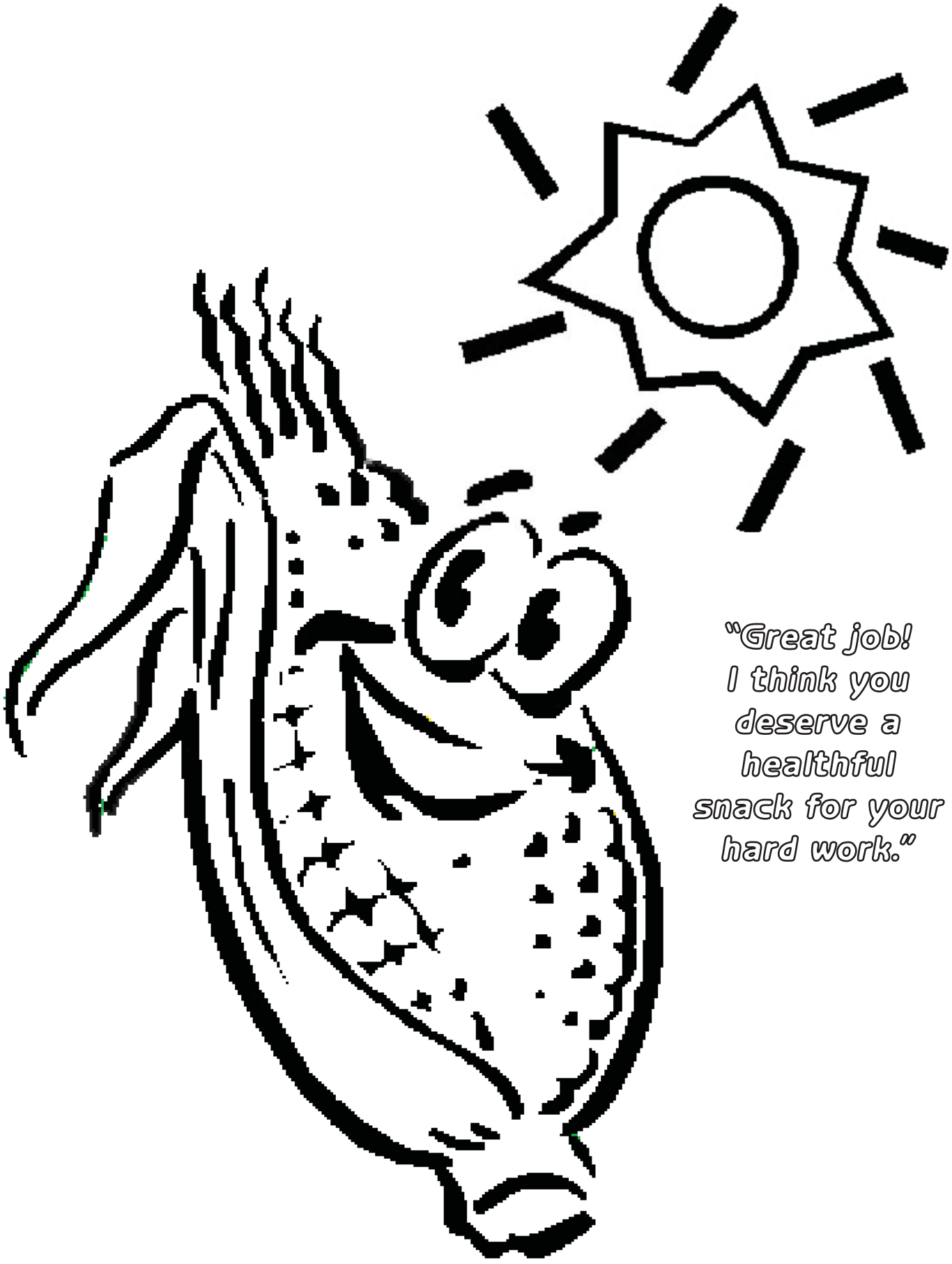


HOT DOG



SWEET PEAS





"Great job!
I think you
deserve a
healthful
snack for your
hard work."

Fun Fruit Kabobs

Ingredients:

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

Utensils:

- knife (You'll need help from your adult assistant.)
- 2 wooden skewer sticks
- large plate

Directions:

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

Awesome Applesauce

Ingredients:

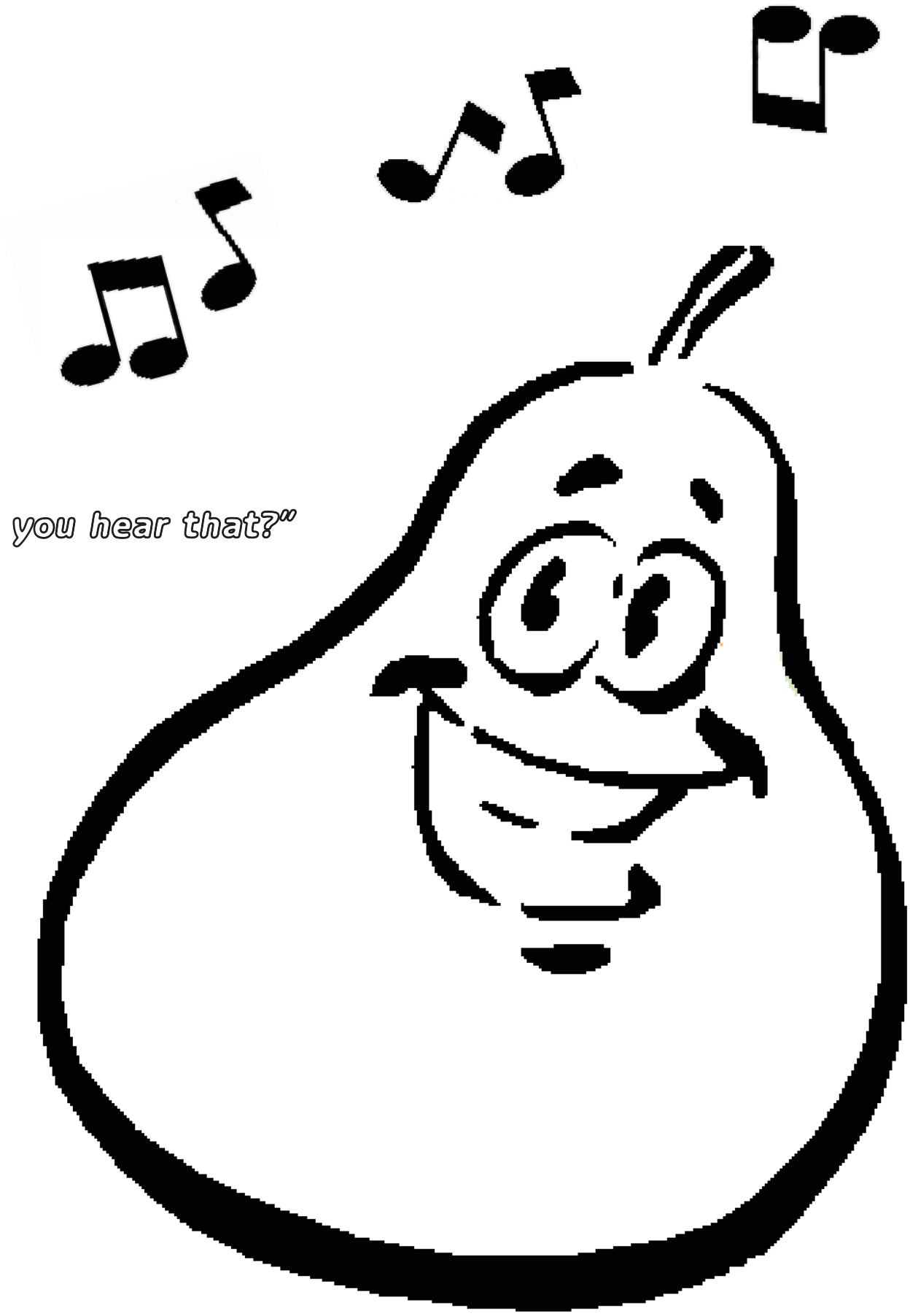
- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

Utensils:

- knife (You'll need help from your adult assistant.)
- blender or food processor
- measuring spoons
- serving bowls

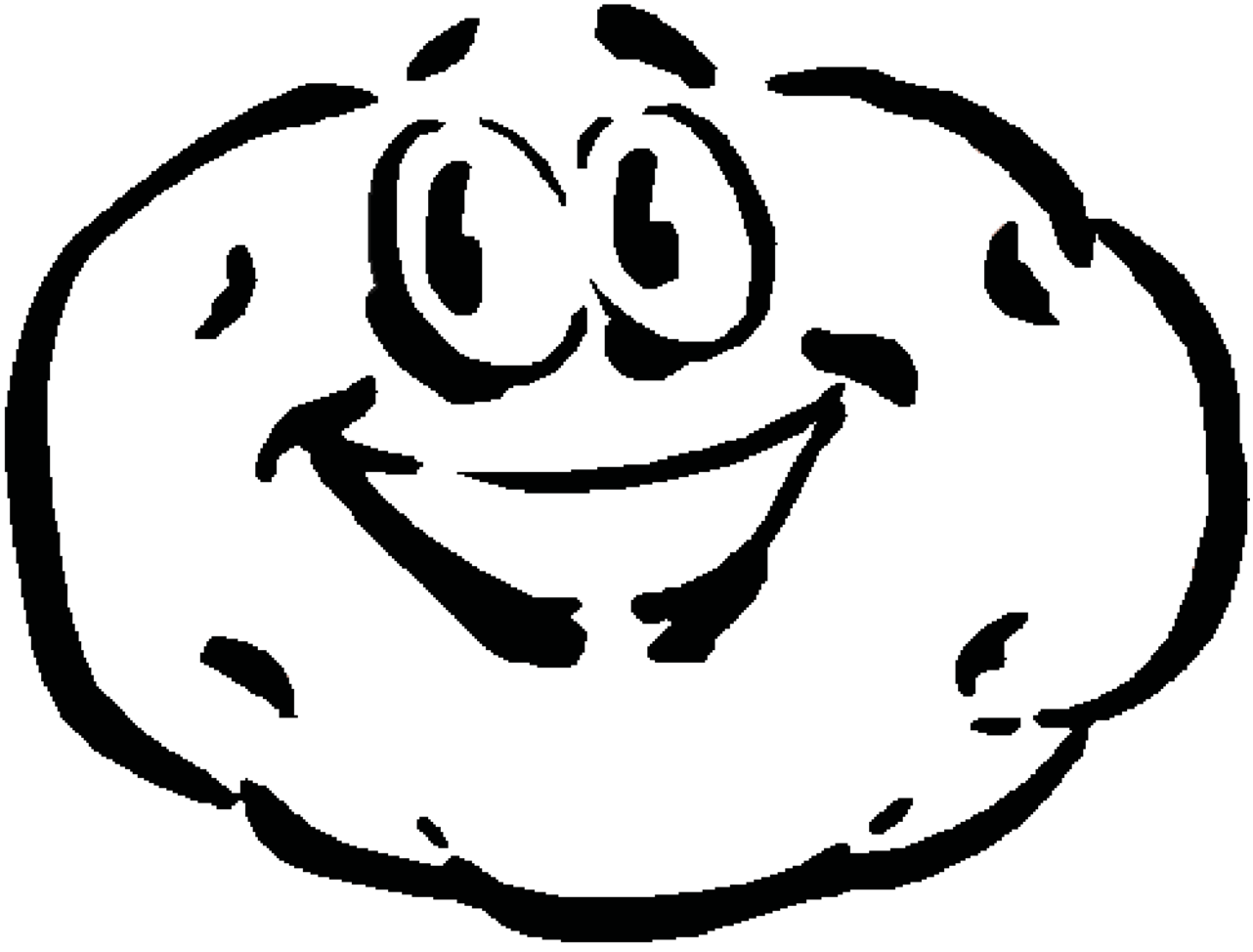
Directions:

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.


"Do you hear that?"



"Someone's playing music. What fun!
Let's go sing some songs."



You Are My Sunshine



You are my sunshine,
My only sunshine.
You make me happy,
When skies are gray.
You'll never know, dear,
How much I love you.
Please don't take my sunshine away!

The More We Get Together



Oh, the more we get together,
Together, together,
Oh, the more we get together,
The happier we'll be.

For your friends are my friends,
And my friends are your friends.
Oh, the more we get together,
The happier we'll be!

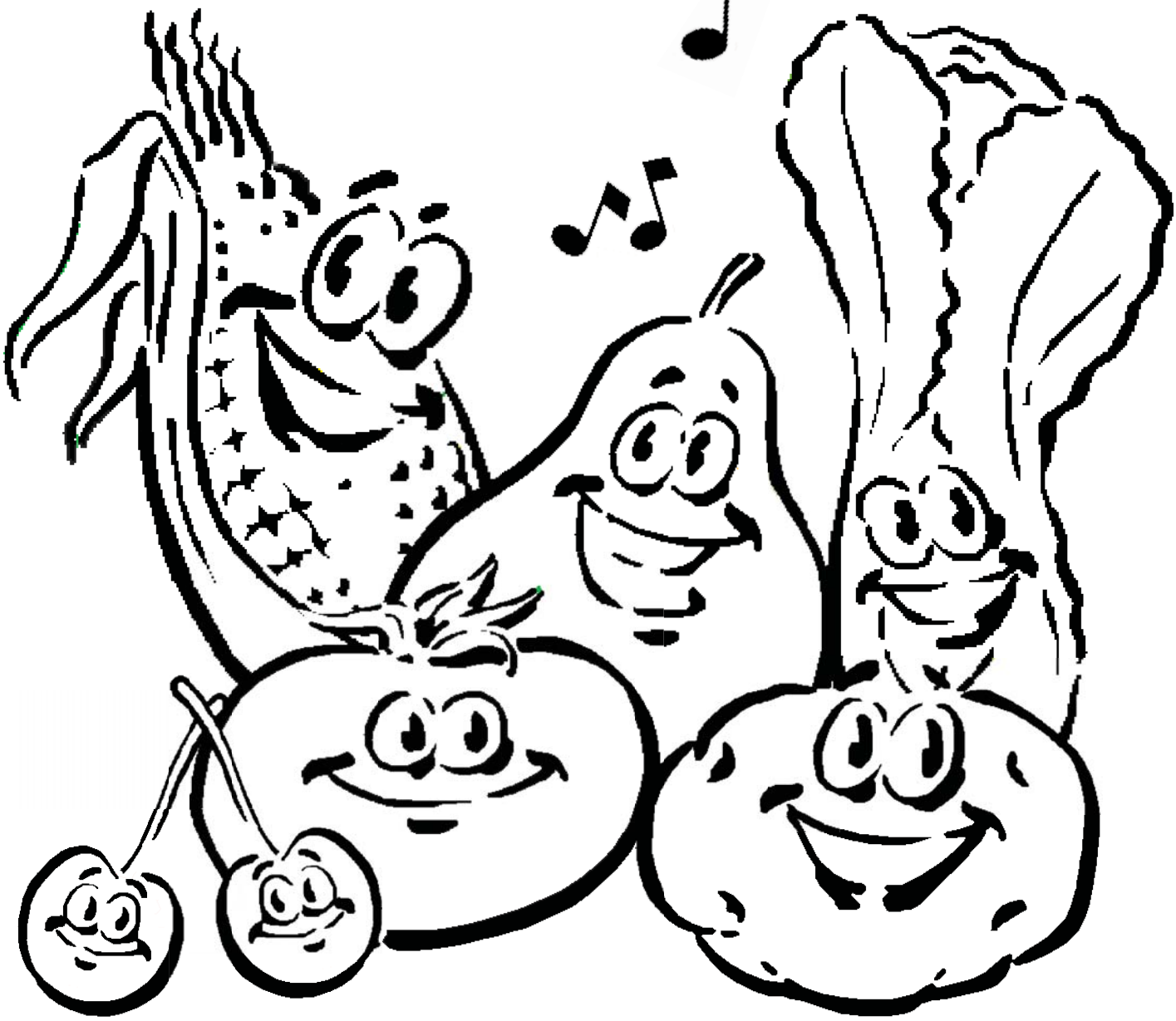
Old MacDonald



Old MacDonald had a farm, ee i ee i oh!
And on his farm he had some chicks, ee i ee i oh!
With a cluck-cluck here, and a cluck-cluck there
Here a cluck, there a cluck, everywhere a cluck-cluck
Old MacDonald had a farm, ee i ee i oh!

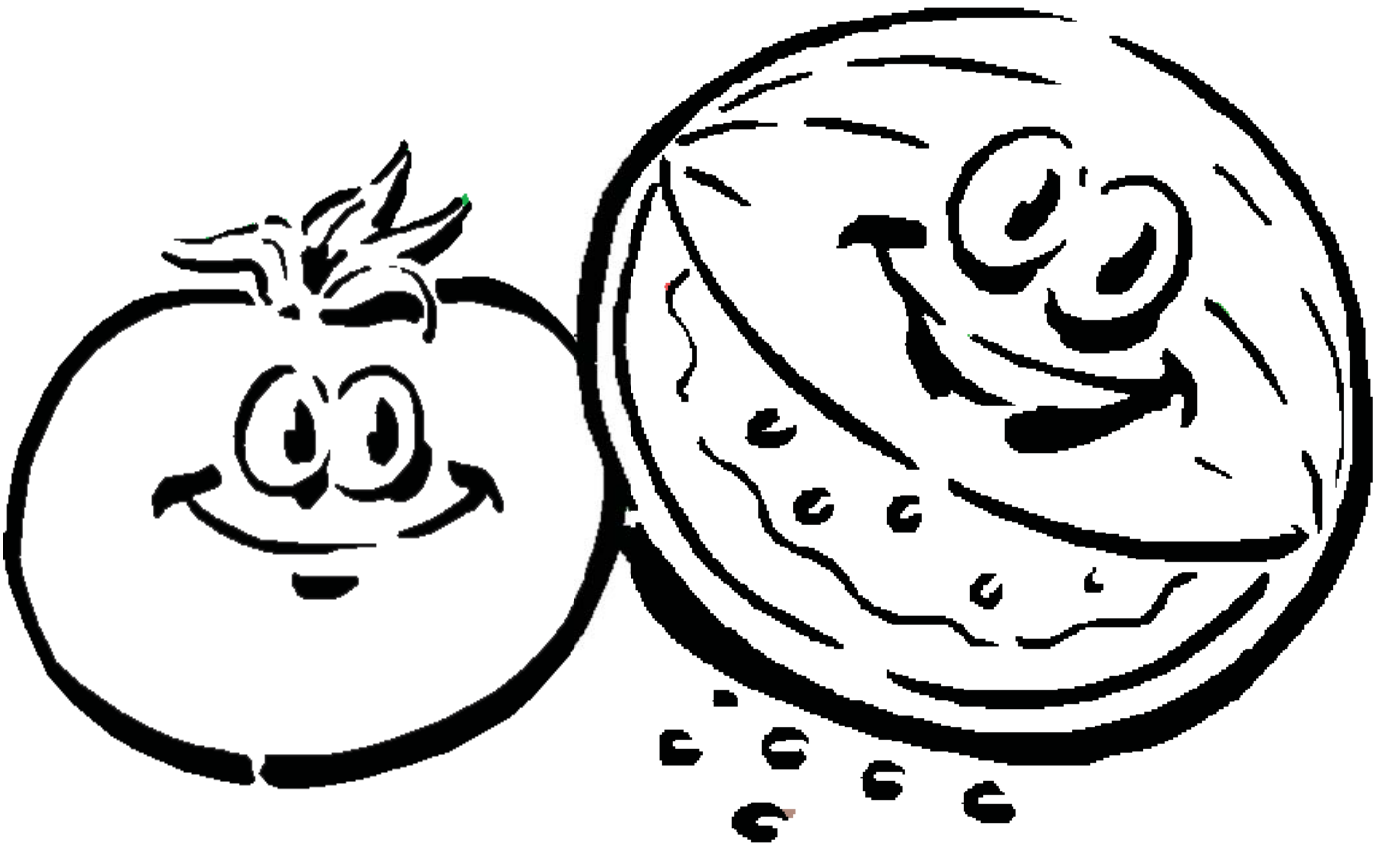
Old MacDonald had a farm, ee i ee i oh!
And on his farm he had some cows, ee i ee i oh!
With a moo-moo here, and a moo-moo there
Here a moo, there a moo, everywhere a moo-moo
Old MacDonald had a farm, ee i ee i oh!

"EVERYBODY SING!"

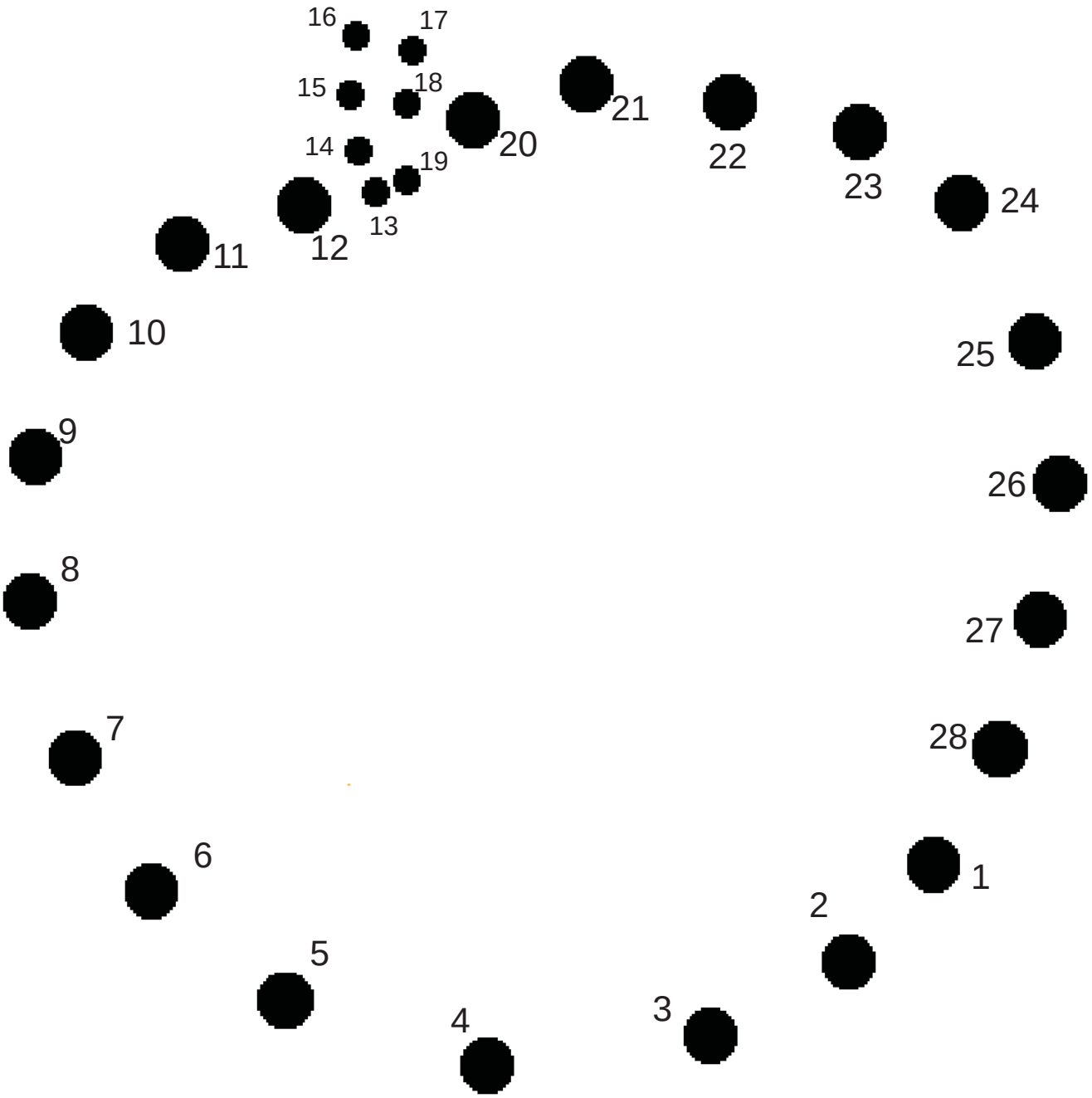


"We are looking for a friend of ours."

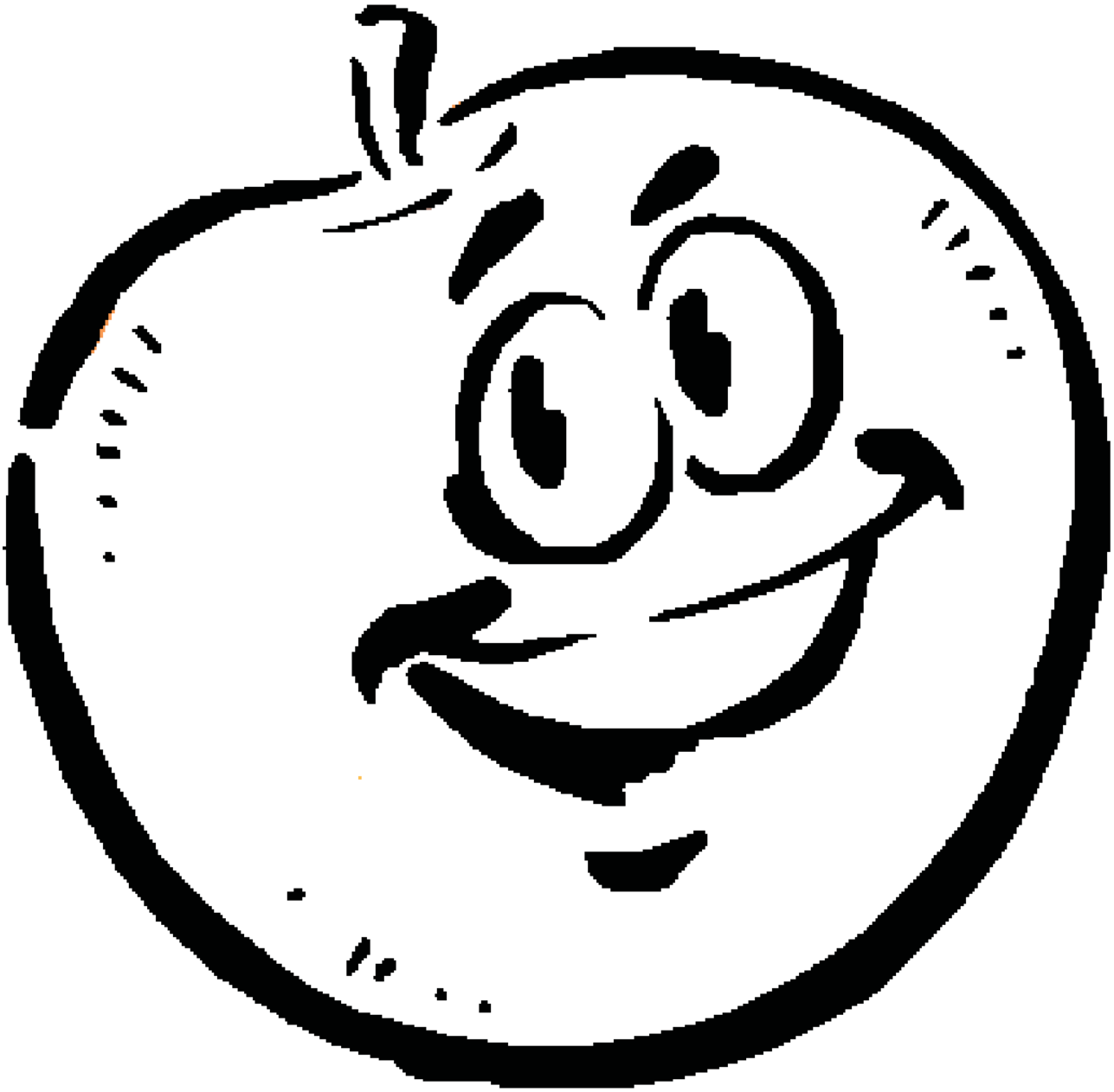
"This friend is sweet, crisp, crunchy, makes a great pie, and is sometimes called Granny."



"Who are we looking for?"

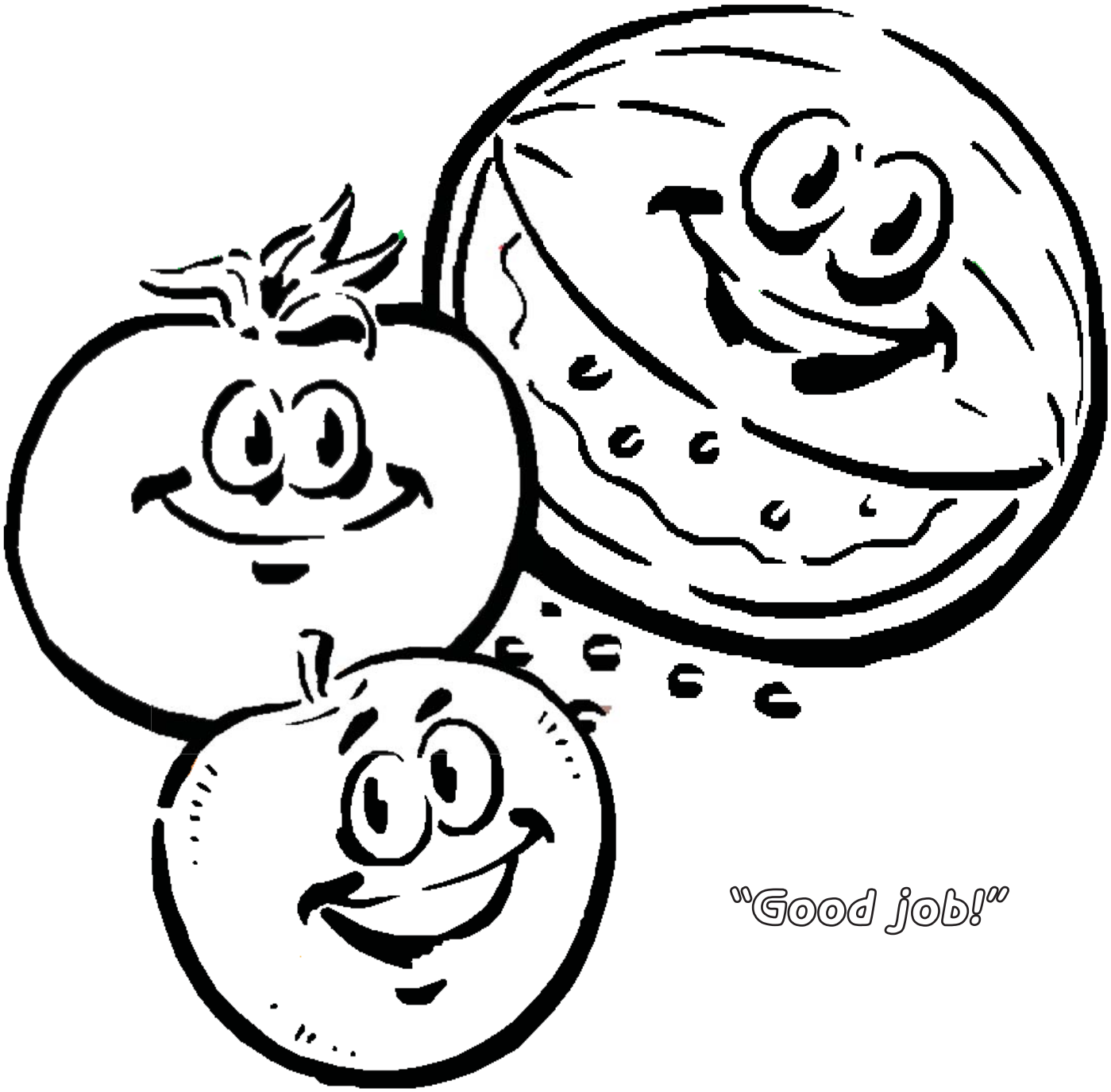


APPLE!



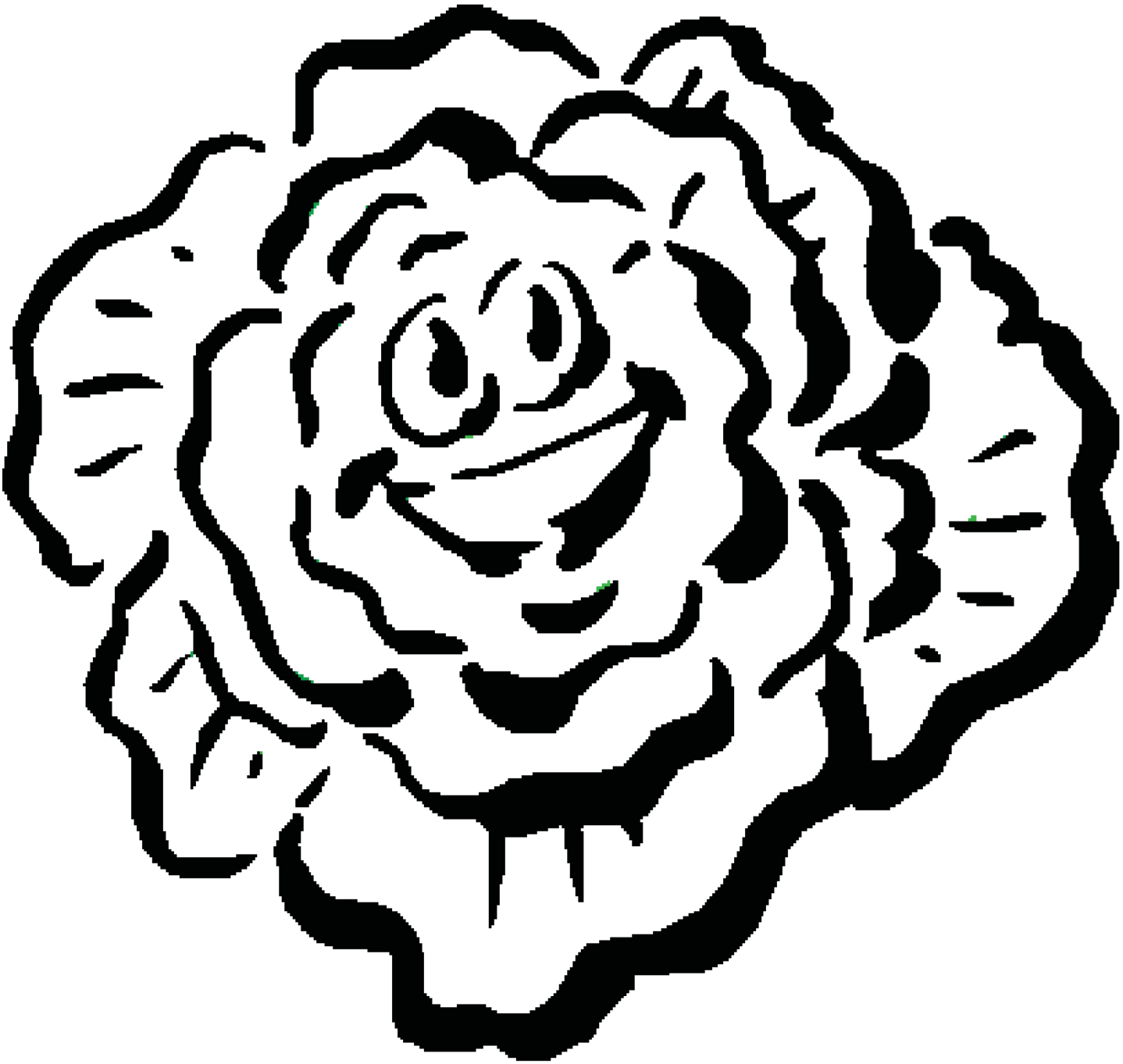
"Apples come in many varieties like Granny Smith, Gala, Golden Delicious, and Macintosh."

"If you guessed we were looking for our friend the APPLE then you were right!"

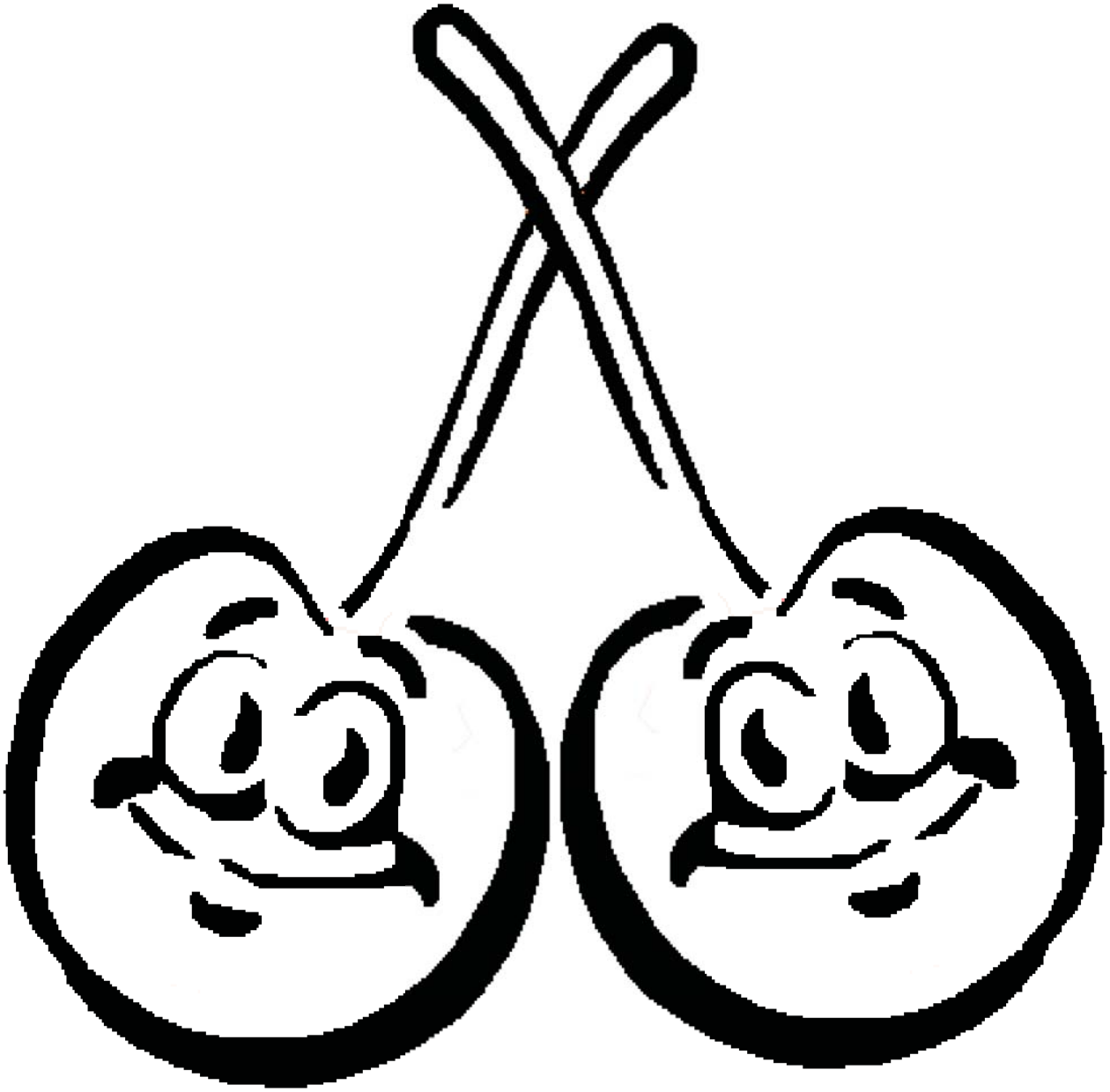


"Good job!"

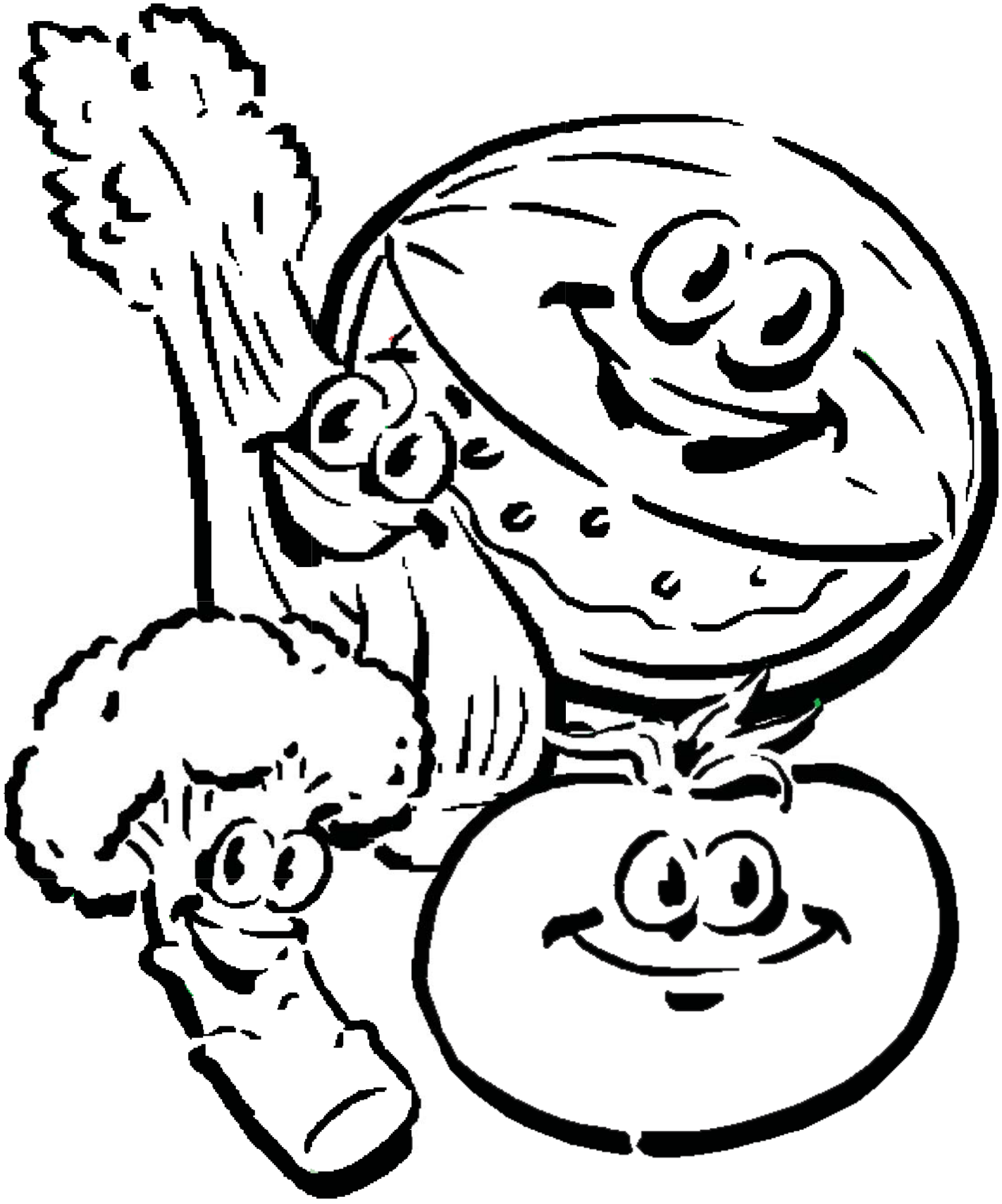
"What did you learn at the farmers market today?"



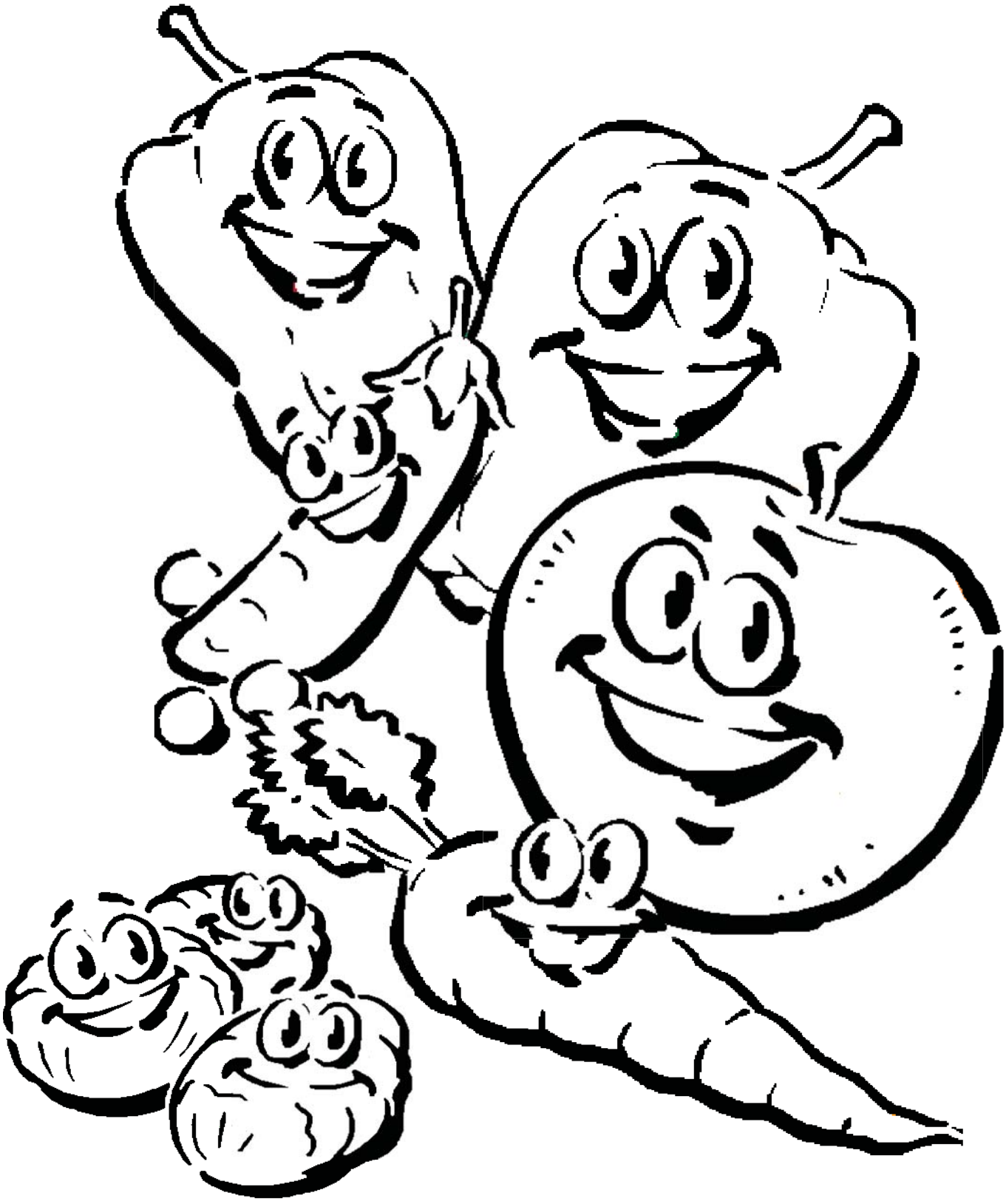
"We learned that the farmers market is a great place to find healthy snacks and baked goods, meet friends, and listen to music."



"What fun we had at



the farmers market!"

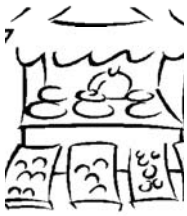


Can you help broccoli find his way to the market?

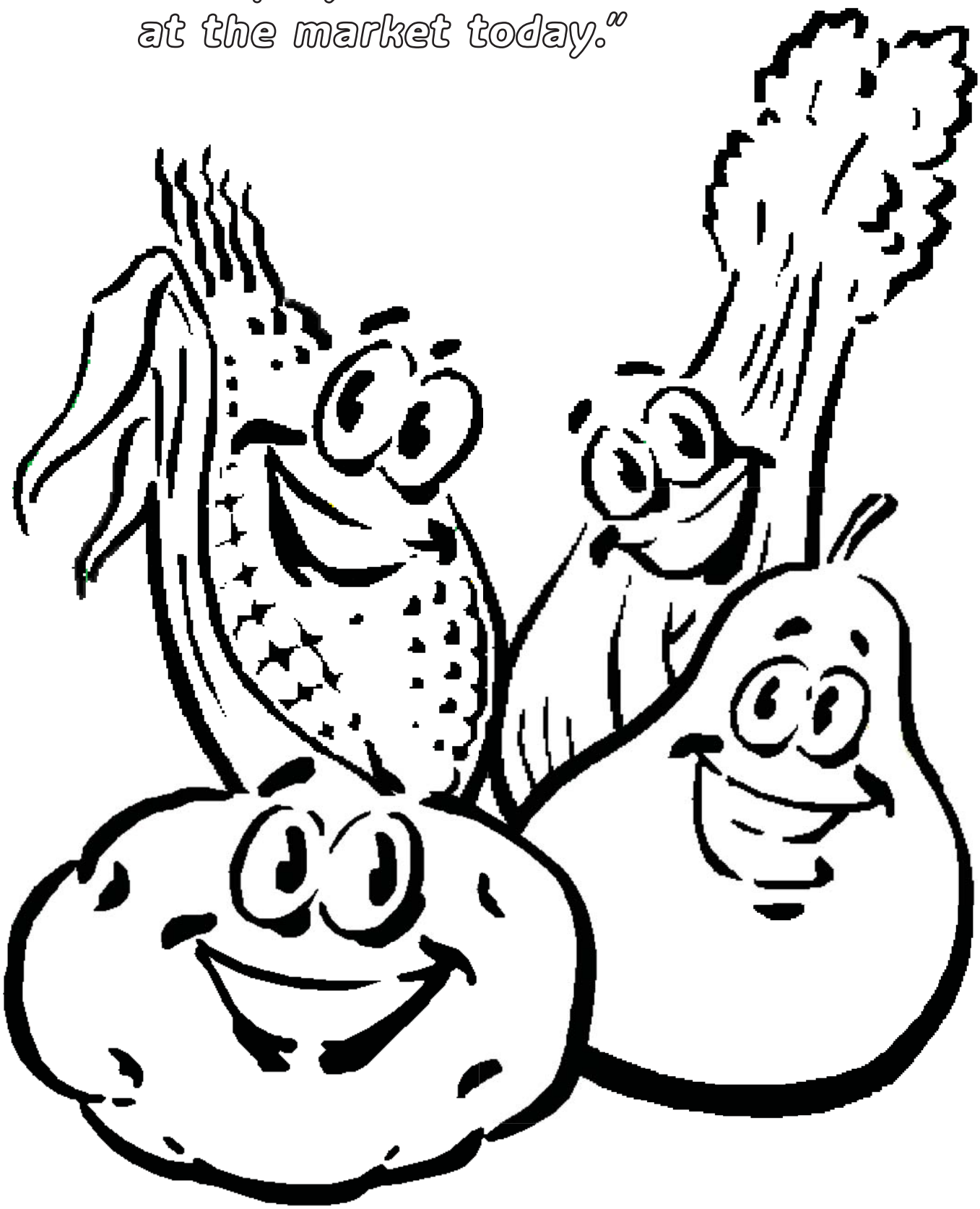


Start

Finish



"Hope you had fun
at the market today."



"See you next week."



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Tell Your Friends What Fun You Had at Your Local Farmers Market

