



10 ACTIVITIES FOR FARMERS' MARKET FUN & LEARNING

Activities

- Make purchases based on what is in season and looks the best. Talk about how different crops grow best in different seasons.
- Let your child be in charge of purchasing something small. They can pick the item and handle the money.
- Make a list of questions to ask the farmers and spend time talking.
- Do a rainbow scavenger hunt. Find an item for each color of the rainbow. Point out that eating a variety of colors in a diet is a healthy lifestyle choice.
- Little ones will want to spend time identifying colors, shapes, and counting items they are purchasing.
- Try samples! Often times, farmers will set out samples for customers to try. Take advantage of this and try new things and talk about how they taste. (You might want to keep some hand sanitizer and wipes nearby.)
- Encourage touching (if it's ok with the farmer) and smelling of produce. The farmer's market is a fabulous sensory experience.
- Cook and prepare food using your purchases from the farmer's market. look up new recipes online to be used with your farmer's market ingredients, and maybe you will find a new family favorites this way.
- Participate in a contest. Join our Little DFM Farmers Club
- Read books about the farmer's market!