



**POWER  
PLAY**

**A FARM  
2 TABLE  
ADVENTURE!**



# WELCOME!

Join Mateo and Isabel on a Farm to Table (F2T) adventure. With me—Bluebird—as your guide, we are going to learn how local food is grown, who's growing it, and how it's prepared and eaten.

**On your F2T adventure, remember to eat healthy, be active, and have fun!**



## GLOSSARY

**Farm to Table:** The many different ways food can travel from the farm to your plate.

**Farm:** An area of land or water used to raise animals, fiber, fish, and plants.

**Mushroom Chandelier:** An upside-down planter that hangs from the ceiling, above your head, and grows mushrooms in mid-air.

**Seasons:** The four times of the year when weather, temperature, and sunlight changes around the world. There are four seasons in one year: summer, fall, winter, and spring.

**Local:** The definition of local food changes based on where you live. After you finish these activities, you will be able to describe what local means to you.

**Farmers' Market:** A market made up of farmers that sell "just-picked" produce direct from the farm to their customers.

**Community Supported Agriculture (CSA):** A partnership between a farm and their customers. As part of a CSA, farms deliver freshly-picked produce at a place close to a customer's home.

## MY TROPHIES!

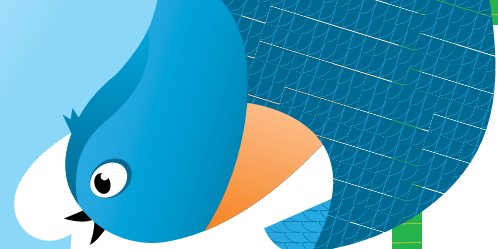
After completing an F2T activity, go to Page 23 to collect your trophy!



# EAT IN SEASON ... WHAT'S YOUR REASON?

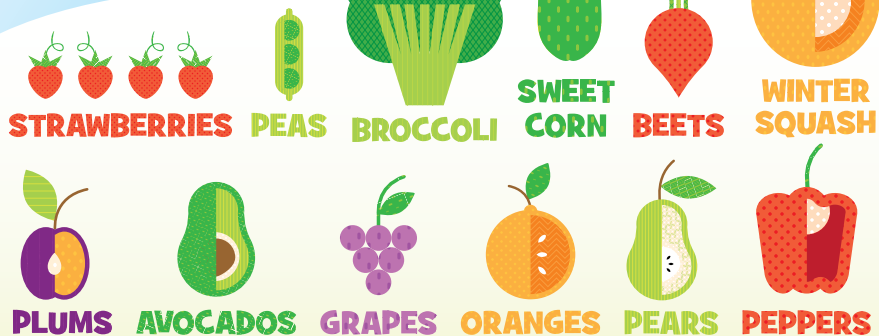
Fruits and vegetables grow best during specific seasons. Have you ever eaten a tomato right off the vine in the summer time? Then you already know there are many reasons to eat in season.

**Redraw these fruits and vegetables below in the season that you think they would taste best!**



## SPRING

## SUMMER



## WINTER

## FALL

ANSWER: Spring - Avocados, Strawberries, Peas; Summer - Plums, Sweet Corn, Peppers, Grapes; Fall - Pears, Oranges, Squash; Winter - Winter Squash, Beets