



**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.

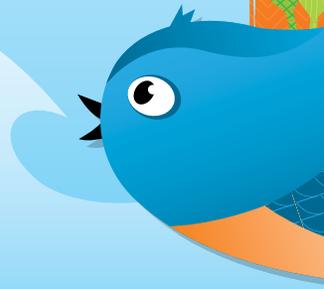
Local: The definition of local food changes based on where you live. After you finish these activities, you will be able to describe what local means to you.

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?

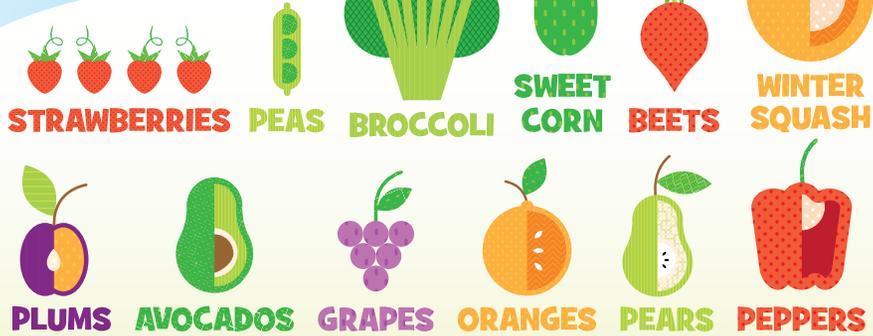
Fruits and vegetables grow best during specific seasons. Have you ever eaten a tomato right off the vine in the summer time? Then you already know there are many reasons to eat in season.

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, Broccoli, Beets