



**POWER
PLAY**

**A FARM
2 TABLE
ADVENTURE!**



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These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.

For CalFresh information, call 1-877-847-3663.

For important nutrition information, visit www.cachampionsforchange.net.

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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!



FAMILY
FOOD TREE
CHAMPION



MEET A LOCAL FARMER

Farmers can be old or young, women or men. They know their land. They understand the relationship of soil, water, and the sun.

**Farmers grow healthy food
and are an important part
of our community!**



Question: Can you guess what is in the ground?

Hint: They are found in coleslaw and sometimes on tacos.

ANSWER: Cabbage, carrots, and green onions



A DAY ON THE FARM

Local farms are everywhere. Some farms can be the size of 10 city blocks. Some farms can even fit on top of city buildings.

This farm sells 5 different things in the market. Can you guess what they are?



ANSWER: Pumpkin, sunflower seeds, honey from the bees, fresh cow's milk, and kale.

In the city, this farmer is growing different and unusual foods like purple carrots and green tomatoes.

**This rooftop garden is small but can still grow many types of food.
Circle 7 different foods being grown here.**



ANSWER: Mushrooms in the mushroom chandelier, climbing peppers, green tomatoes, sunflower seeds, cucumbers, purple carrots, red and green cabbage.

WE GROW IT ALL

The regions of California have unique climates, soil types, insects, and other resources. That is why different regions of California are famous for growing different foods.

**Guess which regions grow
which food then draw a line
from each food to
the region where
it grows best.**

CALIFORNIA



ANSWER: San Diego: Avocados;
San Joaquin: Tomatoes; Sacramento: Watermelon;
Monterey: Artichokes; Riverside: Dates;
Orange: Oranges

ORANGE



DATES

RIVERSIDE



ORANGES

SAN DIEGO



TOMATOES

MONTEREY



AVOCADOS

SACRAMENTO



ARTICHOKES

SAN JOAQUIN

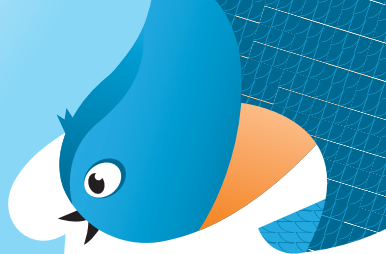


WATERMELON

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!



STRAWBERRIES



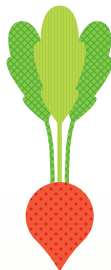
PEAS



BROCCOLI



SWEET CORN



BEETS



WINTER SQUASH



PLUMS



AVOCADOS



GRAPES



ORANGES



PEARS



PEPPERS

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



SPRING

SUMMER



WINTER

FALL

FAMILY FOOD TREE

Where we grow up says a lot about who we are and what we eat. Our families are made up of people that grew up in different communities across California, the United States, and even the world. Each one of us cooks and eats different things depending on the community we live in.

**Be a food detective.
Interview a family member
about foods from their
home town. Write the
answers on the leaves.**





I interviewed my

Where did you grow up and
what was your region
famous for growing?



What food reminds
you of your hometown?



What is your favorite
recipe that uses seasonal
fruits or vegetables?



What is your favorite
snack that uses fruits
or vegetables?



COMMUNITY EXPLORER

Fruits and vegetables can be grown anywhere. Explore your community with a friend and find two places where fruits and vegetables are grown.

Look up into the trees for fruit. Scan the ground for vegetable plants. Write down any fruits or vegetables that you discover!

I found ...

WHAT'S IN YOUR FRIDGE?

Write down your friend's name and fill out the answers to the questions. When you're done, ask your friend to write down his or her answers and see how many you got right.



Find out how well you know your friends by taking the food test.



My Friend's Name

MY GUESS

FRIEND'S ANSWER

Favorite food?

Least favorite food?

Like to cook?

Been to a farm?

Shop at the farmers' market?

ASK A FARMER

California has over 650 farmers' markets. At a certified farmers' market, all of the fruits and vegetables that you see at each stand were grown by that farmer.

Next time you are at a farmers' market why not ask a farmer . . .



How do you grow your food?

How long have you been farming?

Where is your farm?

What is your **FAVORITE** thing about farming?

What is the **HARDEST** thing about farming?

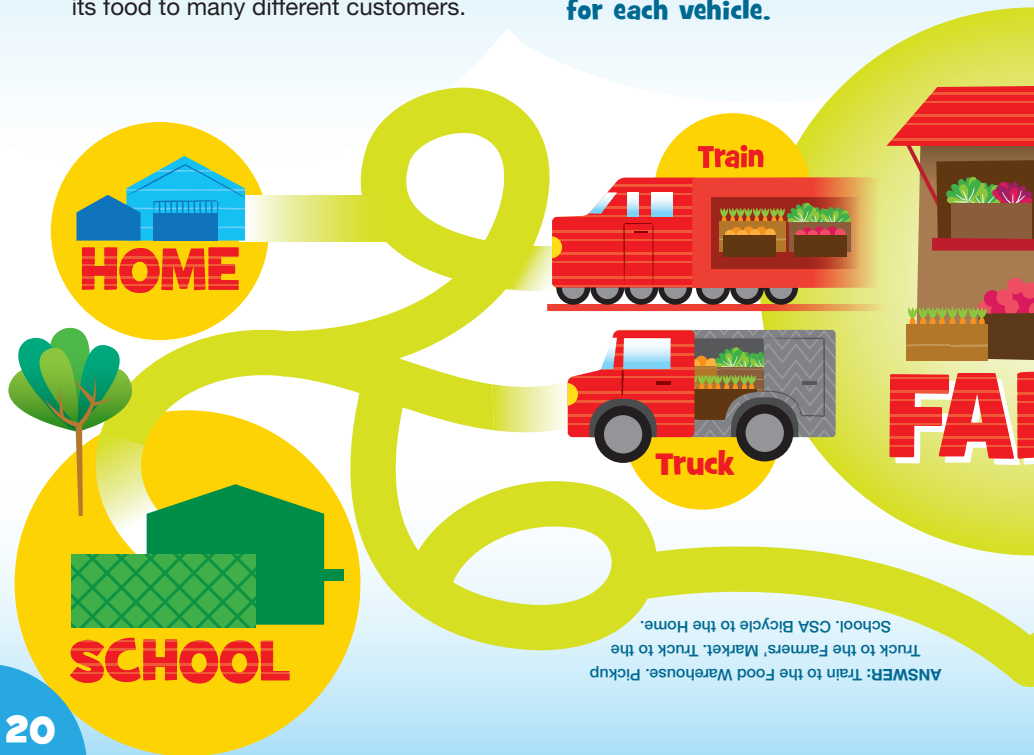
Where else can I buy your food?

Why is it important that I buy my food from you?

TRAVELING FROM F2T

Food travels from Farm to Table in many different ways. One farm can sell its food to many different customers.

Can you guess which vehicle serves which customer?
Draw a pathway from the vehicle to the food customer.
Use a different colored pen for each vehicle.



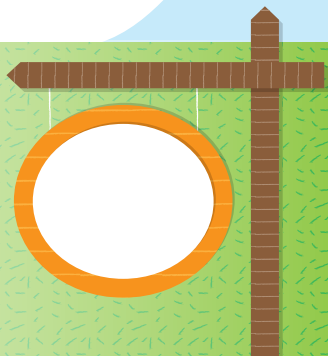
ANSWER: Train to the Food Warehouse. Pickup Truck to the Farmers' Market. Truck to the School. CSA Bicycle to the Home.



GROW YOUR OWN

Now that you have met some local farmers and visited their farms, you get to design your own farm.

If you were a local farmer what foods would you grow and how? Name and draw your farm below.



MY TROPHIES!

When you complete an activity in this book you become an F2T Champion! Congratulate yourself with a trophy as your prize.

Color in and cut out the trophy for the activity that you have completed. Glue it on the activity page to show it's done!

