Farmers' Market Activity Ideas for Young Children

Enhance learning opportunities before, during, and after a farmers' market visit with these ideas!

Before Visiting Market

- Read books about farmers' markets at circle time. *For suggestions, flip over!*
- Place pictures of produce under headers for each season and discuss what you may expect to see at market.

While Visiting Market

- Conduct a scavenger hunt where children look for certain colors, products, or people, such as a baker or yellow tomato.
- Focus observations with prompts. *For suggestions, flip over!*
- Practice vocabulary: farmer, baker, cheesemaker, orchard, dairy, grains, apple, tomato, lettuce, and radish.

After Visiting Market

- Prompt children, 'What did you see, hear, and smell at the market?'
- Print out sequence cards for children to place in order showing how produce gets from farmer fields to the dinner table.
- Provide farm hat, play produce, and tags to write prices in dramatic play area for children to act out being market farmers.
- Complete a taste-test of two market finds. Have children vote for their favorite and graph the results.

Story Time

- *Farmers' Market Day* by Shanda Trent
- *Fresh-Picked Poetry: A Day at the Farmers' Market* by Michelle Schaub
- *A Day at the Market* by Sara Anderson
- *Fruit* by Sara Anderson
- *Vegetables* by Sara Anderson
- *We're Going to the Farmers' Market* by Stefan Page
- *Before We Eat: From Farm to Table* by Pat Brisson
- *To Market, To Market* by Nikki McClure
- *Fresh Delicious: Poems from the Farmers' Market* by Irene Latham

Prompts to Focus Observation

- What colors are those tomatoes? (Repeat with other products.)
- Play 'I spy with my little eye' games spotting food products that start with certain letters of the alphabet.
- What do plants need to grow?
- Farmers' markets are often outside — use this opportunity to discuss the weather using concrete adjectives, such as rainy, cloudy, sunny, hot, cool, and windy.

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