



25 pop-out garden toys



50+ paper fruits,
veggies, and flowers



15 labels for play food



20 pretend store props

FARMERS MARKET

CREATE-AND-PLAY
Activity BOOK



Enjoy these activities adapted from *Farmers Market Create-and-Play Activity Book*. In this DIY kit-in-a-book, kids will find everything they need to set up a pretend farmstand, from pop-out fruits and veggies to play money. Games and activities sprinkled throughout help kids learn while they play.

Available wherever books are sold.

Deanna F. Cook author of *Cooking Class*

FARMERS MARKET SCAVENGER HUNT



Hunt for yummy treasures on this scavenger hunt list! Check ☒ the box next to each item you find.

☐

A **BREAKFAST** ingredient

☐

A food that grows **UNDERGROUND**

☐

A food that grows on a **TREE**

☐

A food that grows on a **VINE**

☐

The **BIGGEST** veggie

☐

The **TINIEST** veggie

☐

JAM or **HONEY**

☐

A **TASTING SAMPLE**

☐

5 **GREEN** foods

☐

2 different **RED** fruits

☐

A food with **LEAVES YOU CAN EAT**

☐

A **FRUIT** you've never tried

☐

A **VEGGIE** you've never tried

☐

A **DINNER** ingredient

☐

A **DESSERT** ingredient

☐

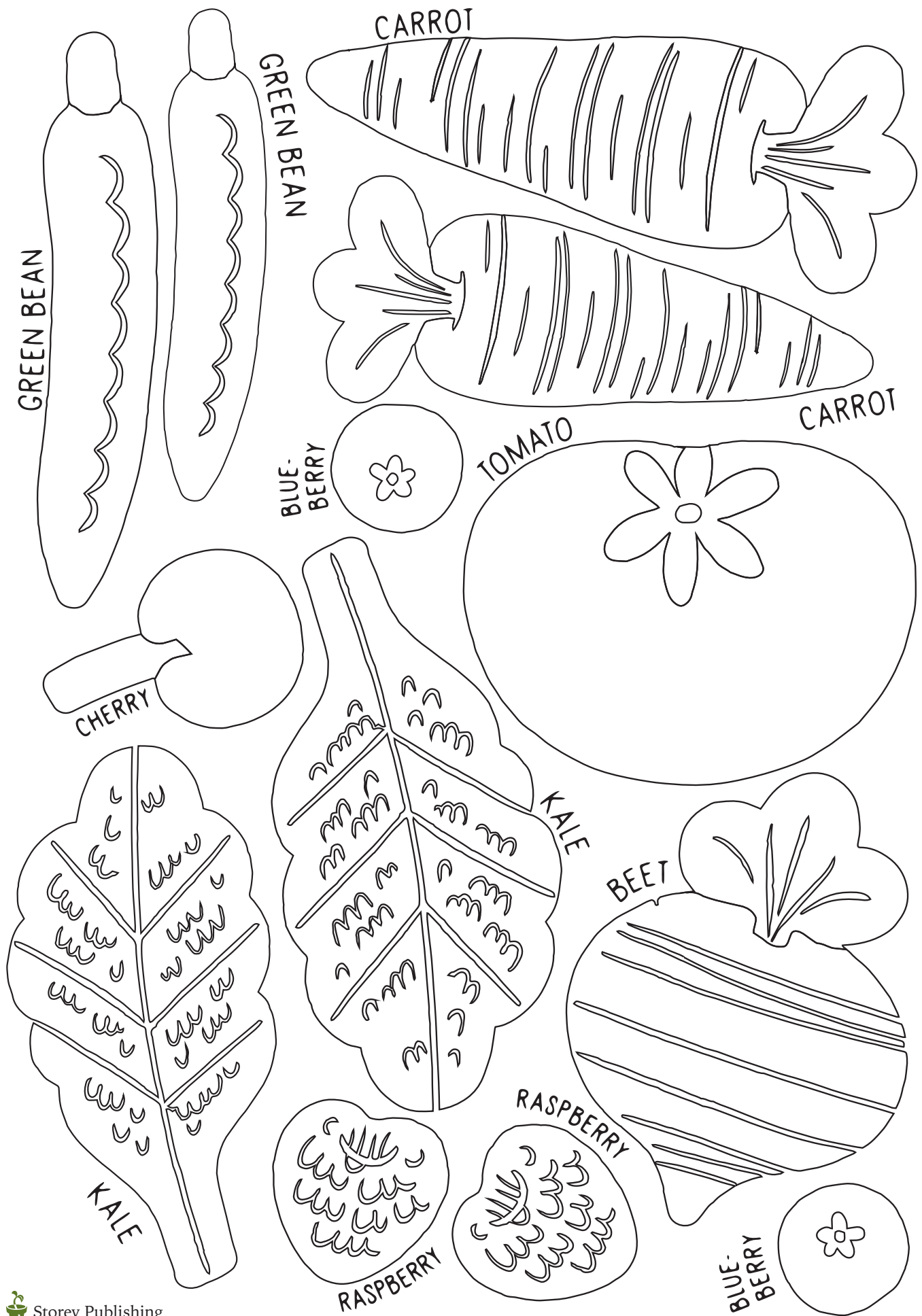
A tasty **BAKED GOOD**

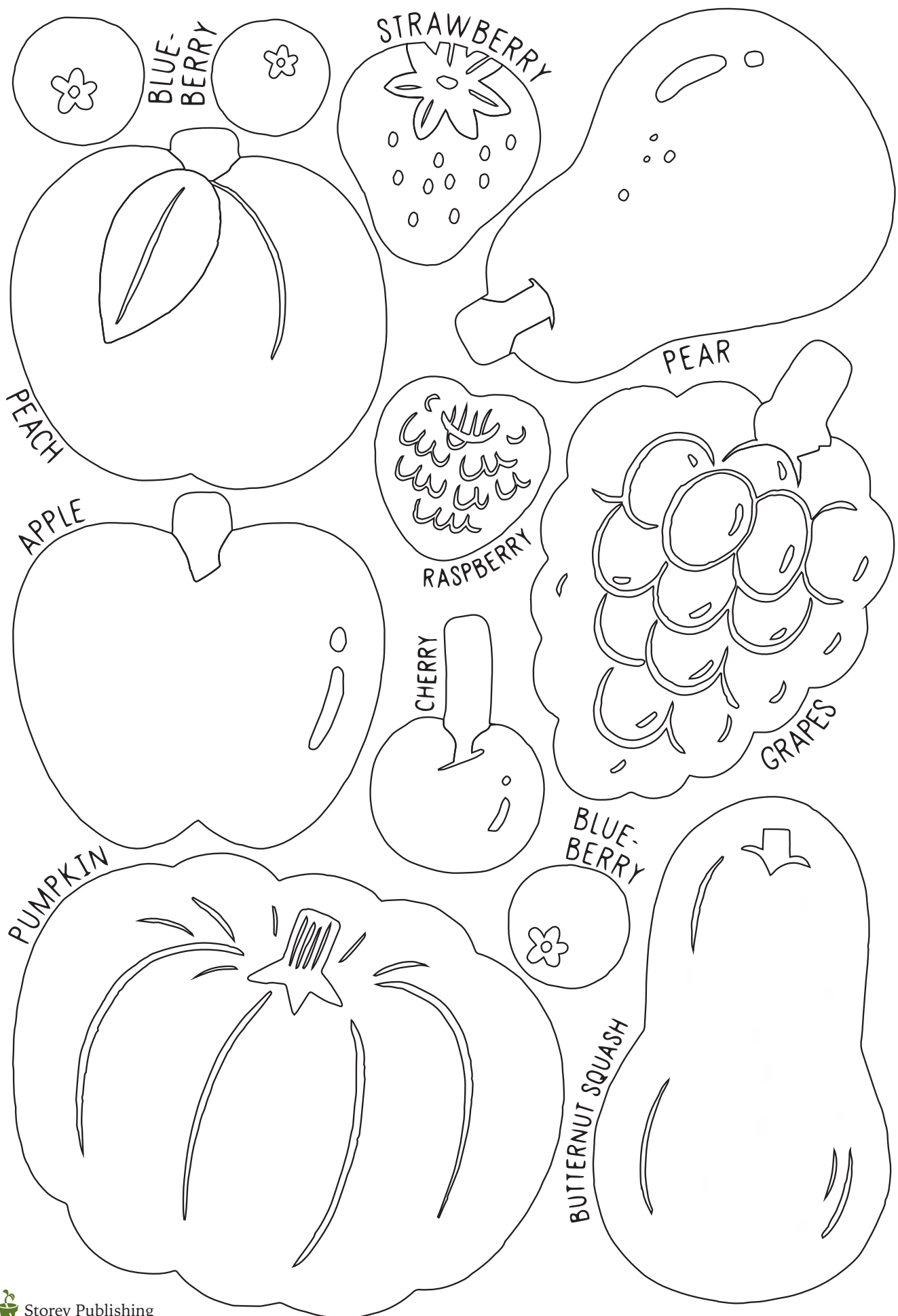
☐

A **FUNNY SHAPED** fruit or veggie

☐

A food with **SEEDS YOU CAN EAT**





PLANT PARTS MATCH-UP

When you pick veggies, you harvest the edible part of a plant. Draw a line from the plant name to the part we eat (the food that farmers sell at markets).

1.



A. Leaves

2.



B. Roots

3.



C. Fruit

4.



D. Flowers

5.



E. Seeds

6.



F. Bulbs

7.



G. Roots

8.



H. Seeds

9.



I. Leaves

10.



J. Fruit

WHAT DO PLANTS NEED TO GROW?

Garden plants need four things to grow. Can you guess what they are? Take a look at the pictures below. Fill in the blank spaces with the letters to spell out the words and check your answers at the bottom of the page.

1



S _ _ _

2



W _ _ _ _

3



A _ _ _

4



S _ _ _ _

KEEP OUT OF MY GARDEN!

Farmers must protect their crops from pests like bugs and bunnies. This garden has a fence around it, but the farmer has left the gates open. Find your way through the garden to close the front and back gates before the critters get in!



ANSWERS: 1-sun, 2-water, 3-air, 4-soil

✓ Check off each one you've tasted!

RED

- ☐ Tomatoes
- ☐ Red-skinned potatoes
- ☐ Raspberries
- ☐ Strawberries
- ☐ Apples
- ☐ Cherries

ORANGE

- ☐ Carrots
- ☐ Peaches
- ☐ Pumpkins
- ☐ Yams

YELLOW

- ☐ Corn
- ☐ Summer squash
- ☐ Yellow peppers

GREEN

- ☐ Broccoli
- ☐ Lettuce
- ☐ Pears
- ☐ Peas
- ☐ Green peppers
- ☐ Cucumbers
- ☐ Green beans
- ☐ Kale

BLUE / PURPLE

- ☐ Blueberries
- ☐ Eggplant
- ☐ Grapes
- ☐ Beets

TAN / WHITE

- ☐ Mushrooms
- ☐ Garlic
- ☐ Butternut squash
- ☐ Potatoes
- ☐ Onions

EAT A RAINBOW!

When you go to a farmers market, buy and eat as many colorful fruits and veggies as you can. Each color provides different vitamins and nutrients that help your eyes, hair, skin, and body grow strong! **How many colors have you tried?** Look at this list of fruits and veggies.

FARMERS MARKET SHOPPING LIST

| | | |
|--------------------------|-----------|---------|
| <input type="checkbox"/> | BERRIES | \$ ____ |
| <input type="checkbox"/> | APPLES | \$ ____ |
| <input type="checkbox"/> | KALE | \$ ____ |
| <input type="checkbox"/> | LETTUCE | \$ ____ |
| <input type="checkbox"/> | BEANS | \$ ____ |
| <input type="checkbox"/> | CARROTS | \$ ____ |
| <input type="checkbox"/> | BEETS | \$ ____ |
| <input type="checkbox"/> | CHERRIES | \$ ____ |
| <input type="checkbox"/> | TOMATOES | \$ ____ |
| <input type="checkbox"/> | PEPPERS | \$ ____ |
| <input type="checkbox"/> | POTATOES | \$ ____ |
| <input type="checkbox"/> | CORN | \$ ____ |
| <input type="checkbox"/> | BROCCOLI | \$ ____ |
| <input type="checkbox"/> | SQUASH | \$ ____ |
| <input type="checkbox"/> | EGGPLANT | \$ ____ |
| <input type="checkbox"/> | MUSHROOMS | \$ ____ |
| <input type="checkbox"/> | GARLIC | \$ ____ |
| <input type="checkbox"/> | SQUASH | \$ ____ |
| TOTAL \$ | | \$ ____ |

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