



# HOW FAR DOES YOUR FOOD TRAVEL?



## A Visit to Farmers Market

Use your local farmers market as a resource to answer the following questions.



Find a farm that is less than 200 miles from the Market: \_\_\_\_\_



What farm is CLOSEST to the market? \_\_\_\_\_



How many miles? \_\_\_\_\_



Which farmer traveled the FARTHEST to get to the market? \_\_\_\_\_



How many miles? \_\_\_\_\_



Find something in the market that you have NEVER seen before: \_\_\_\_\_



Find a fruit or vegetable that you usually see in the grocery store that you don't see here.



Why do you think it's not here? \_\_\_\_\_



Find 3 edible LEAVES in the market:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Find 3 edible ROOTS in the market:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Find and list 3 edible STALKS in the market:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What other items did you find at the market today? Were they all edible?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Design a nutritious and delicious meal from what is available at the market right now. What would you put in a salad? What would be your appetizer, main course, and dessert?



## Farmers Market Menu

Created By: