



POP Club!

Activity Guide



farmersmarketcoalition.org



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EDUCATIONAL

Veggie Bingo

Description: Put a healthy twist on a classic. Veggie bingo is a fun way to engage kids and familiarize different vegetables and what they look like. Choose one kid or delegate one volunteer or staff to be “farmer”. Farmer will call out the veggies and kids will mark their boards accordingly. Veggie bingo is achieved when kids get five in a row and yell, “veggie bingo!”

Add some flavor! Have a few vegetables on hand for tastings. When a tasting vegetable is called out, encourage the players



Veggie bingo site with free boards and directions:

<http://livesimply.me/2015/06/23/get-your-kids-to-love-veggies-the-live-simply-fruit-and-veggie-bingo-game/>

Author asks: If you play the Live Simply Fruit and Veggie Bingo Game, take a picture and tag it #livesimplyrealfood on Instagram.

Sign Language Classes

Description: Ask a sign language teacher to visit the market and teach kids how to sign farm and food related words.

Find an ASL teacher here:

<https://aslta.org/employment/find-a-teacher/>

Stars of the Season

Description: Create a list, or collection of images, for POP-pers to find fruits or vegetables that are in season. This can be done several times throughout the season with different scavenger hunts, or you can create one large list of produce and the kids try to differentiate between the ones that are in season, and the ones that are not.

Crosswords/Word Searches

Description: Make a market crossword or wordsearch. This is a great way to quiz POPers, possibly involve some parents, and teach the kids about produce but also about their local market. There are free, easy to use online resources that make crossword or word searches a cinch. You come up with the content, and they have you covered on format.

Add some flare! For an extra kid-friendly touch, draw fruits and veggies, market scenes, kids, etc on the white page surrounding your crossword or wordsearch, and copy that sheet for handouts.

<http://tools.atozteacherstuff.com/free-printable-crossword-puzzle-maker/>

<http://puzzlemaker.discoveryeducation.com/CrissCrossSetupForm.asp>

MyPlate Balanced Meal

Description: The USDA MyPlate lessons, games, and activities bring awareness to what kids have on their plates, reinforcing that consciously healthy decisions are impactful. MyPlate offers activity sheets such as a maze, crossword, word search, word blanks, whole grain lesson, whole grain word scrabble, coloring sheets, and more. You can also convert their online MyPlate activity to real life by demoing the portions and categories of different food groups with a physical plate and actual foods.

USDA Activity Sheets link:

<https://www.choosemyplate.gov/kids-activity-sheets>

Food plate match online activity:

<http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx>



Cooking Demo

Description: Let's teach these young chefs how to whip up some taste bud satisfying produce. Prep work and cooking are a real life, translatable skills—make demos as interactive as you want, including the kids through dialogue or the cooking process. 2016 POP club participating markets hosted many different cooking demos, some led by local chefs, volunteers, or staff.



Salsa making, veggie quesadilla, breakfast sandwiches, hummus, soups, mixed salads, fruit parfaits

Add a flare! Pass out chef hats, include aprons, anything to make the kids feel a part of the process and excited to participate.

Reading/Story Time

Description: Pick a farm themed or health centric children's book to read to the kids. Have them gather round and listen, act out the story, or bring props that go along with it.



Get your local library involved with story-time. Invite a librarian to come and read or ask for book suggestions. Ex: *Oliver's Vegetables*, by Vivian French

Guess Veggies by Touch & Smell

Description: Place mystery produce in a box or bag and have kids reach in to feel the shape and try to guess what is inside. Alternatively, have kids smell inside the bag or box (without looking) and guess the mystery produce. Get it right, win a prize!







TASTING

Mystery Berry Tasting

Description: The sweet taste of summer must include Mystery Berry Tastings! Blindfold kids and have them explore the sweet juices and different textures of a diverse range of berries. Neighborhood Lake City Market in Seattle, Washington had their kids guessing from blueberries, boysenberries, marionberries, and blackberries, to name a few. Add an additional element and test their knowledge on how each type of berry grows.



Two-bite Challenge

Description: Challenge those picky eaters, the doubters, and the curious to a two-bite challenge. 2016 POP markets had a great time serving up a plethora of produce for the youngsters to try, such as Yari pears, sweet peppers, watermelon radishes, melons, zucchini, tomatoes, sea beans, peaches, carrots, kale, onion, chard, beets, cucumber, and snap peas. Two bites is all it can take to turn a skeptical brow. Offer some incentive, award, or high fives for brave challengers.



Try out different methods of preparation: raw, grilled, or sauteed.

Herb Lesson

Description: They are the flavors they taste in some of their favorite dishes, but can kids identify herbs? Make it all about the taste and the scent—have them explore the different herbs and what produce they pair well with.



Market Produce vs. Store Bought Produce

Description: The difference is both visual and edible! Blindfold kids and see if they can distinguish between market produce and store bought produce. Have them use their senses and explore what they are experiencing. Then, reveal which is which and explain the factors which dictate the difference in quality and why we choose market goods over store bought.

Smoothie Making

Description: Utilize sweet summer fruits and lush vegetables by blending them up into a refreshing concoction. Aurora Farmers Market in Illinois took it to another level with their bike powered blender. Offer kids different options, let them choose, or let them blend! (See Photo on Page 18)

Comparative Cherry Tastings & Pit Spit Contest

Description: Balaton, Bing, Lambert, Maraschino, Morello, Rainier, Royal Ann, and Montmorency, to name a few. Let the kids experience the fruit's many flavors, and throw in some fun with a pit spit contest after.



Melon Fest & Tasting Day

Description: Make a melon day out of it! Offer scoops of melon for tasting.



Create a scorecard with each type of melon listed. Have the kids rate which was their favorite, from favorite to least favorite. Include a comment section so they can list the melon's qualities. Parents can help write for younger kids.

Veggie Peelers

Description: Teach kids how to safely peel veggies. Sure to come in handy for holiday mashed potatoes, veggie peeling is a skill that can change the taste and texture of a meal. Have parents help based on kids' age.

Veggie Kabobs

Description: Prep vegetable kabobs that kids can take home to grill or roast in the oven. Kids chose at least 3 vegetables to put on their kabob (parents can help). Place kabobs in a ziplock bag with dressing such as Newman's Sesame Ginger, if wanted. Place kabobs in a ziplock bag with a favorite dressing.







GARDENING

Seed Lending Library

Description: A seed lending library is a self-sustaining, local treasure if properly organized and oriented. Orange Home Grown in California had a seed lending activity during their POP program. Though there is a process to bringing this to life, teaching kids how to grow and recycle seeds will have all kinds of ideas sprouting in their heads, and your market has all the resources and experts to incubate such a project. Richmond Grows Seed Lending Library offers exceptional information on how to create your own seed library.

<http://transitionus.org/stories/richmond-grows-seed-lending-library>

Video:

<https://www.youtube.com/watch?v=oQEmmdfWhHI>

Tomato Seed Planting

Description: Chipotle Mexican Grill sponsored activities from our 2016 POP season include tomato grow pots. Planting the seeds with the kids and teaching them how to care for the soon to be tomatoes is an easy process that will have them eager gardeners in no time.

<http://www.gardeners.com/how-to/video-slideshow-growing-tomatoes/7902.html>

Play Gardening Stations

Description: Take a page out of the Indianapolis City Markets' book and host play gardening stations. Set up some large bins with soil and plastic gardening implements scattered throughout. Include some plastic or faux veggies and fruits for the kids to pretend to garden. Have some farmers market vendors on hand to provide planting tips.

Seed Ball Making

Description: Seed balls are a mixture of clay, soil, and seed. This is a great method to plant seeds because they can withstand nature while nurturing seed growth, and it is also a fun activity with kids. Potting soil, pottery clay mix, seeds, and a storing bin are all the basic elements needed.

Activity description and seed ball recipe:

<https://www.gardeningknowhow.com/special/children/making-seed-balls.htm>

Grow Kale

Description: Provide small grow pots, fill pots with soil, plant and water kale seeds. Get them excited for what is to come and have them go around the market to find full grown kale.



Roots with a View

Description: Pique the kids' curiosity with then Roots with a View activity. All you need are some small plastic cups, soil, seeds (Prescott Farmers Market suggests radishes because they grow fast but lettuce and other seeds work too), stickers/markers to decorate the cup, and a spray bottle for water. Kids plant the seeds near the rim of the cup so that they can see the roots as they develop.

Match the Seed to the Plant it Grows

Description: It's a matching game, match the seed to the plant it grows. Simple enough!

Dirt Babies

Description: A lesson in germination: Kids get a nylon sock and put grass seed in the toe with potting soil. This will be the dirt baby's head and have decorations for the kids to personalize their baby. They can name them, draw or apply faces for the kids to personalize their baby. They can name them, draw or apply faces for them, and can take them home. Let them know that as their germ baby gets older and its hair grows, they can be due for a haircut!

Oregon Farm Burea Dirt Baby instructions:

http://media-ofb.oregonfb.org/wp-content/themes/twentyten/pdf_ofb/dirt_babies.pdf

Youtube video:

<https://www.youtube.com/watch?v=klal1OhGlik>





Biodegradable
eco-friendly
garden kit
Includes eco pot,
soil, water and
tomato seeds.
CULTIVATE

CHIPOTLE
How to grow
your tomatoes

CHIPOTLE
MEXICAN GRILL

Edgewood



ARTS & CRAFTS

Veggie Crowns

Description: Make them kings and queens of produce! This is a fun craft activity where kids can color in fruits and veggies on their crown, and then have it fit to their head.

Crown coloring sheet:

<https://d3knp61p33sjvn.cloudfront.net/2015/01/crownactivity.pdf.pdf>

Veggie Print Flags

Description: Veggie print flags was a great activity that Virginia's Loudon Valley markets introduced to their POPers. They made simple "peace" flags by putting a simple hem on muslin. They used stamps and fresh veggies to make prints using fabric paint, and then fit the flags to a skewer so it could be hung by a piece of yarn. So cute and so do-able!



Zucchini 500 Races

Description: Rev your zucchinis, folks! All you need are zucchinis, wire or pipe cleaners, wooden wheels, and decorative supplies. After installation and decoration, they'll be off to the races.

Activity link:

<https://www.education.com/activity/article/build-zucchini-racer/>

My Market Bag

Description: Equip the kids with their own, customizable and reusable market tote bags. Hand stencil your markets' name and give kids fabric paint or markers to decorate their bags. They'll hardly be able to wait to hit the tents to fill their new bags with fresh, local goods.



Have different patterns or drawings displayed on a poster for kids to draw themselves, and have fruits and veggies displayed to give kids some inspiration.

Make a Mr. or Mrs. Potato Head

Description: Have the kids make their very own veggie/fruit/potato person. Instead of googly eyes and other classic decorative supplies, substitute other veggies and fruits for body parts and pin them in place with toothpicks.

Give them a nice spread and let them get creative:

Veggie/fruit body part options: grapes, broccoli, berries, carrots, brussel sprouts, limes, radishes, apples, peppers, you name it!



- Face Painting
- Coloring
- Draw a farm scene
- (Seasonal) Pumpkin painting/decorating
- Chalk/chalk contests











ACTIVE



TOMATO SALSA SCAVENGER HUNT

Here's an adventure that is perfectly suited to a Farmers Market. In order to make the delicious tomato salsa recipe on the other side of this card, you need specific ingredients that can be found in this Farmers Market. See how quickly you can find:

- | | | | |
|--------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 
6 red ripe tomatoes | <input type="checkbox"/> | 
1 red onion |
| <input type="checkbox"/> | 
2 jalapeno peppers | <input type="checkbox"/> | 
1 bunch of cilantro |

— GOOD LUCK AND GOOD EATING —

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— GOOD LUCK AND GOOD EATING —

KNOW YOUR FARMER



Find Market Mascot

Description: Does your market have a mascot like Raleigh's Midtown Farmers Market's 'Farmer Joe' or Loudon Valley's cat? If you do, or if you conceive of one, hide the mascot around the market for the kids to find. In order for kids to release the mascot, make it necessary that they ask the vendor a question about their product. Have fun with it or think of other variations to have your mascot be a tool in familiarizing youngsters with their market.



This is a great way for families to build relationships with new vendors, and can help to attract new customers, even if they don't qualify for your POP Club vouchers.



Guided Market Tour

Description: Have staff or volunteers transform into friendly and knowledgeable market tour guides. Take in your market from the lens of a child and get creative on how best to show them around your local gem. Make stops at different vendors for talks. Have them experience through feel, touch, taste, scent, and sound. Encourage questions and help them get accustomed to navigating through the market and all it offers.

Meet Your Market's Farmers

Description: Create a scavenger hunt that will lead kids straight to source of information—the vendors! Give them a list of local crops to be found around the market and have them talk to vendors that carry those produce. Another version: A farmer-introduction scavenger hunt with questions for farmers like where their farms are, what kind of food they grow, how early do they wake up, what a typical day looks like each season, etc.

Make a Market Sandwich

Description: Have a buffet line set for the kids, displaying the vendors who supplied each ingredient. Help and oversee the kids make a delicious sandwich, even offer a menu of yummy pairings.



Add a fun fact or something interesting about each ingredient.

Thank You Letters to Farmers

Description: A great activity following previous activities like the market tour or meet your farmer scavenger hunt, have the kids design thank you letters to market farmers. Provide a list of vendor names and what they sell. Then nudge the kids to personally deliver their cards to the vendors.



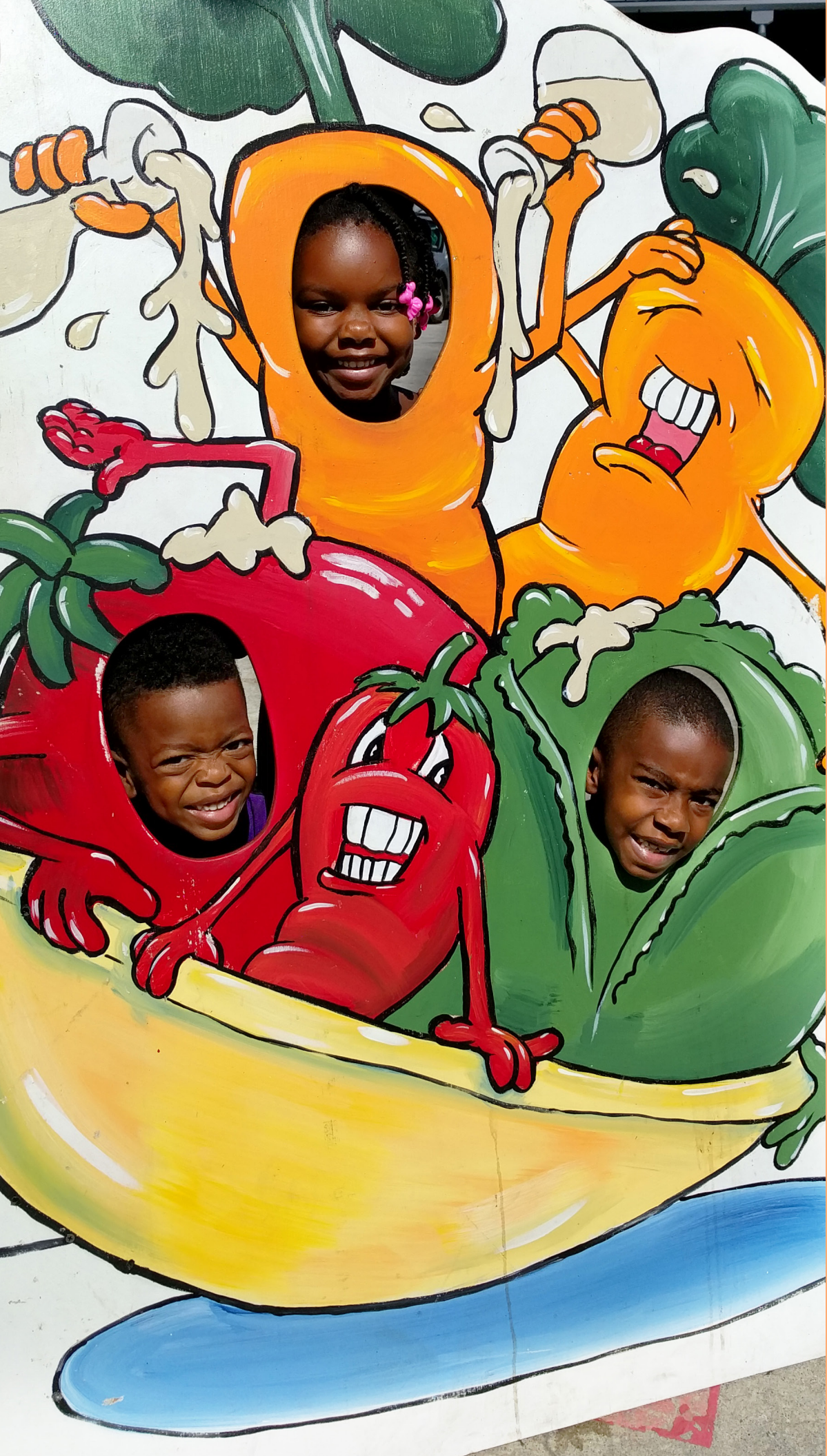
CLAUDIA
VAZQUEZ

I SHOP
LOCAL
ORIGINAL
FARMERS'
MARKET

DOES
COME FROM?
OUTER
SPACE?

DOES
COME FROM?
OUTER
SPACE?
CANADA?
I KNOW!
I KNOW!

SEEDS
DO YOU
GROW?



JUST FOR FUN

Petting Zoo

Description: Invite some farm animals to pay a market visit. Don't forget to set up hand washing stations, and check regulations.

Photo Booth

Description: Create a photo booth with fun market or farm props for the kids. Use a white cloth or simple backdrop and let them strike a pose. Post the pictures via your Facebook page or send them home with polaroids. Another possibility: opt for cardboard cut-outs. This is a great place to show off I 'heart' farmers markets tattoos!

Play Gardening Stations

Description: Take a page out of the Indianapolis City Markets' book and host play gardening stations. Set up some large bins with soil and plastic gardening implements scattered throughout. Include some plastic or faux veggies and fruits for the kids to pretend to garden. Have some farmers market vendors on hand to provide planting tips

Puppet Show

Description: City Seed Fair Haven Farmers Market partnered up with their local Hispanic Health Council to put on a market puppet show about being healthy. Consider if a partner, sponsor, or local organization could be of aid, and plan out a puppet show of your own. Fruit and vegetable characters? Including kids from the audience? Music and sing alongs? The possibilities are endless!





I  Farmers Markets

I  Farmers Markets

FOR PARENTS:



Coffee

Infused Water

Samples

Recipe Ideas For Kids

POP Club Punch Card

**Meal Planning
Strategies**

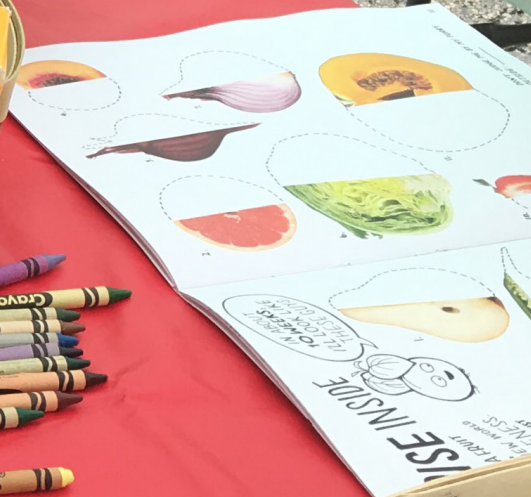
Recipe Cards

Temporary Tattoos

Gardening Tips

**Veggie Nutritional
Information**

Farmer/Vendor Maps



Trinity Thrift
1000 S. 10th St. #100
Tulsa, OK 74106
www.trinitythrift.com
918.442.1111

Thank You POP Markets!

Prescott Farmers Market, Prescott, AZ
Orange Home Grown Farmers & Artisans Market, Orange, CA
Boulder Wednesday Market, Boulder, CO
Longmont Market, Boulder, CO
Edgewood Park Farmers Market, New Haven, CT
Fair Haven Farmers Market, New Haven, CT
Forsyth Farmers' Market, Savannah, GA
Capital City Public Market, Boise, ID
61st Street Farmers Market, Chicago, IL
Aurora's Farmers Market Downtown, Aurora, IL
Aurora's Farmers Market East, Aurora, IL
Glenwood Sunday Market, Chicago, IL
Green City Market, Chicago, IL
Logan Square Farmers Market, Chicago, IL
Original Farmers' Market at the Indianapolis City Market, Indianapolis, IN
Overland Park Farmers' Market, Overland Park, KS
Bardstown Road Farmers market, Louisville, KY
Braintree Farmers Market, Braintree, MA
Portland Farmers Market, Bowdoinham, ME
Birmingham Farmers Market, Birmingham, MI
Bloomington Farmers Market, Bloomington, MN
Eagan Market Fest, Eagan, MN
Linden Hills Farmers' Market, St. Paul, MN
Mill City Farmers Market, Minneapolis, MN
Midtown Farmers Market, St Louis, MO
The City Market, Kansas City, MO
Carrboro Farmers' Market, Pittsboro, NC
Midtown Farmers' Market, Raleigh, NC
The Chapel Hill Farmers Market, Chapel Hill, NC
fresh52 Farmers & Artisan Market, Las Vegas, NV
Countryside Farmers' Market at Highland Square, Peninsula, OH
Countryside Farmers' Market at Howe Meadow, Peninsula, OH
Kamm's Corners Farmers Market, Cleveland, OH
Montavilla Farmers Market, Portland, OR
Clark Park, Philadelphia, PA
Market Square Farmers' Market, Knoxville, TN
Coppell Farmers Market, Denton, TX
Good Local Markets - Vickery Meadow Market, Dallas, TX
Texas Farmers' Market at Lakeline, Sunset Valley, TX
Downtown Farmers Market, Salt Lake City, UT
Leesburg Farmers Market - Loudoun Valley HomeGrown Markets, Leesburg, VA
Bellevue Farmers Market, Bellevue, WA
Federal Way Farmers Market, Tacoma, WA
Seattle Neighborhood Farmers Market, Seattle, WA
Fondy Farmers Market, Milwaukee, WI
The Madison Farmers Market, Madison, WI



Join our POP Club Facebook group to get more ideas from other POP Club Farmers Markets. Links to join the Facebook group, and all the POP Club resources are available at: farmersmarketcoalition.org



FARMERS
M·A·R·K·E·T
COALITION

The Farmers Market Coalition (FMC) is a 503(c)(3) nonprofit that helps ensure that farmers markets around the country succeed today and tomorrow.

