



growing minds

@market

A Guide for Offering
Children's Activities at
Farmers Tailgate Markets



Growing Minds @ Market is an extension of ASAP's Growing Minds Farm to School Program that brings Farm to School activities to area tailgates. Previously only offered at Asheville City Market, the series is expanding to North Asheville Tailgate Market and West Asheville Tailgate Market in 2013 thanks to funding from The Community Foundation of Western North Carolina. For more details about Farm to School in Western North Carolina, visit growing-minds.org.



ASAP's Mission

Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.

ASAP works to accomplish this mission by:

- Providing marketing support and training to area farmers
- Connecting area chef and food service buyers with the farmers who suit their needs
- Spearheading a Local Food Campaign, which includes our *Local Food Guide*, local food bumper sticker (have one on your car?), Get Local initiative, and more
- Certifying local products grown/raised in the Southern Appalachians as Appalachian Grown
- Organizing Asheville City Market
- And running **Growing Minds**, a program that provides resources and training to facilitate local food cooking, school gardens, farm field trips, and local food procurement in schools and communities.

Table of Contents

How Does Growing Minds @ Market Benefit Farmers Markets?.....page 2

Ways to Organize a Growing Minds @ Market Program.....page 4

Guidelines for Running a Growing Minds @ Market Program.....page 6

Marketing Strategies for Growing Minds @ Market.....page 8

Example Correspondence to Partners.....page 10

Market Activity Guides.....page 12-42

Scavenger Hunts.....page 43-45

This publication was made possible with support from the following sponsors.



What is Growing Minds @ Market?



ASAP created Growing Minds @ Market to attract more families to farmers tailgate markets and to promote EBT (electronic food stamp) programs. Growing Minds @ Market is simply a space at a farmers market set aside for children and families where children are engaged in fun projects focused on local food and farms. It's our Growing Minds Farm to School Program at tailgates instead of schools. Activities include fresh local food tastings, local food and farm-based art crafts, and physical activities and games.

Since 2009, ASAP has offered Growing Minds @ Market (formerly known as Kids Corner Market) at Asheville City Market. We've seen first-hand how the program attracts families to a market and enables a market to successfully engage with the community and a variety of community partners. For families, participating in Growing Minds @ Market quickly becomes a highlight of their market experience.

EBT at Market

EBT (Electronic Benefits Transfer) is an electronic system that allows SNAP (Supplemental Nutrition Assistance Program) participants to transfer their federal food stamp benefits to a merchant's account to pay for food purchases—in this case, at a farmers tailgate market. EBT cards are swiped through a point-of-service (POS) machine just like a debit or credit card.

How do I launch Growing Minds @ Market at my tailgate?

In this guide, you'll find all of the information you need to start your own Growing Minds @ Market program. From tips and tools to activity lesson plans, it's all here. We've included a lot of information that outlines the benefits of bringing children's programs to your market and provides suggestions for different ways to sustain them. Be sure to visit our website growing-minds.org for additional resources.

Step 1: Decide to offer children's activities at your market and designate a space for the activities and materials storage.

Step 2: Recruit volunteers or community partners to lead activities, and create a calendar of activities for the season.

Step 3: Watch children and families have a great time!

How Does Growing Minds @ Market Benefit Farmers Markets?

Thriving farmers markets engage the community

To be successful and lasting, markets need to interact with individuals, organizations, and businesses in various ways. Holding special events, offering activities for families, and providing volunteer opportunities enables markets to engage individuals beyond the basic exchange of goods from vendor to shopper. Participating in a market in these ways gives shoppers a deeper level of involvement and commitment to the market.

Families feel welcome

Organizing a Growing Minds @ Market program sends the message to families that they have a valued place at the market and leads to a more diverse base of shoppers. Families shop at the market more frequently and spend more time there when their children are happy and when the market is also a positive, fun experience for them.



Shoppers talk about Growing Minds @ Market

Organizing children's activities related to market products (such as honey bee crafts, spinach smoothie making, or carrot tastings) provides opportunities to highlight and feature vendors' goods. Markets can promote Growing Minds @ Market activities and related products through local radio and print materials and through social media. By giving customers new experiences and by giving them something to talk about, markets maintain shoppers' excitement and interest in returning each week.

Community partnerships attract shoppers

When organizations, schools, clubs, and businesses get involved in a farmers market, they often promote the market to their clients, friends, and supporters. This leads to a more diverse and growing base of shoppers.

Growing Minds @ Market means healthy kids

Growing Minds @ Market activities should introduce families to healthy market products through taste tests, cooking demonstrations, games, and craft projects. When children have positive experiences with healthy food, they are more likely to request it and eat it. Growing Minds @ Market activities should teach children and parents how to identify and prepare new fruits and vegetables and should encourage children (and parents!) to try new foods. A successful Growing Minds @ Market works to remove the barriers families often have in eating and buying fresh vegetables.



Children love cooking their own food and are more willing to try vegetables and new foods when they are a part of the preparation. Consider offering taste tests and cooking activities at your Growing Minds @ Market.

Ways to Organize a Growing Minds @ Market Program

There are several easy ways to implement Growing Minds @ Market. Consider the following models for launching and running a Growing Minds @ Market program:

Collaborate with community partners

Contact local organizations focused on children's health, food and farms, education, and children's services and invite them to lead a Growing Minds @ Market activity for one or two weeks of the summer. Examples of partner organizations include: Cooperative Extension, YMCA, county health departments, Girl and Boy Scouts, Kiwanis and Rotary clubs, faith-based organizations, food banks, and public and private schools. Participating in a Growing Minds @ Market gives organizations the opportunity to highlight their work and connect with new constituents. Provide organizations with examples of the types of activities that are appropriate, and let them know how many children and families to expect. Remember to communicate that the activities should promote the market, local food, and farms. The organization should send one or two individuals to lead the activity. Consider providing partners with a small stipend (\$25) for materials. Ideal partnering organizations serve families and low-income community members, because they will often also tell clients about the market and encourage them to shop there. If your market accepts EBT, this is a great way to reach low-income families and provide them with a reason and invitation to visit your farmers market.

Recruit market volunteers

Network with your market shoppers and ask for volunteers to assist with Growing Minds @ Market activities. Offering shoppers opportunities to engage on a deeper level develops buy-in and commitment to the market. By participating in Growing Minds @ Market, shoppers can show off their talents in teaching children arts and crafts, cooking, gardening, and physical activities, and vendors and market managers learn more about the individuals who support their businesses. Please keep in mind that managing individuals as volunteers, and especially those who work with children, requires a high level of screening and supervision. Consider running background checks or asking for references. If you take volunteer "jobs" seriously, your volunteers will, too.

Collaborate with local schools or universities

Schools: Contact teachers, garden club participants, and PTA/PTO members and ask if they would like to help lead a Growing Minds @ Market program. Identify one leader who can recruit other parents and children to participate.

Universities: Set up opportunities for local college students to volunteer or intern with your market. Create a Growing Minds @ Market intern/volunteer job description and send it to professors, service learning offices, and career centers to help recruit students to participate. "Hire" one student volunteer intern to lead the Growing Minds @ Market activities each week and additional student volunteers to assist with the activities.



Biltmore Estate sent a team of chefs to Asheville City Market to teach children how to make beautiful and delicious food sculptures. The activity was a huge hit with shoppers of all ages.



Examples of partner organizations include: Cooperative Extension, YMCA, County Health Departments, Girl and Boy Scouts, Kiwanis and Rotary clubs, faith-based organizations, food banks, businesses, and schools.

Guidelines for Running a Growing Minds @ Market Program

Make a commitment to local food education

Growing Minds @ Market programs are dedicated to teaching children about local food, farms, and physical activity. They welcome families to the farmers market environment and provide children with positive associations with healthy foods. By using the Growing Minds @ Market name and brand, you are committing to working with children and families in this way.



Make a commitment to community partnerships

Growing Minds @ Market programs are specifically designed to give community partners a meaningful role at farmers markets. By collaborating with organizations, schools, clubs, businesses, and market volunteers to run a Growing Minds @ Market booth, you are helping to create connections and meaningful relationships in your community.

Make a commitment to access

Everyone should have access to fresh local food, but farmers markets can be intimidating, foreign places to many people. Organizing a Growing Minds @ Market program provides you with a way to reach out to new community members and invite them to your market. Advertising and outreach for Growing Minds @ Market should involve communication with families of diverse backgrounds and ethnicities.

Make a commitment to communication

We hope you will tell us how your Growing Minds @ Market program is going. Has the program helped your market? What challenges have you encountered? Count on ASAP as a source of support, and let us know how we can help you! If you are a market in the Southern Appalachians we can also help you spread the word about your Growing Minds @ Market Program. Email growingminds@asapconnections.org.



Marketing Strategies for Growing Minds @ Market

Web

Post weekly activity schedules for the Growing Minds @ Market on your market website or in your e-newsletter and include activity updates in your weekly emails to customers. Consider including Growing Minds @ Market project instructions on your website to encourage parents to teach their children about local food and farms at home. Including Growing Minds @ Market on your website will emphasize your commitment to families.

Print material and media

Create a simple flyer outlining the season's Growing Minds @ Market activities. Include brief descriptions of each week's project and partners/volunteers. Distribute the flyer to schools, to organizations serving children, and to your partners. Include information about your Growing Minds @ Market program in radio ads, general flyers, and EBT promotions for your market. Feature especially exciting activities or partners (for example, a local chef teaching kids how to make food sculptures, or opportunities to make farm-fresh smoothies). Be sure to include that the activities are free. Visit growing-minds.org/market to see examples of promotional materials for Growing Minds @ Market.

Community outreach

In-person, face-to-face outreach enables markets to connect with people not already interested in local food and helps markets to build and expand their customer base. The best community outreach efforts teach people how to prepare fresh local foods or provide opportunities for people to sample new foods (or ordinary foods in new ways!). Activities include offering local food taste tests or cooking demonstrations in school cafeterias, at PTA meetings, at business association meetings, at housing projects, and hospitals and institutions. Visit growing-minds.org/market to see examples of promotional materials for Growing Minds @ Market.



Local chef, Rosetta Star taught teen moms how to use local vegetables to make delicious meals. As part of the cooking class, the participants received market bucks to use at their local tailgate market.



What infrastructure is necessary to launch a Growing Minds @ Market Program?

- An approximately 12x12 ft. space at market
- Growing Minds @ Market banner
- Canopy tent
- 2-4 folding tables
- 6-8 chairs
- Craft basics (construction and card stock paper, glue sticks, scissors, pictures of vegetables and fruits or seed catalogs, stapler, markers/crayons, etc.)
- Cooking basics (3-4 cutting boards, plastic knives, 1 sharp knife, serving tongs, serving trays or plates, tasting cups/toothpicks, paper towels, 2-3 mixing spoons, 2-3 medium bowls, blender, 2-3 plastic table cloths, paper cups and bowls)
- Wipes/cleaning solution

Example Correspondence to Partners

Subject: Be a part of your market

Dear _____,

This summer (**your market name**) is offering opportunities for organizations, businesses, clubs, and schools to be a part of our Growing Minds @ Market program, and we wanted to be sure to extend the invitation to you.

We would like to invite you to lead a children's activity at the market one (**day of your market**) in June, July, or August. Hundreds of shoppers come to the market, and by leading a children's activity you will support local food and farms, connect with families, and build community. More than anything, we promise you'll have a great time!

We provide tables, a tent, basic craft and cooking supplies, and chairs. Approximately **30 to 60** children participate in the activity. We ask partners to prepare an activity and provide one or two volunteers to help lead the activity. The activity should focus on local food and farms, gardening, a specific market product, and/or fitness. Example activities include: local food taste tests, simple no-heat cooking activities, and local food-and-farm based crafts. A constant flow of children come to the Growing Minds @ Market booth from (**time am-time pm**), with families arriving at all different times and staying for 15 or 30 minutes.

We advertise the Growing Minds @ Market and our community partners by (**details**). We also feature activities of the Growing Minds @ Market partners on our (**website, other media, etc.**).

If you would like to participate, please send me one or two dates that work for you, the title and a brief description of your activity, and the contact information for the main person I should communicate with, if that person is someone other than you.

If you have any questions, please contact me anytime. Thank you for time and consideration of this exciting partnership and community outreach opportunity.

Subject: Growing Minds @ Market Reminder and Logistics
(send two weeks ahead)

Dear _____,

Thank you for signing up to lead an activity at (**your market name**)'s Growing Minds @ Market! My name is _____, and I am helping to coordinate Growing Minds @ Market this summer.

You are signed up to lead an activity on _____. We are counting on you being there and look forward to meeting you. The market is located _____. Please plan to arrive at _____ to set up your project and prepare for families to arrive. Growing Minds @ Market activities run from ____-____, and clean up usually lasts about 15 or 20 minutes. We will have a tent, tables, and chairs set up for you to use. Please park _____.

Our audience at the Growing Minds @ Market is typically children between ages _____, with older children and parents participating intermittently. Keep this in mind when preparing your activity.

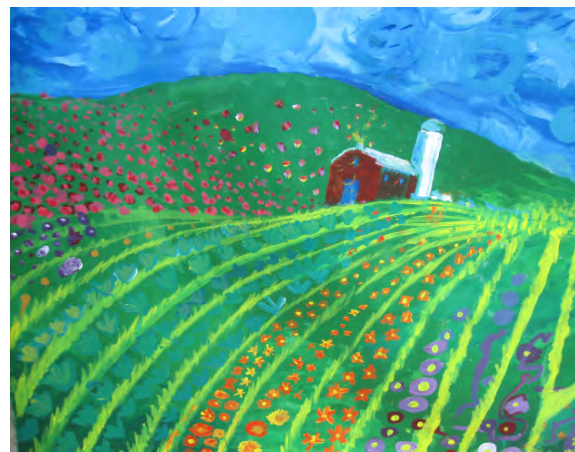
Please let me know if there is anything else I can do to support you before or during your activity. We greatly appreciate your dedication to supporting local food and farms and are very grateful you are a part of our market. We couldn't do this without support from volunteers like you! Please don't hesitate to call or email at any time if you have questions.



Growing Minds @ Market Activity Guides

In a Growing Minds @ Market program, children come and go frequently from the activity tent, staying to work on a project for 15-30 minutes. ASAP has designed a series of local food- and farm-based projects that are a perfect fit for the Growing Minds @ Market environment. The activities are inexpensive and easy for any adult volunteer to lead. They are designed to encourage children to learn about and try new vegetables and can be completed quickly or extended to engage a child for a longer period of time. After participating in Growing Minds @ Market, children proudly wear or carry their projects through the market, piquing the interest of children who have not yet participated.

We hope you will use the activities included in this guide to get your Growing Minds @ Market program started! We know you will develop even more terrific children's projects for the market environment. Please contact us and share your ideas, too. Email growingminds@asapconnections.org.



Growing Minds @ Market Activities Include:

- Taste tests of local foods
- Simple no-heat cooking activities
- Food-and-farm based crafts
- Edible sculptures
- Physical activities

A Few Things to Consider Before You Begin

Food Safety

Many of the projects highlighted in this manual involve handling and eating fresh fruits and vegetables. It is the responsibility of the market manager and volunteers to follow food safety guidelines. Check with your local health department or Cooperative Extension office or your state Department of Agriculture and Consumer Services for more information on food safety.

Handwashing Stations for Farmers Markets

Handwashing is an important component of food safety. We recommend that farmers markets provide access to handwashing by building or setting up a hand-washing station if sinks and running water are not available. Visit growing-minds.org/market to find links to several models of handwashing stations.

Extend the Experience to the Home

ASAP offers farmers tailgate markets free resources to help reach out to families and children. In addition to this guide, we can also provide markets with local food recipe cards, *Local Food Guide for Kids*, Get Local stickers, and more. Visit growing-minds.org/market to learn more about how to get these resources.

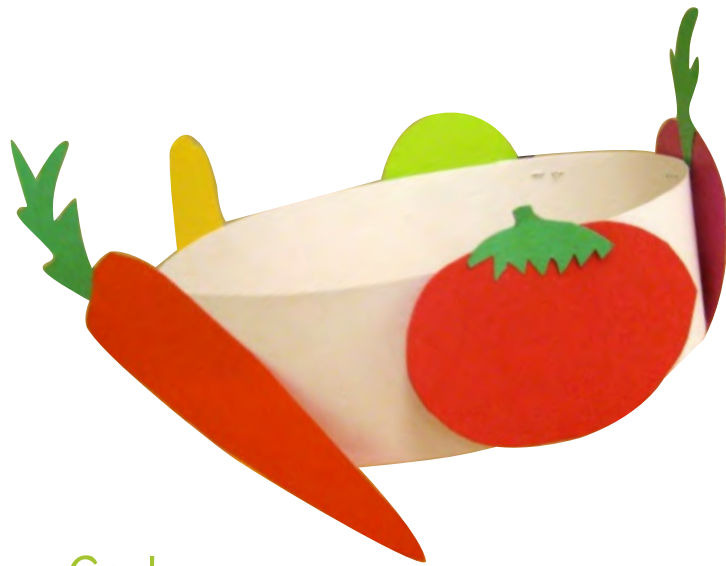
This Guide is Just the Beginning!

Any project that gives children positive experiences with local food and farms or physical activity is a great fit for Growing Minds @ Market. Find many more recipes, project ideas, and children's literature connections at growing-minds.org or create your own dynamic project!



Vegetable Crowns

Identify, taste, (and wear!) vegetables



Goal

Children learn about and taste new fruits and vegetables.

Materials

- Seasonal fruits and vegetables from the market
- Platter or bowl for serving veggie samples
- Tongs or toothpicks
- Long, 2” strips of white paper
- Colored construction paper or seed catalogs to use in making vegetable shapes
- Glue sticks
- Stapler
- Books to read (choose one)

The Vegetables We Eat by Gail Gibbons

Pick, Pull, Snap by Lola Schaefer

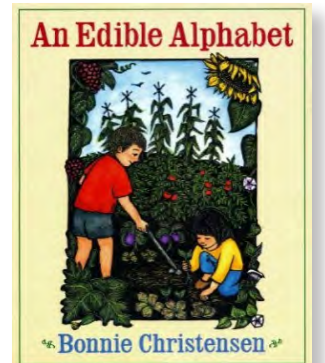
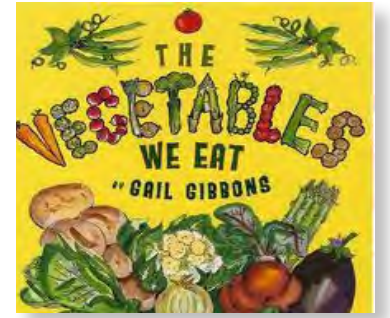
An Edible Alphabet by Carol Watterson

Preparation

Cut out and prepare vegetable shapes. Prepare bite-size pieces of one or two seasonal fruits and vegetables for children to taste.

Activity

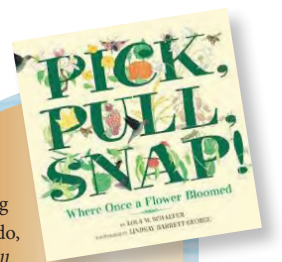
1. As children come to Growing Minds @ Market, explain what they will be making and show them an example.
2. Show the children fresh, seasonal vegetables. Hold up each vegetable and ask the children to tell you its name. Have they tried the vegetable or fruit? Ask them to guess which parts of the vegetables they can eat—e.g. carrot, just the roots; beets, the roots and the tops; apple, everything except the stem and seeds; tomato and squash, the whole thing. Offer children a taste of one or two of the vegetables.
3. Ask children to find or create paper vegetables that correlate with the fresh seasonal fruits or vegetables they can find at market. Give them seed catalogs and construction paper and scissors to use.
4. Give each child one white strip of paper and a glue stick. Ask the children to glue the vegetables and fruits onto their crowns. The children can color their crowns, add words or patterns, or paint it.
5. When the glue has dried, help the children assemble their crowns by stapling the ends of the white strips together to the size of the child’s head.
6. Encourage the children to wear their vegetable crowns around the market and declare them the market queens and kings!



Visit growing-minds.org for lists of Farm to School children’s literature.

Read a Book

If children finish their project and are looking for something else to do, they can read *Pick, Pull, Snap* by Lola Schaefer, or an adult can read it to them.



Fruit and Veggie Paper Craft

Identify products at a market and make a 3-D paper vegetable



Goal

Children explore seasonal fruits and vegetables at the market and make a vegetable-based craft they can take home. They think critically about shapes by turning a 2-D paper into a 3-D craft.

Materials

- Colored card stock or thick colored paper (1-2 pieces for each child)
- Children's scissors (at least 3 pairs)
- Single hole punch
- Markers, colored pencils, or crayons
- Metal brads—2 per craft (1/2 inch brads work best; make sure the brad head is larger than the hole made by your hole puncher)
- String
- Book (optional): *I Will Never Not Ever Eat a Tomato* by Lauren Child

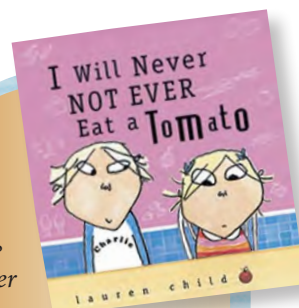
Preparation

Make an example of the craft.

If your market is continuously busy, we suggest prepping some materials ahead of time. To make paper strips: Cut card stock or thick paper into 2-inch strips. For long vegetables (like carrots) cut the strips to be 2 x 11". For round fruits and vegetables, like tomatoes or strawberries, cut the strips to 2 x 8.5". To make green leafy tops, cut out various green leafy shapes and make sure that a hole can easily be punched in the middle.

Read a Book

If children finish their project and are looking for something else to do, they can read *I Will Never Not Ever Eat a Tomato* by Lauren Child, or an adult can read it to them.



Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example.
2. Ask children to explore the market and identify several types of fruits and vegetables vendors are selling.
3. Show children your example 3-D fruit/veggie. Ask them to choose one of the fruits or vegetables they see at the market to make into a 3-D paper sculpture.
4. Guide the children in choosing a piece of paper for the main body of their fruit or vegetable.
5. If you have not already prepared them, guide children in making their strips.
6. To make round fruits and vegetables, you'll want to make short strips. Turn your paper horizontally and cut it into 1.5 or 2-inch strips short-ways.
7. For longer veggies (like carrots), you'll want longer strips. Turn the paper vertically, and cut your paper into 1.5 or 2-inch strips long-ways.
8. Invite the children to draw on the strips. Are they making a "Mr. Stripy" tomato (yellow with orange stripes)? Or a strawberry with seeds? Or an apple with beautiful gradient hues?
9. Guide the children in punching holes half an inch from the top and bottom edges of each of their strips. Children can stack two or three strips together and punch several holes at once.
10. If you have not already prepared them, show the children examples of green tops. Demonstrate how to cut a simple leaf shape; guide the children in cutting out the green tops or leaves.
11. Ask the children to punch a hole in the middle of the green leafy shape.
12. Next, children should stack all of their strips together, adding the green leaf to the top stack. Some of the holes will align, others will not.
13. Demonstrate how to put a brad through the holes. Show them how to secure the brads by flattening the ends. Guide the children in completing this step for both sets of holes.
14. Ask the children to guess how they think a stack of paper strips can make a round tomato?!? Before the kids try (and tear their strips), demonstrate how to make the stack of paper into a 3-D object by gently pulling one piece of paper out at a time until the object is round. The green leaf should be on the outside and top of the vegetable.
15. Attach a piece of string to the top brad so that children can display their crafts.

Recycled Veggie Cup and Seed Planting

Create an artistic container garden

Goal

Children learn about seasonal fruits and vegetables and make and care for their own plant.

Materials

- Medium paper cups
- Paper plates
- Magazines or catalogs with images of fresh vegetables
- Scissors
- Glue
- Seeds (radishes, spinach, beets, and lettuce work well)
- Potting soil
- Tongue depressors or Popsicle sticks
- Markers
- Book (optional): *The Gardener* by Sarah Stewart

Preparation

If your market is continuously busy, we suggest prepping some materials ahead of time. If you work with just one or two children at a time, the kids can complete the entire project at the market.

Cut out images of fruits and veggies from recycled materials. Images from seed catalogs work well. Divide images into three groups based on size and place them in bags.



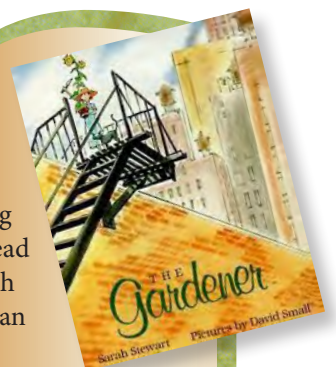
Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example. Give them a cup, glue, and a paper plate. Explain that the children will be making their cup into a collage by gluing on pictures of fruits and vegetables. Ask children to do all of their gluing on the plate rather than on the table to prevent spills.
2. Allow each child to select images from the bags of pre-cut images. Do not allow them to dump the pictures out and sort through them unless you are inside. Otherwise, the pictures may blow away.
3. Encourage children to continue selecting (or cutting) images and gluing them onto their cups until the cups are covered. Ask them to only select images of fruits and vegetables they see at the market that day.
4. When the children have finished collaging their cups, help them fill them with soil.
5. Show children your seed collection and ask them to choose a plant to grow. Be sure to provide seeds that will successfully grow in a pot on or in their windowsill in case the children do not have a garden. Radishes, lettuce, beets, and spinach work well.
6. On a tongue depressor, ask children to write (or help them write) their name and the type of seeds they planted. Encourage the children to care for and/or plant the vegetable when they return home, planting it in their garden or potting it up into a larger container once the plant has its first true leaves.



Read a Book

If children finish their project and are looking for something else to do, they can read *The Gardener* by Sarah Stewart, or an adult can read it to them.



Plant Power Edible Project

Build an edible creation using different plant parts

Goal

Children learn about parts of a plant and discover which plant parts they eat.

Materials

- Paper plate (1 per child)
- Veggies that represent plant parts:
 - Seed: sunflower or pumpkin
 - Flower: cauliflower or broccoli
 - Stem: celery
 - Fruit: cherry tomato, green bean, cucumber
 - Leaf: spinach or lettuce
 - Root: radish or carrot
- Pictures or drawings of plants that illustrate plant parts
- Book (optional): *The Vegetables We Eat* by Gail Gibbons

Preparation

Purchase seasonal veggies at market. Wash and cut vegetables into small pieces. Each child will need one piece of each vegetable to build their sculptural vegetable plant.



Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example. Start by asking the children if they can identify all the basic parts of a plant (seed, flower, stem, leaves, roots).
2. Next, show them one of the vegetables and ask them to identify which part of the plant it is (root? stem? leaf? etc.)
3. Repeat this process for each vegetable.
4. Give each child a paper plate and help them build a sculptural "plant" using the vegetables. Guide children in placing the vegetables in their appropriate places to build their plant.
5. Ask funny questions such as: What would happen if we accidentally put the root on top? Could the plant eat? (maybe) Could it drink? (no).
6. Talk about the function of each plant part as you add it to the project.
 - a. Roots anchor the plant and feed it water and nutrients.
 - b. Leaves make food, cool the plant off, and regulate water/gas levels.
 - c. Stems support the plant so it can compete for sunlight and transport food and water.
 - d. Fruits protect the seeds.
 - e. Flowers produce seeds, and seeds produce new plants!
7. Eat it! Encourage the children to eat their plant creations.

Read a Book

If children finish their project they can read *The Vegetables We Eat* by Gail Gibbons, or an adult can read it to them.



Herb Tea

Make your own tea



Goal

Children create and make their own tea.

Materials

- Clear glass jars with a lids (one per child). Note: you may want to ask other farmers market participants to bring you clean jars that they no longer need. Jam, salsa, and pickle jars should all work as long as they are clean.
- Drinking water (if you do not have easy access to water, bring water in gallon jugs)
- Fresh herbs (2 to 3 pieces per child; see next page for variety suggestions)
- Bowls for the herbs
- Written instructions for what to do with the tea when the child gets home
- Blank labels for children to label their tea with their name and ingredients and pens (optional)
- Book (optional): *Planting a Rainbow* by Lois Ehlert

Preparation

Purchase seasonal herbs at market. Wash the herbs and place them into bowls.

Activity

Herbs Galore!

You can use any combination of herbs to make the tea. Purchase herbs from your farmers market. *Some ideas of herbs to use are: mints, lemon balm, chamomile, elderflower, yarrow, fennel, alfalfa, rose hips, rosemary, sage, basil, lemon verbena, rose petals, bee balm, and lavender.* You may want to encourage children to label their tea with all the ingredients.

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example. Have each child select 1-3 fresh herbs (about half a cup of herbs for every 2 quarts of water) and place them in a jar.
2. Help the children fill the jars with water, leaving a little space at the top.
3. Put the lid on the jars and have the children shake them up.
4. Guide the children in labeling their jars with their name and ingredients
5. Give written directions explaining what to do with the tea when they get home.

Herb tea directions for home

Now that you have made your herb tea, you have two options:

1. Refrigerator tea: Place your jar of tea in the refrigerator overnight. In the morning, strain the herbs out of the water and enjoy!
2. Sun tea: Place your jar in the sun for 1-4 hours. You may want to take a little taste every hour to see if you like the flavor. Once you think the flavor is strong enough, strain the herbs out and enjoy! You can also pour it over ice if you want a cold, refreshing tea. Be sure to refrigerate any tea that you do not drink immediately.

Other ideas: Once your tea is finished, you can add other tastes to it. Be creative! Honey, berries, cucumber slices, and lemon will add flavor!

Read a Book

If children finish their project and are looking for something else to do, they can read *Planting a Rainbow* by Lois Ehlert, or an adult can read it to them.



Fruit and Veggie Spinners

Make a local food 3-D spinner

Goal

Children make a fruit and vegetable based craft they will take home and display. Children think critically about shapes by turning a 2-D plate into a 3-D spinner.

Materials

- Paper plates (standard size; 1 per child)
- Markers or crayons
- Colored construction paper
- Images of fruits and vegetables from seed catalogs
- Stapler and scissors
- Books (optional): *Growing Colors* by Bruce McMillan (for younger children), *A Fruit is a Suitcase for Seeds* by Jean Richards (for older children)

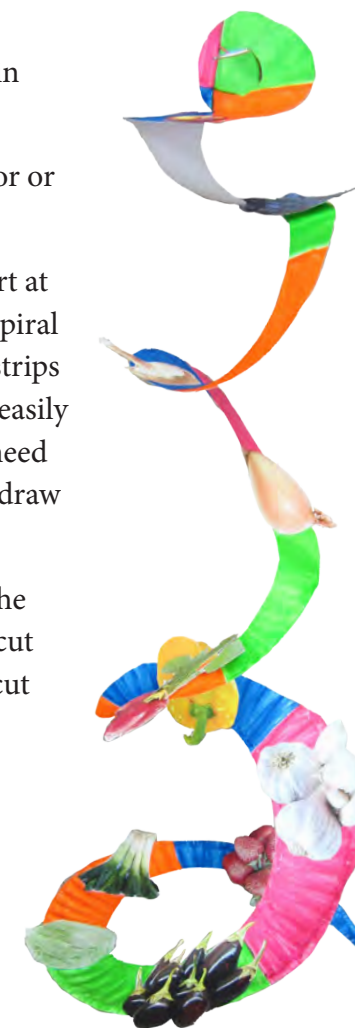
Preparation

Cut various images of seasonal fruits and vegetable from seed catalogs. Sketch and cut various seasonal fruit and vegetable shapes from the construction paper. Prepare an example spinner so children can see a model that will help them understand the project.



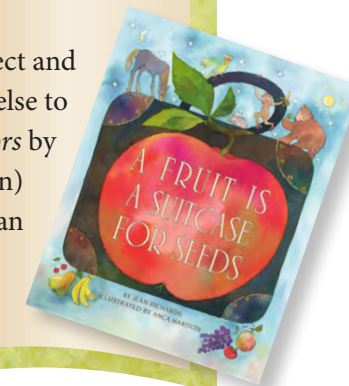
Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example.
2. Give the children a paper plate and ask them to add color or patterns to the plate with their markers or crayons.
3. Guide the children in cutting the plate into a spiral. Start at the outer edge of the plate and using the scissors, cut a spiral in the plate until you reach the middle. Keep the spiral strips about 1-2 inches thick (much thinner and the craft will easily bend the wrong way and tangle). Young children may need help cutting the spiral. Older children may need you to draw the spiral on the plate as a cutting guide.
4. Ask the children what fruits and vegetables they see at the market. What's in season? Ask the children to find and cut those vegetables from the seed catalogs or to draw and cut them from the construction paper.
5. Prompt the children to glue or staple their fruit and vegetable shapes onto their spinner. Finally, attach a string on top of the spinner so they can carry it or hang it up.



Read a Book

If children finish their project and are looking for something else to do, they can read *Growing Colors* by Bruce McMillan (for younger children) or *A Fruit is a Suitcase for Seeds* by Jean Richards (for older children), or an adult can read to them.



Root and Shoot Veggie Flip Books

Learn the difference between roots and shoots

Goals

Children learn about root crops and how they grow. Children understand which part of a plant grows underground and which parts grow above ground.

Materials

- Colored card stock or construction paper
- White card stock or plain white paper
- Paper cutter or scissors
- Stapler
- Markers, colored pencils, or crayons
- Images of root crops (carrots, radishes, turnips, etc.)
- Book (optional): *Tops and Bottoms* by Janet Stevens

Preparation

Pre-assemble the books. They can be any size or shape. Fold a piece of colored card stock (any size) in half to create the book cover. Fold three pieces of white paper to fit inside the cover. Make a cut in the white paper to separate the top third of the paper from the bottom two-thirds. Insert the top and bottom pieces of white paper into the cover and fasten by stapling all of the paper together along the middle book fold. Now, you should have a book with a cover and pages.

Make an example of the flip book by drawing different size and shapes of root vegetable "tops" on the upper third of the book. Draw different types of root bottoms on the lower part of the book. Be sure to center the vegetable drawings so they match up. When the book is finished, you should be able to match different vegetable tops with different vegetable bottoms.

Tweak it!

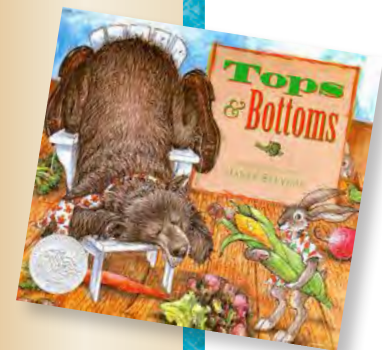
If you are working with younger children who feel uncomfortable drawing, use construction paper to cut out shoots and root vegetables that they can glue on their pages to make a collage book.

Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example.
2. Ask the children to select a blank book from your prepared books or guide children in assembling their own book (see instructions in under "Preparation").
3. Show them drawings or photographs of root crops.
4. Guide children in drawing images of shoots on the top pages and images of root veggies on the bottom pages. Make sure they center the images, otherwise the vegetables won't match up when they try different combinations.
5. Once the children have completed the project, show them how to turn the pages to make different combinations of roots and shoots. Ask children to include their name (as the author and illustrator) and a title for their book on the front cover.



Read a Book If children finish their project and are looking for something else to do, they can read *Tops and Bottoms* by Janet Stevens, or an adult can read to them.



Fresh Salsa

Make delicious market salsa

Goal

Children make a salsa using fresh market ingredients. Children practice cooking skills such as cutting and mixing.

Materials

(Amounts given are for approximately 20 children)

- 3 sweet green, red, or yellow local peppers
- 2 small to medium local onions
- 1 bunch of cilantro
- 3 pounds of large local tomatoes or 4 pints of small tomatoes such as Yellow Pear, Sun Gold, or cherry tomatoes
- Salt and pepper to taste
- 2-3 limes
- 3 garlic cloves (optional)
- Paper bowls (1 per child)
- Plastic knives (1 per child)
- 4-5 cutting boards
- Plastic spoons (1 per child, to sample their recipe)
- Corn tortilla chips
- Handwashing station
- Book (optional): *Chicks and Salsa* by Aaron Reynolds

Preparation

Wash and cut the ingredients into large chunks and divide them evenly into paper bowls. Since children come and go from the activity tent at varying times, having one bowl of prepared ingredients per child will help the cooking lesson run smoothly.



Tweak it!

You can make salsa with any combination of fresh local ingredients. In May, consider making a strawberry salsa. In August, feature peaches, and in September, make a salsa with cucumbers.

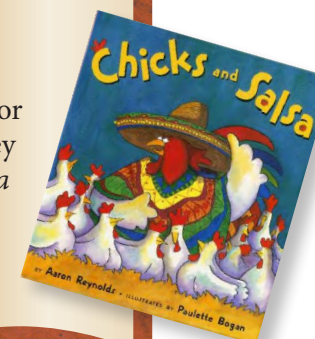


Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash their hands.
2. Give each child a bowl with ingredients and a plastic knife. Tell the children which ingredients came from farmers at the market.
3. Have children use the plastic knives and cutting boards to cut the ingredients into small pieces and add them back to their small bowls.
4. When they are done cutting, give each child a small slice of lime to add to the salsa and a spoon and ask them to stir until the salsa is well mixed.
5. Give the children several chips and encourage them to taste their homemade market salsa!
6. Provide children and families with a copy of the recipe (written with portions for a family) to take home.

Read a Book

If children finish their project and are looking for something else to do, they can read *Chicks and Salsa* by Aaron Reynolds, or an adult can read it to them.



Seed Tapes

Create a tool that makes planting in the garden easy

Goal

Children learn about planting and growing vegetables by making a seed tape.

Materials

- Paper towels (or another biodegradable paper)
- Corn starch (see "Preparation" for instructions on making cornstarch paste)
- Measuring spoons and cups
- Small saucepan
- Seeds (small seeds with a high rate of germination, such as radish and lettuce, work well)
- 4-5 rulers
- 5-6 pencils
- Q-Tips or paintbrushes
- Tweezers
- Paper bags
- Crayons, colored pencils, or markers
- Book (optional): *The Tiny Seed* by Eric Carle

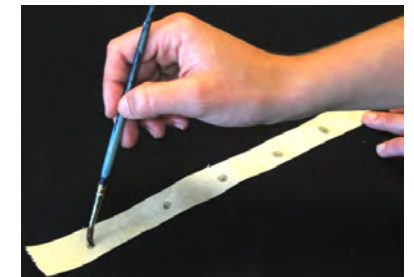
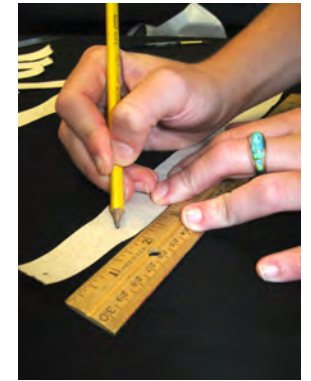
Preparation

Make your cornstarch paste the night before your activity. In a small pan, dissolve 1 tablespoon of cornstarch in 1 cup of cold water. Cook over a medium flame, stirring constantly to prevent the mixture from getting lumpy. Once it starts to boil and turns into a translucent gel-like mixture, remove it from the stove, and let it cool to room temperature. Put the paste into a container with a tight lid. This is the "glue." To prepare the paper towel strips, roll out several paper towels, leaving the sheets attached, and tear off a section that is about 2-3 feet long. Cut the length of the towels into long strips that are about 1/2 to 3/4 inches wide. Repeat until you make enough strips for each child to get one strip that is 2-3 feet long.



Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example of a seed tape. Explain that seed tapes make gardening easier.
2. Guide children in looking at the different seed packets for the project. What growing conditions does each vegetable require? Which vegetable would they like to grow? Help them select which seeds they would like to use for their seed tape. Lead them in noting the correct spacing for the seeds.
3. Next, give children a paper towel strip, a pencil and a ruler. Children will use their pencil and ruler to mark correct spacing for their seed type on their strips of paper towel.
4. Using a paintbrush or Q-Tip, children will then spread small dots of cornstarch paste onto each of their pencil marks.
5. Quickly, before the cornstarch dries, help the children place 1-2 seeds on each dot of paste using their fingers or tweezers. If needed, cover the seeds with a little more cornstarch paste to make sure the seeds stick!
6. Ask the children to write the name of the seed on their strip or write the name of the seed on a paper bag and place the seed tape inside.
7. Take the seed tape home and plant it!



Read a Book

If children finish their project and are looking for something else to do, they can read *The Tiny Seed* by Eric Carle, or an adult can read it to them.



Extra time? Children can draw on their bags, illustrating what their seeds will become.

Edible People Sculptures

Use vegetables to make edible art



Preparation

Wash and cut vegetables into a variety of shapes (round slices, long pieces, chunks, etc.). Arrange vegetables across the table on platters or plates. Set out toothpicks and cutting boards to use as work stations. Make an example of an edible sculpture.

Goal

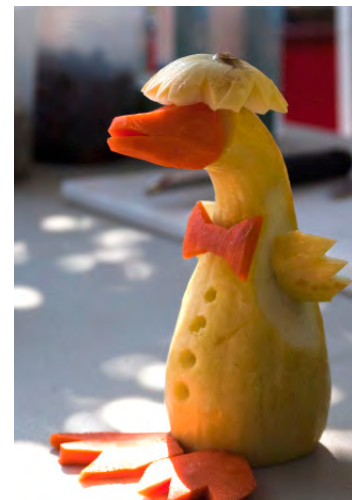
Children discover the tastes and textures of new vegetables.

Materials

- Market vegetables (squash, green beans, broccoli, carrots, etc.)
- Toothpicks
- Knife
- Cutting boards
- Bowls
- Platters
- Small paper plates
- Paper towels
- Hand sanitizer or handwashing station
- Book (optional): *Gregory, the Terrible Eater* by Mitchell Sharmat

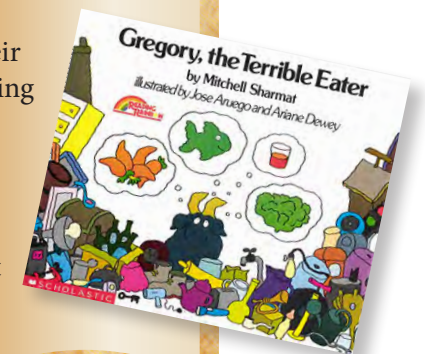
Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash their hands.
2. Show children the vegetables and explain that they were all grown by farmers at the market. Can children easily identify all of the vegetables?
3. Explain to children that they can use the fruits, vegetables, and toothpicks to build their own edible sculpture or person. Demonstrate how to use toothpicks to connect pieces of different vegetables.
4. If children are making an edible person, help them select a piece of vegetable for the different body parts, including the arms, legs, head, etc.
5. Guide children in making their sculpture by connecting the vegetable pieces with toothpicks.
6. Encourage children to eat their sculptures!



Read a Book

If children finish their project and are looking for something else to do, they can read *Gregory, the Terrible Eater* by Mitchell Sharmat, or an adult can read it to them.



What Grows From a Seed

Explore and learn about seeds

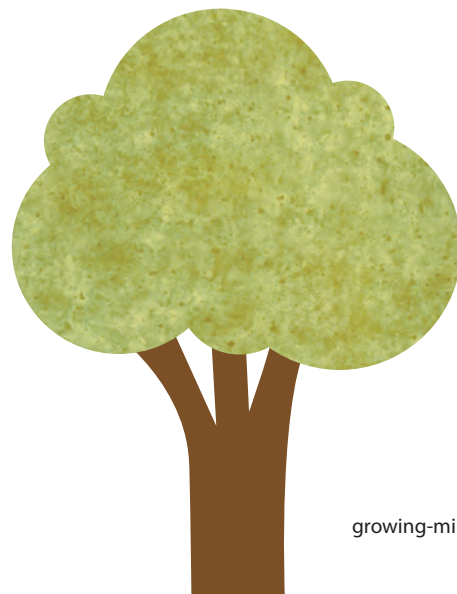


Goal

Children explore seeds and discover the variability in their size, shape, color.

Materials

- A variety of seeds in a shallow container (avocado, oak tree seed (an acorn!), radish, green beans, tomato, beets, carrot, peach)
- Magnifying glasses (optional)
- White paper (one piece for each child)
- Seeds
- Glue
- Markers/crayons/colored pencils
- Book (optional): *Seeds* by Ken Robbins

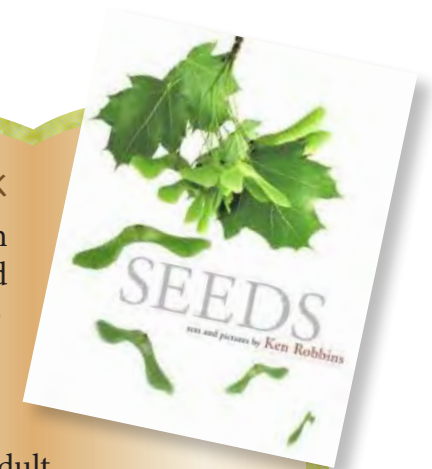


Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example of the project.
2. Guide children in exploring a variety of seeds, taking note of their color, size, shape, texture, etc. Offer children magnifying glasses to closely examine the different seeds. While the children are exploring, discuss observations. Ask questions: What will these seeds grow into? What do seeds need to grow? Where did the seeds come from? Will a large seed produce a large plant?
3. Put many different types of seeds in a shallow container and allow each student to choose one seed. Ask students to look closely at their seed and imagine what type of plant grows from the seed. Is it an edible plant? Does it have big or small leaves? Is it tall or short? What do its roots look like?
4. Prompt children to glue the seed at the bottom 1/3 of their piece of paper. Next, children will draw the plant they imagine may grow from the seed. Encourage children to include the stem, leaves, fruit, and flowers, and or roots.
5. Ask students to make up a name for their plant and to write the name on the back of their drawing. If they are able, ask them to write a brief description of the plant. What part of the plant do we eat? What does it taste like?

Read a Book

If children finish their project and would like to do another activity, they can read *Seeds* by Ken Robbins, or an adult can read it to them.



Apple Carrot Salad

Make a unique salad with market ingredients

Goal

Children use market ingredients to make a new type of salad.

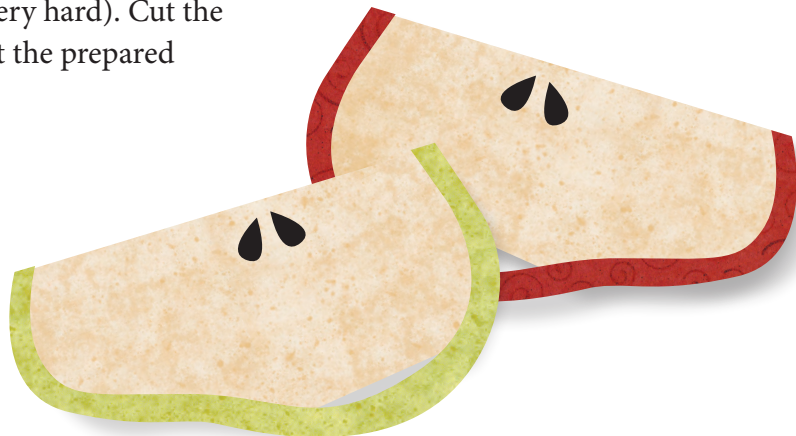
Materials

(Amounts given are for approximately 20 children)

- 10-12 local apples (if possible, purchase several different types of local apples from your market, varying in shape and color)
- 10 local carrots
- $\frac{3}{4}$ cup raisins (optional)
- 1-2 lemons
- 1 $\frac{1}{2}$ cups vanilla yogurt
- Cutting boards
- 3 bowls for prepared ingredients
- Serving tongs or serving spoon
- Knife and grater (for prep)
- Paper bowls (1 per child)
- Plastic knives (1 per child)
- Plastic spoons (1 per child, to sample their recipe!)
- Book (optional): *Bring Me Some Apples and I'll Make You a Pie* by Robbin Gourley

Preparation

Wash the apples and carrots. Cut the apples into large slices (which the kids will cut into smaller pieces) and put them into a large bowl. Grate the carrots or cut them into small size pieces (it may be too difficult small children to cut them since they are very hard). Cut the lemons into small slices. Put the prepared ingredients into bowls.



Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash their hands.
2. Give each child chunks of apple and a plastic knife. Guide them in cutting the apple into small pieces.
3. Children should place their cut apples into their individual small bowls. Next, they should place one spoonful of shredded carrots into the small bowl as well.
4. Give them a small slice of lemon and help them add lemon juice, a few raisins (optional) and yogurt to their bowl and mix well. Prompt the children to try their salad.
5. Provide children and families with a copy of the recipe (written with portions for a family) to take home.



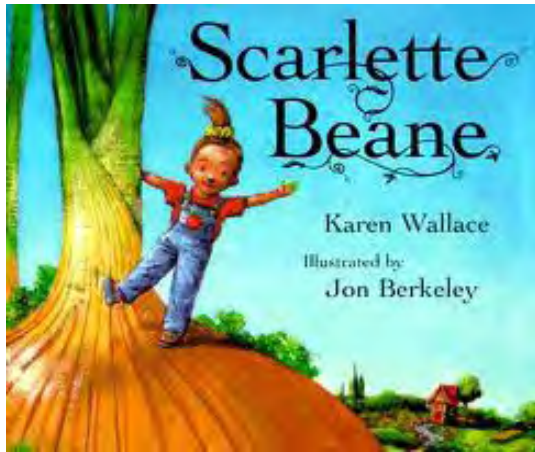
Read a Book

If children finish their project and are looking for something else to do, they can read *Bring Me Some Apples and I'll Make You a Pie* by Robbin Gourley, or an adult can read it to them.



Scarlette Beane Veggie Castle

Create a 3-D vegetable castle



Goal

Children learn about new vegetables while making an art project using vegetable images.

Materials

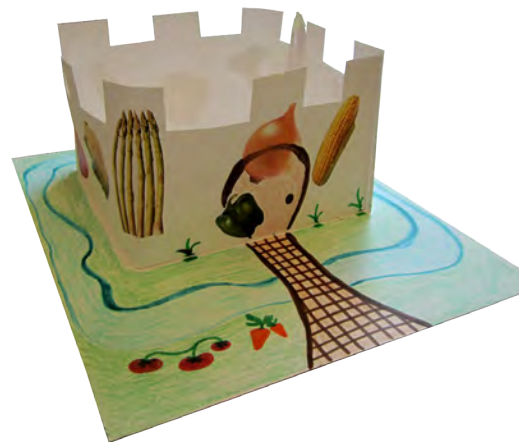
- Book: *Scarlette Beane* by Karen Wallace
- Images of vegetables (cut from seed catalogs and magazines)

- Cardboard, or card stock (to be the base of castle)
- Card stock (for the sides of the castle)
- Collage materials-construction paper, card stock, glitter, foil, cardboard, fabric, screen, pipe cleaners
- Glue and/or tape
- Scissors
- Markers/crayons/colored pencils

Preparation

Prepare the paper for the walls of the castle by cutting several letter-size (8.5 x 11) pieces of card stock in half so that you have two 5.5 x 8.5 pieces of paper.

If children will have a limited amount of time to complete the craft, we suggest cutting images of vegetables from magazines ahead of time. With this preparation completed, students can make 3-D vegetable castles in 10-15 minutes. If students cut their own images, the activity takes 20-30 minutes to complete.

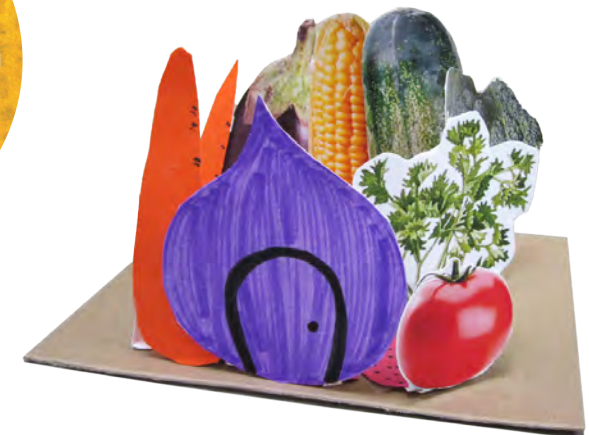


Activity

1. Read *Scarlette Bean*. Discuss how Scarlett used her imagination and love of gardening to create a vegetable castle. Refer to pages in the story where Scarlett's castle is shown and invite the children to make a 3-D structure of their own!
2. Give each child a piece of colored card stock or cardboard. This will be the base of the castle.
3. Give each child several pieces of 5.5x8.5" card stock to use for the walls of the castle. Guide children in cutting interesting shapes on one side of the each of the pieces of paper. The cut edges will make the top of the castle.
4. Next, children should glue images of vegetables on their castle walls. Add drawings of vegetables, glitter, foil, etc.
5. Guide the children in making a 1 inch fold on the bottom edge of their castle walls. Put glue on the fold and attach to the base of the castle (card stock/ cardboard). Repeat until the castle is built (the children can make four walls for a square-shaped castle or can use more or less walls to create other shapes.)
6. To finish the castle, guide children in decorating the base with collage materials to make walkways, a moat, or even a vegetable garden!

Tweak it!

If you have access to large images of vegetables, the images themselves can be the castle walls, as illustrated here.



Stained Glass Paper Craft

Taste seasonal vegetables and choose a favorite to feature in an art project



Goal

Children taste several types of seasonal vegetables and identify which they like most. They create a dynamic image of the vegetable to display at home.

Materials

- Several varieties of seasonal, local vegetables (Vegetables that can be tasted raw are best. For example, carrots, sweet peppers, snap peas, cherry tomatoes, lettuce, spinach, cabbage, etc.)
- Platters or bowls for serving vegetables
- Serving tongs
- 8.5 by 11 piece of white paper
- Wax crayons

- Oil
- Small bowls
- Cotton balls
- Paper towels
- Pictures of vegetables
- Book (optional): *Growing Vegetable Soup* by Lois Ehlert

Preparation

Wash and cut seasonal vegetables into small pieces. Place them on a platter or bowl. Reserve one of each vegetable for display so that children can see the product in its whole form.

Read a Book

If children finish their project and are looking for something else to do, they can read *Growing Vegetable Soup* by Lois Ehlert, or an adult can read it to them.



Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash their hands.
2. Offer children a taste of 3-4 different types of vegetables. Explain that it is important for the children to taste the vegetables so that they can decide which is their favorite and make a stain glass picture of it. Praise children for trying the fruit/vegetables even if they do not like it!
3. Ask the children to identify which vegetable is their favorite.
4. Give each child a piece of white paper. Guide the students in drawing their favorite vegetable on the paper and prompt them to color in the vegetable completely using wax crayons. Coloring hard and leaving no white on the paper will produce the best results. To give the picture a "stained glass" effect, ask children to outline the vegetable with a dark color, creating a border between the vegetable and the background.
4. Guide students in covering the remainder of their paper with wax crayon. Children can make a solid background or make a simple design. Most importantly, the entire paper should be covered in crayon.
4. Put oil in a small paper bowl. After the coloring is completed, use a cotton ball (or two!) to spread a thin layer of oil across the entire colored page until lightly saturated. With a paper towel, gently soak up excess oil (some children will really enjoy spreading it all over the paper).
5. Set aside to dry while families roam the market. It will take more time to dry, perhaps through the night, but this will give the picture a head start! Lastly, find a sunny place in the window to hang!



Garden Plot Crackers

Design and create an edible mini-garden plot

Goal

Children prepare, design, and make a "garden plot" using various local produce found at the market that day.

Materials

- Large cracker (one per child)
- Hummus, cream cheese, or goat cheese
- Plastic knives
- A variety of local vegetables available at the market that day
- Paper plates (one per child)
- Bowls and tongs (one for each type of vegetable)
- Hand sanitizer or handwashing station
- Book (optional): *Grandma's Garden* by Elaine Moore



Preparation

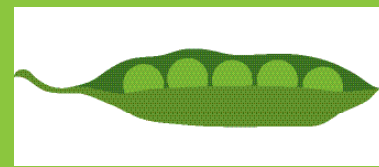
Wash and cut all vegetables into small pieces. Place them into the bowls with tongs.

Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash or sanitize their hands.
2. Give each child a plate and a cracker.
3. Ask them to spread a small amount of hummus or cheese onto the cracker (as the soil).
4. Each child can then use the cut vegetables to design their own garden plot.
5. Taste the garden plots!

Read a Book

If children finish their project and are looking for something else to do, they can read *Grandma's Garden* by Elaine Moore, or an adult can read it to them.



Scavenger Hunt

In June at the Farmers Market, I spy...



broccoli

kale



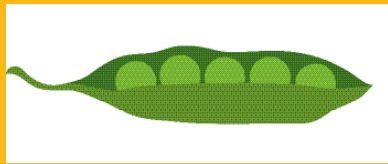
radishes



zucchini
squash



lettuce



Scavenger Hunt

In July at the
Farmers Market,
I spy...

cucumbers



berries



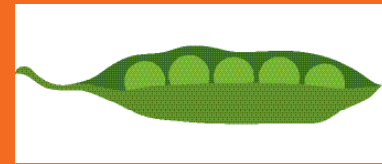
mushrooms



beets



turnips



Scavenger Hunt

In August at the
Farmers Market,
I spy...

peppers



tomatoes



potatoes

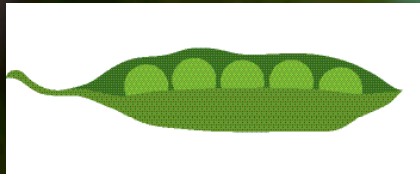


apples



corn





growing-minds.org

Growing Minds is a program of



306 West Haywood St. | Asheville, NC 28801 | 828-236-1282 | asapconnections.org