



FARM TO YOU FEST

OCTOBER 1-6, 2018



Farm Fresh Snack

Pack a farm fresh snack in your child's lunch this week. Some sliced apples, carrots with hummus or cucumber slices

School Lunches

Did you know that many of the fruits and veggies in our school lunches come from local farms? Look for local foods/beverages posted in bold on the school lunch menu this week



Squash Hunger

Please send your child in with fresh produce to support our squash hunger drive. Bins for donations will be in the foyer.

Let's see how many pounds of fresh food we can donate!

Field Goods

Seasonal produce from local farms are delivered each Wednesday to the school. If you sign up for a bag by October 15th, the school will earn \$5 for every new subscriber. Sign up online to order a bag and a portion of the proceeds go to the Glenmont PTA. Support wellness, farms, small business and the school!



Farmer's Market

Print the sheet for the Farmer's Market scavenger hunt which will be located here and go to any local farmer's market and turn in the sheet at the Delmar Farmer's Market on Saturday, October 6th (9am-1pm) to win great prizes.



Any Questions? Contact:

Christy Venter at christyventer@healthymeliving.com

10th Annual Farm to You Fest Scavenger Hunt



At the Delmar Farmers Market – Sat, 10/6 at BCMS from 9am-1pm or Tues, 10/2 at Methodist Church on Kenwood Ave from 3-6pm

Instructions: Roam the farmers market during Farm to You Fest (Oct 1-6). Answer the following questions and submit your sheet at the Bethlehem Healthy Kids table at the Saturday market. You can also bring it to your school's main office by 10/9.

Name _____ **School** _____ **Grade** _____

(Checklist may be completed at any farmers market. Use the back to draw any pictures!)

1. What is something you can find at the farmers market that begins with the first letter of your name?
2. What do you like about buying food from local farms?
3. What is your favorite fruit or vegetable available at the market today?
4. Name one fruit and/or vegetable that you have never tried but would if it were offered to you.

Can you draw a picture of it? (on back)

Ask a farmer:

5. Ask 3 farmers what time they get up in the morning to begin work on their farm.

Farmer 1: _____ Farmer 2: _____ Farmer 3: _____

6. Find a farm that has created a product from produce grown on the farm (like juice or jam). Name the farm and product: _____

Finished? Nice work!! Please return your completed checklist to the Healthy Kids table at the Delmar Saturday Farmers Market (at the Bethlehem Middle School) on Sat., Oct. 6 **OR** bring to your school's main office by Tuesday, October 9 to be eligible for the prize* drawing! Good luck!

*Prizes have been generously donated by the many vendors of the Delmar Saturday Farmers Market (DFM) (www.delmarmarket.org) and will be redeemable at the DFM throughout the 2018 season. The DFM is open every Saturday from June to December (9AM-1PM) at the Bethlehem Middle School. See you there!