

WHAT SEASON IS IT?

Eating fruits and vegetables at the peak of their season gives your body the most nutrition and your mouth the best flavor.

To find out what season it is look around the Farmers' Market and circle what you see on the lists below.

WINTER

Navel Oranges
Kiwi
Broccoli
Tangerines
Butternut Squash
Cauliflower

SPRING

Asparagus
Cherries
Sweet Peas
Fava Beans
Apricots
Artichokes

SUMMER

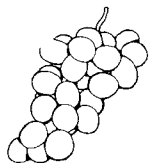
Pears
Tomatoes
Melons
Plums
Corn
Peaches

FALL

Pumpkins
Apples
Brussels Sprouts
Persimmons
Pomegranates
Bell Peppers

What season is it? Circle the list with the most circles to find the answer.

Eating fruits and vegetables at the peak of their season keeps you healthy and tastes good too!



Name of Student: _____

FARMERS' MARKET HUNT FOR GOOD NUTRITION

Nutrients in your food help your body grow strong and healthy. Below is a list of nutrients, how they help your body and what food at the market will provide these nutrients. Hunt through the market and find **all** the fruits, vegetables or other foods which the farmers are selling **today** which provide the needed nutrients. Circle it below. You need to find **at least one** food for each nutrient.

1. VITAMIN A : Healthy function of eyes, skin, kidneys, respiratory system and digestive tract in your body.

Carrots Yellow squash Sweet potatoes Peaches Apricots Persimmons

2. VITAMIN C : Healthy gums, protects your body against infection and helps wounds heal.

Oranges Lemons Grapefruit Strawberries Kiwi Broccoli Tomatoes

3. VITAMIN B COMPLEX : Helps your body get energy from food. Gives you a healthy nervous system and skin. Promotes growth, helps your body use protein and produce red blood cells.

Walnuts Spinach Peas Corn Prunes Zucchini Eggs

4. CALCIUM : Helps develop strong bones, teeth, muscles and nerves.

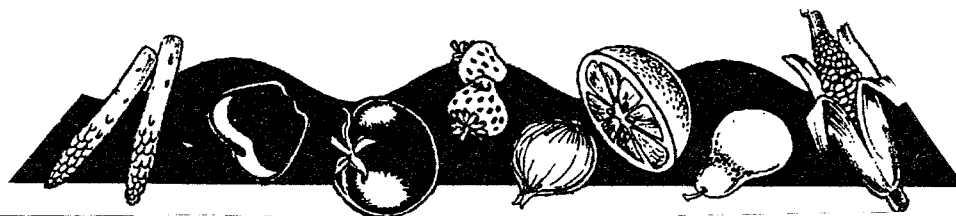
Eggs Asparagus Oranges Lettuce Almonds Chard Broccoli

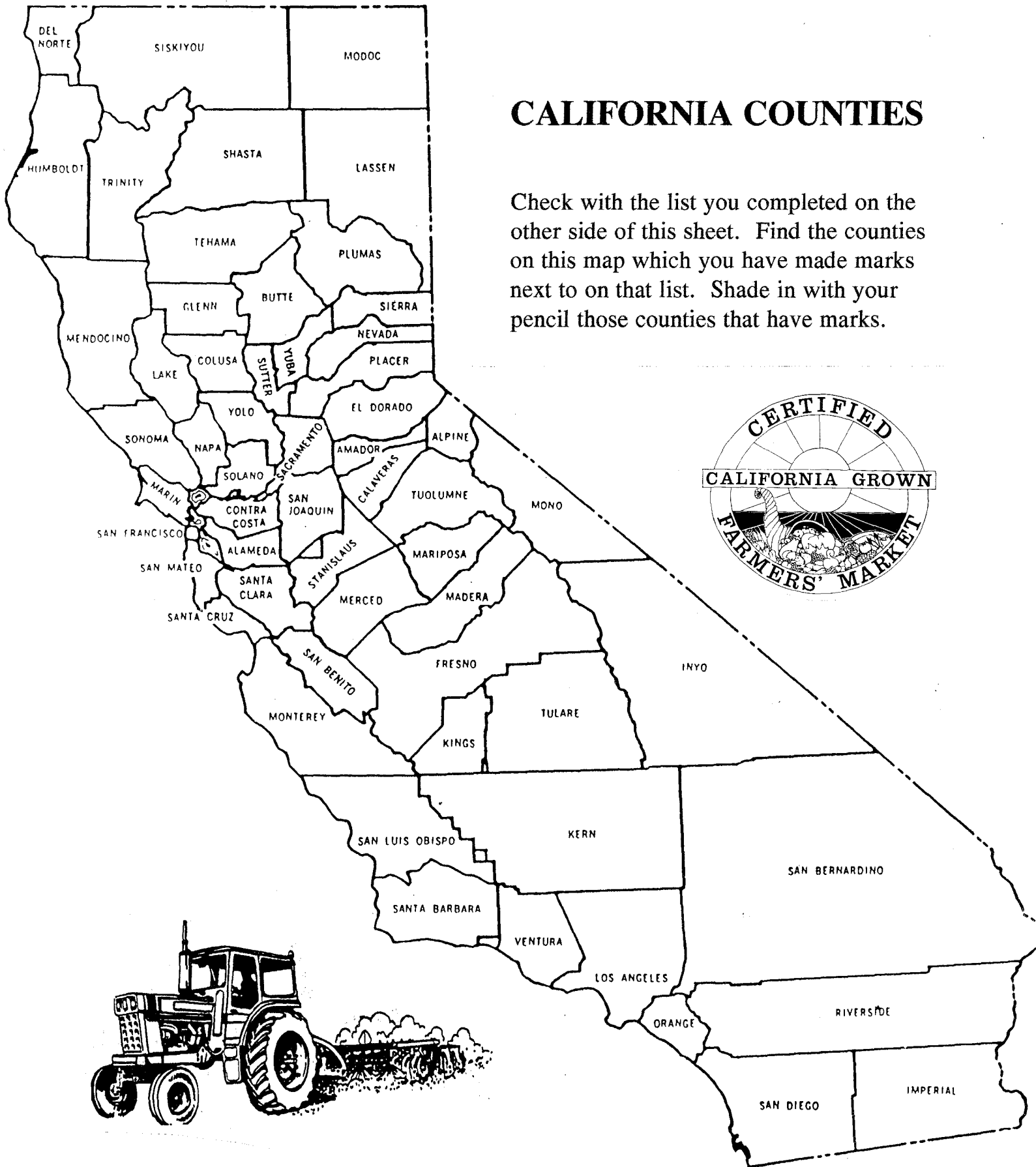
5. IRON : Keeps your red blood cells functioning properly.

Spinach Mustard greens Peas Dried fruit Beans Plums Apricots

6. POTASSIUM : Helps lower blood pressure and regulates blood sugar levels in your body.

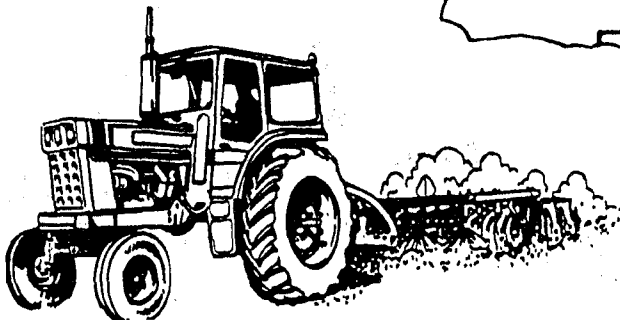
Potatoes Kiwi Almonds Melons Grapes Apples Asparagus

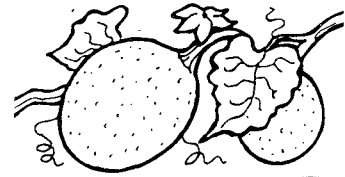




CALIFORNIA COUNTIES

Check with the list you completed on the other side of this sheet. Find the counties on this map which you have made marks next to on that list. Shade in with your pencil those counties that have marks.





Certified Farmers' Market California County Count

Where in California do the farmers grow the crops they bring to the Certified Farmers Market?

Start at a fixed point in the market. Each farmer has a sign which lists their name, the city they live in and the county where they farm. Start with one farmer and travel through the whole market until you have seen every farmers sign. Below is a list of farm counties. As you travel, put a mark next to the county that you see on the farmers sign. Circle the County with the most marks next to it.

Sacramento County

Yolo County

Colusa County

Butte County

El Dorado County

Santa Cruz County

Glenn County

Stanislaus County

Madera County

Tulare County

Santa Barbara County

San Diego County

Lake County

Tehama County

San Joaquin County

Sutter County

Yuba County

Placer County

Sonoma County

Monterey County

Nevada County

Merced County

Fresno County

San Luis Obispo County

Ventura County

Shasta County

Napa County

Good work! Now go to the other side of this sheet and find a map of California which shows the location of all the Counties. Shade in with your pencil the counties which you have made marks next to on your list.

