



From a Farm Near You!

You probably get most of your food from a grocery store, but how does the food get there? Some of it may come from farms in your state or county. Many grocery stores sell milk, vegetables, and fruit from local farmers who live and work only a few hours away.



Here's a chance to find out more about the farms in your area. With your group, search online for farms in your state. Visit the website for one dairy farm and one produce farm, and use this chart to list some of the foods they produce — both foods you know and any foods that are unfamiliar to you. After you complete the chart, answer the questions below.

	Dairy Farm Name:	Produce Farm Name:
Foods you know:	1.	
	2.	
	3.	
Unfamiliar foods:	1.	
	2.	
	3.	

1. Which foods are your favorites, and why?



2. If you found any unfamiliar foods, which would you like to try, and why?

Consider visiting the farms with your parents to buy and try these farm-fresh foods. Remember that buying local is not only delicious and nutritious, but it helps support your community's economy!

