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## Farmers Market- A place of Discovery

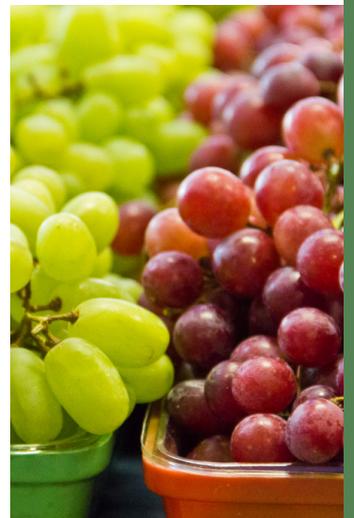
### TEACHING OUR LITTLES WHERE FOOD IS FROM!

Man we are SO LUCKY to live where we live!!! One of my most favourite things to do is explore local farmers' markets with my kids! Everything is fresh, locally grown and the chances of it being heavily sprayed or modified are very slim. Here's the kicker- you can ASK the farmer how it was grown!!! My kids absolutely love to pick out their favourite, (and some new) fruits and vegetables. They meet the people who produced it and oh so often we end up with a preserve or a pie that was hand made with love. A worthy treat all around.

KIDS ARE SENSORY BEINGS! THEY REVEL IN TOUCH, SIGHT, SOUND AND OF COURSE TASTE! A TRIP TO THE MARKET IS FREE (IF YOU CAN RESIST THE DELIGHTS OFFERED), AND FULL OF SO MANY FANTASIC SENSORY EXPERIENCES. IF YOU'RE LUCKY, YOU MAY EVEN CATCH A BAND PLAYING WHILE YOU EXPLORE :)



*What's in season!?*



## Queen of Hearts Newsletter- September 2022

### Here are 10 of my favourite farmer's market learning activities for kids:

1. Make purchases based on what is in season and looks the best. Talk about how different crops grow best in different seasons.
2. Let your child be in charge of purchasing something small. They can even weigh their item and handle the money.
3. Make a list of questions to ask the farmers and spend time talking. We love talking to the bee keeper at the honey stand, the dairy farmer at the cheese booth, and of course the fruit and vegetable farmers.
4. Do a rainbow scavenger hunt. Find an item for each colour of the rainbow. Point out that eating a variety of colours in a diet is a healthy lifestyle choice.
5. Little ones will want to spend time identifying colours, shapes, and counting items they are purchasing.
6. Try samples! Often times, farmers will set out samples for customers to try. Take advantage of this and try new things and talk about how they taste. (You might want to keep some hand sanitizer and wipes nearby.)
7. Encourage touching (if it's ok with the farmer) and smelling of produce. The farmer's market is a fabulous sensory experience.
8. Cook and prepare food using your purchases from the farmer's market. My kids love looking up new recipes online to be used with our farmer's market ingredients, and we often find new family favorites this way. (Start with jam! It's so easy!).
9. Play "I spy"- my kids got an absolute kick out of this at the market!
10. Read books about the farmer's market! Here are a few favorites:

- Farmers' Market Day by Shanda Trent
- We're Going to the Farmers Market by Sara Anderson
- A Day at the Market by Sara Anderson

