

## Farmers Market Scavenger Hunt

1. How does the produce look compared to grocery store produce?
2. Taste one fruit or vegetable you haven't had before. What is it? Did you like it? Describe it.
3. Taste an organic fruit and a conventionally-grown (non-organic) one. Which one tastes better to you?
4. Find a red food that is bigger than your hand. What is it?
5. Find a green food that you have not tasted before. What is it?
6. Ask 3 people if a tomato is a fruit or a vegetable. What do you think it is?
7. Find a purple food with an interesting shape. What is it?
8. Find 3 kinds of baked items. What did you find?
9. Find carrots sold by 2 different vendors. What is the difference in price?
10. What is the most interesting thing that you found for sale today at the Farmer's Market?
11. Find a flavor of jelly or preserves that you've never tried before.
12. Learn the name of a new flower or herb.
13. Find 5 vegetables that grow underground.
14. Find 5 different types of berries.
15. Find 5 fruits that have seeds.
16. List 5 fruits you've never tried before.
17. List 5 vegetables you've never tried before.
18. Find two fruits and two vegetables that are in season now.
19. Find something you've never seen at your local supermarket.
20. Find three things for sale at the market that are not fruits or vegetables.
21. Find something whose varieties come in a couple different colours.

22. What's the biggest fruit you can find? The smallest vegetable?
23. If you had \$10 to spend, what would you buy?
24. Talk to someone buying food from a farmer. Ask what he/she will cook with that food.
25. Find an "ugly" fruit or vegetable and draw it. Keep an eye out for two-legged carrots, potatoes with eyes, and siamese twin strawberries!
26. Taste the rainbow! Find and list two fruits or vegetables for each color.  
 Red:  
 Orange:  
 Yellow:  
 Green:  
 Blue:  
 Purple:
27. Find a fruit or veggie you've never tried before, and ask the farmer how they like to eat it.  
 Fruit/Vegetable:  
 Farmer's suggestion:
28. Pretend you have \$10 to make a meal from ingredients at the market. List what you'll make, the ingredients you'll buy, and how much each ingredient costs. (Assume that you already have the basics—salt, spices, oil, etc.—in your pantry.)  
 Your Dish:  
 Ingredients:
29. How's it growing? Find a fruit or vegetable for each category.  
 On a vine: \_\_\_\_\_ Underground: \_\_\_\_\_  
 In a tree: \_\_\_\_\_ On a bush: \_\_\_\_\_
30. Eat your alphabet. Find a fruit or vegetable or other item for each letter.
- |          |          |
|----------|----------|
| A: _____ | B: _____ |
| C: _____ | D: _____ |
| E: _____ | F: _____ |
| G: _____ | H: _____ |
| I: _____ | J: _____ |
| K: _____ | L: _____ |
| M: _____ | N: _____ |
| O: _____ | P: _____ |
| Q: _____ | R: _____ |
| S: _____ | T: _____ |
| U: _____ | V: _____ |
| W: _____ | X: _____ |
| Y: _____ | Z: _____ |

### **Ask a farmer:**

- What are we harvesting now?
- What is being planted now?
- What will be new at the market next month?
- Where were her/his items grown?
- What do they like to grow the most?
- What is their favorite fruit or vegetable?
- What time did they wake up this morning? How long did it take them to get here (time or distance)?
- What is their favorite thing about their farm?
- Find one local vendor whose farm you could visit.
- Ask an organic farmer how he controls bugs and weeds.
- Ask a farmer for a suggestion on how to prepare his/her produce.

### **Riddles:**

- I am green, but when you cut me, I am red. You eat me in the summer time. I am a fruit. What am I?
- I am a vegetable that grows in the ground. I am crunchy and am good for your eyesight. You can pull me from the ground by my green, leafy top. What am I?
- I am a fruit, but often people think I am a vegetable. I am squishy and am used to make ketchup and spaghetti sauce. What am I?
- I am brown and fuzzy on the outside, but green on the inside. I can be sour and you can eat me with a spoon when you cut me in half. What am I?
- I am long like a banana, but I am green. I am used to make pickles. What am I?
- I am brown and spiky on the outside, but soft and yellow on the inside. I grow in Hawaii and sometimes you put me on pizza. What am I?

- I am white and creamy. You use me to make butter cheese, and ice cream. What am I?
- I am a yellow fruit and monkeys love me. I grow on trees in bunches and help your growing muscles with all of my potassium. What am I?
- People can't decide if I am a fruit, a nut, or a seed. Most refer to me as a fruit. I am brown and tough on the outside. What am I?
- I am a green vegetable and full of vitamin C! You might think I look like a tree, but you can eat me!

And before you hurry home with a basket of goodies, don't forget to stop and thank a farmer!