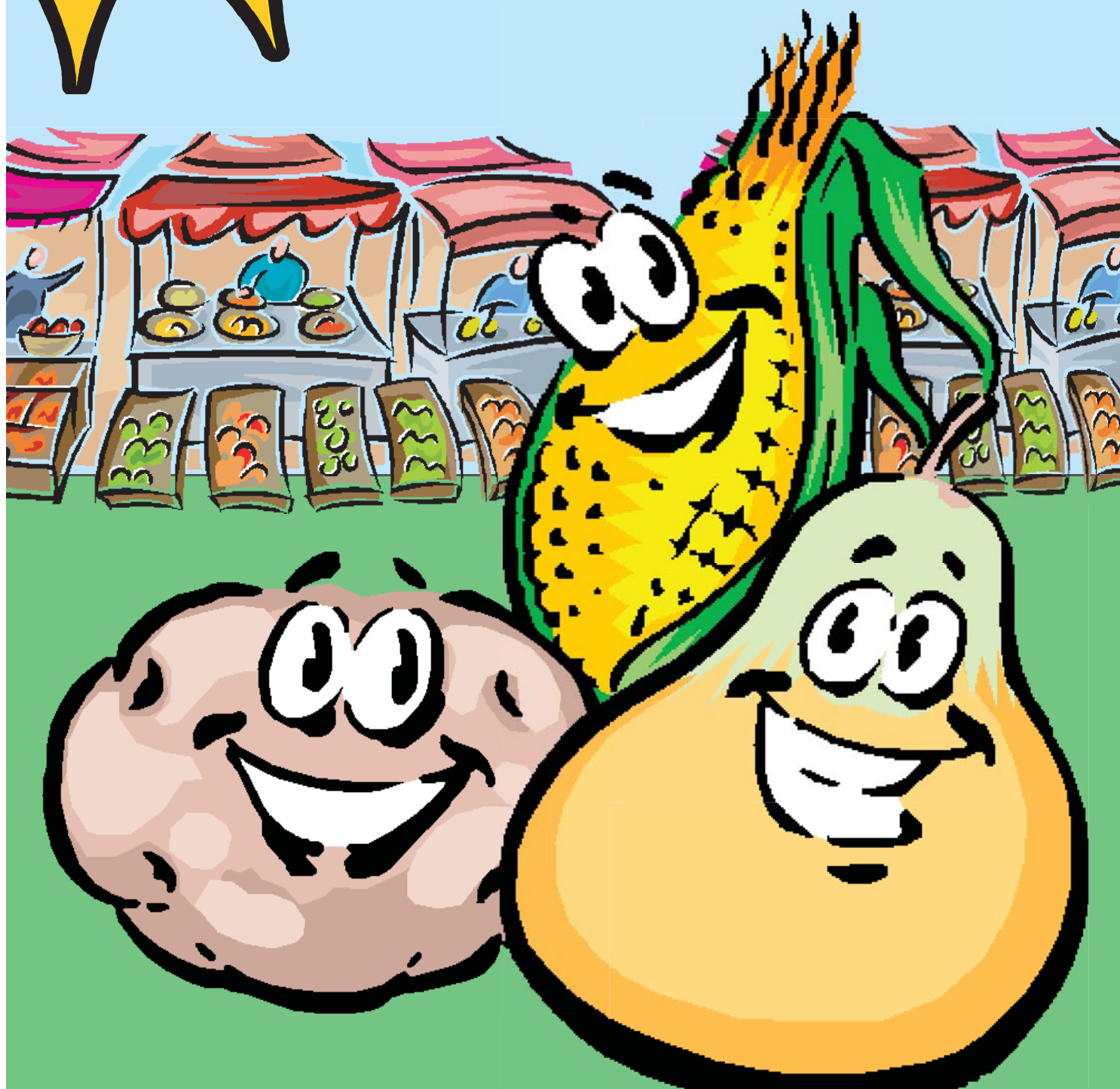


United States  
Department of  
Agriculture

Agricultural  
Marketing Service

December 2005  
Reprinted April 2008

# Having Fun at Your Local Farmers Market



*“Improving food and agricultural product distribution”*



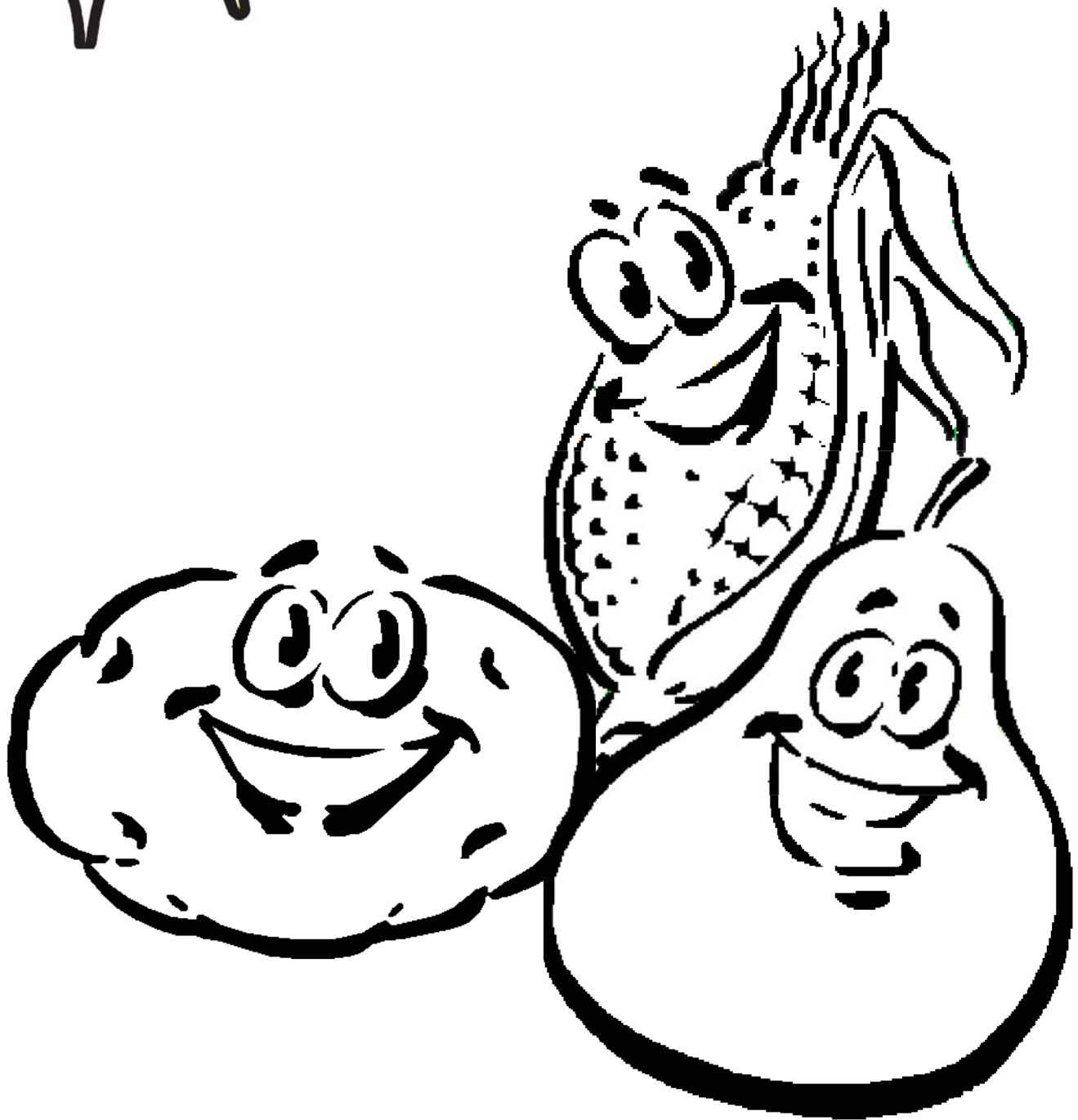
## **Our Mission:**

To facilitate distribution of U.S. agricultural products, the Marketing Services Division identifies marketing opportunities, provides analysis to help take advantage of those opportunities, and develops and evaluates solutions including improving farmers markets and other direct-to-consumer marketing activities, researching and developing marketing channels, providing information and education, encouraging adoption of improved postharvest technology, and designing market facilities.

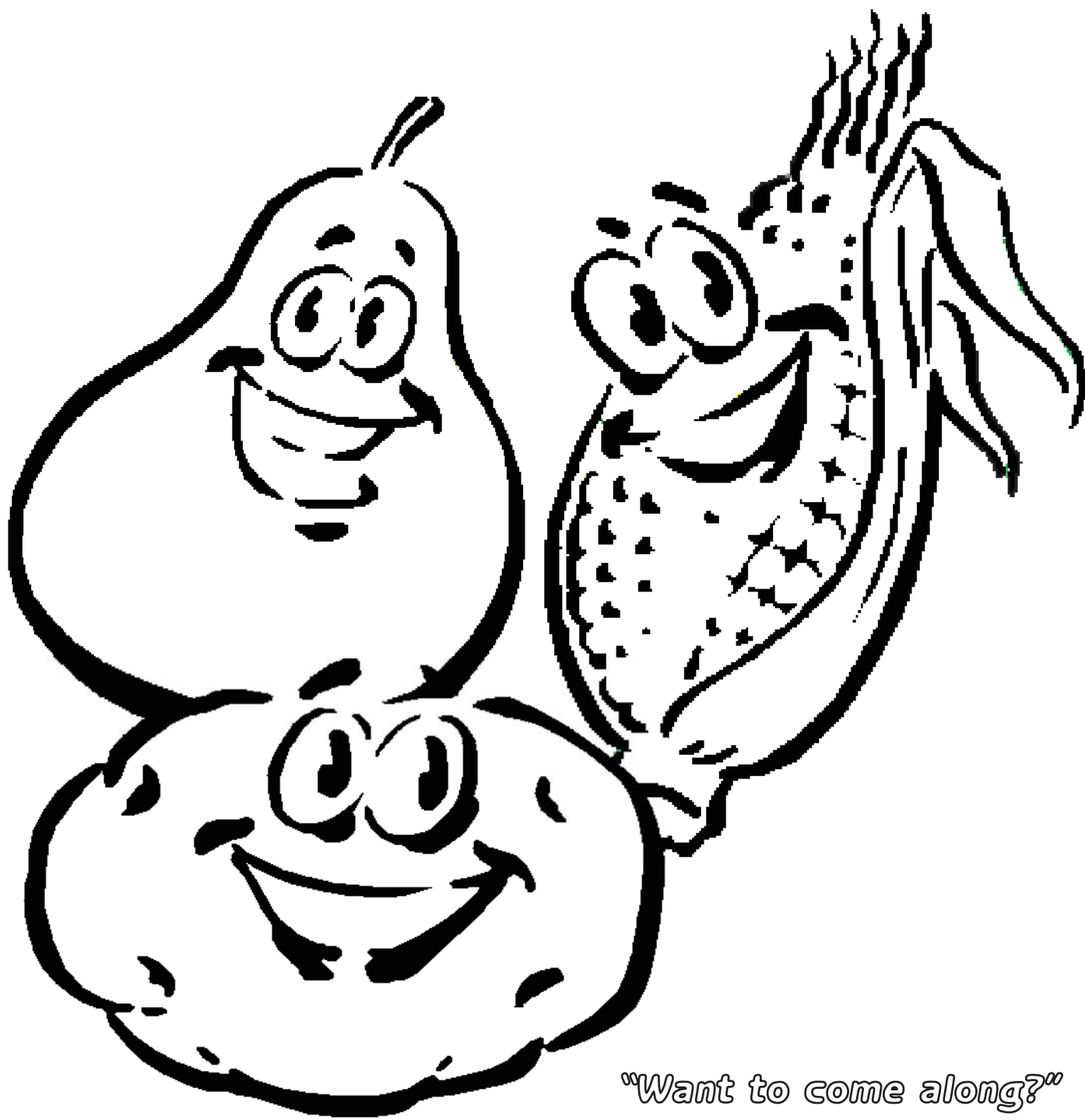
**1-800-384-8704**

**[www.ams.usda.gov/farmersmarkets](http://www.ams.usda.gov/farmersmarkets)**

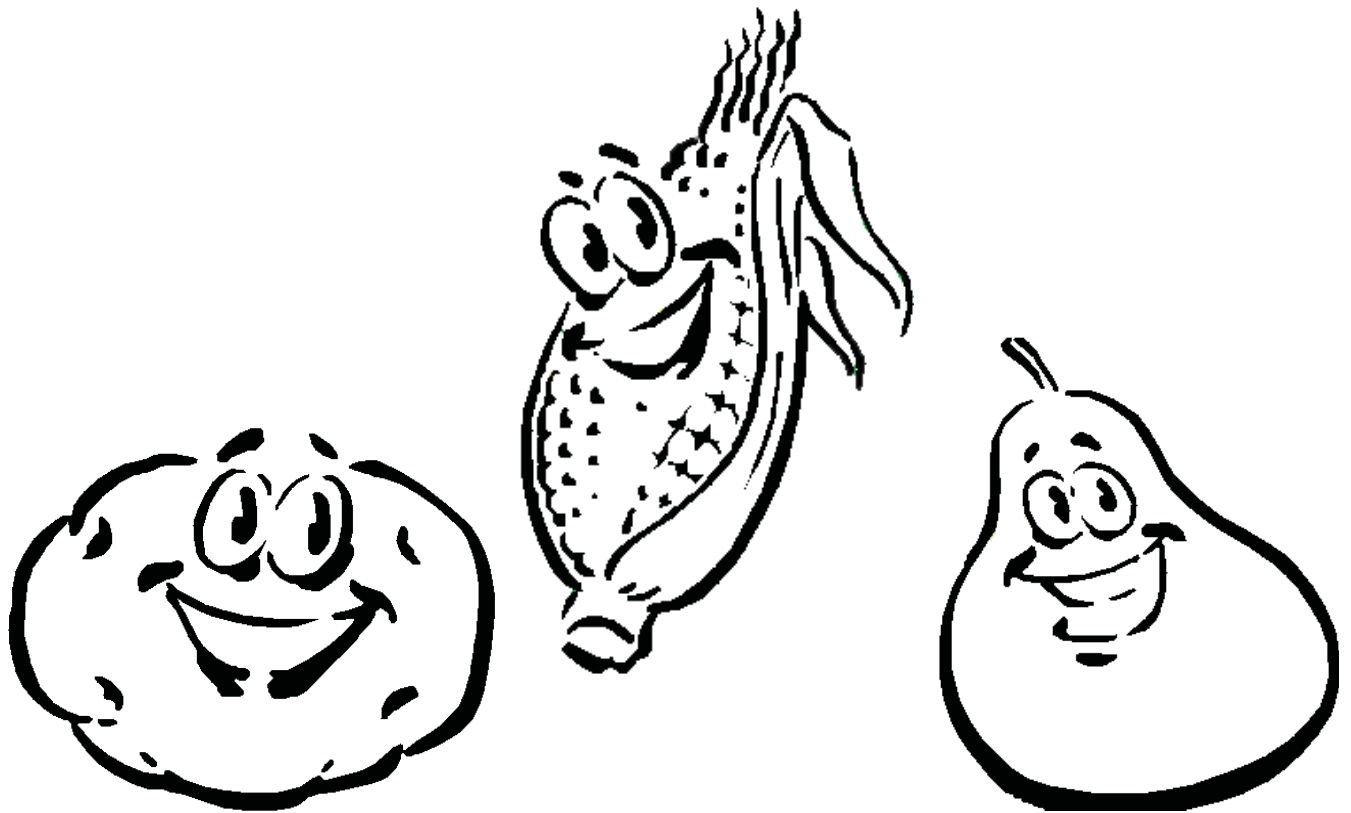
Having Fun at  
Your Local  
Farmers Market



*"We're off to visit our local farmers market."*

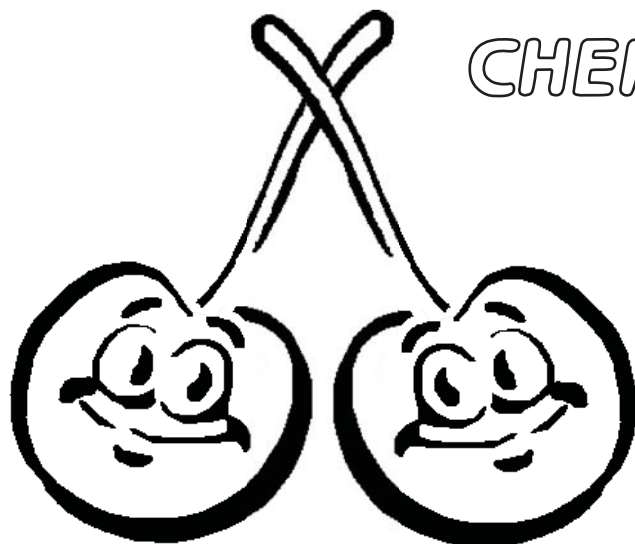


*"Want to come along?"*



*"Look at all the fresh fruits and vegetables!"*

*"And look -- our friends are here too. Let's say hello."*

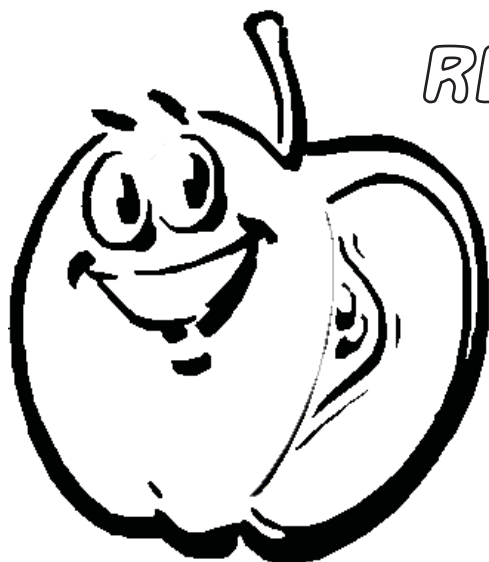


## CHERRIES

*"We're having a swinging good time at the farmers market."*

## BRUSSELS SPROUTS

*"We might be little sprouts now, but if we eat healthful foods from the market, we'll grow big and strong."*

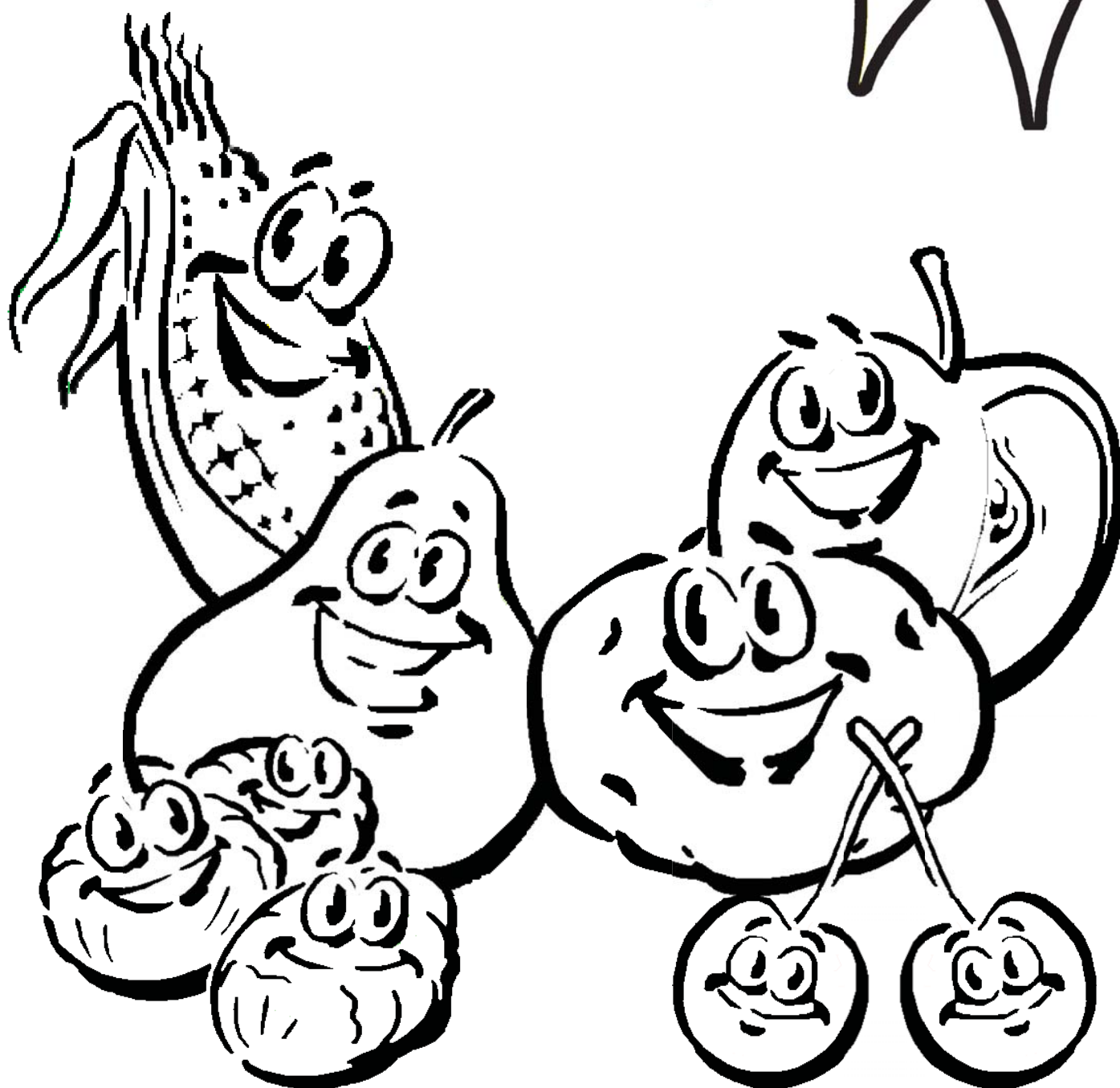


## RED APPLE

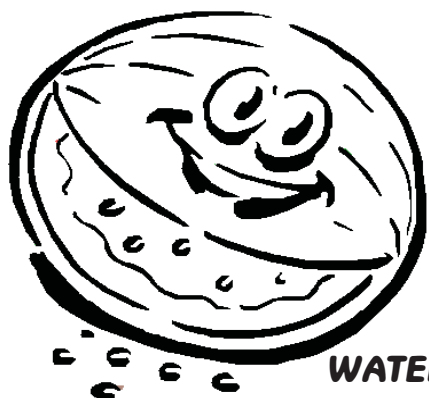
*"I make a great snack. Remember: an apple a day keeps the doctor away."*



*"Now that we're all  
together, let's look for  
some healthful snacks. I  
bet we can find some at the  
market stand right over there."*

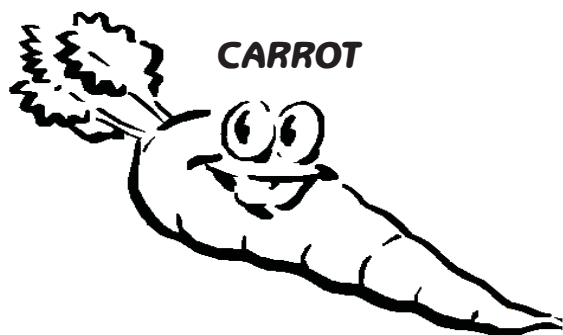


**CIRCLE THE FOODS YOU WOULD FIND**

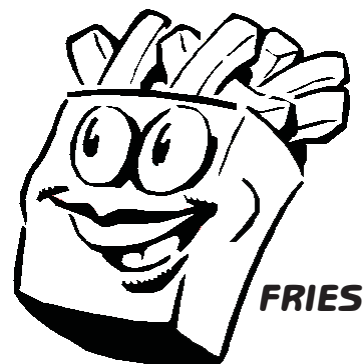


**WATERMELON**

**HAMBURGER**



**CARROT**

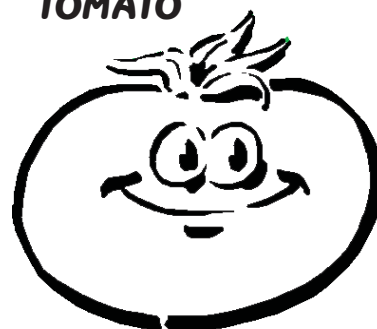


**FRIES**



**ONION RINGS**

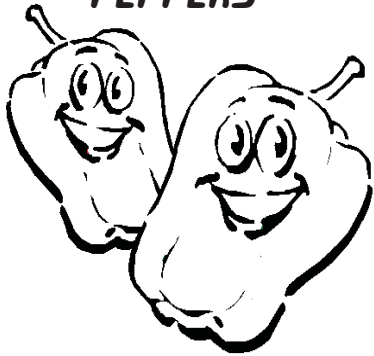
**TOMATO**



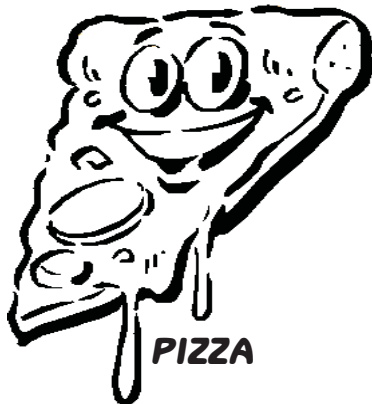
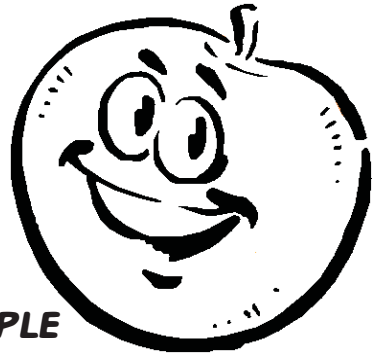


AT YOUR LOCAL FARMERS MARKET.

**PEPPERS**



**YELLOW APPLE**

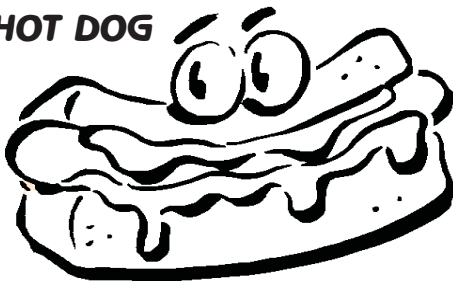


**PIZZA**

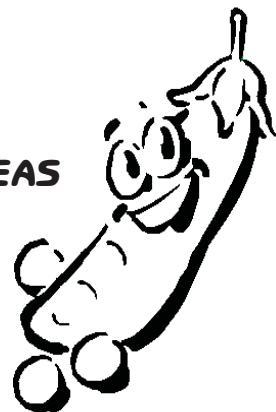
**SODA**

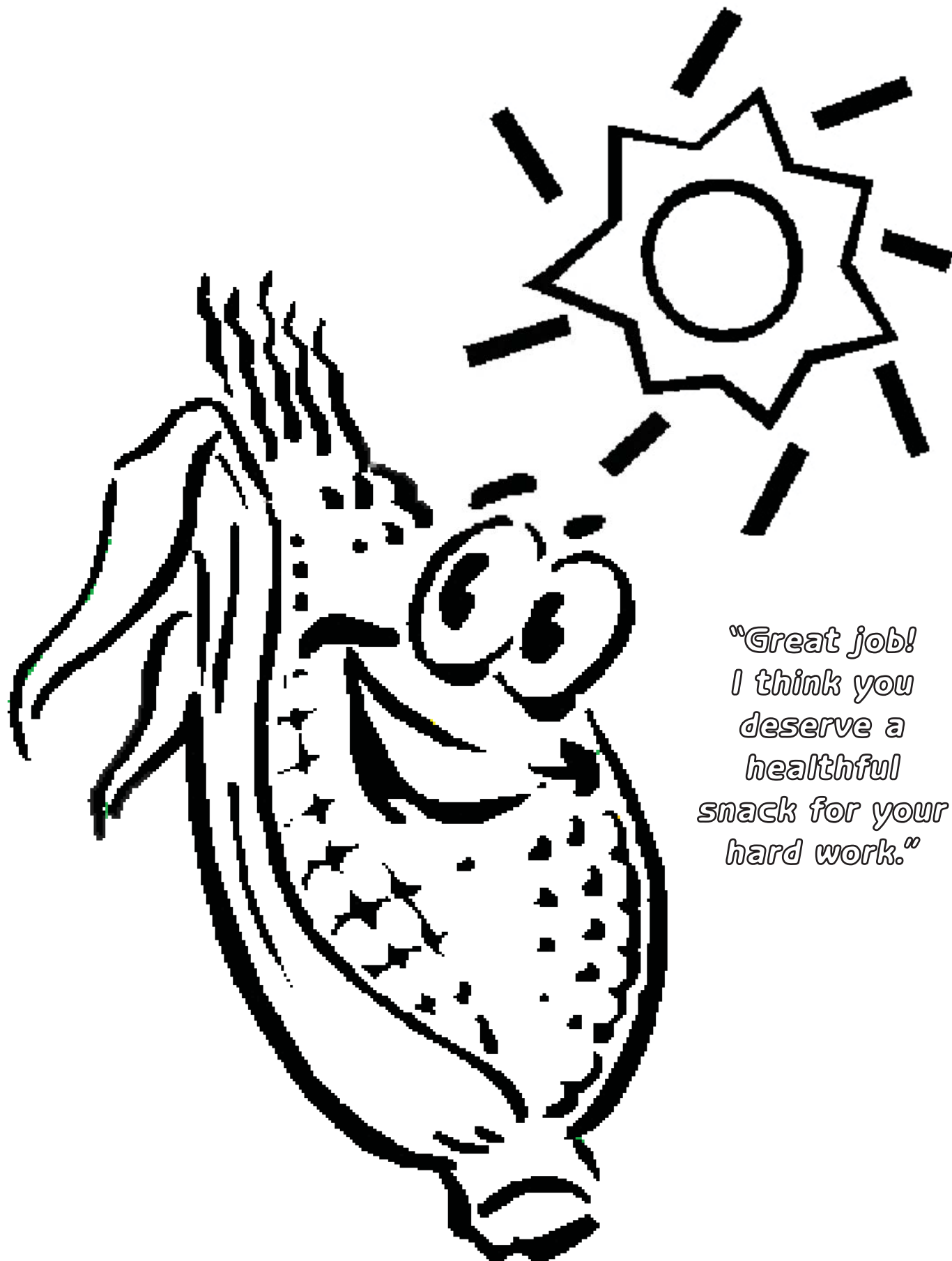


**HOT DOG**



**SWEET PEAS**





*"Great job!  
I think you  
deserve a  
healthful  
snack for your  
hard work."*

## ***Fun Fruit Kabobs***

### **Ingredients:**

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

### **Utensils:**

- knife (You'll need help from your adult assistant.)
- 2 wooden skewer sticks
- large plate

### **Directions:**

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

## ***Awesome Applesauce***

### **Ingredients:**

- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

### **Utensils:**

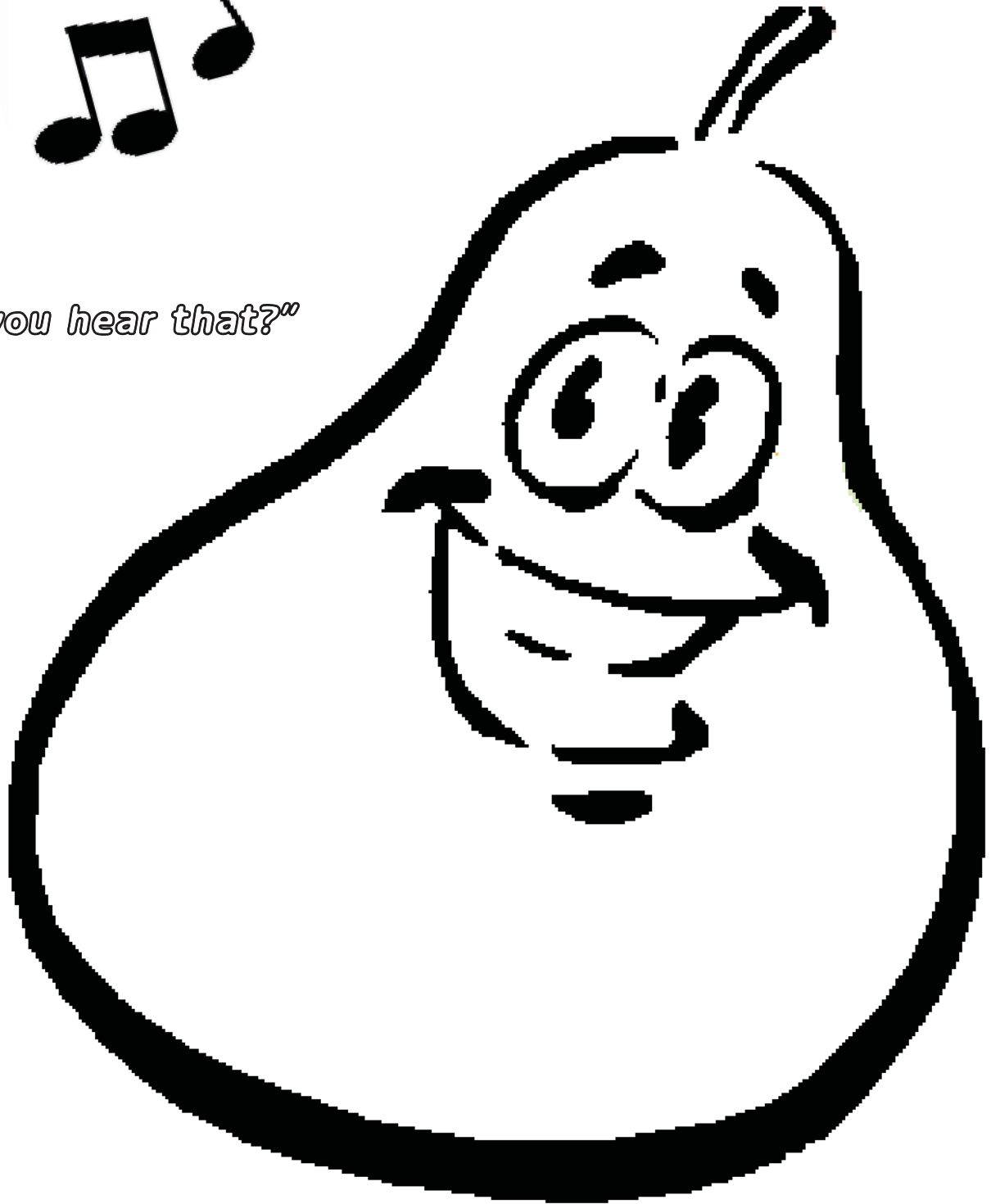
- knife (You'll need help from your adult assistant.)
- blender or food processor
- measuring spoons
- serving bowls

### **Directions:**

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.

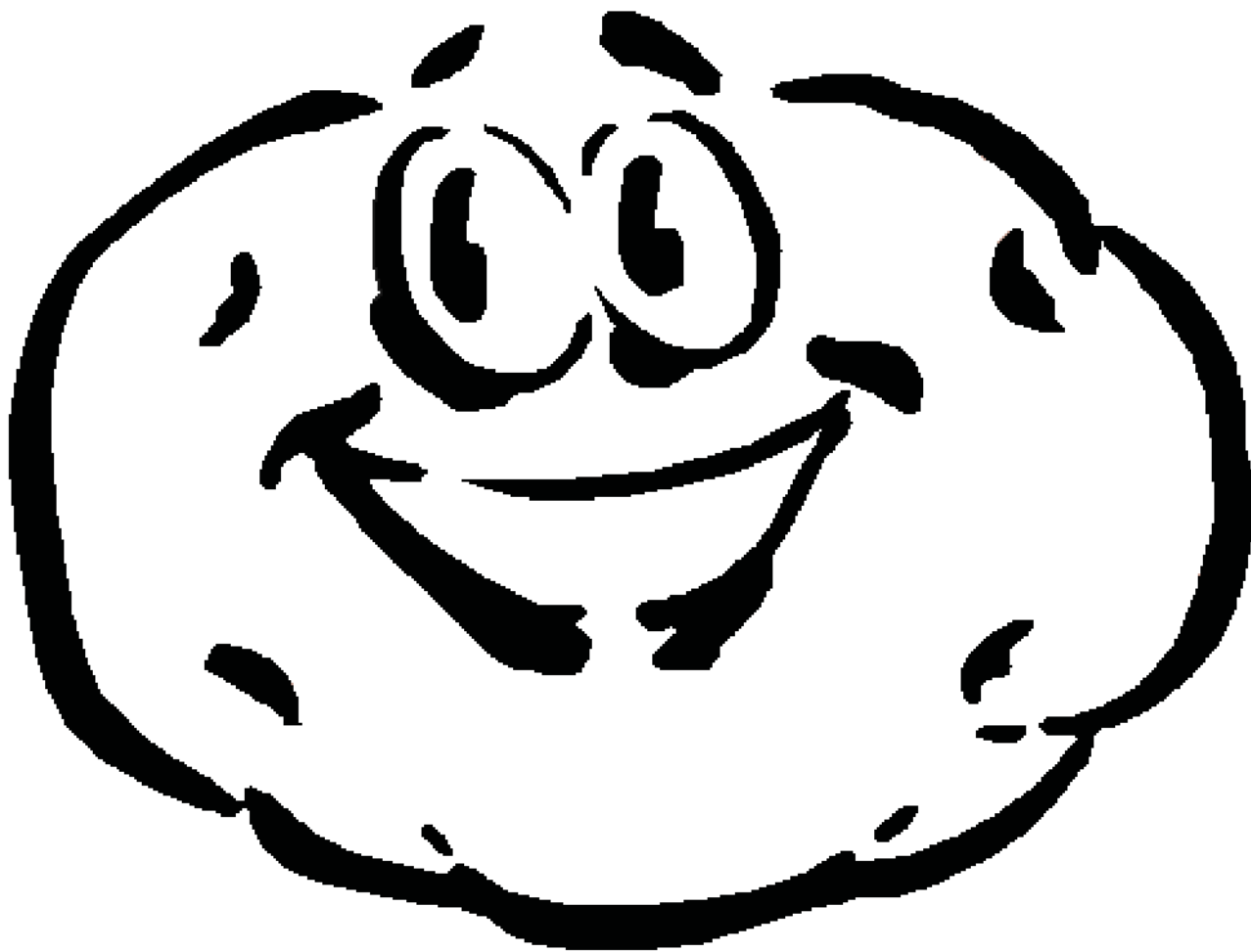


*"Do you hear that?"*





*"Someone's playing music. What fun!  
Let's go sing some songs."*



## ***You Are My Sunshine***

You are my sunshine,  
My only sunshine.  
You make me happy,  
When skies are gray.  
You'll never know, dear,  
How much I love you.  
Please don't take my sunshine away!



## ***The More We Get Together***



Oh, the more we get together,  
Together, together,  
Oh, the more we get together,  
The happier we'll be.

For your friends are my friends,  
And my friends are your friends.  
Oh, the more we get together,  
The happier we'll be!

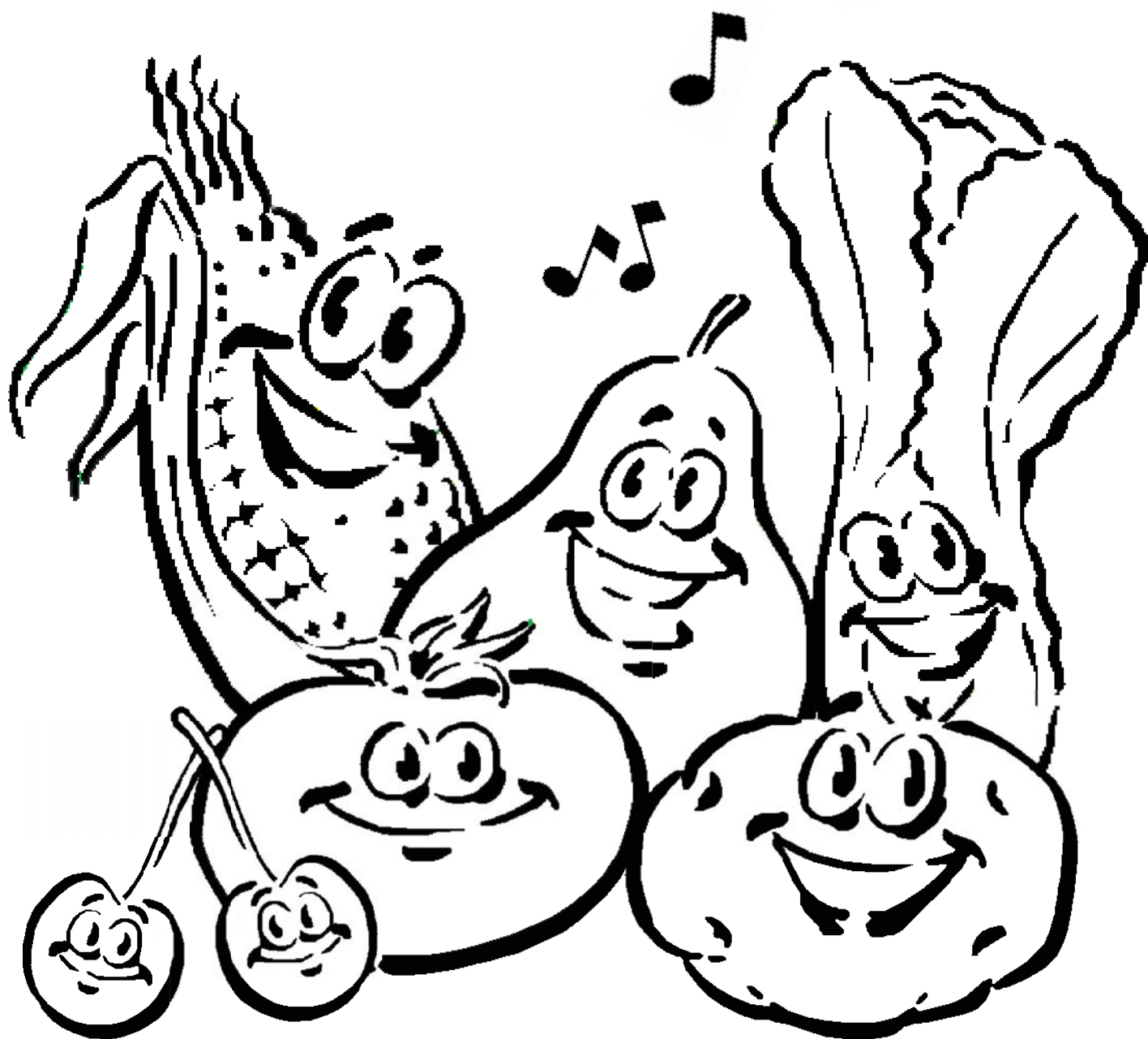
## ***Old MacDonald***

Old MacDonald had a farm, ee i ee i oh!  
And on his farm he had some chicks, ee i ee i oh!  
With a cluck-cluck here, and a cluck-cluck there  
Here a cluck, there a cluck, everywhere a cluck-cluck  
Old MacDonald had a farm, ee i ee i oh!

Old MacDonald had a farm, ee i ee i oh!  
And on his farm he had some cows, ee i ee i oh!  
With a moo-moo here, and a moo-moo there  
Here a moo, there a moo, everywhere a moo-moo  
Old MacDonald had a farm, ee i ee i oh!



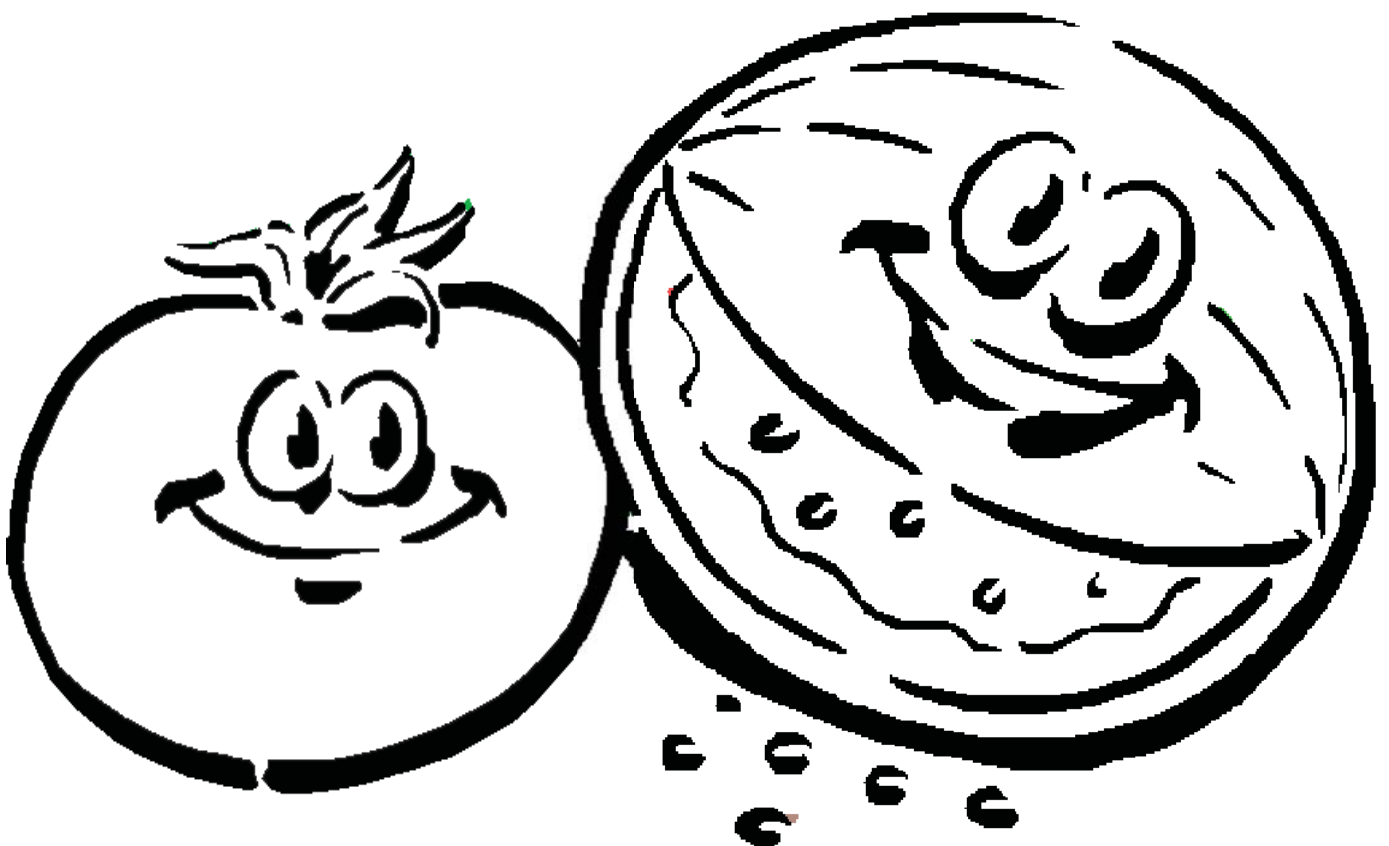
*"EVERYBODY SING!"*



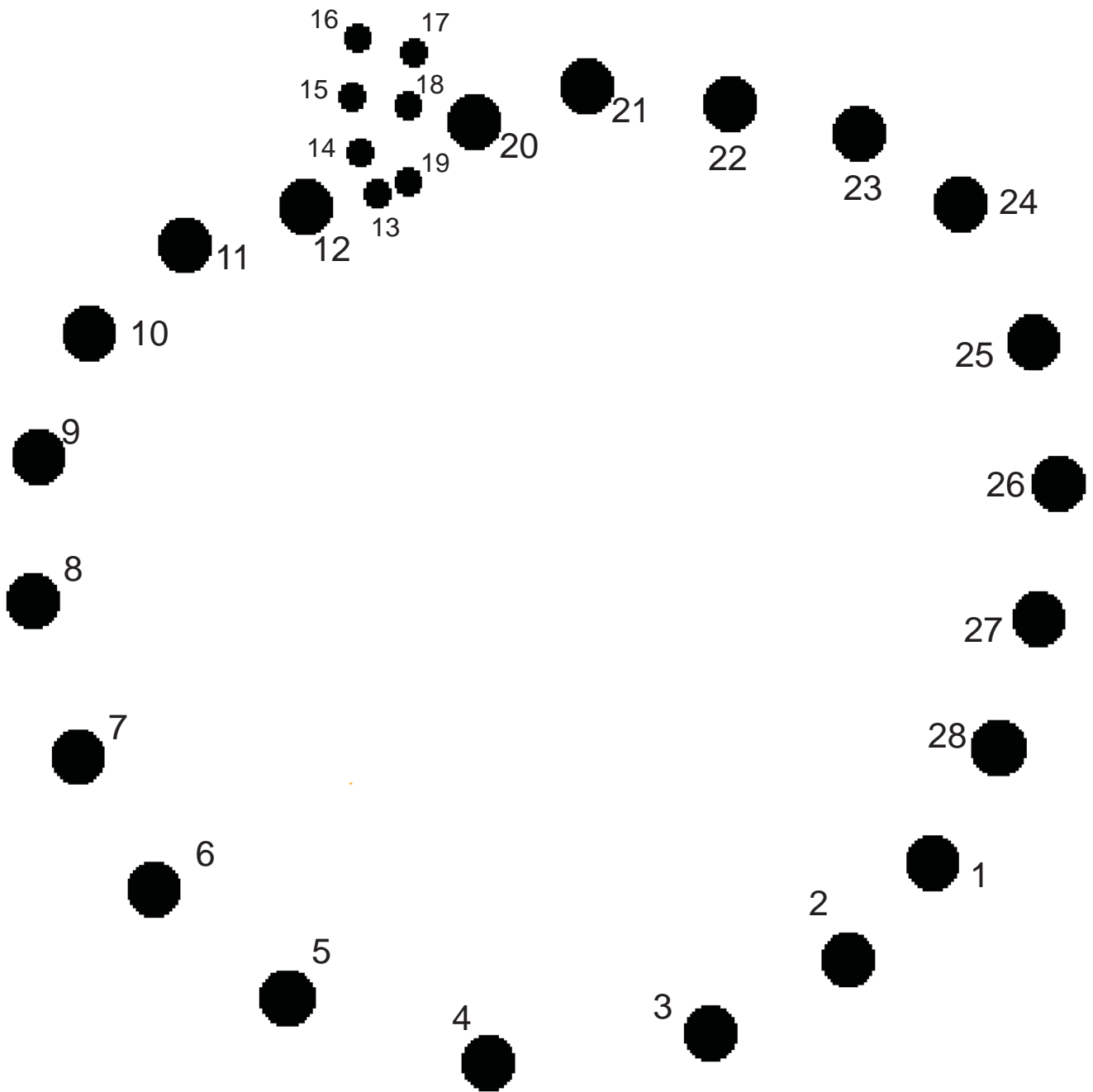


*"We are looking for a friend of ours."*

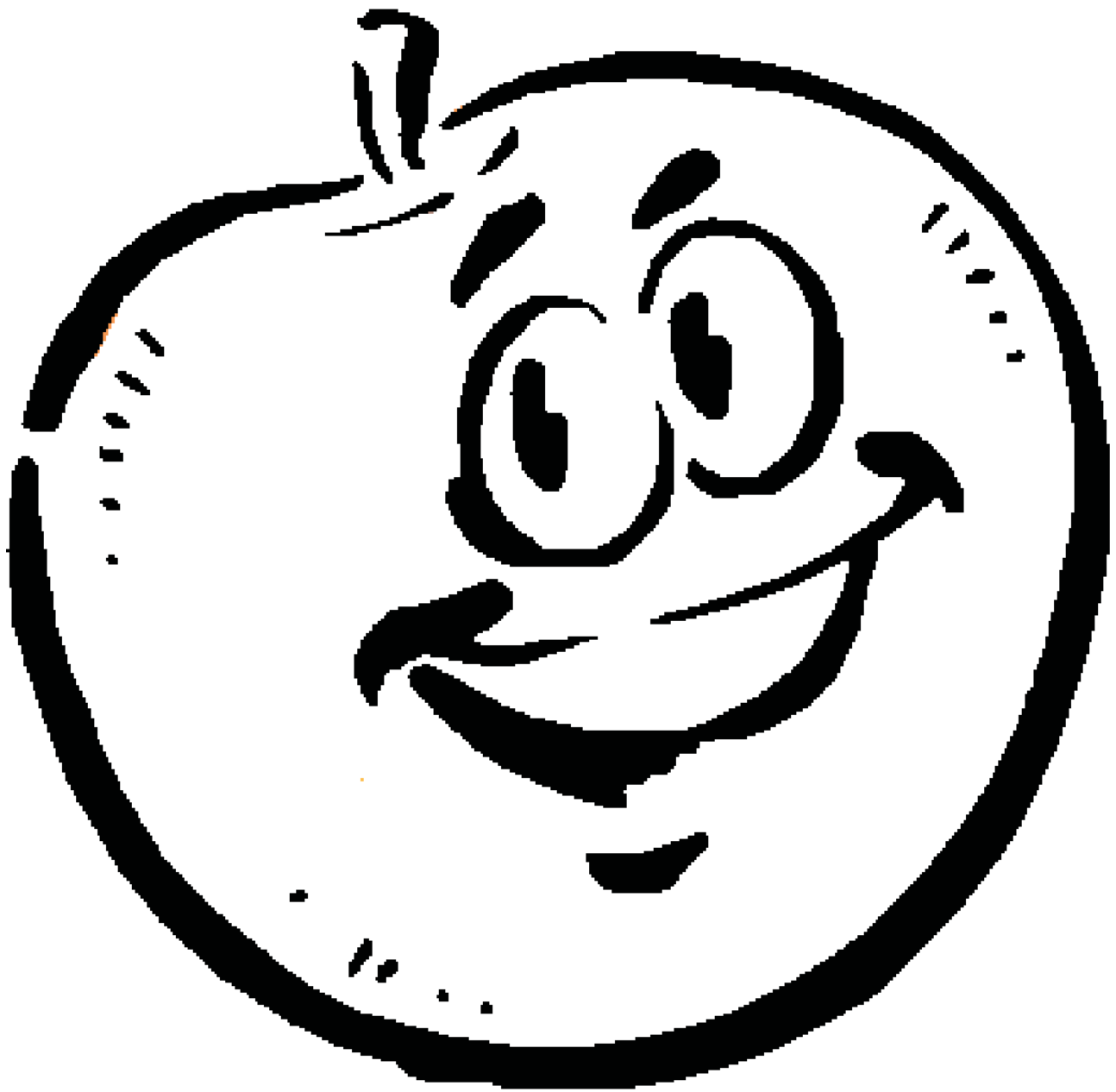
*"This friend is sweet, crisp, crunchy, makes a great pie, and is sometimes called Granny."*



*"Who are we looking for?"*

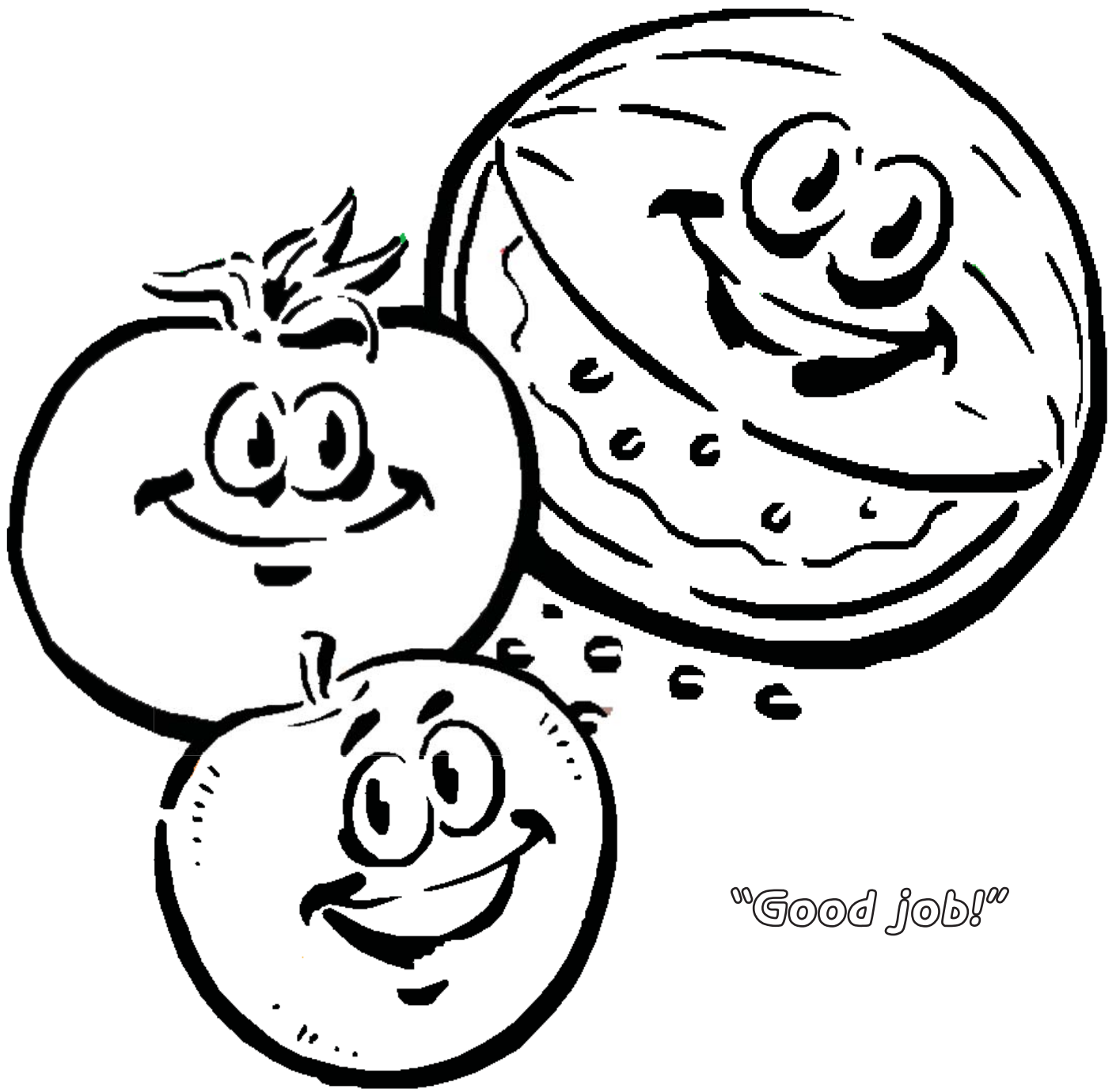


# APPLE!



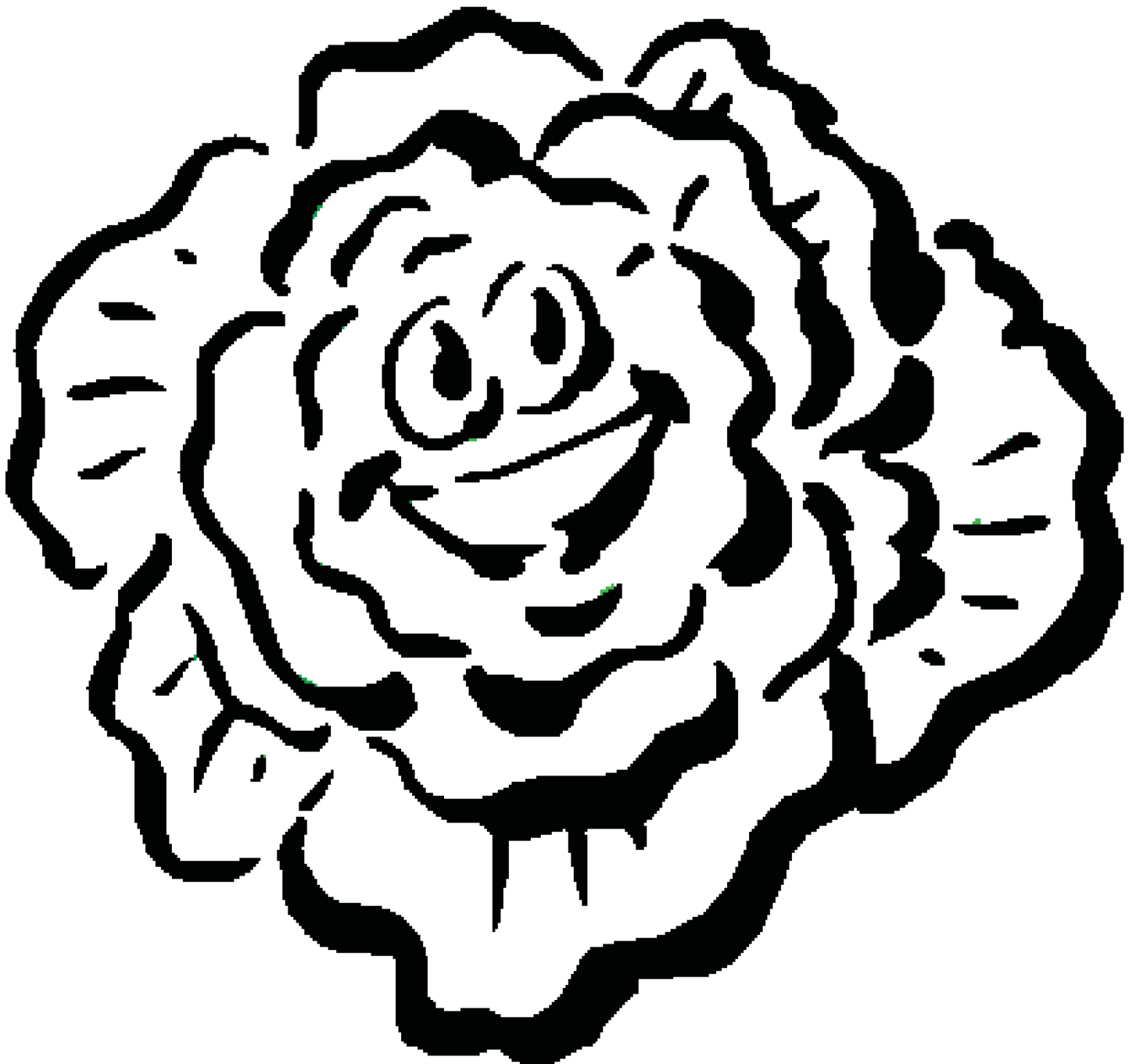
*"Apples come in many varieties like  
Granny Smith, Gala, Golden Delicious,  
and Macintosh."*

*"If you guessed we were looking for our friend the APPLE then you were right!"*

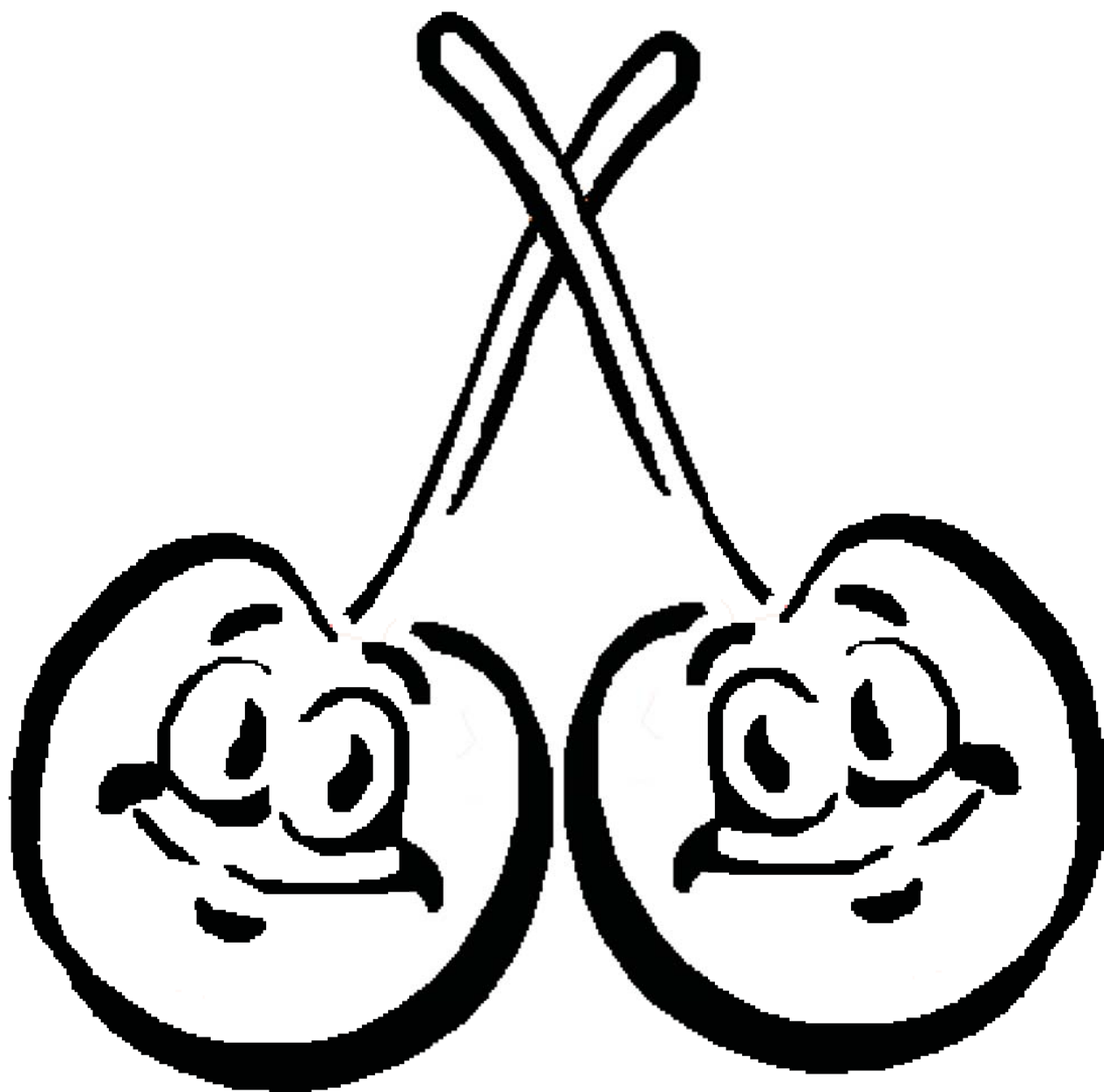


*"Good job!"*

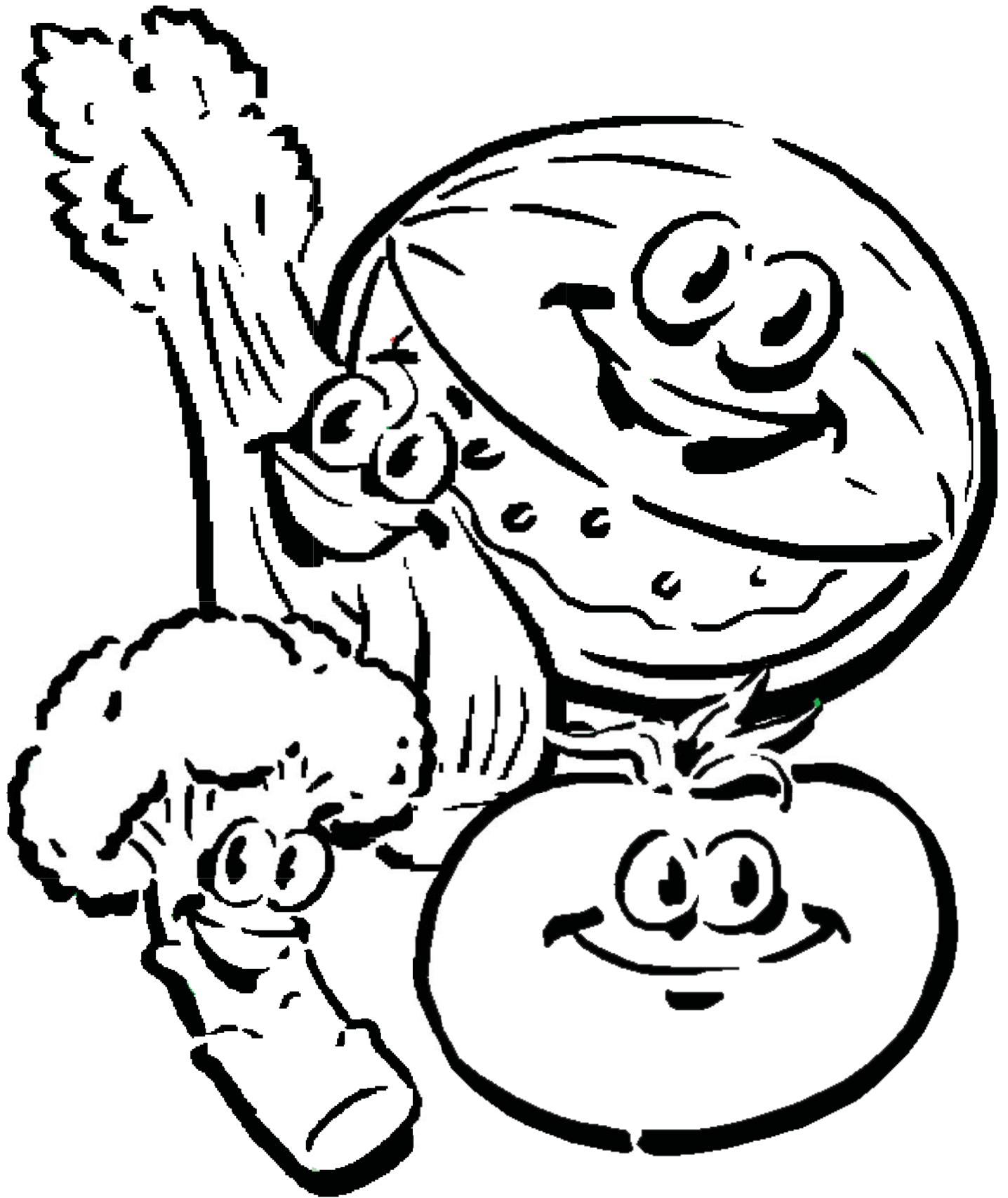
*"What did you learn at the  
farmers market today?"*



*"We learned that the farmers market  
is a great place to find healthy snacks  
and baked goods, meet friends,  
and listen to music."*

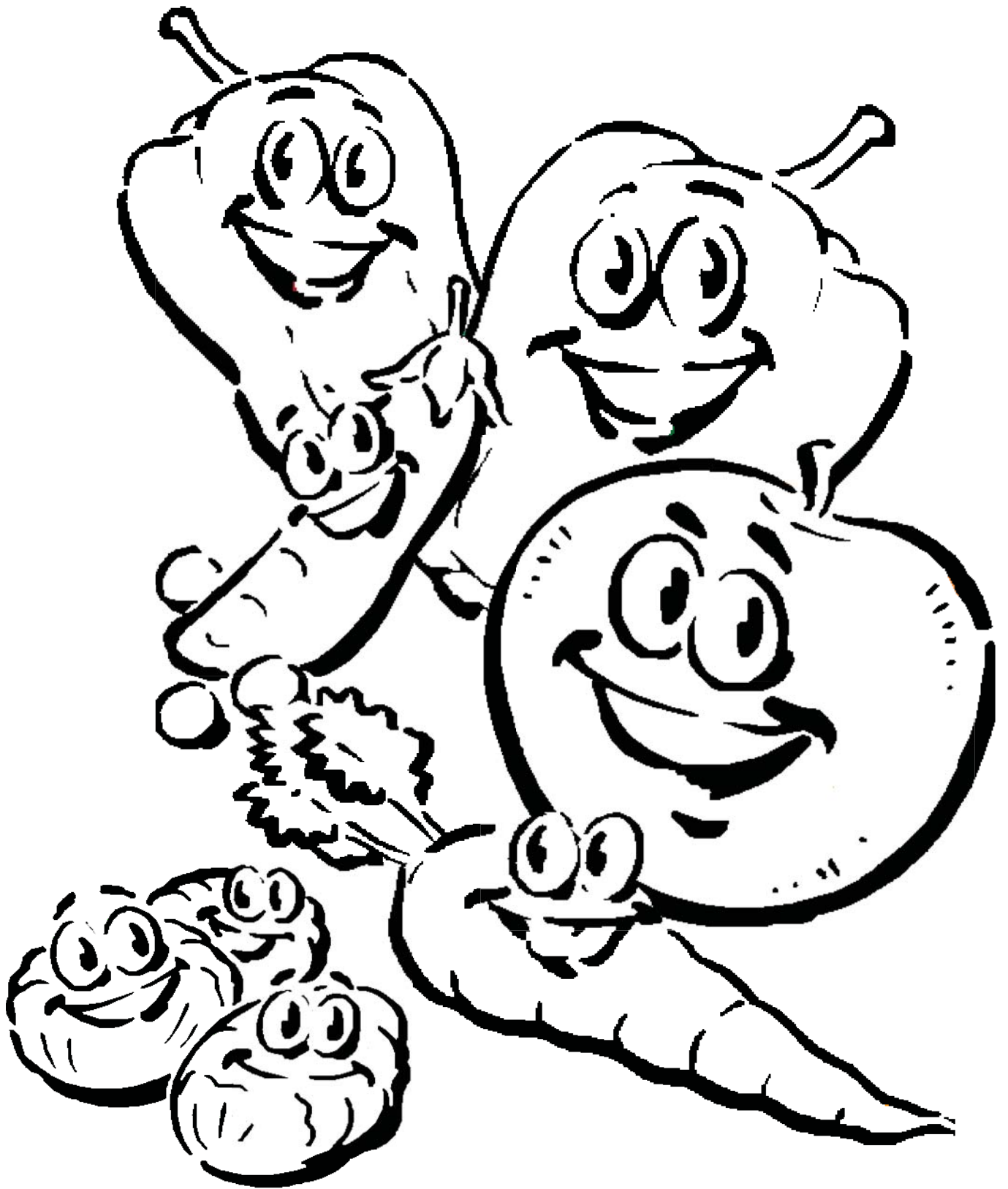


*"What fun we had at*





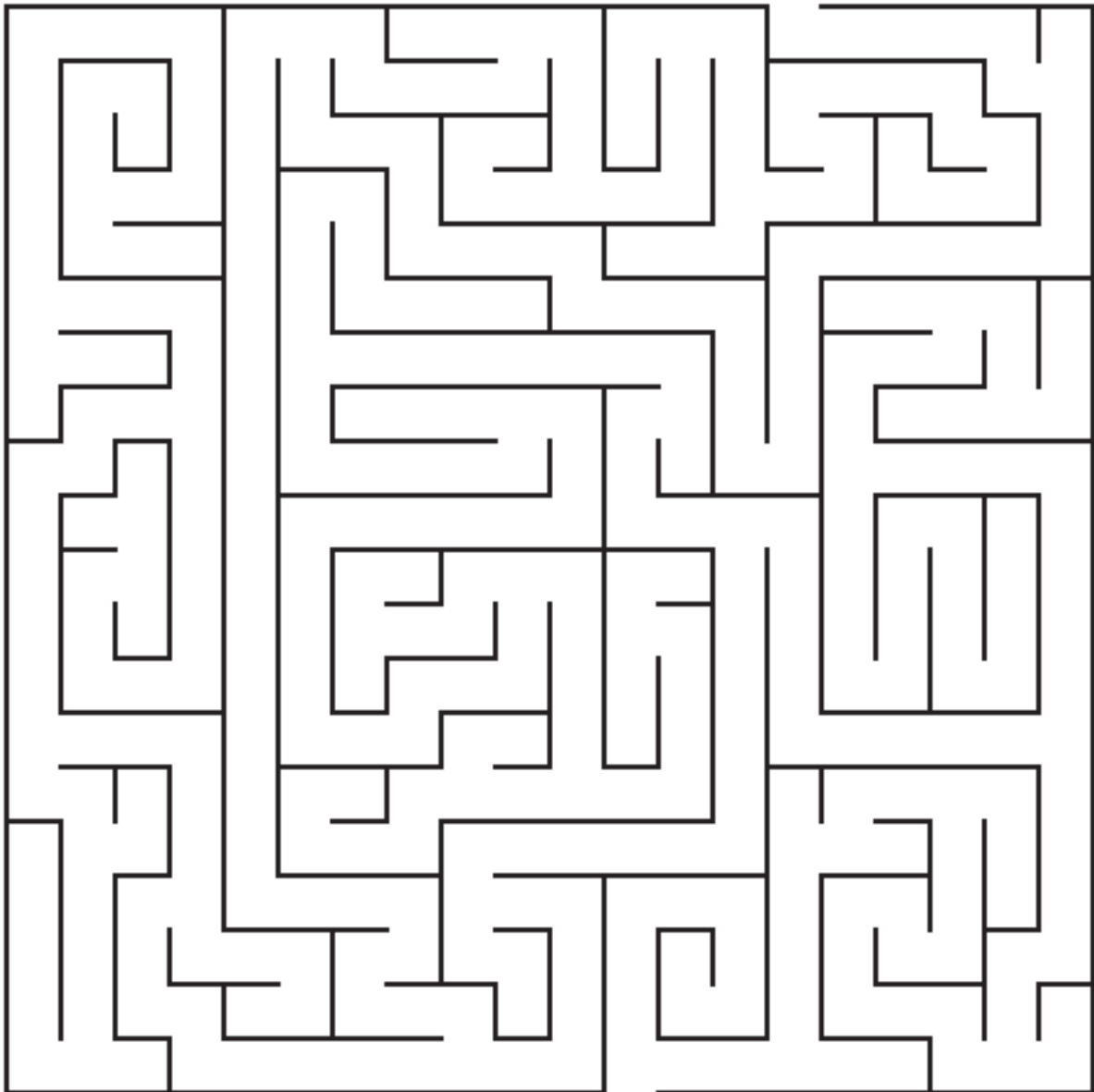
*the farmers market!"*



*Can you help broccoli  
find his way to the market?*



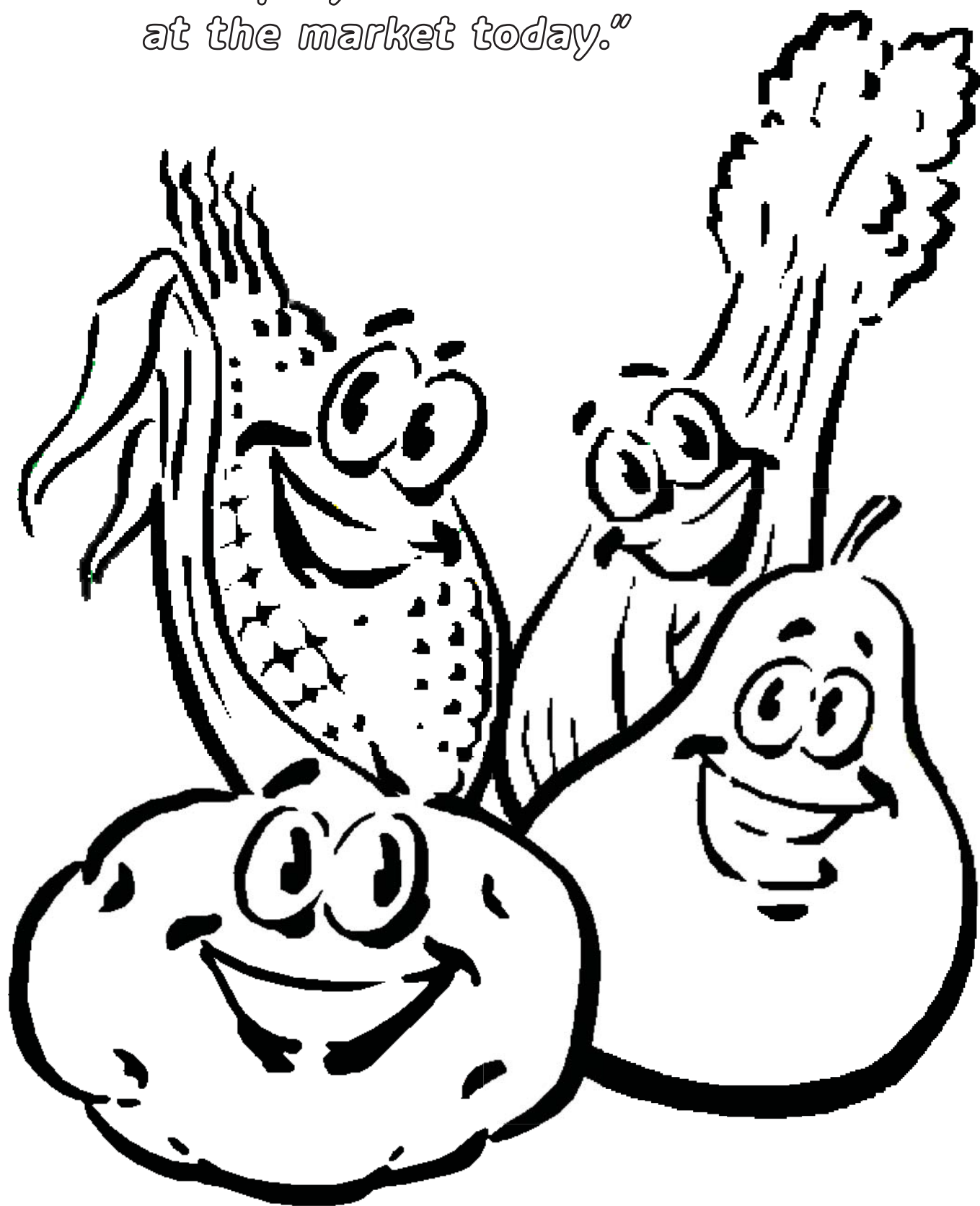
Start



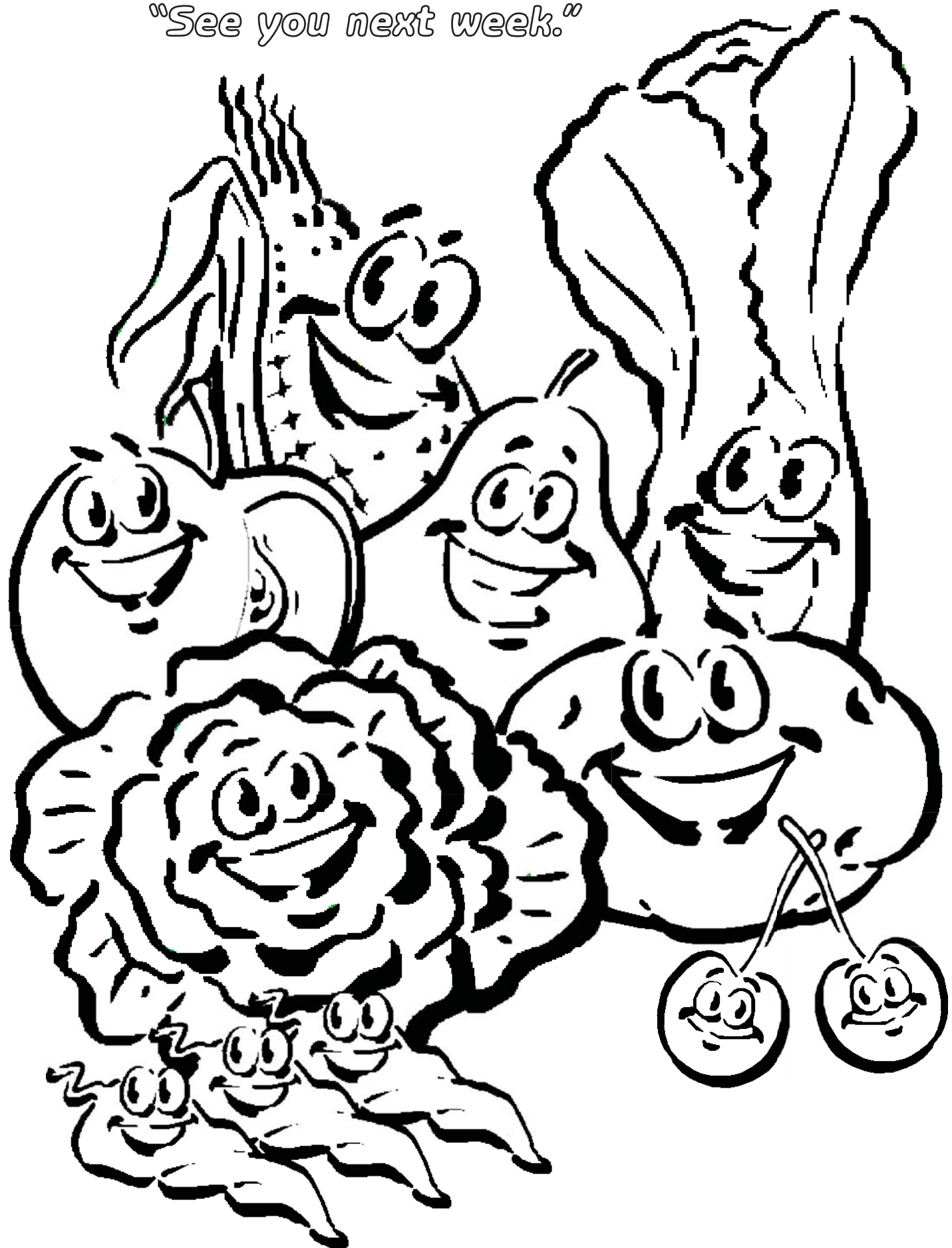
Finish



*"Hope you had fun  
at the market today."*



*"See you next week."*



Published by:  
United States Department of Agriculture  
Marketing and Regulatory Programs  
Agricultural Marketing Service  
Transportation and Marketing Programs  
Marketing Services Division

December 2005  
Reprinted April 2008

USDA Farmers Market Coloring Book created by:  
Jessica E. Faust  
Velma R. Lakins

Artwork courtesy of Microsoft Clip Art and Media  
<http://office.microsoft.com/>

USDA is an equal opportunity provider and employer.



# Tell Your Friends What Fun You Had at Your Local Farmers Market

