Farmers’ Market Activity Ideas for Young Children

Enhance learning opportunities before, during, and after a farmers’ market visit with these ideas!

Before Visiting Market
- Read books about farmers’ markets at circle time. For suggestions, flip over!
- Place pictures of produce under headers for each season and discuss what you may expect to see at market.

While Visiting Market
- Conduct a scavenger hunt where children look for certain colors, products, or people, such as a baker or yellow tomato.
- Focus observations with prompts. For suggestions, flip over!
- Practice vocabulary: farmer, baker, cheesemaker, orchard, dairy, grains, apple, tomato, lettuce, and radish.

After Visiting Market
- Prompt children, ‘What did you see, hear, and smell at the market?’
- Print out sequence cards for children to place in order showing how produce gets from farmer fields to the dinner table.
- Provide farm hat, play produce, and tags to write prices in dramatic play area for children to act out being market farmers.
- Complete a taste-test of two market finds. Have children vote for their favorite and graph the results.
Story Time

- Farmers’ Market Day by Shanda Trent
- Fresh-Picked Poetry: A Day at the Farmers’ Market by Michelle Schaub
- A Day at the Market by Sara Anderson
- Fruit by Sara Anderson
- Vegetables by Sara Anderson
- We’re Going to the Farmers’ Market by Stefan Page
- Before We Eat: From Farm to Table by Pat Brisson
- To Market, To Market by Nikki McClure
- Fresh Delicious: Poems from the Farmers’ Market by Irene Latham

Prompts to Focus Observation

- What colors are those tomatoes? (Repeat with other products.)
- Play ‘I spy with my little eye’ games spotting food products that start with certain letters of the alphabet.
- What do plants need to grow?
- Farmers’ markets are often outside — use this opportunity to discuss the weather using concrete adjectives, such as rainy, cloudy, sunny, hot, cool, and windy.