

# FARMERS MARKET CARDS

FUN FACTS  
GAMES & ACTIVITIES  
GARDEN USES

## About the Farmers Market Cards

This set of educational cards is designed to teach kids about what they eat, local foods, and how they grow.



# MATCHING ACTIVITY



Learn about the botanical characteristics of different plants and how to classify them



# GUESSING GAME



Ask questions to guess the mystery food item



# GARDEN CARDS



Multiple ways to use the cards in the garden



# MATCHING ACTIVITY

*What you thought was a "vegetable" may actually be a fruit!*



## Instructions

1. Use the "Fruits," "Vegetables," "Fungi," "Seeds," "Grains," "Legumes," and "Whole Food Sweeteners" to learn more about these categories of food.
2. Without looking at the answer key on the backs of the cards, try to match each of the foods (40 total) to the correct category.
3. Check your answers after you match all of the cards and see how many you got correct.
4. Move any misplaced cards to the correct category.
5. Mix all the cards up and play again!



## Assembly Instructions

- Print out the document double-sided to ensure that each card has a front and back.
- Cut along the dotted lines to create 4 cards per page.
- It is recommended to laminate the cards for longevity.
- The cards can be hole-punched at the top and kept together with a ring for safe keeping.



# GARDEN CARDS



1. Use the laminated cards as labels in your garden. Attach them to a post (a pop-sickle stick, pencil, etc.) and place them next to your plants.
2. Use the cards in a scavenger hunt. Each person gets different cards that they must find in the garden. Optional: collect a small sample of the plant to bring back.
3. Seed & plant identification: Use the photos on each card to demonstrate what a seed will look like in its fully grown form.



# GUESSING GAME

Number of players: 2 or more

## Method #1

1. One person is chosen to be the guesser. With their eyes closed, they pick one card. The front of that card (the side with the image of the food) is taped to their back, forehead, or on the wall behind them (anywhere where they can't see it).
2. The guesser asks only "yes or no" questions like: "Is it red?" "Is it a fruit?" "Does it grow under the ground?"
3. The other non-guessing players tell them "yes" or "no" until they are able to guess the food.

## Method #2

1. Step #1 from method #1 is the same.
  2. There is 1 guesser while the other player(s) take turns giving hints like "It is a vegetable," "It tastes sweet," or "It needs to be cooked," until the guesser is able to guess correctly.
- If there are more than 3 players, both methods can be played in teams. The same rules apply except for each turn, there is 1 guesser per team that guesses at the same time as the other team's guesser. The team that guesses their card first wins the point for that round.
  - Optional: Limit the number of questions, guesses, or hints.



# CREATE CARDS



Blank cards are included so you can add your own foods to the stack!

## MATCHING ACTIVITY



### VEGETABLES

Vegetables are edible parts of plants, including leaves, stems, flowers, and roots (but not the fruit and seeds).

## MATCHING ACTIVITY



### FRUITS

A fruit is a seed-bearing structure that develops from a flower that has been pollinated.

## MATCHING ACTIVITY



### FUNGI

Fungi are spore-producing organisms that feed on organic matter.

## Answer Key



### VEGETABLES

Vegetables:

1. Broccoli
2. Cabbage
3. Collard Greens
4. Lettuce
5. Onions

Root/starchy  
vegetables:

1. Carrots
2. Potatoes
3. Sweet Potatoes

## CREATE CARDS



1. Decide on what "farmers market" foods you would like to add to the card stack.
2. Print as many blank cards as you want to create.
3. Draw an image of the food on the front and label it with the food name.
4. Add at least 2 fun facts to the back of the card.

- The blank cards can also be used to create new categories of food for the matching activity or to invent your own game!

## Answer Key



### FUNGI

1. Mushrooms

## Answer Key



### FRUITS

- |                 |                  |
|-----------------|------------------|
| 1. Apples       | 10. Grapes       |
| 2. Avocados     | 11. Jalapeño     |
| 3. Blackberries | 12. Oranges      |
| 4. Blueberries  | 13. Peaches      |
| 5. Cantaloupe   | 14. Pears        |
| 6. Cherries     | 15. Pineapples   |
| 7. Chiles       | 16. Pumpkins     |
| 8. Cranberries  | 17. Strawberries |
| 9. Cucumbers    | 18. Tomatoes     |



## MATCHING ACTIVITY



Plants produce seeds, which will grow into new plants.

## MATCHING ACTIVITY



Grains are the seeds of grasses.

## MATCHING ACTIVITY



Legumes are plants that produce seeds in pods and help increase the nitrogen available in the soil.

## MATCHING ACTIVITY



These 2 sweeteners are found in nature:

- 1) Nectar is a sugary liquid produced by flowers to attract pollinators. Bees collect nectar and transform it into this popular sweetener.
- 2) Sap is a sugary liquid produced by all trees. Sap from a certain type of tree is boiled down to make this pancake topper.

## Answer Key



### GRAINS

Grains:

1. Barley
2. Corn
3. Oats
4. Rice
5. Wheat

## Answer Key



### SEEDS

Seeds:

1. Flax Seeds
2. Sunflower Seeds

## Answer Key



### WHOLE FOOD SWEETENERS

1. Honey
2. Maple Syrup

## Answer Key



### LEGUMES

Legumes:

1. Beans
2. Lentils
3. Peas
4. Soybeans



# Apples



# Avocados



# Barley



# Beans





# Avocados

- An avocado tree can range between 15-30 feet tall and takes 3-5 years to bear fruit.
- Avocados originated in Mesoamerica (Mexico and Central America) and were introduced to California in the mid-1800s.



# Apples

- There are more than 2,500 varieties of apples grown in the United States. 100 of these are sold commercially.
- Apples are members of the rose family, along with cherries, peaches, blackberries, and raspberries.



# Beans

- Bean plants can either be a "bush" that does not climb and produces many beans at once, or "pole" variety with beans that grow on vines throughout the growing season.
- The top five beans grown in the U.S. are pinto, navy, great northern, red kidney, and black beans. About 2 million acres of dry beans are planted each year in the United States.



# Barley

- Barley is harvested in the summer in temperate areas and during the winter in hot climates.
- Barley is an annual plant, which means that it completes its life cycle in one growing season.





# Blackberries



# Blueberries



# Broccoli



# Cabbage







# Blueberries

- Blueberries prefer sandy, acidic soil and colder climates.
- The silver/white coating found on the skin of blueberries is a naturally occurring compound that protects the fruit.



# Blackberries

- The dark color of blackberries demonstrates high levels of healthy antioxidants, which protect your body's cells and keep them healthy.
- Unripe blackberries are colored bright red, not green like many fruits.



# Cabbage

- Cabbage is used to make a fermented food called "sauerkraut," which originated in ancient China but is now a popular dish in Germany.
- Red cabbage can be used as a natural pink/purple-colored fabric or food dye.



# Broccoli

- Each broccoli head is made up of "florets," which are clusters of many flower buds.
- Broccoli is a member of the Brassica (or cruciferous vegetable) family, along with brussels sprouts, cabbage, cauliflower, collard greens, mustard, and kale.





# Cantaloupe



# Carrots



# Cherries



# Chiles







# Carrots

- Although most carrots are orange, there are about 20 varieties in a range of colors that includes white, yellow, red, and purple!
- Cooking carrots allows our bodies to better absorb the beta-carotene they contain, which is then converted to vitamin A.



# Canteloupe

- Canteloupe are members of the vine-crop family (Cucurbitaceae), which includes other melons, squash, pumpkins, cucumbers, and gourds.
- Canteloupe are ready to harvest when there is a crack in the stem attached to the fruit and it easily separates from the vine.



# Chiles

- Capsaicin is the compound in chile peppers that makes them spicy.
- The "Scoville Scale" measures a pepper's heat units (SHU), up to 16 million (pure capsaicin). Bell peppers rank 0 while the hottest pepper, the Carolina Reaper, has 2.2 million SHU.



# Cherries

- Cherries belong to the stone fruit family, which also includes peaches, plums, nectarines, apricots, lychees, and mangoes.
- A cherry tree grows around 7,000 fruits per year and can live for up to 100 years.





# Collard Greens



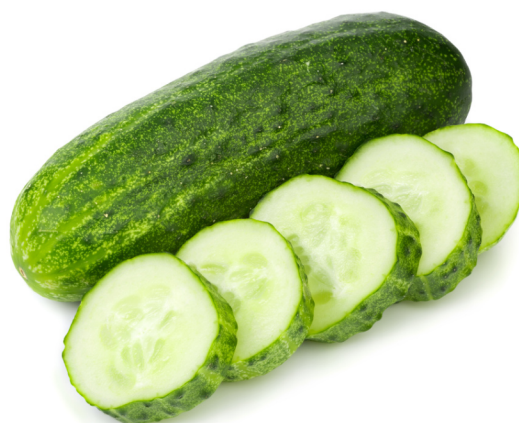
# Corn



# Cranberries



# Cucumbers





# Corn

- Corn is not only eaten fresh, it's also made into many common ingredients and products, including corn syrup, cornstarch, breakfast cereals, and chips.
- There are 4 main varieties of corn: sweetcorn (fresh), field corn (used for processed products), ornamental corn (not edible), and popcorn (harvested when totally dry and popped into a tasty snack!).



# Collard Greens

- Farmers usually harvest collard greens twice per year, 6-8 weeks after sowing during early spring and summer.
- The flowers of the collard greens (along with any other vegetable in the brassica family) are edible and taste similarly to the rest of the plant.



# Cucumber

- Cucumbers are very hydrating and contain around 95% water.
- Honeybees and bumblebees are essential in cucumber pollination, allowing the flowers to develop into fruit.



# Cranberries

- Cranberries are native to (originally found in) North America and grow in sandy bogs and marshes in the Northeast and Pacific Northwest.
- Native Americans used cranberries for curing meat, dyeing fabric, and healing wounds.





# Flax Seeds



# Grapes



# Honey



# Jalapeños





# Grapes

- There are more than 8,000 known varieties of grapes.
- Did you know that raisins are dried grapes? For more than 4,000 years grapes have been grown and dried into raisins so they can be stored and eaten year-round.



# Flax Seeds

- Flax seeds are a good source of nutrients, as well as helpful omega-3 fats and fiber.
- In addition to their many food uses, flax plants are also grown for their fibers, which can be used for fabrics and paper.



# Jalapeños

- Although commonly eaten green, jalapeños are colored bright red when they are fully ripe. This is when they are also a bit spicier and made into smoked chipotle peppers.
- Jalapeños are named after the city of Xalapa, Veracruz in Mexico, where they were traditionally produced.



# Honey

- A colony of honeybees must visit 2 million flowers in order to make 1 pound of honey.
- Bees make honey to store it as a food source during the winter, when nectar and pollen from flowers are not as abundant.







# Lentils



# Lettuce



# Maple Syrup



# Mushrooms





# Lettuce

- Dark green lettuce leaves typically have more nutrition than light-colored lettuce.
- Lettuce was first grown by ancient Egyptians. It was originally a weed whose seeds were used to make oil, but was eventually cultivated to have non-bitter, succulent leaves.



# Lentils

- Lentil varieties can come in red, orange, yellow, green, brown, and black colors.
- Lentils are one of the oldest crops cultivated by humans and date back to about 12,000 years ago.



# Mushrooms

- Mushrooms are a fungus and unlike plants, they do not need sunlight to make energy for themselves.
- Mushrooms are genetically more similar to humans than they are to plants.



# Maple Syrup

- Maple trees are tapped for their sap between late February and early April.
- It takes 40 gallons of sap from the maple tree to make 1 gallon of syrup.







# Oats



# Onions



# Oranges



# Peaches





# Onions

- In most climates, onions can be planted during the Spring in loose and acidic soil.
- Onions contain sulfuric acid, a compound that causes you to cry when you cut them.



# Oats

- The height of oat plants at the time of harvest is about 5 feet.
- 95% of the oats grown in the U.S. are used for animal feed.



# Peaches

- Peaches and nectarines look similar; however, nectarines have smooth skin due to a difference in a single gene.
- A peach tree makes around 66 pounds of fruit per year and can produce fruit for about 12 years.



# Oranges

- Over 600 varieties of oranges exist worldwide.
- Cultivated since ancient times, the common orange was created by cross-pollinating pomelo and mandarin trees.





# Pears



# Peas



# Pineapples



# Potatoes





# Peas

- Frozen peas go through a flash freezing process within 2.5 hours of being picked, which locks in all of the nutrients.
- The most popular varieties of pea are snow pea, snap pea and sugar pea.



# Pears

- Pears are in the rose family, along with apples, berries, and some stone fruits. Their flowers resemble a traditional rose.
- Unlike most fruits, pears are best when picked before they are soft and left to ripen off the tree.



# Potatoes

- Potatoes are part of the nightshade (Solanaceae) family, which includes tomatoes, eggplants, and peppers.
- The average yield for a single potato plant is about 2 pounds.



# Pineapples

- If grown from seed, a pineapple takes around 3 - 4 years to fruit. If it is grown by propagation (re-planting a part of an existing plant) it takes about 1.5 - 2 years.
- A single pineapple is produced from a cluster of 200 flowers.







# Pumpkins



# Rice



# Soybean



# Strawberries





# Rice

- Rice seeds are sown in regular soil and then, once the seeds sprout the fields are flooded, mimicking natural weather patterns. Flooding deters pests and weeds.
- Brown rice is the whole grain while white rice has had the hull (the outer bran layer) removed. Wild rice is not actually a type of rice, it's a different kind of aquatic grass.



# Pumpkins

- Like other plants in the squash family, pumpkins have edible flowers.
- Pumpkins can be colored red, orange, yellow, green, blue or a combination of these colors.



# Strawberries

- As a perennial, strawberry plants can grow back year after year. The plants can live for up to 5 years.
- Although the 200 or so dots on the surface of a strawberry resemble seeds, each one is actually a tiny fruit containing an even tinier seed inside.



# Soybeans

- "Edamame" are green soybeans that are harvested immaturity when they are still soft. They are cooked and served inside the whole pod.
- Growing soybeans can add 30-50 pounds of nitrogen (an essential nutrient for plants) per acre into the soil.





# Sunflower Seeds



# Sweet Potatoes



# Tomatoes



# Wheat







# Sweet Potatoes

- While it is a root, sweet potato is a member of the morning glory family and is not potato or yam.
- When cooked, the entire sweet potato plant (including the leaves, shoots, and stems) is edible.



# Sunflower Seeds

- True to their name, sunflowers "follow" the sun during the day. Their blossoms face east when the sun rises in the morning and change orientation as it moves in the sky.
- Each sunflower can have as many as 1,000 - 2,000 seeds.



# Wheat

- Wheat is the most widely grown and harvested crop in the world.
- 60 lbs of wheat kernels or whole-wheat flour can make 90 loafs of bread.



# Tomato

- As a warm-weather plant that is usually harvested in the summer, in cooler climates, tomatoes are usually grown in greenhouses.
- Tomatoes can be red, orange, yellow, green, purple, black, brown, white, or a combination of these colors.



