

Farmers' Market Scavenger Hunt



Take your kids to the farmers' market and challenge them to search for new and nutritious fruits and vegetables.



1. This vegetable is usually a deep red-purple color but some varieties are yellow, orange, and even striped. They are not as perfectly round as a baseball, but they're almost just as hard. Go find a bunch!

2. This leafy green vegetable rhymes with nail and pail and it's often used in a salad or made into crunchy chips. Some types are curly and some are called dinosaur. What is it?

3. Eaten as a crunchy snack, spread with peanut butter, or dipped into hummus, this light green stalk is super crunchy, and it tastes a little bit like grass! Go grab a stalk.



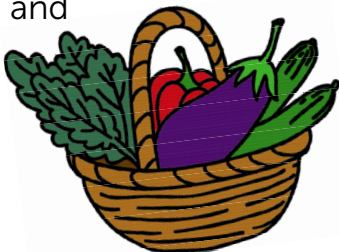
4. It's often mistaken for a vegetable, but this food is really a fruit. Depending on how it's cooked, it can be turned into a delicious soup (which is often served with grilled cheese) or pizza sauce. While it's usually bright red in color, you may also find some yellow, orange, and purple varieties.

5. A bunny rabbit's favorite treat, this orange-colored vegetable is good for your eyes. Take a walk through the market and see if you can spy some.



6. This heart-shaped red fruit is a sweet treat on its own, but it's also a delicious addition to smoothies and parfaits. When you find it, chances are a few of its berry-licious cousins will be nearby.

7. This vegetable comes in a rainbow of colors: red, orange, green, yellow, and purple, and it's fun to eat as a crunchy snack or with a dip. It has a slightly sweet flavor even though the word 'pepper' appears in its name. Go and find your favorite color.



8. This purple-blue fruit comes in two sizes: tiny and tinier! Sometimes it's grown on farms while other times it's picked in the wild. Can you find a pint?

Answer Key
1. Beets
2. Kale
3. Celery
4. Tomatoes
5. Carrots
6. Strawberry
7. Bell Pepper
8. Blueberries