



## FARMING

### OBJECTIVES:

- Understand what a farmer does
- Explain what foods are mostly found on farms
- Describe how farmers earn a living and explain what a farmer's market is
- Learn how to start a small farm at home

### LET'S GET STARTED! (10 MINUTES):

- Explain what a farmer's job is and how they earn a living
- Briefly describe what a farmer's market is and how it works
- Discuss what foods are grown on farms and the steps that are involved in growing food
- Teach students how they can start their own small farm in their backyard

### STORY (15 MINUTES):

- Read the story about Boss and his friends learning about farming and growing their own food

### WRAPPING UP (5 MINUTES):

- Ask if any of the students have any questions about the lesson on farming

## LET'S GET STARTED!

- Begin by discussing what a farmer is, what their job is, and how they earn a living, explaining that the farmer's market is one way that farmers can make money.
- List some of the vegetables that can be grown on a farm and the six steps for growing food.

## DIALOGUE BOX

- A farmer is a person who owns and takes care of a farm. Farms are flat pieces of land where food can be grown, like corn, lettuce, and beans.
- Farmers are extremely important to everyone because they grow the food that we eat; without farmers, we would not have nearly as much food as we do now.
- Farmers earn their living through the farming they do. They plant the seeds that grow our food, and then they ship the food off to markets, grocery stores, or other companies that can sell that food to us.
- One of the ways they can earn their living is through something called a "farmer's market." A farmer's market is a place where all types of farmers gather together to sell their food to their local community!
- There will be tons of farmers that attend the farmer's market, and usually the farmer's market is open on Saturday mornings and sometimes on Wednesday mornings. This is a great way to support your local farmers, get fresh fruits and vegetables, and have a lot of fun!
- If you decide to go to a farmer's market, then make sure you bring some cash with you and a sturdy bag for all of the goodies that you buy!

## STORY

- Read the story about Boss learning about farming and how to grow his own food
- Use the questions at the end to start a class discussion on how plants grow and what they need to grow, including water, sunlight, soil, minerals, etc.

## Growing your own Food

Since Boss has learned the basics of eating healthy and being active, he did not know what else he could do to continue improving his health! One day during a break at school, Boss was telling his friends that he wanted to continue to learn about being healthy when one of his friends, Kathy suggested he learn how to farm and grow his own food! Boss thought that was cool and asked, "How do I learn that?" His friend Jessica replied, "My Uncle Ted is a farmer. We can go out there this weekend!" Boss was so excited for the weekend to get here! That Saturday they went out to visit Uncle Ted on his farm. He explained to them that Boss could have his own garden where he could control the pesticides and toxins that go on his food. Boss was very excited to hear that anyone can grow their own food and asked, "What do I need to do in order to grow my own food? And what types of food can you grow in a garden?" Uncle Ted then said, "You can grow all kinds of fruits and vegetables in your garden! You will want to pick the food you grow based off of the season though because some fruits and vegetables grow better in certain seasons! And in order to start a farm, you would just go out and buy some seeds from your local gardening store, as well as some soil and pots! After you buy all of the materials, you plant your seeds, put them in the sun, water them, and wait for them to grow!" Boss said, "Wow, I cannot believe it is that simple to how your own food! I think we should make a trip to pick up some seeds and start right away!" Uncle Ted offered to give Boss all the materials and seeds they needed to get started. They got seeds to grow tomatoes, peppers, eggplant, and even seeds for herbs! After they loaded up, Uncle Ted let Boss drive his tractor which Boss thought was so much fun! When they got back to Boss' house they began planting their seeds in the new pots they just got! They filled the pots half way with soil, put some seeds in it, then topped it off with more soil before they watered it! After all the seeds were planted, Boss asked, "When will our fruits and vegetables be ready?" His friend replied, "It will be a while before it all starts growing! The herbs will grow faster than the others though, so look out for that to grow first!" After a couple of weeks, Boss started seeing his food grow! And after a couple of months, he finally had a couple of tomatoes and peppers! He could not believe it! Growing his own food is a good way to continue on with being healthy, and he was also saving money that he would be spending on those foods at the grocery store! He told all of his friends about his new garden he started, and even taught them all how to make their own gardens! After a while, Boss and his friends had so much food that they decided to take it to their local Farmers Market and sell it. They got money to buy more seeds and materials. Boss was very excited!

## WRAPPING UP

- Ask if any of the students have any questions about the lesson on farming.



# BOSS AT THE FARMERS MARKET

