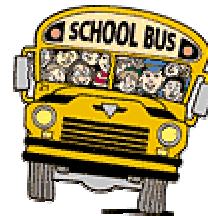


# SCHOOL FIELD TRIPS



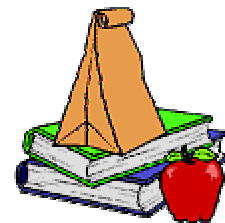
The Sacramento Certified Farmers' Markets offer educational field trips to area schools and youth groups. Please consider making your reservations now. Our program is geared toward third and fourth grade students. We stress eating "in season" California grown fruits and vegetables for a healthy life. The students will meet real farmers, the people who grow the food they eat. They will learn the nutritional value of eating "in season" California grown produce.



We have both year round market and seasonal market sites. Most field trips take about ninety minutes to complete. Field trips are offered at many locations in the fall, spring, and summer months. Because California Certified Farmers' Markets offer only "in season" California grown fruits

and vegetables, the market products change with the growing seasons. Some classes have market field trips twice a year to show the seasonal difference in commodities available.

The Certified Farmers' Markets provide worksheets for each student to complete at the market. These sheets teach seasons according to nature's calendar, the nutritional value of foods, and the geographical locations where foods are grown in California. Students earn tokens for completing their worksheets correctly. The tokens are used to shop for fruits and vegetables at the market (teaches sharing and math skills). We provide teachers with seasonal recipes to make upon returning to the classroom. If time allows, a fun activity is also offered before leaving the market.



**Sacramento Certified Farmers' Markets can be found at  
[www.California-Grown.com](http://www.California-Grown.com)**