



# SELF-GUIDED TOUR OF GREENMARKET

GROWN NYC GREENMARKET YOUTH EDUCATION

Greenmarket Youth Education teaches K-12 students about the benefits of eating local, seasonal, and healthy food through our interactive, guide-led School Tours program at the Greenmarket. GrowNYC welcomes self-guided small groups at our **50+ Greenmarket farmers market locations**.

This guide is designed to help adults - teachers or caregivers - who are interested in providing an educational experience for children at one of GrowNYC's neighborhood Greenmarkets. Please read on for rules, activity ideas, and fun facts that you can share with students. If you are planning on taking a Self-guided tour of our Greenmarkets please fill out this form to let us know!

**Check in with the market manager at the Market Information Tent when you arrive.** They will provide you and your students with a great deal of information about the market and our farmers, as well as tips on how to safely walk through the market.

## Rules to keep the market running smoothly and our farmers happy:

- Take some time to prepare your children for the visit by discussing the trip in advance and prepare a list of questions to ask the farmer.
- Keep your student groups small.
- Provide ample supervision for your students, especially if they are young. We recommend 1 adult per every 5 students.
- Be mindful of the farmers and their ability to sell their products. It is fine to visit the stands and even ask them questions, but do not block the stands from shoppers trying to get in or speak to the farmers when they are busy helping other customers.
- Please remind your students not to touch any items or take samples at farm stands unless they ask the farmer's permission. Many of their products are fragile and can get damaged or bruised easily.



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## Activities to do while visiting a GrowNYC Greenmarket

Purchase fruits or vegetables that are unfamiliar to the students. Discuss these purchases as a group and **conduct a five senses activity**. Talk about how the item smells, how it feels to the touch, what it looks like, what sound it makes when you bite into it (at home please!), and what it tastes like. We recommend trying fresh herbs, sugar snap peas, sprouts, watermelon radishes, Chioggia beets, or Pink-a-boo apples. You can also compare different varieties of the same fruit or vegetable.

Look for different types of a familiar produce item such as purple potatoes, red carrots, white cucumbers, or yellow tomatoes. Have students **count the number of apples, tomatoes, or winter squash** they come across during their visit, and explain to students how Greenmarket farmers preserve our biodiversity by growing many heirloom varieties you cannot find in supermarkets.

During the days leading up to your visit to the market, **save food scraps** (banana peels, apple cores, etc.) and bring them to the Greenmarket to be composted. For a list of acceptable food scraps, as well as currently open drop-off sites, visit [grownyc.org/compost](http://grownyc.org/compost).

If the farmer is not too busy, ask them: what is their favorite thing to grow, what specialty items they grow, how long they have been a farmer, or how they got into farming.

Conduct a **market scavenger hunt**:

- Find fruits and vegetables with all the colors of the rainbow.
- Find fruits and vegetables that are different parts of the plant (i.e. leaves, flowers, stems, roots, fruits, and seeds.)
- Find farms from the different states represented at Greenmarket: New York, New Jersey, Pennsylvania, Connecticut, Massachusetts, and Vermont.
- Look for items in the market that you cannot eat, such as flowers, soap, candles, wool, and yarn.

Let us know what you saw on your self-guided tour by tagging [@grownyc](https://www.instagram.com/grownyc) on social media!

## FUN FACTS ABOUT GREENMARKET



More than 230 producers are represented at Greenmarket. They grow or produce all of the items they sell at Greenmarket.



Greenmarket farmers are located within 250 miles of New York City, and they travel an average of 90 miles from their farm to market.



Greenmarket farms are diverse, and they produce the best our region has to offer. In addition to vegetable farms, there are orchards (fruit tree farms), livestock farms, poultry farms, and dairy farms. You can also find fish, baked goods, honey, jam, jelly and maple syrup, pickled products, and so much more at your neighborhood Greenmarket.



All the fruits and vegetables you see at the market are grown in the Northeast region of the United States, which is why you won't see mangoes, pineapples, avocados, bananas, or other sub-tropical or tropical fruits or vegetables at the market.



Many fruits and vegetables at the grocery store are trucked hundreds or thousands of miles from fields in California, Florida and Central or South America, and they are harvested early, compromising their freshness and nutritional value.

**Produce sold at the Greenmarket comes directly from nearby farms**, so it is fresher, tastes better, and is healthier for your body and for the environment.



Greenmarket farmers help support genetic biodiversity by growing a wide variety of crops. These include 47 varieties of peas and beans, 120 varieties of apples, 170 varieties of tomatoes, and 350 varieties of peppers.



Greenmarket farmers help reduce the impact of climate change by rotating their crops, using compost, and reducing reliance on fossil fuels.

### ADDITIONAL RESOURCES

GrowNYC Education Distance Learning

GrowNYC Food Access Locations



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