Self-Guided Tour

Thank you for visiting one of our 50+ Greenmarket farmers market locations. Greenmarket Youth Education is devoted to teaching K-12 students about the benefits of eating local, seasonal, and healthy food during our interactive guide-led program, School Tours at the Greenmarket. If you would like to learn more about education programs offered by GrowNYC, please visit www.grownyc.org/education.

Check in with the market manager at the Market Information tent when you arrive. She/he can provide you and your students with a great deal of information about the market and our farmers, as well as give you tips on how to best spend your time at their market!

Market rules to keep the market running smoothly and our farmers happy:

1. Provide ample supervision for your students, especially if they are young. We recommend 1 adult per every 5 students. The market can be very busy and we don’t want anyone to get lost or injured.

2. Be mindful of the farmers’ ability to sell their goods. 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.

3. 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.

For over 35 years GrowNYC’s Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers.

As a non-profit, donations from supporters like you are vital to our continued success. To make a fully tax-deductible contribution, please call 212.788.7900 or visit www.grownyc.org/Greenmarket.
Fun facts about the Greenmarket:

1. **Greenmarket farmers travel a median distance of 90 miles from their farm to New York City, and grow or produce all of the items they sell at Greenmarket on their farm. You are buying food directly from the person who grew it, raised, caught it, baked it or produced it.**

2. **All of the fruits and vegetables you see at the market are grown in the Northeast region of the United States. You will never see mangos, pineapples, avocados, bananas or other fruits or vegetables that do not grow in our region/climate at the market.**

3. **In addition to all the vegetable farms, there are orchards (fruit tree farms), livestock farms, poultry farms, dairy farms, fisherman, bakeries and honey, wine, jam, jelly and maple syrup and pickled-product producers with items for sale. Over 230 producers total are represented at the Greenmarket.**

4. **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 to the store, compromising their freshness and nutritional value of the foods. Produce sold at the Greenmarket comes directly from nearby farms located within 200 miles, so they are fresher, taste better, are better for your body and better for the environment.**

5. **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, 350 varieties of peppers.**

Activities to do while at the market:

1. **Purchase fruits or vegetables the students may not have had before and conduct a tasting activity using all of their senses.** Talk together as a group about how the item smells, how it feels to the touch, what it looks like, what sound it makes when you bite into it, and what it tastes like. Produce good for this activity are fresh herbs, sugar snap peas, sprouts, watermelon radishes or several apple varieties.

2. **Look for different type 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 can’t find in supermarkets.**

3. During the days leading up to your visit to the market, **save student food scraps** (banana peels, apple cores, etc) and bring them to the Greenmarket to drop off and be composted. For a list of acceptable food scraps and drop-off sites visit here:  
   www.grownyc.org/compost/locations