

Fruit and Vegetable Rainbow Race

ACTIVITY SHEET



Instructions: You have ten minutes to explore the market. Find a fruit or vegetable for each color and record the quantity and price information for different fruits or vegetables.

COLORS	FRUIT OR VEGETABLE	PRICE	QUANTITY
<i>example:</i> orange	carrots	\$1	1 bunch
red			
green			
yellow			
purple			
white			
bonus			

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Salsa Dash

ACTIVITY SHEET

Instructions

You have ten minutes to explore the market. Find as many of the ingredients listed below as you can. Check off what you find and record the cost.

Fresh tomato salsa

- 3 medium tomatoes, chopped \$ _____
- ½ onion, diced \$ _____
- 1 jalapeno pepper, minced \$ _____
- 1 fresh lime, juiced \$ _____
- 3-4 tablespoon cilantro, washed and chopped \$ _____
- 1 clove garlic, minced or ¼ tsp garlic powder \$ _____
- ½ teaspoon salt and ¼ teaspoon pepper (optional)

Easy and fresh tomato salsa

Combine all ingredients above, together in a medium size bowl. Mix well. Refrigerate at least 3 hours before serving.

Notes _____



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Scavenger Hunt

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✓	ITEM	ASK THE VENDOR?
	A bag of mixed greens	What kind of greens are in this mix?
	A fruit or vegetable that weighs over 1 pound	How do I prepare this?
	A baked good that is made with whole grains	How do I store this?
	A fruit or vegetable you have never tasted before	What does this taste like?
	A fresh herb	How do I use this?
	A fruit or vegetable you have never purchased before	How do I pick one that is ripe?



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Roasted Vegetable Round Up

ACTIVITY SHEET



Fall and Winter Vegetables for Roasting

winter squash \$ _____ per pound or _____ (amount)

carrots \$ _____ per pound or _____ (amount)

peppers \$ _____ per pound or _____ (amount)

parsnips \$ _____ per pound or _____ (amount)

potatoes \$ _____ per pound or _____ (amount)

rutabaga \$ _____ per pound or _____ (amount)

onion \$ _____ per pound or _____ (amount)

How to Roast Vegetables

1. Peel vegetables (if necessary) and cut into same-size chunks. 1-1 ½ inch cubes work well.
2. Lightly sprinkle cut vegetables with olive oil or vegetable oil and toss to coat.
3. Add 1-2 cloves chopped garlic or a little garlic powder (optional) and sprinkle with salt and pepper.
4. Lay coated veggies on a cookie sheet and bake in a 450 degree oven until slightly brown, tossing occasionally. About 20-30 minutes.

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Salad Challenge

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Farmers' Market Spinach Salad

_____ 4-6 cups of spinach

Choose 3 or more items from the list below. You will need one cup of each item you choose. This salad serves 6.

_____ strawberries, blueberries or raspberries

_____ apples

_____ cherries

_____ peppers, any color

_____ cucumbers

_____ peaches

_____ onions

_____ grapes

_____ carrots

_____ broccoli

_____ cauliflower

_____ snap peas

_____ peas

_____ beans, any kind

_____ tomatoes

*** Add nuts or seeds for crunch and texture

Honey Vinaigrette Dressing *16 servings*

¼ cup apple cider vinegar

½ cup vegetable oil

3-4 tablespoons honey

¼ teaspoon garlic powder or 1 clove minced garlic

Mix all together with a fork or whisk. Serving size is 1 tablespoon per person. Store extra dressing covered in the refrigerator.

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Ask a Vendor

ACTIVITY SHEET



1. Q Where is this (apple, strawberry, squash, etc.) grown?

A _____

2. Q What is your favorite way to eat this?
(Choose something they are selling to ask about.)

A _____

3. Q How do I know if this is ripe or ready to eat?

A _____

4. Q Your own question:

A _____

5. Q Your own question:

A _____

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