



Educator Resource Guide

FROM THE FARM, TO OUR TABLE

Written by Sarah Rowe

Illustrated by Amanda Morrow

Juvenile Fiction

32 Pages ~ 11 x 8.5 (horizontal)

Grades Pre-K-2 ~ Ages 3-7

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Key Concepts: Sustainability, green living, farming, gardening, cooking, farm life, regenerative agriculture, siblings, daily life.

About the author: Sarah Rowe is a WWE Superstar who lives on a small farm in Ohio with her son, husband, dog, 9 cows and 20 chickens. Passionate about food and nourishing her family, she happily spends her days on the farm cultivating and raising their food or in the woods hunting for it. All with her toddler in tow. *From the Farm, to Our Table* was inspired by the life she lives every day and wanting children to be able to confidently talk about where their food comes from.

About the illustrator: Amanda Morrow is a Children's Book illustrator based in Southern California. Amanda uses digital media but strives to give her artwork a traditional look by using brushes to mimic gouache, pencils, and pastels. She loves bringing characters and their worlds to life, hoping to inspire people young and old. When she isn't drawing, she enjoys being in nature and hanging out with her sister.

Using this guide:

This educational resource guide can be used by anyone interested in sharing enthusiasm about *From the Farm, to Our Table* with children of all ages. If you are a teacher, librarian, home school instructor, camp counselor, or super cool parent, grandparent or guardian, this guide is for you! Feel free to adapt the suggested learning projects and activities according to your needs, interests, time, audience, and goals.

We have done our best to provide information, discussion points, and resources that may be useful for you and your learning participants. However, website content and accessibility is

subject to change. Please review all suggested resources and websites prior to sharing them in your learning environment to ensure they meet with your individual standards and contain age-appropriate content for your participants.

This guide is broken down into two general categories: 1) learning opportunities (with associated activities) related to farms and sustainable/regenerative farming practices, and 2) learning opportunities (with associated activities) related to daily chores and family cooking. These are broad categories with overlaps between subjects, and each activity will vary in complexity depending on the age of the participants. Please modify as you see fit.

Suggested learning activities can be found for each category and are intended to align with appropriate Common Core, NGSS and/or National Core Arts Standards. To inquire about additional materials or if you have questions about this guide, please view our website at: www.gnomeroadpublishing.com

PART 1: FARMS AND SUSTAINABLE/REGENERATIVE FARMING PRACTICES

Learning Opportunity #1: Let's talk about farms (and ranches).

- The book *From the Farm, to Our Table* shows us how much fun it can be to be good caretakers of a family farm. Twins Finlay and Leo set out to help with farm chores, and in doing so, learn all about the places their food comes from. What are some of the food items they collected? What animals provided this food?
- Do you remember what it was that Leo and Finlay decided to make with their farm food? (Hint: A special kind of pie!) What ingredients did they get to make this pie? What kind of meat did they use? (Bonus hint: Mama got the meat from the freezer!) Have you ever heard of that kind of meat before?
- In the book, we call the place Finlay and Leo live, a farm. But did you know farms and ranches traditionally have different meanings even though people may use these words as if they mean the same thing? Generally, a farm is where people grow things like food crops and livestock (animals) for dairy and other food products. A ranch is typically a larger area of land and is where people raise animals that graze on grasses and need more space to feed. Animals like pigs, sheep, goats, cows, and bison might be raised on a ranch, but farms might raise these animals, too! A farmer is likely more concerned with healthy crops and tending their fields, whereas a rancher is likely concerned with the health of their herds and their pastureland. Now that you know this, what parts of the book sound like Leo and Finlay live on a farm? What parts of the book make it sound like they live on a ranch?

Suggested Activities ~

Found on the Farm!

- Now that you're an expert on farm life and animals, see if you can find farm-related words from the book in the *Word Search* provided at the end of this Resource Guide.

Show and Share!

- Do you have a favorite farm animal? Get on your research hats and grab a trusted caregiver to help you learn more about that animal. Can you answer the questions at the top of the *Show and Share Worksheet* provided at the end of this Resource Guide (hint: you can write or draw your answers). Don't forget to draw, paint, collage or paste a photo of your animal at the bottom! If you are in a group, share your work with other learning participants.

Learning Opportunity #2: Let's talk about sustainable and regenerative farming practices.

- In the book, *From the Farm, to Our Table*, Finlay and Leo live on a homesteading farm. This means their family owns the land and farm it with the idea of being as self-sufficient as possible. What do you think that means? (Hint: Finlay and Leo's family could find most all of the ingredients they needed for their pie without having to shop at a store!)
- Homestead farms aren't as concerned with selling farm products as much as they are with using and living off of them. That means homesteaders generally tend to be good caretakers of the land and animals. They look for ways to produce healthy animals and good crops (or gardens!). What were some of the ways you saw in the book that they tried their best to care for their animals? (Hint: Did you catch the name of the field where Finlay and Leo found the hogs? In which pasture did they find the cows?)
- Like the words "farm" and "ranch", the words "sustainable" and "regenerative" are similar but also different. Both types of farming are used to produce healthy land and raise healthy animals. Sustainable farming methods help keep a farm in good condition and to last for a long, long time. Regenerative farming methods also work towards making the land and environment better overall. For our discussion, we don't need to worry about the differences as much as how these farming practices are good for humans and other species. Can you think of things we can do on farms and with farm animals to keep them healthy and to grow?

Where Our Food Comes From

- The food we eat comes from many places: farms, ranches, forests, orchards, plains, oceans, rivers, lakes and more. In all these places, and around the world, there are many different ways of catching and harvesting our food. Now get your research skills ready to find out more about where our food comes from and how we get it! Individually, or in groups (if there are other learning participants), choose a type of food you want to know more about and write down (or draw/collage/paint) what you learn about it. Below are some questions you might want to answer, but feel free to ask other questions, too! Don't forget to share what you've learned with others!
 - o What is the food made of? Plants, animals or both?
 - o Where was the food first made and how long ago? (How long have humans been eating it?)
 - o Where can you get this food today, in modern times?
 - o What do humans have to do to get the food? What is the process it goes through from the source to your plate? What are the different ways humans can harvest or gather this food? Have you ever participated in this process?
 - o How do you feel about eating this food?

- o Are there any concerns about this food being around for future generations? If so, what are they?

Thank a Farmer (or Rancher, Fisherman, Hunter, Grower)!

- Those who choose to make a living by providing food to people throughout the world and who care about our food resources lasting for generations might like to know how much they are appreciated. In a famous speech made at the 1978 Farmers of America Convention that later famously aired as a TV Commercial during the 2013 Superbowl, writer Paul Harvey poetically shared his admiration for the farming community. You can view the Ram Trucks commercial here if you would like to hear what he said: <https://www.youtube.com/watch?v=wnOIrkqmlDk>.
- Now it's your turn! Express thanks to a farmer, rancher, fisherman, hunter, or other food harvester who provides food to your community. Use the *Thank You For Our Food* handout provided at the end of this Resource Guide to write, draw or collage your appreciation and ask a trusted adult to help you deliver it!

PART II: HOUSEHOLD CHORES, FAMILY COOKING AND MORE

Learning Opportunity: *Let's Talk About Chores!*

- What does it mean to have a chore? Can chores be fun and helpful at the same time?
- In the book, *From the Farm, to Our Table*, Finlay and Leo get straight to work helping out on the farm. This was part of their daily chores. What types of chores do you have at home? How is this helpful to other people in your home? What do you like to do best? What do you like to do least?
- People have chores in places outside the home, too. When we go to school or work, there are chores to be done that help out other people and make the place better for everyone. What kinds of chores do you have at school? What are your favorite chores (or tasks)? Which are your least favorite? How do each of those chores help out the class?

Suggested Activities ~

Make Your Own Chore Chart!

- You may already have a chore chart at home or at school, but chances are someone else (like a parent, caregiver, or teacher) created this for you. Creating the chore chart was probably a "chore" for them! Now think about your entire day and all the things you have to complete at home, school, or for sports and creative classes or groups. Can you make a master chore list of all the things you need to get done in a day? You can use the *Calendar of Chores* sheet provided with this Resource Guide or create one of your own. Don't forget to decorate it with your arts and crafts supplies!

Pay it Forward!

- Sometimes chores are done because we feel we have to do them. We don't feel we have a choice, but we know the chore has to be done. Although it is a big help and people appreciate when a chore is done, it is also rewarding to do something simply because you want to help out. Individually, or in a group if you are with other learning participants,

come up with two or three activities you can do that would be helpful to someone else. This might be a chore to be completed by someone else, an activity with which another person could use a little help, or just a simple act of kindness. Once you have your list, go out and do them. Then share a picture, story, thoughts or feelings about doing at least one of the activities.

Learning Opportunity: *Let's Talk About Cooking Together!*

- Some kids are able to help out in the kitchen as part of their daily chores, or just because they like to cook. This might be through helping others put away groceries, prepare meals or clean up after eating. Do you have activities you like to do in the kitchen? Are there foods you especially like to prepare? What are your favorite family meals?
- Finlay and Leo make a Shepard's pie with the food they gather from their farm. If you were to make a meal, what would it be and what foods would you need to make it with? Where do those foods come from?
- Cooking and baking can take a lot of practice. Good chefs and bakers don't become great overnight. They spend years learning how to do their jobs well. What are some of the skills cooks and bakers need to become great? What types of tools do they use in their kitchens?

Suggested Activities ~

Plan a Meal Together

- It's never too early to start practicing your cooking and baking skills. If you have a trusted adult who can plan a meal and cook a meal with you, ask them to help you do it. Here are a few things you need to do:
 - o If you need a recipe, find one you like.
 - o Write down what ingredients (foods) you will need.
 - o Look for those ingredients in your home. You will need to purchase what you don't have from a store or local food supplier.
 - o Store your ingredients until you are ready to make your meal.
 - o Follow the recipe. Try to do as much as you can but understand that there may be parts of the cooking process you aren't ready for yet. Have your trusted adult assist you!
 - o Set the table (just like Leo and Finlay do)! Invite family or friends to sit down to eat.
 - o Serve your meal and enjoy! (But don't forget to clean up.)
- To help you remember these steps, use the Plan a Meal Sheet provided with this Resource Guide.

Find it in the Kitchen!

- Show you're an expert in the kitchen by completing the *Kitchen Tools* matching sheet provided at the end of this handout. Feel free to make these colorful!

Regenerative Farming Websites:

- [Regenerative Farming Resources For Kids](#)
- [MyAmericanFarm.org](#)

Cooking with Farm Fresh Ingredients:

- [FreshFarm.org](#)
- [BrooklynFarmGirl.com](#)
- <https://www.nomsterchef.com/nomster-recipe-library#snack>



From the Farm, to Our Table

Word Search



S H O G S C A Q E S
 C E E N O S I N E V
 H O L L F F I L H U
 I I W B G P B M K P
 C R E S G A R D E N
 K C D D T S I L R K
 E A O E O T E P L R
 N G G U G U E I T S
 M E G F A R M E E C
 V E A S U E A R N V

chicken

vegetables

pasture

dog

venison

farm

hogs

milk

garden

eggs

cows

pie





From the Farm, to Our Table



Word Search



S	H	O	G	S	C	A	Q	E	S
C	E	E	N	O	S	I	N	E	V
H	O	L	L	F	F	I	L	H	U
I	I	W	B	G	P	B	M	K	P
C	R	E	S	G	A	R	D	E	N
K	C	D	D	T	S	I	L	R	K
E	A	O	E	O	T	E	P	L	R
N	G	G	U	G	U	E	I	T	S
M	E	G	F	A	R	M	E	E	C
V	E	A	S	U	E	A	R	N	V

chicken

vegetables

pasture

dog

venison

farm

hogs

milk

garden

eggs

cows

pie



Show and Share!

What is your favorite farm animal?
Show us what you learned by answering these questions.

What is the name of your animal?

What does it like to eat?

Where does it live on the farm?

How do you take care of this animal?

Draw, paint, collage or paste a photo of your animal:



Calendar of Chores

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:



Plan a Meal Checklist!

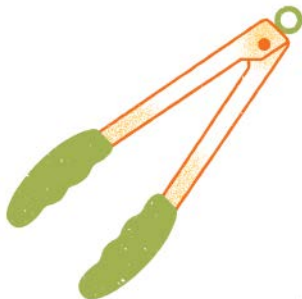
- If you need a recipe, find one you like.
- Write down what ingredients (foods) you will need.
- Look for those ingredients in your home.
- You will need to purchase what you don't have from a store or local food supplier.
- Store your ingredients until you are ready to make your meal.
- Follow the recipe.
- Try to do as much as you can but understand that there may be parts of the cooking process you aren't ready for yet. Have your trusted adult assist you!
- Set the table (just like Leo and Finlay do)!
- Invite family or friends to sit down to eat.
- Serve your meal and enjoy!
(But don't forget to clean up.)



Kitchen Tools

Match the kitchen tool name to its picture by drawing a line between them.

measuring cup



stove



child-safe knife



cutting board

spatula



tongs



mixer



measuring spoons

mixing bowl

