

Farm to Market
by Liz Garcia



How do stores get fresh fruits and veggies when it's winter?



Let's shop for food.



Here are some fruits and veggies.



Some are from **local** farms. They grew near the store.



Some grew far away.



Plants grow near you at different times of the year.
How warm is it outside?



Did You Know?



When it is cold where you live, it is warm in other states and countries.

People can grow different things where they are.

Many plants only grow for one season. Some grow in spring. Some grow in summer or fall.



These fruits grow best where it is warm.



These veggies like it warm, too.
People plant them in summer gardens.



Some fruits grow in cooler places.



Some veggies do, too.



Did You Know?



Small farms sometimes sell what they grow at farmer's markets.

Farmers meet together in one place. People can buy from them instead of a store. This dad and son are shopping at a farmer's market.

What grows near you changes each season.
Few plants grow in winter if it is cold.



Big farms sell to stores.
Some stores are close to the farms.
Some are far away.



When they are far away, trucks carry the food.
Sometimes ships and planes do, too. Stores then sell what they get.



Stores sell food from many places.
We have a lot to choose from all year.



The next time you go to the store, look! Find stickers.
They say where your food came from.
These bananas are from Costa Rica.



Costa Rica is a country. It's far away.
Have fun! Use a map. See where your food grew.