

Farm to Market
by Liz Garcia



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



Let's go to the grocery store.



Here are some fruits and vegetables for sale.



Some are from **local** farms. They were grown in fields close to the store.



Some are from fields that are far away.



What grows near you depends on the time of year
and how cold or warm it is 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 during one season (like summer or fall).
They die when they get too cold or hot.



These are some fruits that grow best where it is warm.
Many of these fruits need very hot weather.



These vegetables do well in warm weather.
A lot of people plant these in summer gardens.



Some fruits do not do well in hot weather. They grow in cooler places.



Some vegetables grow better where it is cooler, 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.

The fruits and vegetables that can grow where you live may change each season. Few plants grow in winter if it is cold where you live.



Big farms often sell to stores.
These might be local stores right in your town.
Or they might be stores that are far away.



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



Our stores offer food from many places.
That way, we have a lot to choose from all year.



The next time you go to the store, look for stickers.
They may say where your fruits and vegetables came from.
These bananas are from Costa Rica.



Costa Rica is another country. It's far away.
Have fun using a map to see where your food grew.