



# GROW<sup>NYC</sup>

## Self Guided Tour of Greenmarket

**GrowNYC welcomes self-guided small groups at our 45+ Greenmarket locations.**

**START HERE:** This guide is designed to help adults — teachers and caregivers — who are interested in providing an educational experience for children at one of GrowNYC’s neighborhood Greenmarkets. Please read on for rules, activity ideas, and fun facts that you can share with students.

Check in with the Site Lead at the Market Information Tent when you arrive. They will provide you and your students with information about the market and our farmers, as well as tips on how to safely walk through the market.



**Scan to see a map of our 45+ Market locations!**

### Rules when visiting a Greenmarket with your students:

- ☀ Prepare your students for the visit by discussing the trip in advance and preparing a short list of questions to ask the farmers.
- ☀ Keep your student groups small: 3–5 students/group is ideal.
- ☀ Provide adequate supervision for your students, especially if they are young. We recommend 1 adult per every 5 students.
- ☀ Be mindful of the farmers who are actively selling their products and serving customers. You are welcome to visit their stands and ask them questions, but avoid blocking access to the stands for shoppers. Wait until the farmers are free from assisting customers to speak to them.
- ☀ Remind students not to touch or take items at farm stands unless they ask the farmer’s permission first. Many of their products are fragile and can get damaged or bruised easily.



# Activities to do while visiting a GrowNYC Greenmarket

## Discuss:

Purchase fruits or vegetables that are unfamiliar to the students. Discuss these purchases as a group and **conduct a five senses activity**. Talk about how the item smells, how it feels to the touch, what it looks like, what sound it makes when you bite into it (at home please!), and what it tastes like. We recommend trying fresh herbs, sugar snap peas, microgreens, watermelon radishes, Chioggia beets, or various apples. You can also compare different varieties of the same fruit or vegetable.

## Observe:

Look for different types of a familiar produce items such as purple potatoes, red carrots, white cucumbers, or yellow tomatoes.

## Count:

Have students **count the number of varieties 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 cannot find in supermarkets.

## Inquire:

If the farmer is not too busy, ask them: what is their favorite thing to grow, what specialty items they grow, how long they have been a farmer, or how they got into farming.

## Search:

Conduct a **market scavenger hunt**:

- Find fruits and vegetables with all the colors of the rainbow.
- Find fruits and vegetables that are different parts of the plant (i.e. leaves, flowers, stems, roots, fruits, and seeds.)
- Find farms from the different states represented at Greenmarket: New York, New Jersey, Pennsylvania, Connecticut, Massachusetts, and Vermont.
- Look for items in the market that are not edible, such as flowers, soap, candles, wool, and yarn.



## Fun Facts about Greenmarket

- ✿ More than 200 producers are represented at Greenmarket. They grow or produce all of the items they sell at Greenmarket.
- ✿ All Greenmarket farmers are located within 250 miles of New York City, and they travel an average of 90 miles from their farm to market. See where their farms are located at [grownyc.org/farmers-producers](http://grownyc.org/farmers-producers).
- ✿ Greenmarket farms are diverse, and they produce the best our region has to offer. In addition to vegetable farms, there are orchards (fruit tree farms), livestock farms, poultry farms, and dairy farms. You can also find fish, baked goods, honey, jam, jelly and maple syrup, pickled products, and so much more at your neighborhood Greenmarket.
- ✿ All the fruits and vegetables you see at Greenmarket are grown seasonally in the Northeast region of the United States, including greens, tomatoes, peaches, corn, peppers, apples and pumpkins. Produce items such as mangoes, pineapples, avocados, bananas, or other subtropical or tropical fruits or vegetables require year-round warmth (such as in Central or South America, and the Caribbean), and can't survive winters in our region.
- ✿ Many fruits and vegetables at the grocery store are trucked hundreds or thousands of miles. They are typically harvested early, compromising their freshness and nutritional value. Produce sold at the Greenmarket comes directly from nearby farms, so it is often fresher and tastes better.
- ✿ 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, and 350 varieties of peppers.
- ✿ Greenmarket farmers help reduce the impact of climate change by rotating their crops, using compost, and reducing reliance on fossil fuels.

**Learn more about GrowNYC Education programs at [grownyc.org/education](http://grownyc.org/education)**

**Additional Resources**  
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**GrowNYC Greenmarket Locations**  
[grownyc.org/greenmarket/ourmarkets](http://grownyc.org/greenmarket/ourmarkets)

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