



## FROM THE FIELD TO THE FARMERS MARKET

Travel with Mason as he shows what it's like to be a part of a farm family and bring produce to the St. Paul Farmers Market! Mason and his family are part of the Hmong American Farmers Association (HAFA), and they have been selling at the farmers market for over 20 years. See how their produce is grown and sold at the farmers market. *Video length: 2 minutes, 56 seconds*

### RELATED LESSON PLANS

#### Eat 'Em Up (K-2)

In this lesson students will review the plants parts that they eat including the roots, stem, flower, leaves, fruit, or seed. Students will choose a favorite fruit or vegetable to feature in a healthy recipe and prepare it with their families.

#### Eating Plants (K-2)

Students will identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

#### Grocery Store Problem Solving (3-5)

Students will use basic mathematical skills to solve problems related to the cost of food while integrating geography and nutrition to enhance learning. Activities include analyzing grocery ads, assessing the nutrition and cost of meals, and exploring diets around the world

#### My Life as a Fruit or Vegetable (3-5)

The purpose of this lesson is to provide students with an opportunity to enhance writing skills while simultaneously learning about the production and distribution of fresh produce.

### MN ACADEMIC STANDARDS/BENCHMARKS AND INTEGRATION IDEAS

Content Area	Benchmarks	Integration Idea
Science	5.1.3.2.1 Describe how science and engineering influence and are influenced by local traditions and beliefs. <b>For example:</b> Sustainable agriculture practices used by many cultures.	Investigate the agricultural production methods used by cultural groups across the United States and the world. Compare these methods and identify the scientific concepts that are integrated into these food production practices.
Social Studies	0.2.4.5.1 Distinguish between goods (objects that can be seen or touched) and services (actions or activities). <b>For example:</b> Goods—apple, shirt, toy. Services—haircut, bus ride, bicycle repair.	Identify items in the video or in your school or home that are goods. Also identify services in these same locations. Compare and contrast these items.
English Language Arts	0.8.3.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.	Have students form small groups, and develop one or two questions about the video. Discuss as a group possible answers to their questions or how they could find the answers.
Math	2.3.3.2 Identify pennies, nickels, dimes and quarters. Find the value of a group of coins and determine combinations of coins that equal a given amount. <b>For example:</b> 50 cents can be made up of 2 quarters, or 4 dimes and 2 nickels, or many other combinations.	Visit a farmers market or create a “mock” market in your classroom. Provide students with coins (real or pretend) and have them purchase items using the correct change. Have students see how many combinations of coins they can use to pay for the item(s).

### FUN FACTS

- The St. Paul Farmers Market was the city's first public market, and was founded in 1853.
- The members of the Hmong American Farmers Association (HAFA) are primarily from the Twin Cities area.
- The Minnesota Grown directory lists 138 farmers markets across the state.



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