

HARVEST HUSTLE

FARMER'S MARKET CHALLENGE

Local foods are often **fresher** and have **more nutrients** because they spend less time in transit from the farm to the table. They also tend to have fewer chemicals.

COMPLETE AS MANY BOXES AS YOU CAN THIS MONTH!

ATTEND A
FARMER'S
MARKET

TRY A RECIPE
USING BASIL

BRING A CANVAS
TOTE

PICK A NEW
FRUIT AT THE
MARKET

TOSS YOUR
WASTE IN A
COMPOST

TRY A NEW
RECIPE

PICK A NEW
VEGGIE AT THE
MARKET

TRY A RECIPE
USING SQUASH
OR ZUCCHINI

TRY A RECIPE
USING
TOMATOES

TAKE A LAP
BEFORE
PURCHASING
ANYTHING

ATTEND WITH A
FAMILY MEMBER
OR FRIEND

HAVE A
CONVERSATION
WITH THE
FARMER

NAME: