



INVESTIGATE **local farms**



Think About

What foods that you eat are locally grown? How do you know these are local? Where are they grown?

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How can food trends affect food choices? Go to www.projectagriculture.ca/elementary to find the carousel slide with this guiding question in the **trending** NOW topic. Use the information in the carousel slide and the **Eat Local Learning Source** to help you complete these learning tasks.



Search and Investigate

How well do you know your local agricultural community? Use **Google Maps** to search for farms in your area. Select some farms that have their own website and investigate what they grow or produce with the questions that follow.

How many farms were you able to identify in or around your community? Find the farms to the north, east, west and south of your community. What did you notice about the farms you were able to find?

| | |
|-------|-------|
| North | East |
| West | South |

What types of farms or agriculture are represented in your area (i.e., dairy, beef, poultry, eggs, greenhouse, fruit trees, vegetables, honey)? List **two to four** examples.

Do any of the farms in your community directly sell products from their farm?

If so, describe what they sell. If not, describe **two or three** farm products that you think you would like to buy directly from a farmer and why you would like this.

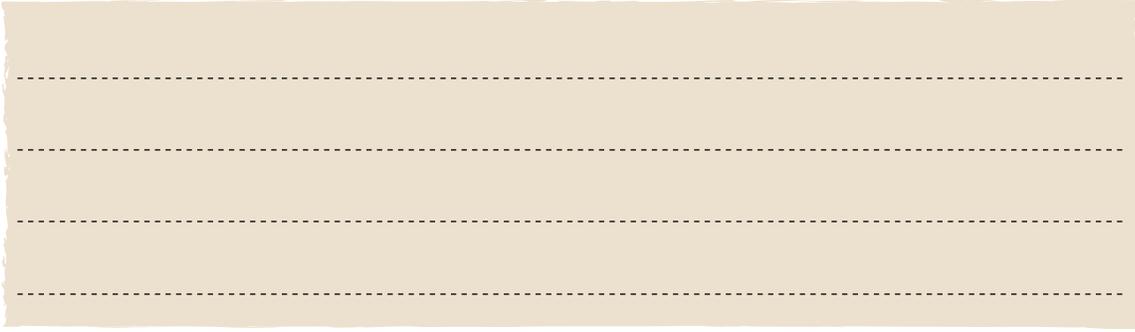
Are there any farmers' markets in your community or area? Investigate their websites to find out if you can identify the farms that supply these markets.

What types of locally grown food are found at farmers markets? List **three** types of foods that are found in farmers markets in your community.

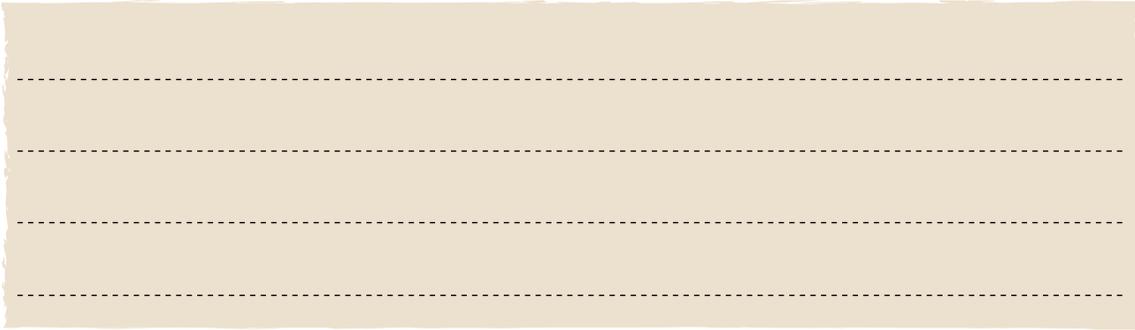
If you have the opportunity to visit a farmer's market with your family, report what you learned about farmer's markets with your classmates.



From your investigation, describe what you think are the strongest two benefits of buying locally grown food.



Describe two challenges that you think may be involved in buying locally grown food.



Create a simple sketch map of your community. Label the locations of the farms you investigated and the types of food they make.





Search and Investigate

Find out more about an Alberta food producer at www.sylvanstarcheesefarm.ca. **Sylvan Star Dairies** makes Gouda, Edam, and Gruyère cheese at their farm, using the milk from their own cows.

- ◆ Research what is meant by **community-supported agriculture farms**, also called **CSAs**.
- ◆ Search with the terms "community-supported agriculture Alberta" to find some local farms. You might find a website like **The Local Good** at <https://thelocalgood.ca/edmontons-community-supported-agriculture-2/>, which provides examples of some CSA farms in the Edmonton area or **YYC Fitness** at www.yycfitness.com/calgary-csa-guide/, which provides examples of Calgary CSAs.

In your own words, describe what is meant by CSA.

What are two examples of benefits that a consumer gets from community-supported agriculture? What is one benefit that you think you, as a consumer, get from community-supported agriculture?

What is one benefit that you think a farmer gets from community-supported agriculture? What is one challenge?

A consumer is a person who buys goods and services for their own use.



Like the Canadian Quality Milk symbol, many producers use logos to identify their products as Canadian. Do an Internet image search using the search term “buy local.”



- ◆ What are **three** examples of the messages on food product logos or symbols you find? What types of visuals are used on these logos?

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Find out more about what **Canada's Food Guide** says about the importance of cultures and food traditions. Go to the **Health Canada** website at <https://food-guide.canada.ca/en/healthy-eating-recommendations/enjoy-your-food/cultures-food-traditions-and-healthy-eating/#section-2>.

The **Food Guide** places more emphasis on traditional foods for Indigenous households. It recommends caribou, seal, geese, berries and a variety of wild plants as examples.

- ◆ What does the **Food Guide** say about the importance including traditional foods as part of a healthy diet?
