

Farm to Summer



Summer in Georgia is a time of agricultural abundance and bountiful harvests: plump stone fruits hang heavy on trees, juicy melons and tomatoes explode from their vines, beans begin to dry in their pods, and livestock feed on the most nutritious spring grasses to produce delicious meat and dairy products. Luckily for local farmers, kids, and their communities, schools and nonprofit Sponsors offering USDA's Summer Meals Programs are capitalizing on the many opportunities that summer brings to serve fresh, local foods and hands-on agriculture activities that help children develop healthy habits.

What are the benefits of Farm to Summer?



- Increased participation in summer meals programs
- Improved quality and appeal of summer meals
- Engaged kids and families through fun, hands-on activities
- Increased access to fresh, nutritious meals
- Increased access to experiential learning activities
- Increased nourishment and activity while school is out
- Increased support of local farmers and communities

How can organizations and families engage with Farm to Summer?

- Grow your own edible garden in containers, raised beds or the ground
- Take a trip to a farm to meet your local farmer
- Source local foods from your community
- Conduct a taste test to try new foods
- Read a book that connects children to their food origins
- Engage with children through developmentally appropriate cooking activities



Where can local foods be purchased in Georgia?

- **Community Supported Agriculture (CSA):** Membership or subscription for local, in-season produce from a local farmer or grower.
- **Farmer's Market**
- **Farm Stand:** Typically located near a farm, roadside or u-pick farm. Farm stands are operated by a single farmer or farm. Offers products that have been harvested that day.
- **Food Hub:** Business or organization that manages the distribution and marketing for local foods
- **Local Grocery Store**
- **Direct from Farmers**



How can local foods be incorporated into summer meals?

1. **Identify** which local foods are currently being served.
2. **Contact a local farmer** to find out which fruits and vegetables are in-season.
3. **Substitute food items** you are eating with locally grown and harvested foods.
4. **Start a "Harvest of the Month" program** in your community.
5. **Develop new recipes** using local Georgia Grown foods.