

Glastonbury Grown

Buy
Fresh, Local
Fruits & Veggies



www.GlastonburyGrown.com

Seek & Find...

- | | | |
|--|--|--|
| <input type="checkbox"/> an acorn | <input type="checkbox"/> a peach with 2 leaves | <input type="checkbox"/> a pitchfork |
| <input type="checkbox"/> a green apple | <input type="checkbox"/> a white ear of corn | <input type="checkbox"/> a spoon |
| | <input type="checkbox"/> a wheel barrow | <input type="checkbox"/> a bunny |
| | <input type="checkbox"/> a star | <input type="checkbox"/> a yellow leaf |

Glastonbury Grown Family Challenge

Everybody should eat 5-8 servings of fruits and vegetables each day year round to be healthy. In Glastonbury we are especially lucky since we can buy locally grown fruits and vegetables starting in May and going through October.

Rules of the Challenge

1. Use the www.GlastonburyGrown.com as your guide. There are over 25 destinations to visit and each is very unique.
2. Each time you visit a farm stand record the date, name of the stand, and the name of one fruit or vegetable you can get there.
3. One entry per visit.
4. Each child in a family can have their own list and make their own entry for the visit.
5. Give us some feed back on why you like the local farms or what fruits or vegetables you like best!
6. When you have made 6 entries bring your completed sheet to the Welles-Turner Library Children's Department for a small prize. One prize per child please. Limited prizes available.

Name _____ Age _____

	Date	Farm	Fruit or Vegetable
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

My favorite fruit or vegetable is: _____

I like going to a local farm because: _____



For more information contact: Laura Perry, Public Health Nurse,
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Town of Glastonbury Health Department
Prevent - Promote - Protect
www.Glastonbury-CT.Gov/GlastonburyGrown
www.GlastonburyGrown.com