nourish

ACTIVITY

Know Your Farmer

ESSENTIAL QUESTION

Who grows our food, and why does their work matter to our community?



food system

All the people, places, and steps involved in bringing food to our community.



farm

A place where crops are grown or animals are raised for food.



local food

Food grown and produced close to where it is eaten, usually within the same region.

seasonality

The time of year when certain foods are naturally harvested in a region.



Community Supported Agriculture (CSA)

Paying a farm in advance for a share of its harvest, delivered as regular boxes of fresh, seasonal food.



Courtesy of Orange Circle Farm: Real Organic Certified