



mini farmer's market



*In the heart of a seed,
Buried deep so deep,
A tiny plant Lay fast asleep.
“Wake,” said the sunshine,
“And creep to the light.”*

*“Wake,” said the voice
Of the raindrops bright.
The little plant heard
And it rose to see,
What the wonderful,
Outside world might be.*

what?

Like a lemonade stand with a homestead twist - invite your children to harvest some garden produce and create their own mini farmer's market (don't call it “mini” in front of them – this is their very own business venture!).

why?

Passing on the skills of growing and preparing food to our children is such a privilege and joy – not to mention an important step in the path to their future self-sufficiency. In these summer months the kids love being a part of caring for the garden, from preparing the garden and planting the seeds, to harvesting the fresh, intensely flavoured fruits and vegetables. We can keep our little ones interested in learning about food by making it FUN.

where?

In your yard or grab a wagon and make a traveling farmer's market in your neighbourhood to spread the homegrown love.



www.nourishedroots.ca/tinypeasant

mini farmer's market



Kind hearts are the gardens
Kind thoughts are the roots
Kind words are the blossoms
Kind deeds are the fruits...

Take care of your garden
and keep out the weeds
Fill it with sunshine
Kind words, and kind deeds...

how?

The set up is really self explanatory, yet remember: your job is to facilitate and try to bite your tongue when they want to sell a single shell pea for a dollar. This is a learning experience for them, not only to nourish those roots of a love for growing food, but in marketing, sorting and counting money, assigning value to items, teamwork if you have more than one child, and so much more. At the same time, we all know that sitting around and not making sales is no fun – if business isn't going well after a while, offer up a gentle suggestion that lowered prices or even a “buy one, get a dozen free” special on shell peas might help.



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*In our Springtime garden,
rosy morning glow,
Sunshine falling, calling, falling,
seeds are waking so.*

how?

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Blessings on the blossom.
Blessings on the fruit.
Blessings on the leaf and stem.
Blessings on the root.
Thank you for this food.

checklist

- garden produce
- scissors for harvesting
- baskets for collecting and for display
- table and chairs
- umbrella for shade, if desired
- wagon, to make a traveling farmer's market
- chalkboard or sign making materials
- small float of change
- camera to document all the fun,
- grandparents, aunts, uncles.. in case it's slow

