



## Buying Local Produce Directly from a Farmer

North Carolina is home to many small and mid-size farms growing a variety of fruits and vegetables. Some of the benefits of buying produce directly from a farmer include:

- ✓ A deeper connection between children and food and where it comes from!  
Many children think food comes from the grocery store, not farms!
- ✓ Your farmer may grow some of the specific food items you want at your center.
- ✓ Your farmer may visit the children (or provide an opportunity for children to visit the farm) occasionally and join you in teaching children how food grows. (Keep in mind that farmers have limited free time and in the fields much of the year!)

Through this Farm to Child Care work, Wake County Cooperative Extension and NC State University are developing a network of farmers who want to work with child care facilities.

To work directly with a farmer, contact Lynn Policastro of the Farm to Child Care team: 919-723-9279