

Why Farmer's Markets?

Post Test – August 2014

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands some reasons why farmer's markets can be so beneficial to the community and their health.

1. Farmers markets preserve farmland and rural livelihoods.
True or False
2. Small-scale farmers use farmers markets as _____ for new enterprises and gain real-time feedback on new crops and varieties.
3. The number of farmers markets operating in winter months increased by 52% between 2011 and 2012. The 1,864 markets open in the winter provide an extended opportunity for farmers to do business.
True or False
4. With little fanfare, the nation's several thousand farmers markets are growing jobs and strengthening local and regional economies. As demand grows for fresh local food, and shoppers seek relationships with the farms that make such food possible, farmers markets represent an important _____ option that bolster local economies in communities large and small.
5. For every \$_____ spent at a farmers market, \$62 stays in the local economy, and \$99 stays in state.
6. At farmers markets in low-income areas, 6 in 10 shoppers said that they could find better prices at the markets than at their grocery.
True or False
7. Some farmers markets require that all of their produce come from a specified _____ limit. Compare that to supermarket produce where it can travel, on average, more than 1,200 miles in seven to fourteen days before reaching the consumer. Since studies have shown that produce loses nutritional value as more time elapses from the time of harvest, locally grown produce available at farmers markets is available to you at the peak of freshness and nutrient availability.
8. At farmers markets in low-income areas, 5 in 10 shoppers said that they could find better prices at the markets than at their grocery.
True or False
9. 92% of farmers markets have vendors that sell fresh fruits and vegetables. Market managers report that 45% of the produce sold at farmers markets is _____, and more than 30% is chemical-free and pesticide-free.
10. National Farmers Market Week (NFMW) begins the _____ in August, running through Saturday! Markets celebrate NFMW in many ways: tastings, cooking demonstrations from local chefs, gardening workshops, live music, scavenger hunts, giveaways and prizes!



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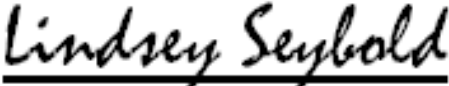
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A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____


Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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