

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

Five Fun Ways to Actively Support Local Agriculture

It's fun and educational to connect with the family farmers who grow delicious, healthful food for Americans to enjoy. Luckily, there are more and more ways to support local agriculture and to enjoy some fun physical activity at the same time.

Stroll through your local Farmers' Market.

It's easy to get excited about eating fruits and vegetables when you see farm-fresh produce – and get to talk to the people who grew it. Farmers' markets may also offer local meats, poultry, grains, baked goods and honey. For a bit more activity, park several blocks away or play at a nearby park before going home.

Pick your own fruits or veggies on the farm.

U-pick is a perfect way to get some delicious, fresh produce and physical activity at the same time. It's also an easy way to learn a little about farm life in a short amount of time. Check your local newspaper for orchard or pumpkin patch ads. Ask farmers' market vendors if they have any U-pick opportunities available.

Lose (and find) your family in a farm maze.

Farm mazes, in corn or hay fields, are a very popular form of agritainment – and for good reason. In addition to the maze fun, many farms have other activities to enjoy, such as playgrounds, tours and petting pastures. There are more than 180 maze locations worldwide. Find one near you at www.cornfieldmaze.com/site_list.html.

Walk your family around a farm tour.

Another active and popular form of agritourism is a tour of a working farm. Tours are a great combination of recreation and education – with some outdoor activity as an added benefit. How to find a tour? Check with folks at the farmers' market, farm stand, or maze – or just do an online search yourself.

Take your family on a farm or ranch vacation.

Have a bit more time and want to know more about farm or ranch life? Consider spending all or part of your family's vacation on a working farm or ranch. At some, you can be part of the daily work. At others, you can enjoy horseback riding, walking or biking. Either way, you'll have fun while helping to improve the incomes and economic viability of small farms and rural communities.



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