

OSU EXTENSION SERVICE

Klamath Basin Research & Extension

Grow It, Cook It, Like It

Farm to School and Nutrition Education Program

Where Does Your Food Come From?



Oregon State
University

Getting to Know You

Question: What is one of your favorite vegetables? Where do you buy it? My favorite is spinach and broccoli. I grow it in my garden and buy it at the store.

*Hey, here's a veggie joke for you....What did the spinach say to the celery?
Quit stalking me.*

These pictures are of me in my garden. Its spring (May) so only a few things are growing. What kinds of vegetables grow in this season? Hint: they're two of my favorites and in these pictures.



E-mail me the answers to the questions above so I can get to know you:

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Eat in Season

Fruits and vegetables grow best during specific seasons.

Have you ever eaten a tomato right off the vine in late summer? Yum!

Or have you ever bought a watermelon in winter? It probably didn't taste the best because watermelons are not "in season" during the winter.

The four seasons are: Spring, Summer, Fall and Winter.

Klamath County gets cold in the winter and plants don't like to grow in the cold. What would be the best season for eating fruits and vegetables grown in Klamath County?



SPRING



SUMMER



WINTER



FALL

Pick which foods are in season in the spring?



Visit Oregon Seasonal Food Guide:
<https://www.seasonalfoodguide.org/oregon/early-may>

Strawberries, Asparagus and Leafy Greens (or Lettuce) grow well in the spring in Klamath County.



Oregon Seasonal Food Guide:

<https://www.seasonalfoodguide.org/oregon/early-may>

Where does your food come from?



Farm?



Grocery Store?



Farmers Market?



Garden?

We get food from all these places! Most of our food comes from the grocery store. But how did it get to the grocery store?



Farm?



Grocery Store?



Farmers Market?



Garden?

How does food get from the farm to our plate?

Farmers around the world grow the food we enjoy every day. Before the food gets to the grocery store and to our plate, the food often travels a long way. There are many steps and different people that help it get to the food from the farm to our plate to eat.

[Optional activity: read story on how Terry and Sam solve the mystery of where fruits and vegetables come from]



FARM

PLATE



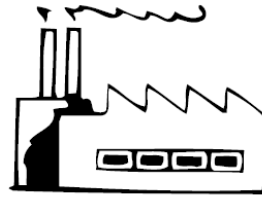
The path to your plate starts with the farmer (1) and ends with you (9). Put the other steps, in between, in the right order.

1



Farmer (Producer)

A person/company who grows and harvests food on a farm



Food Processor

A person/company who washes, cuts, mixes, and packages food from the farm



Food Inspector

A person/company who visits farms or processing centers to ensure that foods are grown and processed safely



Advertiser

A person/company who designs the advertisements that promote food to consumers



Compost/Waste Manager

A person/company who disposes of leftover food scraps by either composting or throwing food away (sending to a landfill)



Grocer/Food Retailer

A person/company who sells food to consumers (such as through a grocery store or supermarket)



Food Distributor

A person/company who decides which stores receive the food



Food Transporter

A person/company who moves food from one location to another, such as by truck, train, ship, or airplane

9



Consumer

A person who buys the food that has been grown or prepared

From the Farm to Your Plate—What’s the shortest and longest distance?

1. Trace line from the Farm to the CSA to Your Plate.
2. Trace a line from the Farm to the Farmers Market to Your Plate.
3. Trace a line from the Farm to the School to Your Plate.
4. Trace a line from the Farm to the Wholesale Distributer to the Grocery Store to Your Plate.



What is a CSA?
Community Support Agriculture. Customers partner with a farm. They sign up to get a box of fresh produce each week from a local or nearby farmer.
Check out Sweet Union Farm for an example at <http://www.sweetunionfarm.com/csa.html>

What is a Farmers Market? A market made of farmers that sell “just-picked” produce direct from the farm to their customers. See example <http://www.klamathfallsfarmersmarket.org/>

What is a Distributor: A business that buys products from a farmer, stores them and then ships the products to grocery stores, schools or restaurants.

Explore: How far does food travel from the farm to our plate?

I buy most of my foods at the grocery store. How far is the path from the farm to the grocery store in Klamath Falls?

Let's explore and find out. Look for the "origin" on the spinach and tomato labels. The "origin" is where the food originally came from.

Which do you think had to travel farther—the spinach or the tomatoes?

Hint: estimate the distance by searching online "distance from Klamath Falls, Oregon to Mexico"



How far did the spinach and tomatoes travel?

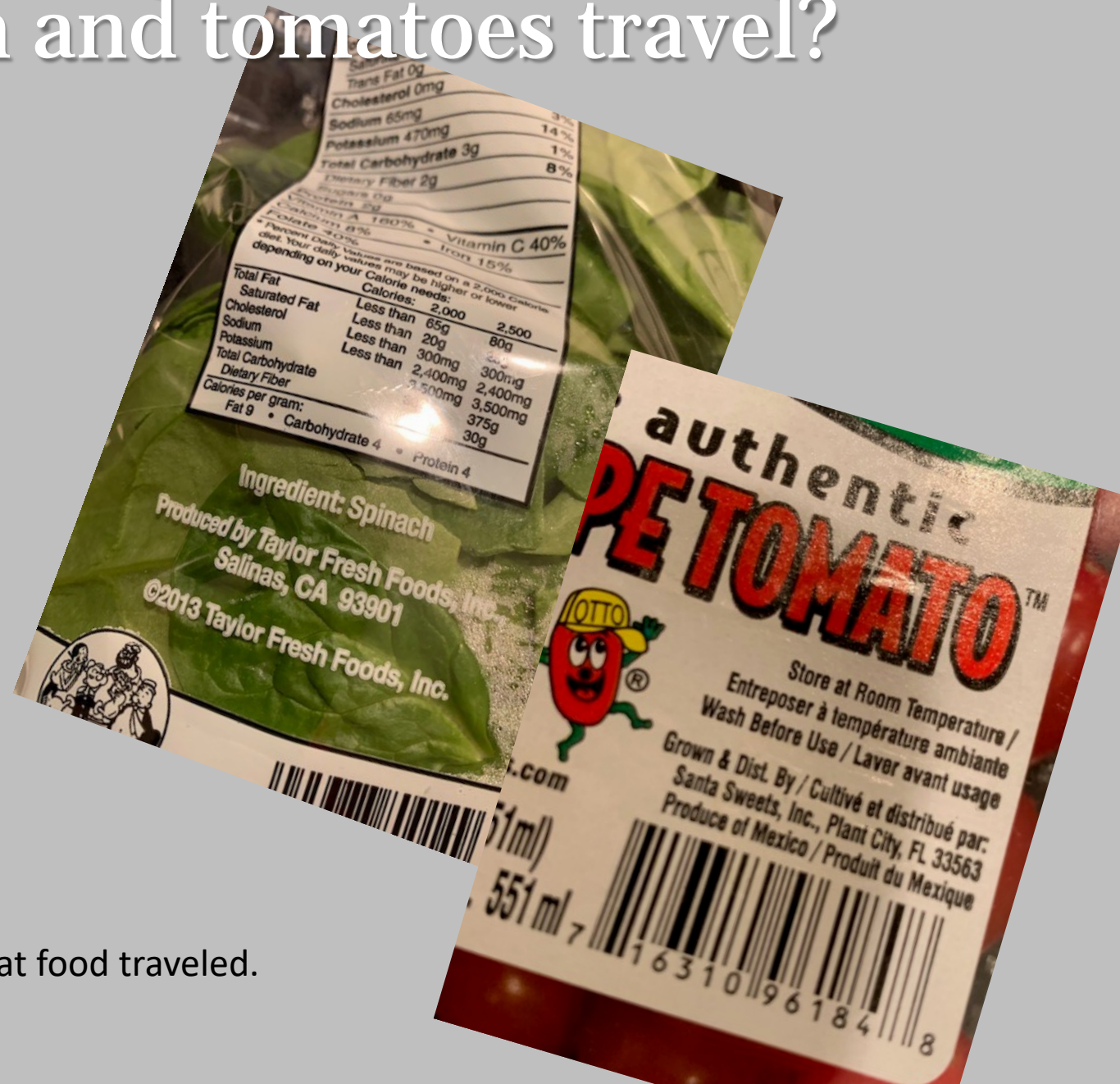
Klamath Falls, Oregon to
Mexico

2025 miles (35 hours)

*That's like driving from Klamath Falls
to Medford and back 14 times!*

Klamath Falls, Oregon to
Salinas, California

441 miles (7 hours)



Now you try it! Find an origin label and see how far that food traveled.

Let's visit a school farm!

Did you know, some schools grow their own food and serve it in the school cafeteria?

Would you like to grow food at your school?

That would be a very short path to your plate, wouldn't it? The food would only have to travel STEPS instead of MILES!

Students at

[Lost River Junior High/High School](#)

near Merrill, Oregon, grow and raise food for their school cafeteria.

Can you guess what animals or foods?

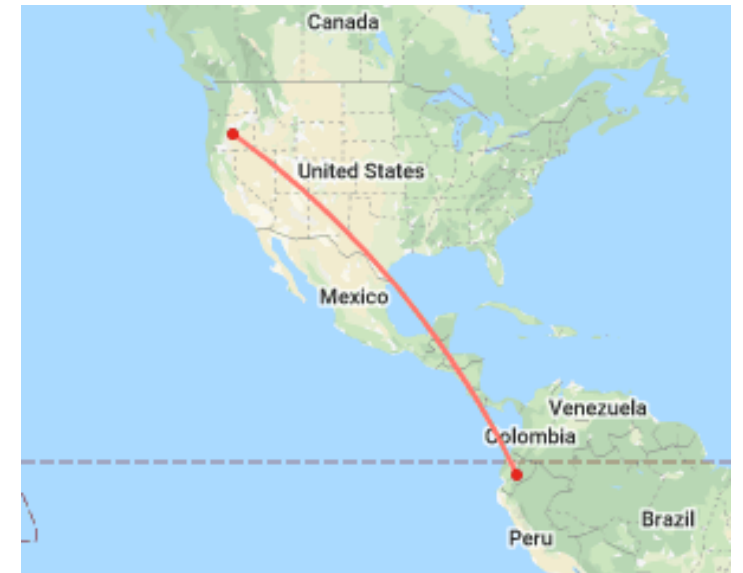


What did you learn?

- Name one food that grows in Klamath County in each season: Spring, Summer, Fall, Winter.
- There are 9 steps along the path our food travels to get from the farmer to our plate. Name at least 4 of those steps.
- When you checked labels for “origin,” which food had to travel the farthest to get to Klamath Falls?

- Email me your answers to these questions

patty.case@oregonstate.edu



This banana came from Ecuador over 4000 miles away!

What's Next?

Join me again as we learn about food grown in Klamath County and the people that grow it for us to eat.

Next we'll be visiting Lost River Junior High-High School farm to see what they grow for the school cafeteria.

Don't forget to submit your entry for the art contest

<https://workspace.oregonstate.edu/farm-to-school-and-nutrition-art-contest>

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Meghan Miller, Agriculture Teacher at Lost River School



Oregon State University
Klamath Basin Research
and Extension Center

References, Learning Objectives & Science Standards

Learning Objectives:

1. Identify where and how food is grown in Klamath/Oregon
2. Identify an Oregon grown food.

NGSS Standards Used in Garden Education 3rd Grade:

[3-LS4-3 Biological Evolution: Unity and Diversity](#)

Construct an argument with evidence that in a particular habitat some organisms can survive well, some survive less well, and some cannot survive at all.

[3-ESS2-1 Earth's Systems](#)

Represent data in tables and graphical displays to describe typical weather conditions expected during a particular season.

Photos:

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Credits/Sources: National Ag in Classroom Lesson Who Grew My Soup; USDA Team Nutrition Dig In!; USDA The Great Garden Detective Adventure

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