



## Do you have what it takes to become a Junior Farmer? Take the quiz.

1. What is a shovel?
  - a vegetable
  - a tool
  - a bug
2. Which makes soil a good home for plants?
  - ants
  - mold
  - worms
3. What is compost?
  - food garbage
  - cow poop
  - rocks you take out of the garden
4. How do bees help our plants?
  - they feed the flowers honey
  - they pollinate the plants to help new plants grow
  - they chase away the groundhogs

Answers are at the bottom of the page.

**If you got 3 or 4 answers correct:** we need your help! You have just what we need in a Junior Farmer!

**If you got 1 or 2 answers correct:** we would love you to come and learn with us, and become a Junior Farmer!

**If you got 0 answers correct:** we love how your mind works! You are one of a kind, and we'd love to meet you! Come learn to be a Junior Farmer!

# Welcome to the Cedar Ridge Kids Junior Farmer Program!

## Why we farm

Did you know that we have a farm at Cedar Ridge? We don't have cows or pigs (yet!), but we do grow food. We have been growing fruit and vegetables here since 2009. (Before you were born!) Do you know why we grow food?

Maryland is a rich state, but there are still people who don't have enough money to buy healthy food. In fact, about one in every three kids in our county goes hungry because they don't have food at home. Even though their parents work hard, they do not get paid enough to be able to buy healthy, fresh food.

We grow fruit and vegetables without using any chemicals. This makes the food healthier for people. It also helps protect our soil and nearby rivers from pollution. Every year we grow about 2 TONS of food. That's the same weight as a Jeep Cherokee or 20 baby elephants!



By growing food, and giving it away to our hungry neighbors, we help to make our neighborhood a little bit kinder and fairer. We believe this is a great way to follow Jesus' example of showing love to everyone.

We are excited that you want to become a Junior Farmer. By being part of this program, you will not only learn something about growing food, you will also help other children to eat well—and that will make the world a better place!



Fertilizers and pesticides can

- Increase the risk of children developing asthma.
- Make algae bloom in rivers, which removes the oxygen from the water and kills the fish.
- Kill micro-organisms in the soil that help plants to grow.

## Becoming a Junior Farmer

To become a certified Junior Farmer at Cedar Ridge (grade 1), you will need to visit the farm at least 3 times, and complete each of the tasks listed below. A farm team member will show you how to do each task and explain to you why we farm this way. They will also answer any questions you might have.

Plant a seed



Plant a seedling



Pull some weeds



Water a plant



Pick a fruit or vegetable



Weigh some produce



Eat something grown on the farm



Use the form on the next page to keep track of your progress. A farm team member will sign each task you complete. When you have completed all the tasks, give the form to a farm team member, and you will receive a certificate and small gift to thank you for helping us to make the world a better place!



Name: \_\_\_\_\_

Date	Today I...	Farm Team Member Signature
	... planted a _____ seed. (type of seed planted)	
	... planted a _____ seedling. (type of seedling planted)	
	... pulled some _____ weeds. (type of weeds pulled)	
	... watered some _____ plants. (type of plants watered)	
	... picked some _____. (type of fruit or vegetables picked)	
	... weighed some _____. (type of fruit or vegetables weighed)	
	... ate some _____. (type of farm-grown produce eaten)	