



Utah Farm Field Trip Guide



UTAH
**Child
Nutrition
Programs**



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Why Farm Field Trips?

A trip to a farm is a great way to teach kids where food comes from, get some exercise and fresh air, and have fun. Farm field trips are most successful when they include at least one of the following components:

Helping Task— an opportunity for students to actively help the farmer with a seasonally (and age) appropriate farm chore.

Harvest Opportunities— a chance for students to harvest fruits or vegetables they may have only seen at the grocery store.

Tasting Opportunities— tasting the produce grown at the farm not only reinforces the lesson of where food comes from, but may inspire some students to try a fruit or vegetable that is new to them.

Education about Farmworkers and Food Systems— help students understand the important role farmworkers play in our food system, and the labor required to bring food from the farm to our tables.

Examples of fun and educational farm activities include pressing cider, identifying and washing vegetables, making scarecrows, petting/feeding/drawing farm animals, learning about bees, planting, transplanting or harvesting, pruning or weeding, creating a salad bar and tasting, composting, or a scavenger hunt. The following pages will provide helpful tips for before, during, and after your field trip to help ensure it is a success, as well as a list of farms in Utah that welcome field trips.



Before You Go

Think about the following questions to help you select a farm:

- What is your budget?
- How far are you willing to travel?
- What are your transportation options?
- How much time do you have?
- Is there anything in particular you want the children to see or experience?

Some farmers may be able to accommodate last minute field-trip requests, but in general you will want to start planning approximately two months before your trip. As you work with the farmer and your own program staff to plan your visit, you'll want to get answers to the following questions:

- When is the best time to visit the farm?
- What kind of activities can the farmer provide?
- Will the farmer be available to lead activities, or will teachers/chaperones need to be in charge?
- Do you need to bring any supplies for the activities?
- Are restrooms and handwashing facilities available?
- If you have any students with allergies or physical challenges, will the farm be able to accommodate them?
- Who is available to chaperone? For younger ages, you will want one adult for every 5-6 kids. Older grades can get by with one adult to every 10-12 students.
- Obtain a list of farm rules to review with students before the field trip.

Delivering a pre-trip lesson is highly recommended. This could be something as simple as showing pictures of the farm they will visit and discussing where food comes from, or a more in-depth lesson about how certain foods grow and are harvested.



Before You Go

You may find it helpful to use these packing lists as field trip day approaches.

Packing List—Field Trip Leader

- Name tags (for all students and adults)
- Directions to the farm and contact information for the farmer
- Copy of schedule (one for each adult)
- Supplies or handouts for activities
- Camera (or phone) to document the day
- Trash bag
- First aid kit



Packing List— Students

- Water bottle
- Bagged lunch, either from home or school cafeteria
- Sunscreen/Sun hat
- Jacket/Rain coat
- Sturdy shoes or boots
- Additional weather-appropriate layers as needed
- Notebook and pencil (if needed for activities)



Day of the Trip

Be sure to wear weather appropriate clothing. Dressing in layers is a great way to be prepared, especially in spring and fall when the weather is more variable. Plan to get dirty.

Have students wear name tags to make things easier on chaperones and farm staff.

Be prepared to manage student behavior—don't place that responsibility on the farmer.

Be sure you've packed any necessary lunch, water, snacks, sunscreen, and activity supplies.

Don't forget to take pictures, respecting any restrictions that trip participants (or the farm itself) may have.



After the Trip

Send payment to the farmer (if they did not receive it in advance).

Have the students write and send thank you notes.

If you received funding for the trip, it is also a good idea to send copies of some of the thank you notes, as well as pictures and notes from the day to your funder, even if they don't require it.

Make some notes for yourself on what went well, and what you might like to try differently next year.

Deliver a post-trip lesson a week after the trip, to help reinforce what was learned during the field trip.



Where to Go?

The farmers on this list (and on the following page) have all indicated that they would like to host students for a field trip. It's as simple as finding a farm close to you and giving them a call.

Farm Name	Location	Contact Information	Type of Farm
Johnson Family Farms	Benson, UT	Kelby Johnson (435) 754-5638 johnsonfamilyfarms1@gmail.com	Fruits and Vegetables
Petersen Family farms	Riverton, UT	Luke Petersen 801-440-4004, farmerluke@petersenfarm.com	Fruits and Vegetables
Heritage Valley Poultry	Holbrook, ID	Nels Anderson Nels.anderson1234@gmail.com	Poultry and Eggs
Heirlooms and More, Worden Produce	Monroe, UT	Darin Worden, 801-205-3818, darinworden@msn.com, anytime	Fruits and Vegetables Cornmeal and Corn Flour
Henson Heritage Farm	Multiple Locations: Logan, UT Brigham City, UT Ogden, UT Layton, UT Sandy, UT Lehi, UT Provo, UT Heber City, UT Cedar City, UT St. George UT	Jennifer Henson (435) 414- 0477. Email jennifer@intermountainfamilyfarms.com. Either form of contact is fine. Contact any time of day.	Beef, Pork, and Lamb
Taylor Made Beef	Emery, UT	Russell Taylor. Call phone - (435) 749-0168. Contact anytime the sun is up.	Beef
River Rock Family Farms	Willard, UT	Suzie Radtke (801) 660 - 0724, riverrockfamilyfarm@gmail.com, contact during daytime	Eggs
Kohles' Family Farm	Kaysville, UT	Mary Kohles - Call or email (calling is preferred): (801) 604-7440 marykohles@hotmail.com. Call anytime.	Fruits and Vegetables
Lost Creek Farms	Amalga, UT	Mark Cowley - lostcreekfarms@rocketmail.com or Pennie Cowley at (435) 881-0941. Call or email any time.	Vegetables
Martel Farm	Lindon, UT	Barbara Martel - Call anytime (801) 636-6508	Fruits and Nuts
Utah Natural Meats	West Jordan, UT	Shayn Bowler - email at shayn@utahnaturalmeat.com	Beef, Pork, Lamb, Goat, Poultry, Eggs
Bingham Farms	Corinne, UT	Van Bingham - Call first, then email. (435) 279-4917. vtbinghamfarms@live.com. Available to answer calls in the mornings.	Potatoes

Farm Name	Location	Contact Information	Type of Farm
Perry Berries	Mapleton, UT	Colette Perry - Call during the daytime - (801) 372 - 7744	Raspberries
First Frost Farm	Nibley, UT	Penny 435-770-5644	Vegetables
Gibbons Green Gate Farm	Smithfield, UT	Jared Gibbons 435-890-3314	Beef, Lamb, Eggs
Green Canyon Farms	North Logan, UT Lewiston, ID	Nancy 435-755-9601	Fruits and Vegetables
Heritage Family Gardens	Jensen, UT	Stacy 435-219-8670	Fruits and Vegetables
Jones Creek Beef	Springville, UT	Caryn 801-310-3234	Beef and Lamb
Old Home Place Heritage Farms LLC	Vernal, UT	Dale 435-828-2156	Beef, Pork, Lamb, Poultry, Llamas
Pleasant Grove Guernseys	Pleasant Grove, UT	Richard or Diana 801-785-7660 or 801-830-3591	Fruits
Keep It Real Vegetables	Salt Lake City, UT	Tyler Montague, 8018849770, keepitrealvegetables@gmail.com, Monday mornings are best for taking orders	Vegetables
Heber Valley Artisan Cheese	Midway, UT	amber@hebervalleycheese.com	Cheese

Do you know a farmer who would like to be added to this list? Please email contact@utfarmtofork.org so that we can get in touch with them.





Interested in doing more with Farm to School?

Visit the Utah Farm to Fork Task Force website for resources and to learn about upcoming events:

www.utfarmtofork.org

You can also email us or connect with us on Instagram and Facebook:

contact@utfarmtofork.org

[@utfarm2fork](https://www.instagram.com/utfarm2fork)

