

# A Carrot Adventure

MPS started our Farm to School program in 2013, and we take great pride in partnering with local farms to buy fresh, healthy foods that nourish our students and support our local economy.

This week we encourage youth to think about the travel our food has from farm to plate. MPS includes a variety of fresh produce in each of our meal boxes!

To find a MPS food pick-up sites near you, visit: [cws.mpls.k12.mn.us/2020-21\\_school\\_year](https://cws.mpls.k12.mn.us/2020-21_school_year)

To learn more about MPS' Farm to School program, visit: [cws.mpls.k12.mn.us/f2s\\_program](https://cws.mpls.k12.mn.us/f2s_program)



**The carrots in your MPS meal box had quite the adventure getting to you from Open Hands farm. Try and put the story in the correct order.**

1. \_\_\_ Farmer Ben harvests the carrots – either by hand or with a tractor that digs the carrots out of the ground.
2. \_\_\_ The sliced carrots are driven to the MPS Culinary Center and packed into MPS meal boxes.
3. \_\_\_ Seedlings grow into full-size carrot plants.
4. \_\_\_ Farmer Ben plants tiny carrot seeds in tidy rows in the soil on his family's farm in Northfield, MN.
5. \_\_\_ Carrots are packed in bags and driven to the processing warehouse in Eagan, MN, where they are sliced and packed into smaller bags.
6. \_\_\_ MPS meal boxes, with sliced carrots inside, are delivered to schools across Minneapolis
7. \_\_\_ Using water and sunlight, the carrot seeds grow into small plants called “seedlings”.
8. \_\_\_ The carrots are washed with water to remove any soil still on the carrots.
9. \_\_\_ Farmer Ben removes the green tops of the carrots.

Answers: 1.D; 2.H; 3.C; 4.A; 5.G; 6.I; 7.B; 8.F; 9.E

**[Click here to watch a short video by MN Ag in the Classroom to learn more about the Farm to School journey for carrots from Open Hands Farm.](#)**