



EXAMPLES OF FARM FIELD TRIP ACTIVITIES

- You pick – berries, apples, and even carrots and green beans!
- Farming demonstrations – sheep shearing, spinning wool, grinding corn, sheep herding, milking
- Learn about and interact with farm animals
- Helping with farm tasks and chores—harvesting potatoes, planting onions, watering, etc.
- Planting seeds in a cup to take home
- Soil explorations
- Taste testing/cooking
- Storytelling
- Corn maze/ Hay maze (younger children)
- Wagon rides
- Pollination activities/games
- Observational bee hives
- Heritage activities - seed saving, weaving, quilting, doll making
- Picnics
- Arts and Crafts Projects
- Cut your own flowers
- Square dancing
- Scavenger hunts
- Bird watching
- Hiking/ Nature walks



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
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