



## 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).  
306 West Haywood Street, Asheville, NC 28801  
(828) 236-1282  
[www.Growing-Minds.org](http://www.Growing-Minds.org)