

The Go-To Guide to Great Farmers Markets, Farm Stands & Farms for Picks & Kids



Farm Fresh Tennessee: The Go-To Guide to Great Farmers' Markets, Farm Stands, Farms, U-Picks, Kids' Activities, Lodging, Dining, Wineries, Breweries, Distilleries, ... and More (Southern Gateways Guides)

by Paul Knipple

★★★★★ 5 out of 5

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Discover the vibrant world of farmers markets, farm stands, and farms that offer an abundance of fresh, locally grown produce, unique experiences, and educational opportunities for families. This comprehensive guide will lead you to the best destinations for picking your own fruits and vegetables, exploring the countryside, and connecting with local farmers.

Farmers Markets

Farmers markets are thriving marketplaces where farmers and artisans gather to sell their fresh produce, homemade goods, and specialty items. Here are some of the top farmers markets that cater to families:

- **Pike Place Market, Seattle, WA:** An iconic waterfront market with over 225 vendors offering a vast array of produce, seafood, baked goods, and crafts. Kids will love the gum wall and fish-throwing demonstrations.
- **Union Square Greenmarket, New York City, NY:** One of the oldest and largest farmers markets in the country, featuring a wide selection of organic and conventional produce, cheese, bread, and honey. There are often kids' cooking demonstrations and music performances.
- **Ferry Building Marketplace, San Francisco, CA:** A culinary paradise on the waterfront, showcasing the best of California's farms and food artisans. Kids can participate in cooking classes and interactive exhibits.
- **Green City Market, Chicago, IL:** A year-round market in Lincoln Park that specializes in sustainable and locally sourced food. Kids can learn about gardening and composting through educational programs.
- **Boston Public Market, Boston, MA:** A modern indoor market featuring a wide range of local vendors, including farmers, fishmongers, bakers, and cheesemakers. There are often kids' activities and cooking demonstrations.

Farm Stands

Farm stands are typically located on or near farms and offer a more intimate shopping experience. Here are some of the best farm stands that are great for families:

- **Burdick's Farm Stand, Cazenovia, NY:** A sprawling farm stand with a wide variety of fruits, vegetables, and baked goods. Kids can play on

the playground and see the farm animals.

- **Sunshine Farm, Amherst, NH:** A family-run farm stand that sells fresh produce, eggs, meat, and homemade pies. There are picnic tables and a small petting zoo.
- **Sweet Berry Farm, Middletown, RI:** A popular strawberry farm that also grows blueberries, raspberries, and blackberries. Kids can pick their own berries and enjoy ice cream and other treats.
- **Farmer Dave's, Warminster, PA:** A large farm stand that sells a wide variety of produce, plants, and flowers. Kids can explore the corn maze and play in the sandbox.
- **Red Apple Farm, Phillipston, MA:** A family-friendly farm stand with a petting zoo, hayrides, and a playground. They also sell fresh produce, baked goods, and apple cider donuts.

Farms

Farms offer a unique opportunity to connect with the land and learn about agriculture firsthand. Here are some of the best farms that are open to the public and welcome families:

- **Stone Barns Center for Food and Agriculture, Pocantico Hills, NY:** An educational farm and restaurant that showcases sustainable farming practices. Kids can learn about food production, take cooking classes, and explore the farm trails.
- **Windy Hill Farm, York, ME:** A working farm that offers hayrides, farm tours, and a petting zoo. Kids can also pick their own strawberries and blueberries.

- **Cherry Crest Adventure Farm, Ronks, PA:** A family-friendly farm with a corn maze, petting zoo, and water park. They also sell fresh produce and baked goods.
- **McEvoy Ranch, Petaluma, CA:** An organic farm and art center that offers farm tours, hiking trails, and an olive oil tasting room. Kids can play in the hay bale maze and enjoy the farm animals.
- **Downey's Farm, Calistoga, CA:** A picturesque farm in the Napa Valley that offers farm tours, goat milking demonstrations, and a picnic area. Kids can also pick their own berries and grapes.

Tips for Visiting Farmers Markets, Farm Stands, and Farms with Kids

- **Plan ahead:** Check the websites of the farmers markets, farm stands, and farms you plan to visit to find out what they offer and when they are open.
- **Bring snacks and drinks:** Many farmers markets, farm stands, and farms do not have food vendors, so it's a good idea to bring your own snacks and drinks, especially if you have young children.
- **Dress comfortably:** You'll be doing a lot of walking and exploring, so wear comfortable shoes and clothing.
- **Be patient:** Farmers markets, farm stands, and farms can be crowded, especially on weekends. Be patient and take your time to browse the stalls and talk to the farmers.
- **Ask questions:** Don't be afraid to ask the farmers questions about their produce, farming practices, and the history of their farm.
- **Support local farmers:** By buying directly from farmers, you are supporting local agriculture and the local economy.

Visiting farmers markets, farm stands, and farms is a wonderful way to spend time with your family, learn about where your food comes from, and support local farmers. With so many great destinations to choose from, you're sure to find the perfect place to pick your own produce, explore the countryside, and create lasting memories.



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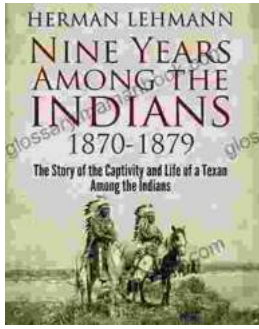
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