

Sign up to take the NC Farm to Summer Challenge: https://bit.ly/3I5noab. Complete as many #NCFarmtoSummer activities as you can during NC Farm to Summer Week or anytime during the summer to 1) Serve, 2) Teach or learn about, 3) Post or share about, and 4) Crunch into locally grown food. Check off the boxes. See if you can complete 5 in a row in any direction.

NC Farm to Summer

Sign up to take the 2022 NC Farm to **Summer Challenge**

Check out the **#NCFarmtoSummer** Toolkit

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Learn from the NC fruit and veggie fact sheets

Visit a local farm

Read an Ag Mag on **NC-grown products**

Research our **NC State Veggie**

Check out an activity guide on produce grown in NC and served in school and summer meals

Visit a school or community garden

Read a storybook on produce grown in NC and served in school and summer meals

Share or post about your **#NCFarmtoSummer** activities

Follow produce from the field to school meal with NC Farm to School **Program posters**

Sign up to participate in the **#NCCrunch to** taste and learn about NC-grown produce

Learn facts about NC agriculture and school meals with the NC Farm to School Program

Draw/submit a picture about NC agriculture for the NC Farm to School Program, Calendar Art ContestTaste test a NC-grown food

Taste test a **NC-grown food**

Visit a local farmers market Research our **NC State Fruit**

Plant fruit or vegetable seeds

Try a new recipewith a NC-grown food

Take a virtual field trip to a NC farm or

Talk with a **NC farmer**

Talk with a Master Gardener or garden expert

Research our **NC State Beverage**

Find out what veggie NC is the #1 producer of

Check out the NC Farm to Summer Toolkit: https://bit.ly/3l5noab|Review the North Carolina fruit and veggie fact sheets: https://bit.ly/3c30kws|Find a North Carolina farm, farm stand, or farmers market near you: https://gottobenc.com | Take a virtual field trip to a NC farm or farmers market: https://bit.ly/3z1gj7H, https://bit.ly/3RxKSIr, https://bit.ly/3P4tv0C | Find a school or community garden near you: https://www.nccgp.org/ | Connect with North Carolina Master Gardeners: https://emgv.ces.ncsu.edu/ | Learn about North Carolina produce in season: https://bit.ly/3yy1Y14 | Learn about NC State Symbols, including our State Veggie, Fruit and Beverage: https://bit.ly/2pgZZdX | Find NC Ag in the Classroom lessons and Ag Mags: https://www.ncfb.org/ag-in-the-classroom/ | Find NC Farm to School Program storybooks, activity guides, posters, and other resources: https://www.ncfarmtoschool.com/ | Find North Carolina K-12 Culinary Institute recipes and resources: https://bit.ly/3PgnD4e This institution is an equal opportunity provider.