IOWA FARM TO SCHOOL

Virtual Farm Field Trips

The Bureau of Nutrition and Health Services created a series of virtual field trips to Iowa farms for use in classrooms, agriculture education programs and cafeterias around the state. Each video focuses on one fruit or vegetable and is accompanied by learning materials, activities and recipes for that ingredient to integrate learning in multiple ways. For each food, learn how it grows, meet the farmers who grow it, and find out how to cook and eat it!



Radishes

In spring, summer, fall and even winter, enjoy this delicious, spicy, crunchy snack!

- Radish Farm Field Trip
- Choose Iowa Radish Materials
- Bahn Mi Sandwich Recipe



Melons

Sweet and juicy, melons are a summer treat that only grow if their flowers get pollinated by bees, butterflies or other pollinators.

- Melon Farm Field Trip
- Choose Iowa Melon Materials
- Watermelon Salsa Recipe



Apples

Crunch into apples whole, sliced or cooked into a recipe, and see why Iowans have been growing apples for a very long time!

- Apple Orchard Field Trip
- Choose Iowa Apple Materials
- Apple Cinnamon Crumb Muffin Recipe
- Apple Muffin Recipe Video



Beans

Beans have a long and rich cultural history, making this creamy, nutritious legume an important part of meals and gardens in Iowa.

- Bean Farm Field Trip
- Choose Iowa Bean Materials
- White Chicken Chili Recipe
- Chili Recipe Video

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IOWA Department of Education