

# HOW TO HOST A COMMUNITY FARM TO SUMMER EVENT



# 1.

# DEVELOP A PLANNING TEAM

*Putting on a Farm to Summer Event should be a collaborative effort! There are so many individuals in the community who are passionate about health, community engagement, and local foods.*

## IDEAS OF WHO TO INCLUDE ON YOUR PLANNING TEAM:

- Local farmers
- Local elected officials
- Local health departments
- School staff
- Childcare providers
- Law enforcement
- Recreation departments
- Faith based organizations
- Businesses
- Healthcare facilities
- Local residents

Remember to include representation from all demographics!



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## 2.

# IDENTIFY A SPONSOR

*A sponsor helps with financial, administrative, and food service responsibilities of running the event. There are 2 kinds of sponsors that you will want to look into.*

- 1. The group that is hosting.*
- 2. The group(s) that will be supporting the hosting entity.*

*A great place to start would be to find a school that is running a Summer Feeding Program. Students and families are already going there on a regular basis. You can find a map of these sites [HERE](#).*

### **How to use the USDA Summer Feeding Map:**

1. Enter your zip code.
2. Blue pins will indicate Summer Feeding Sites in the area.
3. Click on the desired area to find contact information and see if they would be interested in helping host a Farm to Summer Event.
4. Once you have identified a site, you can now get down to the details of the event!



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# EXAMPLE MESSAGE TO REQUEST SITE TO HOST EVENT:

Helo, my name is [NAME]. I [INVOLVEMENT IN COMMUNITY E.G. PARENT, PTA MEMBER, BUSINESS OWNER]. I am interested in hosting a Farm to Summer Event. As you may be aware, a Farm to Summer Event brings together different community members together who are passionate about health, community engagement, and local foods.

I was wondering if you would be interested in having the event hosted at [SITE NAME]? We think this would be a great location for the event as community members already visit and are familiar with [SITE NAME]. All of the food, games, and activities will be taken care of by other organizations.

If you are willing, I'd love to talk about a date that would work this summer. Looking forward to partnering with you!



# EXAMPLE LETTER TO REQUEST SUPPORT TO HOSTING ENTITY:

[DATE]

Dear [SPONSOR NAME],

On [EVENT DATE], [ORGANIZATION HOSTING] is hosting a Farm to Summer event at [LOCATION].

This Farm to Summer event will showcase some of our local farmers and Utah's own produce. We are wondering if [ORGANIZATION/COMPANY] would be willing to donate [DONATION REQUEST E.G. MONETARY, SPECIFIC ITEMS, VOLUNTEERS, ETC.].

We are excited to work with you and our local farmers and community members to celebrate all things Farm to Summer.

If you have any questions, please feel free to contact [NAME AND CONTACT INFO].

Sincerely,  
[NAME]



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**3.**

## PICK A LOCATION AND DATE

*Locations for the event should be where the kids are. This may be a summer feeding site, recreation center, farm, park, or a library. June and July are the best months to hold a Farm to Summer Event.*



### FARM TO SUMMER EVENT LOCATION IDEAS:

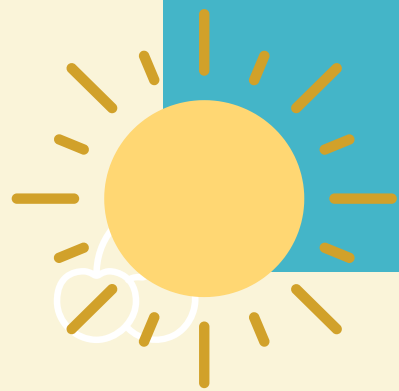
Utah Recreation Centers

Utah Farms

Utah Public Libraries

Utah Summer Meal Sites

Utah Parks



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# 4.

# RECRUIT THE COMMUNITY

*Engage different organizations, businesses, and individuals to help at the event. They can provide activities such as cooking demonstrations, taste-testings, and donate prizes.*

## ACTIVITY IDEAS:



**COW MILKING-** Contact Weber Dairy Council about demo milking cow or create your own cow! Fill a latex glove with milk or water and poke a small hole at the tip of the fingers. Squeeze to get the liquid out.



**CORN SHUCKING RACES-** See who can shuck corn the fastest! Use the corn for future meals or dry for animal feed.

**PLANT A SEED ACTIVITY-** Find a fast germinating summer seed, have kids plant the seeds and take them home to watch them sprout.



**PIN THE SEED ON THE STRAWBERRY-** Create a big poster of a strawberry. Explain how it is a fruit because it has seeds, and its seeds are on the outside and we eat them. Then, have kids pin the seeds on the strawberry.

**FARM PUPPET SHOW-** Have puppets already made (or let kids make a paper bag puppet) and then put on a puppet show behind a stage or backdrop.



**MAKE BUTTER-** Put heavy whipping cream in small containers (Google "empty medicine bottles") and have children shake the bottle until the cream turns to butter. They can now take them home to eat!



**FARM ANIMAL BOWLING-** Get a backdrop of a barn. Take empty cans and decorate them like different animals and stack and knock over with a ball.

**CORN KERNEL SENSORY ACTIVITY-** Put items hidden in a large container filled with corn kernels and let kids search for the hidden treasures!



**FOOD TESTING-** Hold a fruit and vegetable taste-testing, share recipes, and educate on new fruits and vegetables.

**TURN FOOD INTO ANIMALS-** Demonstrate how to cut fruits and vegetables into animal shapes or use cut up fruits and vegetable pieces to make shapes and pictures of animals. (Look on Pinterest for "food art").



**WATERMELON EATING CONTEST/SEED SPITTING CONTEST-** Slice up some watermelon and see who can eat the most or have a competition on who can spit out the seeds the furthest!

**PETTING ZOO-** Organize a petting zoo with help from local farmers. The petting zoo may include sheep, goats, pigs, and roosters.

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# 5.

# PLAN A MENU

*We encourage serving a menu that highlights Utah-grown food, but is also simple and realistic.*

## MENU IDEAS:

- Stuffed bell peppers
- Zucchini pancakes
- Pasta with roasted tomatoes and parmesan cheese
- Pesto
- Mac 'n cheese
- Watermelon salad
- Mediterranean yogurt salad
- Fruit salad
- Salsa
- Sweet potato pie
- Breaded zucchini
- Homemade yogurt
- Green salad
- Pulled pork sliders
- Mini hamburger sliders
- Carrot pie
- Brownies with fresh strawberries
- Strawberry shortcake and whipped cream
- Peach cobbler

## Recipe Inspiration:

[Allrecipes](#)

[Create Better Health](#)

[Delish](#)

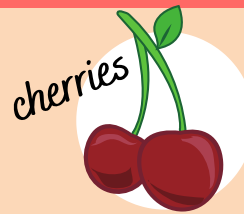
[Food Hero](#)

[USDA](#)



## WHAT'S IN SEASON?

June/July



cherries



broccoli



cucumbers

apricots



corn



mushrooms



blueberries



arugula

beets



apples

Find a farmer near you

Utah growing season

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6.

## ADVERTISE

*Promote and market the upcoming event. This may be through flyers, community social media pages, newsletters, and word of mouth. Get your community excited! Use #UtFarm2Summer so Utahns can easily find what other communities are doing.*



[CITY/TOWN NAME]

## FARM TO SUMMER

[NAME]  
[ORGANIZATION]  
[PHONE]  
[EMAIL]

[DATE]

[ORGANIZATION] is joining farmers, nonprofits and local food enthusiasts in celebrating Farm to Summer. This event encourages healthy eating, supports local agriculture, and helps students and community members gain a deeper understanding of the food system. [DETAILS ON ACTIVITIES OF EVENT].

[SPECIFICS ON EVENT AND HOW TO BE INVOLVED].

Come celebrate summer and locally grown foods! For more information, or to participate in the Farm to Summer event, please contact [CONTACT NAME] AT [PHONE] OR [EMAIL].

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[SPONSOR LOGO]

[CITY/TOWN LOGO]

**Download pre-made advertising templates**

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# 7.

# CELEBRATE!

*Hosting a Farm to Summer Event benefits **EVERYONE!** Kids are engaged in learning, even while school is not in session, nutritious meals are provided, families can bond, and communities can support their local farmers. Celebrate your hard work in hosting such an event, share your success, these type of events help pave the way for healthier communities!*



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# Questions

[contact@utfarmtofork.org](mailto:contact@utfarmtofork.org)

# Learn more

[utfarmtofork.org](http://utfarmtofork.org)



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