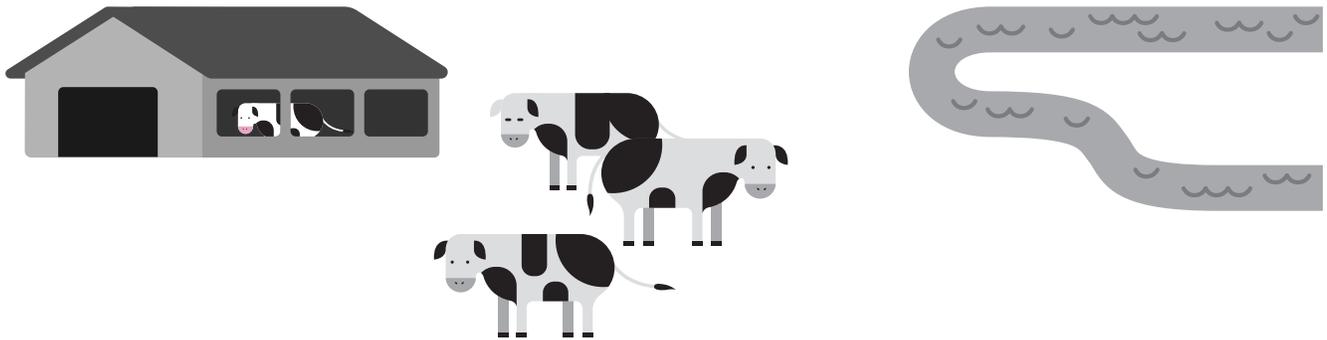


Name: _____

The Dairy Farm

If you were a cow in a free-stall barn, what would be your favorite thing to do?

Don't let your cows escape! Draw a fence to keep them close to the barn. Make sure to keep your cows away from the stream, and don't forget to draw some riparian plants beside the stream!



How much milk does a 14-day old calf drink in a day? _____

How long does it take for a cow to get milked? _____

Why do farmers pasteurize milk?

- a) To add chocolate flavor
- b) To make it white
- c) To make it safe to drink

What do the farmers do with the liquid part of the manure?

The Raspberry Farm

What watershed do you live in? Another way to look at it - what creek or river does the rain that lands in your yard end up in?

How long does it take after a raspberry is planted before you can pick raspberries off of it?

How does the harvester get the raspberries off of the plant?

What are the main stems of a raspberry plant called? _____

How do farmers make sure that the raspberries don't stick together when they are freezing them?

The Potato Farm

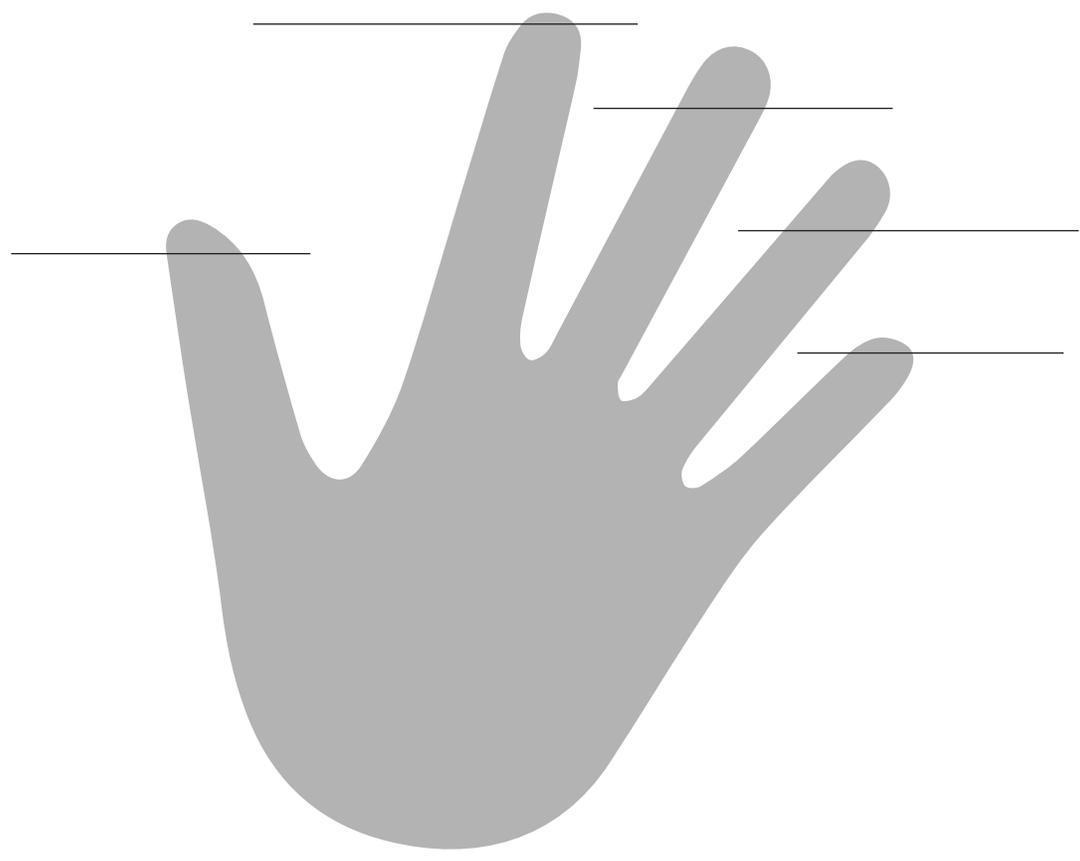
How many new potatoes can grow underground from one potato plant? _____

What do farmers do before going into the lab to make sure that they don't get the plants sick?

Before they harvest the potato, farmers use a special spray to kill the vines and leaves. What is the spray made from?

The storage sheds that the potatoes are kept in are cool, dry, and dark.
Why do you think that is?

Can you name the 5 types of Pacific Salmon? There is one for each finger on your hand!



Drawing Challenge

Draw a picture of your favorite tractor or equipment from the videos and mail it to us. We'll pick some of our favourite ones to post on the website, and we might send you a prize! Don't forget to include your first name and last initial, your grade, and the school you go to!

Ask your parents for help mailing your drawing.
Our address is:

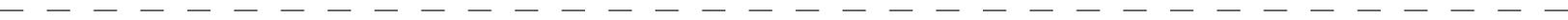
Write your address here:



Whatcom Family Farmers
PO Box 326
Lynden, WA 98264

Name: _____ Grade: _____

School: _____



Raspberry Cobbler Smoothie

This healthy raspberry cobbler smoothie is packed with antioxidants and is the perfect on-the-go breakfast to pump you up with energy for the day.

DID YOU KNOW?

Individually quick frozen (IQF) berries are thoroughly cleaned and inspected before they are frozen? That means you can eat them straight out of the bag!

INGREDIENTS

- 1/4 cup gluten free rolled oats
- 2 tsp ground flax seed
- 1 frozen ripe banana, sliced
- 2 cups Whatcom County Grown Raspberries, fresh or frozen
- 3/4 cup Whatcom County produced milk or milk alternative
- 1/2 cup Whatcom County produced plain yogurt
- 2 tsp maple syrup, or to taste
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Add everything to a blender and process until smooth. Make sure you ask your parents for help using the blender.
2. Divide between two tall glasses and enjoy!

You can try this recipe with other locally-grown berries as well!

This recipe is proudly sponsored by The Green Barn.

