

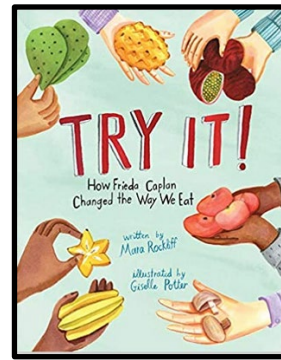
# NOVEMBER 2022

**FARM  
BUREAU  
GEORGIA**

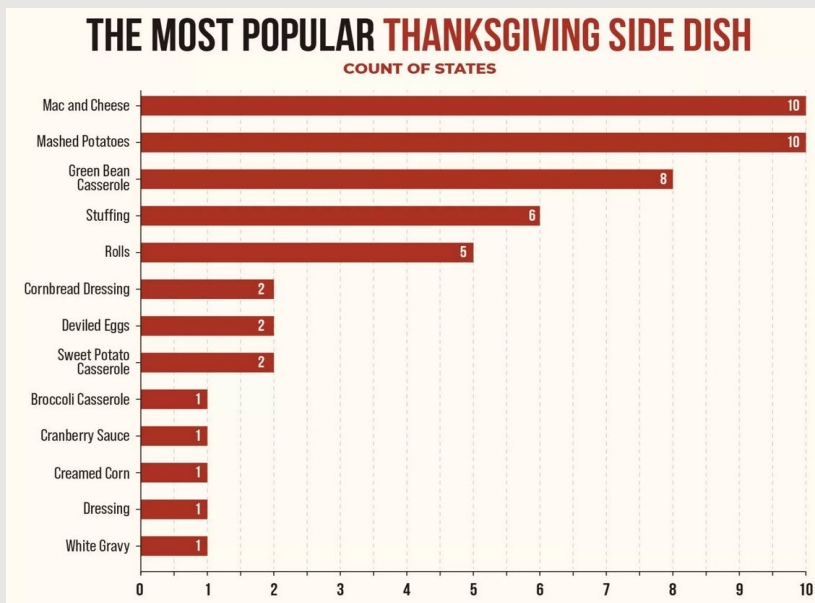
## Ag in the Classroom Book of the Month

### TRY IT! HOW FRIEDA CAPLAN CHANGED THE WAY WE EAT by Mara Rockliff

In 1956, Frieda Caplan started working at the Seventh Street Produce Market in Los Angeles. Instead of competing with the men in the business with their apples, potatoes, and tomatoes, Frieda thought, why not try something new? Starting with mushrooms, Frieda began introducing fresh and unusual foods to her customers—snap peas, seedless watermelon, mangos, and more! This groundbreaking woman brought a whole world of delicious foods to the United States, forever changing the way we eat. Frieda Caplan was always willing to try something new—are you?



#### Fun Facts:



- There are more than 42,000 farms operating in Georgia.
- There are 2.02 million U.S. farms
- Thanks to these farmers we can enjoy our favorite foods at Thanksgiving!

#### Activities:

- [Taste Test the Rainbow Activity](#)
- [Lesson K-2: Homegrown in Your State: Fruits and Vegetables](#)
- [Thanksgiving Tradition Plate- drawing and writing activity](#)
- [Contact](#) your local Farm Bureau to write a thank card to a local farmer using card templates they have
- Make a no bake [recipe](#)! Some favorites this time of year- [No Bake Pumpkin Pie](#), [No Bake Pecan Cream Pie](#) or [Cranberry Fluff Salad](#)

#### Videos:

- Search YouTube for [Farm Monitor videos](#) showing how the farmers in Georgia grow or raise the food your students enjoy the most at Thanksgiving.
- [How Does It Grow](#) does a good job of going into detail about how fruits and vegetables grow.
- [Remembering Frieda Caplan, the exotic fruit lady](#)
- [Saving heirloom plant varieties is "Seed Savers" business.](#)
- [TOP 10 Most Unusual Vegetables](#)

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