



## Girl Scouts of California's Central Coast

### **CELEBRATE EARTH DAY 2021! VISIT YOUR LOCAL FARMER'S MARKET!**

Earth Day is an annual event celebrated around the world on April 22.

On Earth Day we focus on how we can make the world a better place through respecting the environment all around us.

**Celebrate Earth Day 2021 by visiting your local Farmer's Market!  
Earn the Farmers Market Fun Patch!**

Why are Farmer's Markets important?

- Locally grown food tastes better because it has had less time in transit and/or less time to sit around. This state of freshness also ensures that the food stays packed with its intended and initial nutrients.
- Locally grown food helps build communities because when you buy directly from the farmer, you are building a relationship while also helping to support local farmers who are providing for you as much as they are providing for their own families.
- Locally grown food is good for the environment and for sustainability because good farmers ensure that the land is well kept with minimal, if any, usage of chemicals and fertilizers. These practices can sequester carbon, and they can also help ensure proper natural habitats for wildlife.

*...and you can discover yummy fruits and vegetables you have not tried yet!*

#### **How to earn the Farmer's Market patch?**

- Visit your local Farmer's Market any day and time between April 1 & April 30
- Take a photo of you, your family or your troop at the market
- Send your photo to [media@girlscoutscoc.org](mailto:media@girlscoutscoc.org)
- Then purchase your patch at this [link](#)

