

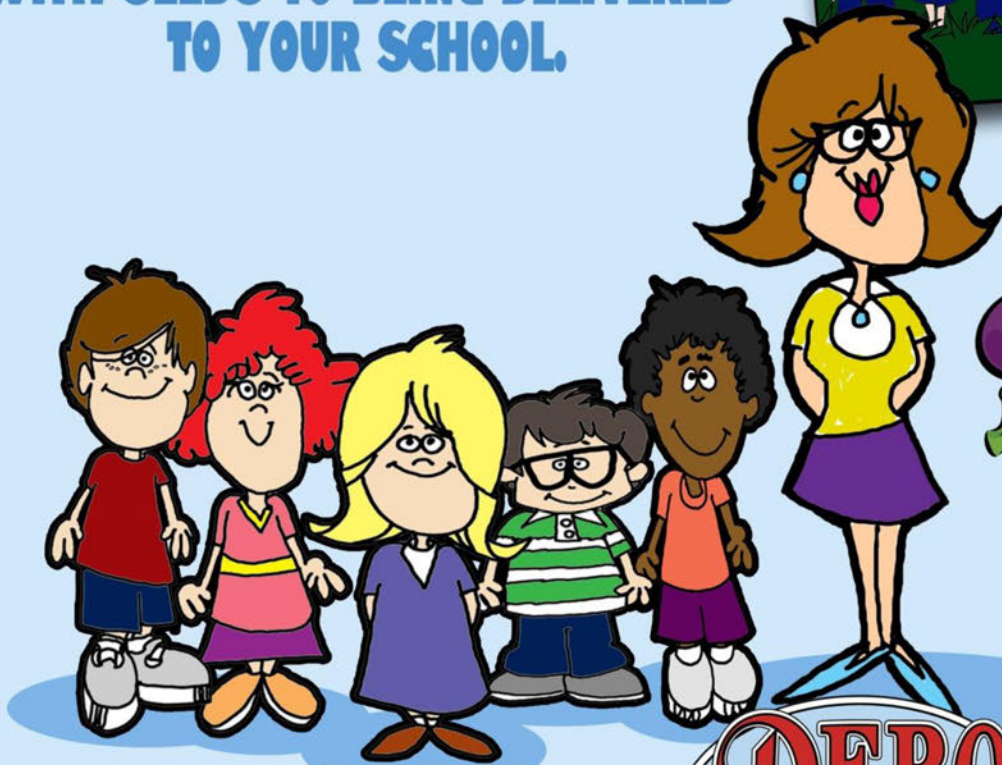
PERO
Family Farms

LET'S
TO GO
THE
FARM



COLORING, GAMES, LEARNING & MORE

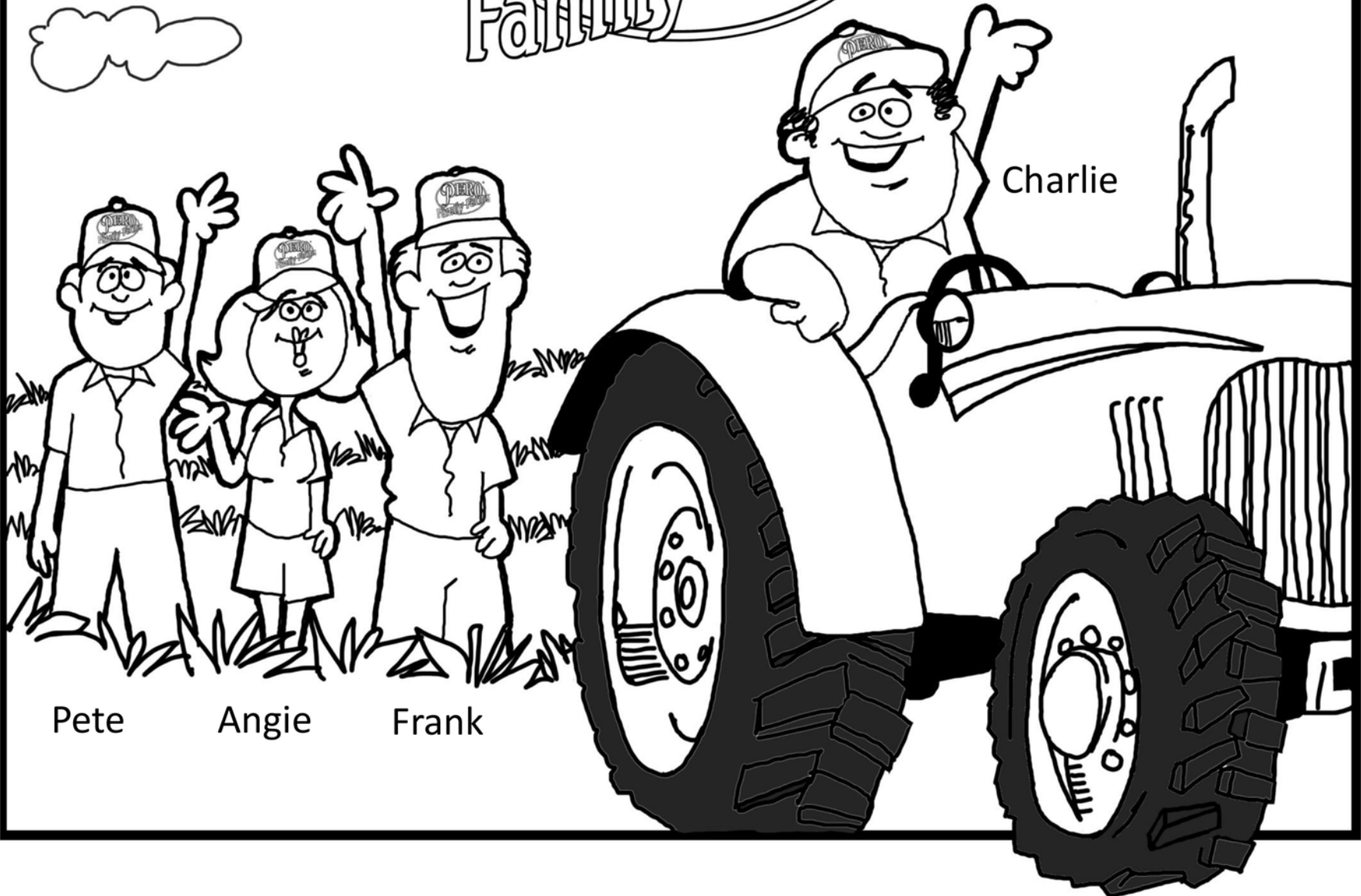
**TAKE A TRIP WITH MRS. GREEN
AND HER CLASS. GO TO THE
FARM AND SEE HOW YOUR
FRESH PRODUCE STARTS
WITH SEEDS TO BEING DELIVERED
TO YOUR SCHOOL.**



visit us at: www.PeroFamilyFarms.com

PERO[®] Family Farms

Welcome. A farm can be a lot of work. It can also be a lot of fun. What's really important is we need farms like Pero Family Farms to feed us and keep us healthy.



Pete

Angie

Frank

Charlie



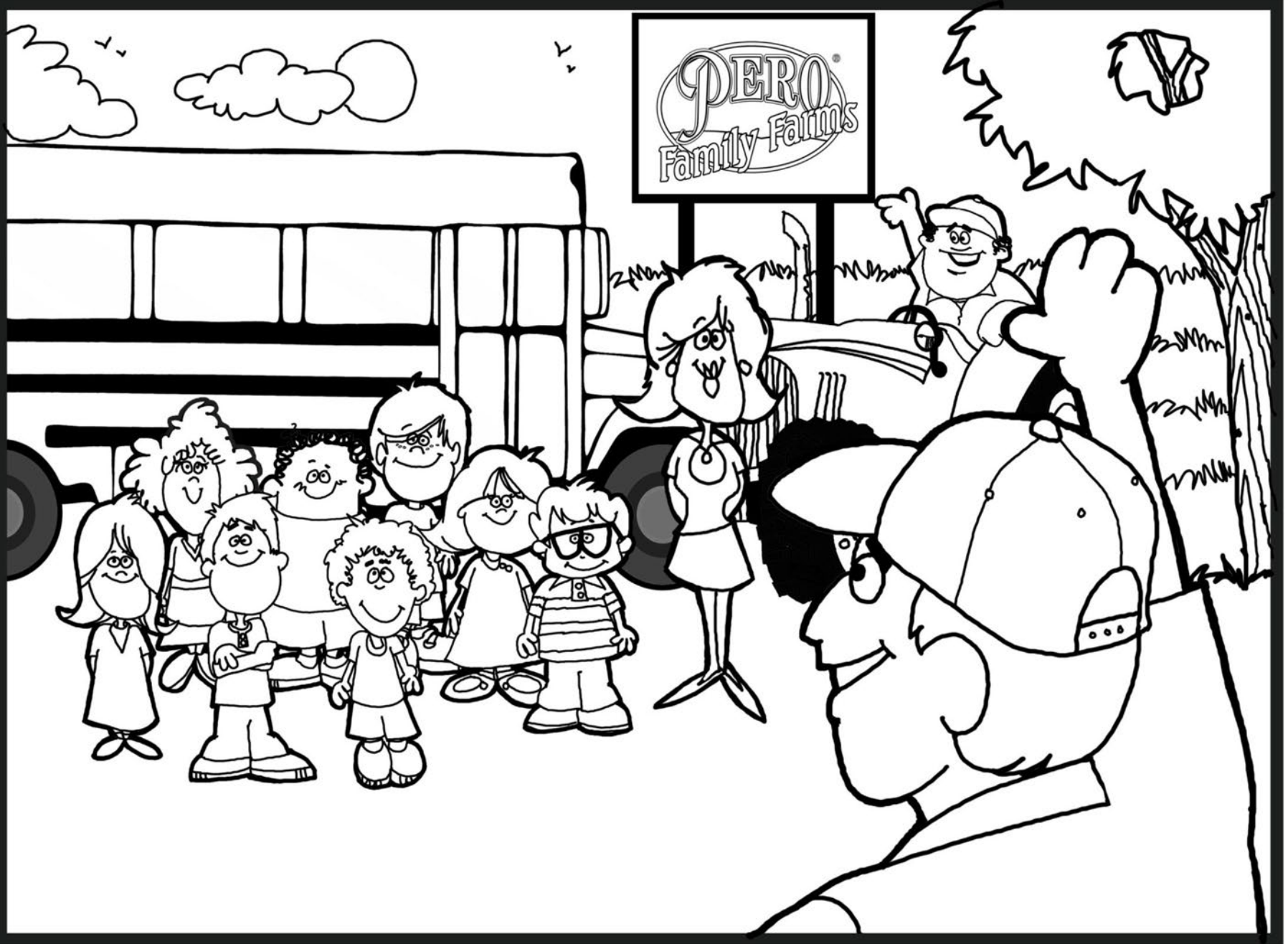
www.PeroFamilyFarms.com



Mrs. Green has been teaching everyone in class about how good vegetables are to eat. She asks everyone if they would like to go see a real farm. Everyone says "YES", and they are ready to go on a field trip to a farm!



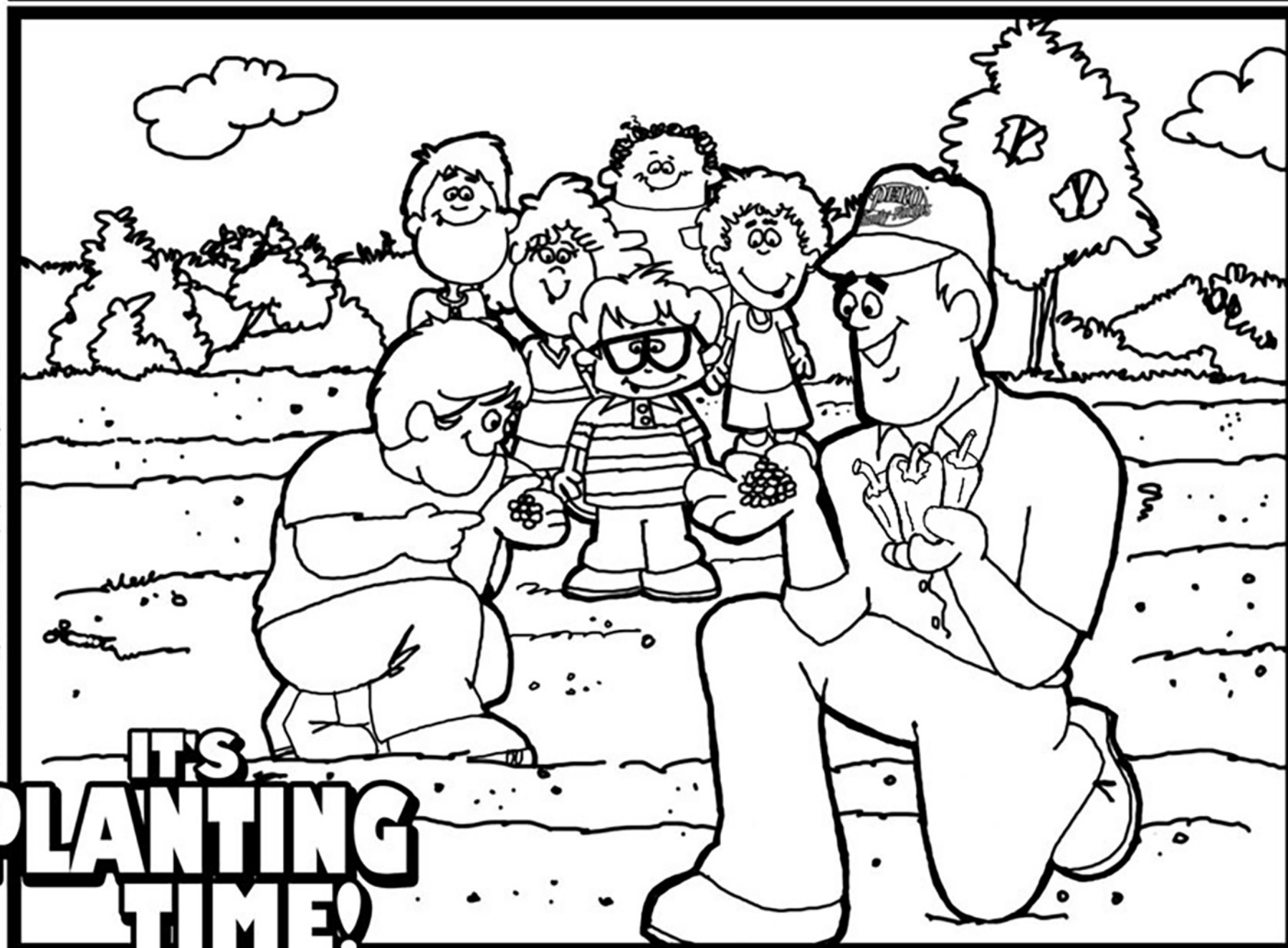
Everyone at Pero Family Farms is happy to see Mrs. Green's class.
Everyone receives a big welcome and hello! "Are you ready to see a farm?", Pete asks.



The first thing we do at the beginning of the growing season is plant seeds in the soil.
Frank shows the class how these tiny pepper seeds are going to turn into full grown Mini Sweet Peppers!

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**IT'S
PLANTING
TIME!**



Plants need these four basic elements to help them grow and produce good vegetables.

SUN

Plants need lots of sunshine to grow.



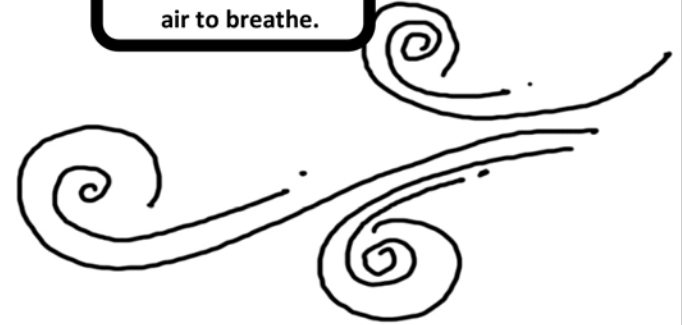
WATER

Plants need water to feed their roots.



AIR

Plants need clean air to breathe.



SOIL

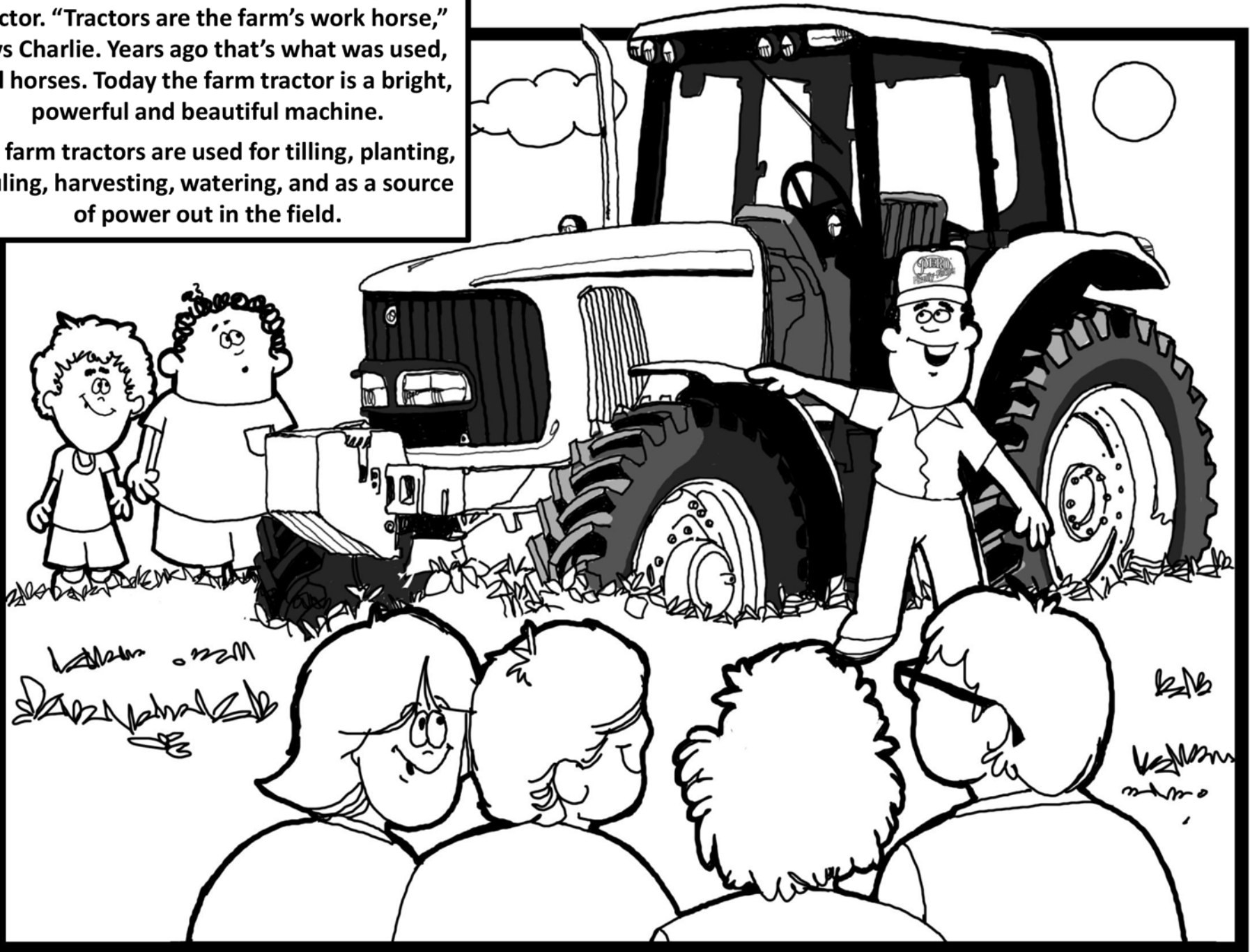
Plants need healthy soil for their roots to grow.



IT'S GROWING TIME!

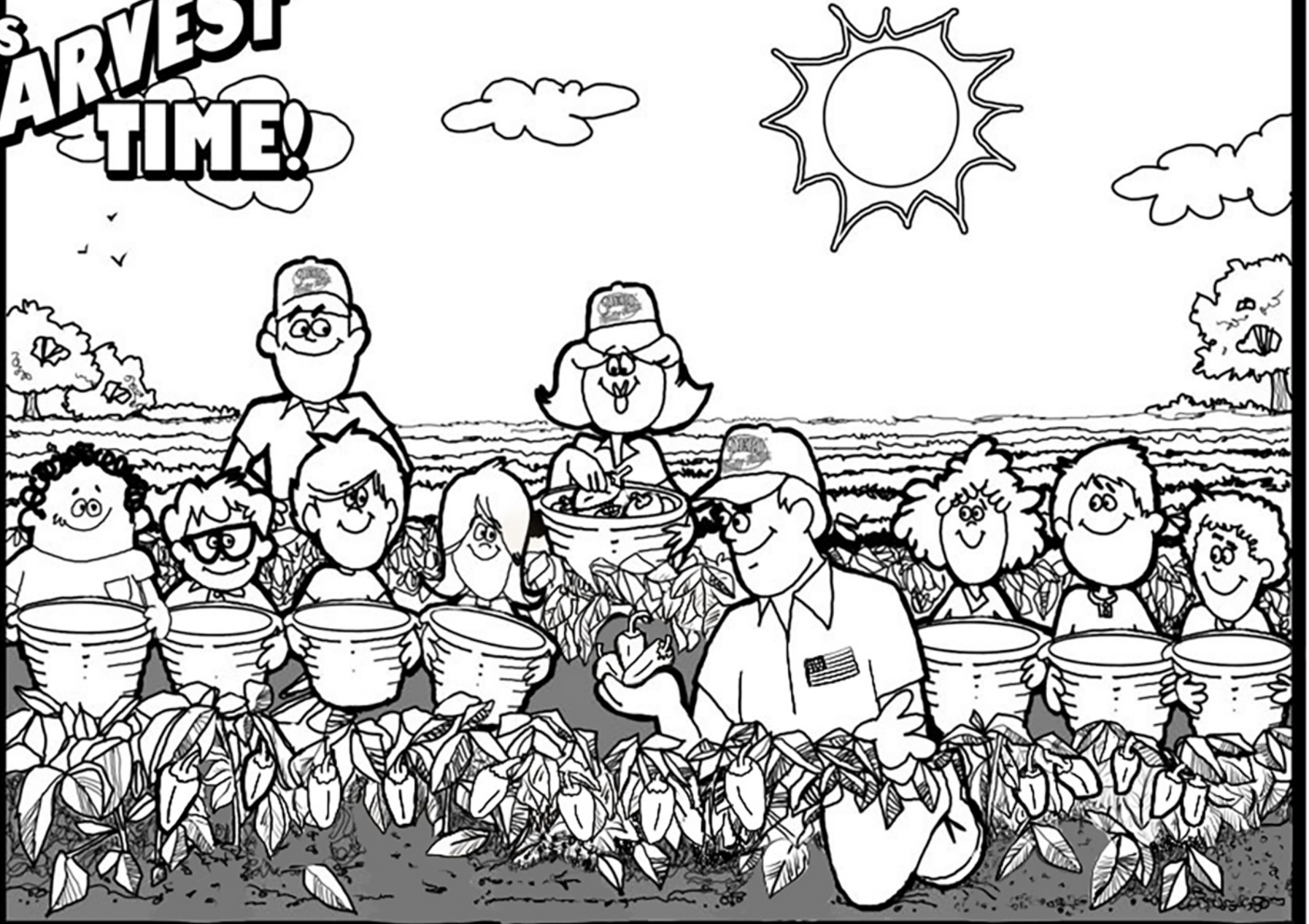
Charlie takes a moment to show everyone a tractor. "Tractors are the farm's work horse," says Charlie. Years ago that's what was used, real horses. Today the farm tractor is a bright, powerful and beautiful machine.

The farm tractors are used for tilling, planting, hauling, harvesting, watering, and as a source of power out in the field.



It's now harvest time for the Mini Sweet Peppers!
Pete, Frank and Angie show the class how to carefully pick the new, ripe Mini Sweet Peppers.

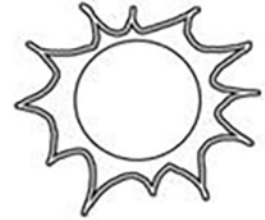
**IT'S
HARVEST
TIME!**



ABOUT MINI SWEET PEPPERS

Mini Sweet Peppers are an EXCELLENT source of Vitamin C and are a great snack to help keep your body healthy!

Mini Sweet Peppers start out green in color and then turn into a different color as they grow and ripen. They will turn into one of these three colors—red, yellow, or orange. All three colors of Mini Sweet Peppers are sweet and delicious. You can enjoy them as a snack with your favorite dip, or cooked in your favorite meal!



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COLOR THIS
MINI SWEET PEPPER

Red



COLOR THIS
MINI SWEET PEPPER

Yellow



COLOR THIS
MINI SWEET PEPPER

Orange



COLOR THIS
MINI SWEET PEPPER

YOUR FAVORITE
COLOR





Once the Mini Sweet Peppers are harvested, they are brought into the packing house, cleaned, inspected, sorted, then packed to be shipped.



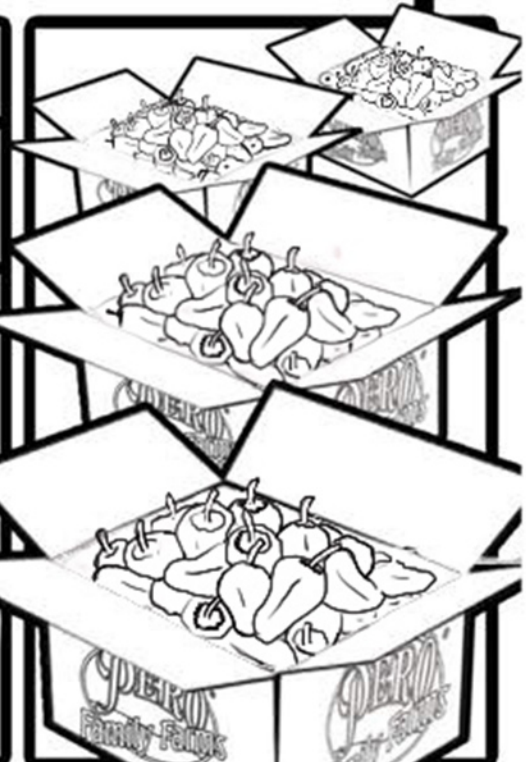
The Mini Sweet Peppers are brought into the packing house immediately. This keeps them cool and fresh.



The Mini Sweet Peppers are then cleaned.

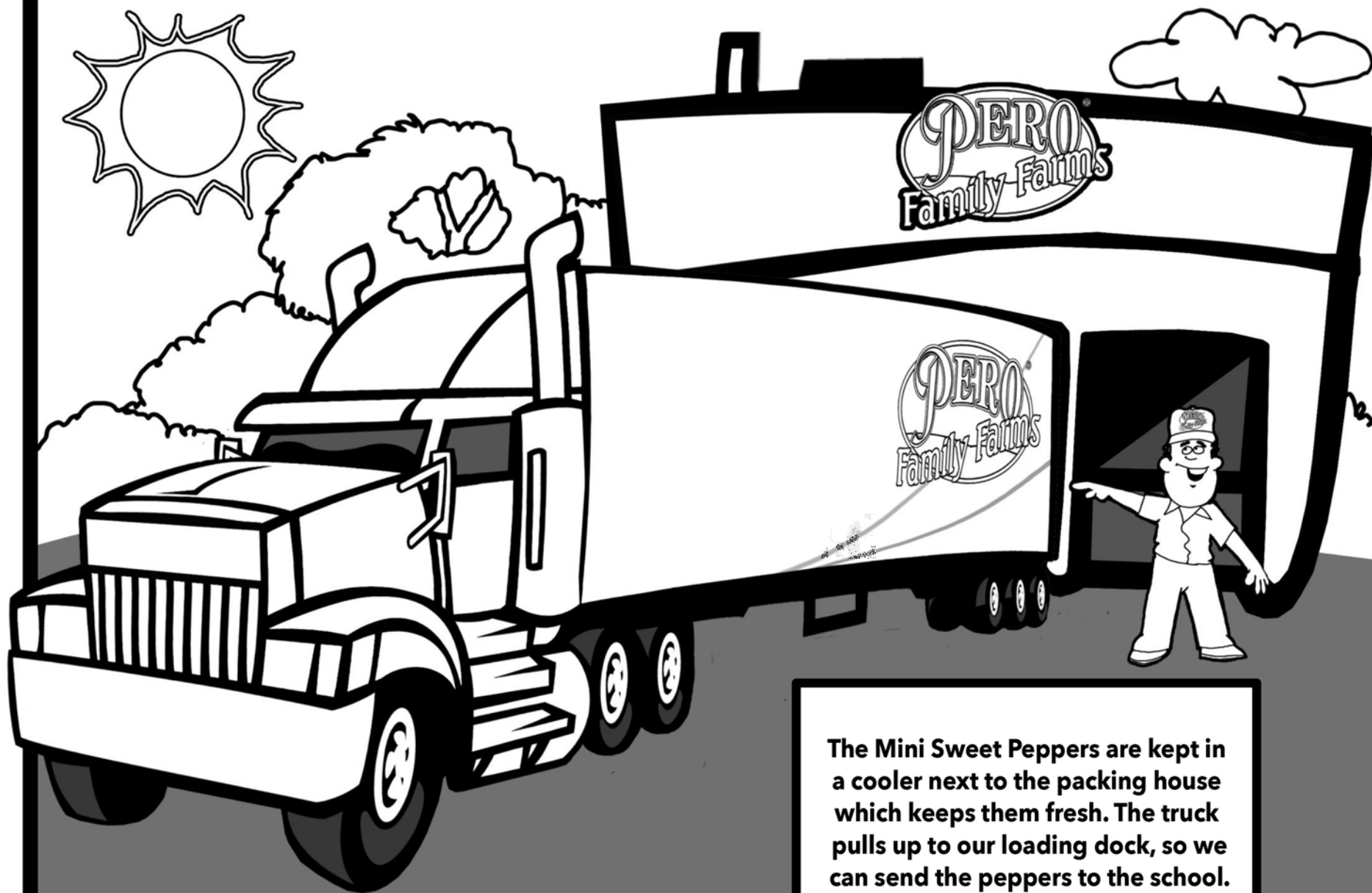


The Mini Sweet Peppers are then inspected and sorted for size and quality.



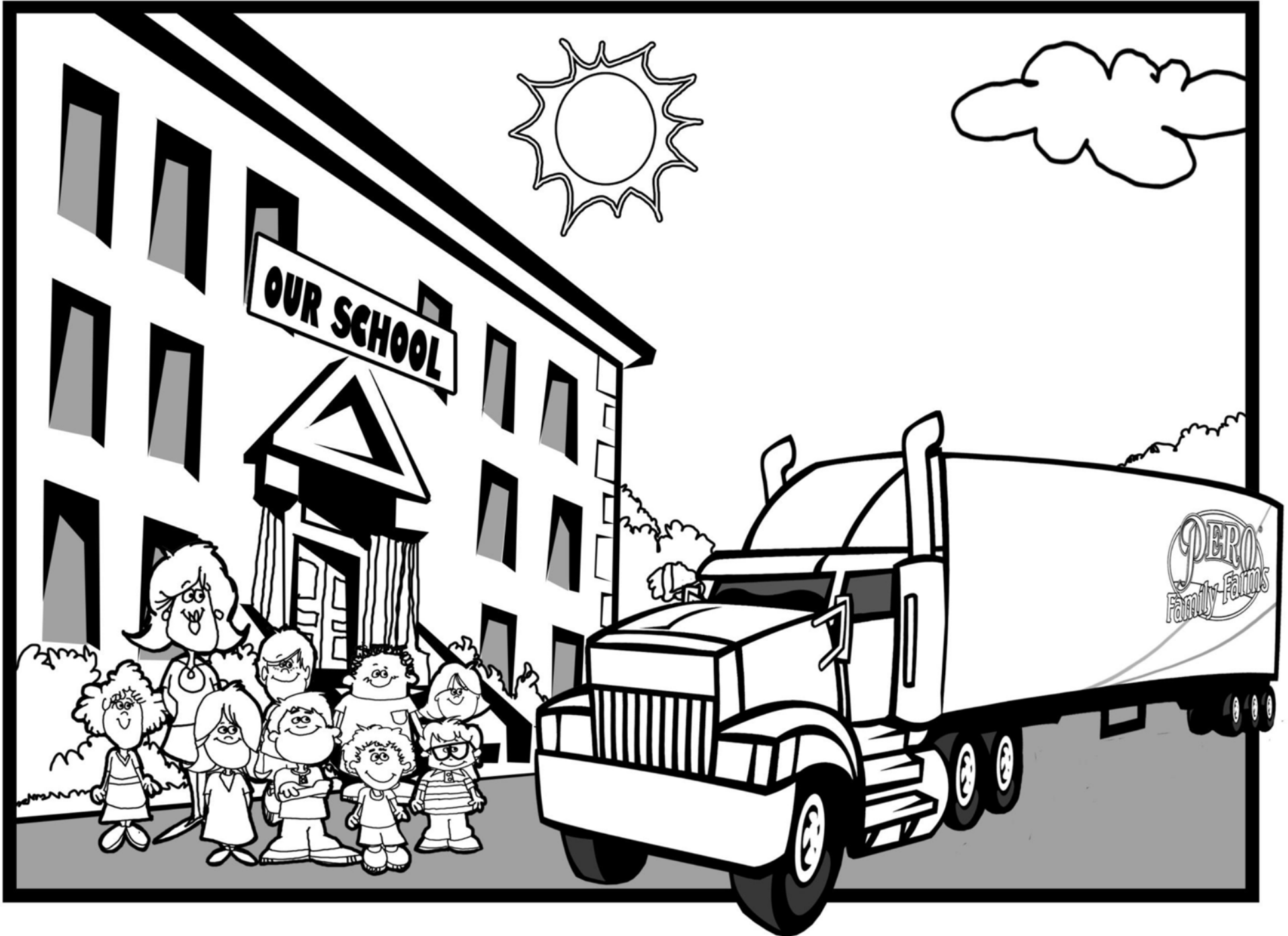
Next the Mini Sweet Peppers are placed into boxes for shipping.

Mini Sweet Peppers are now ready to be shipped.

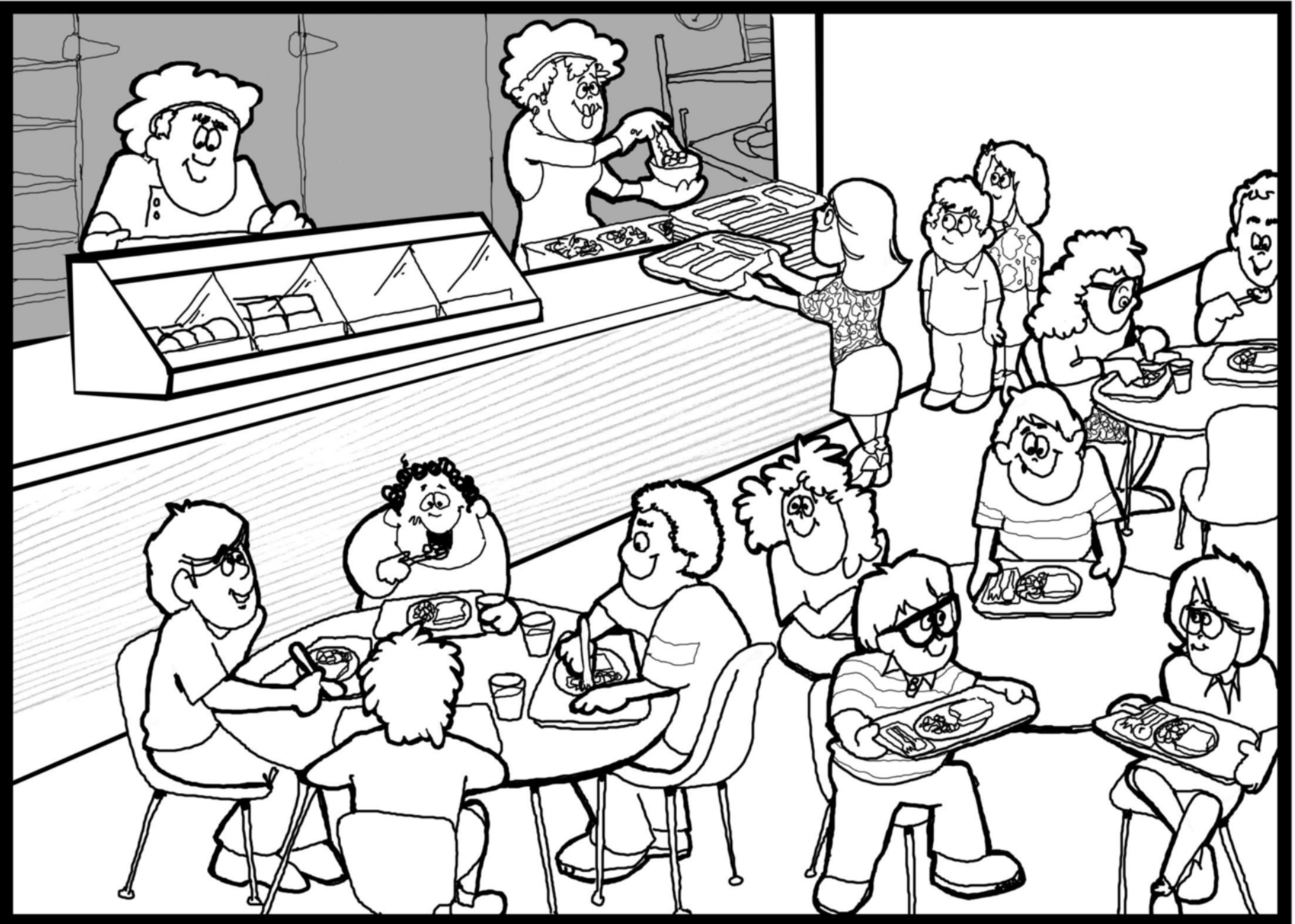


The Mini Sweet Peppers are kept in a cooler next to the packing house which keeps them fresh. The truck pulls up to our loading dock, so we can send the peppers to the school.

The big day arrives. Mrs. Green's class greets the big truck as it arrives to deliver their Mini Sweet Peppers.



The Mini Sweet Peppers are stored in the school cafeteria and prepared by the cafeteria staff for lunch. Everyone enjoys a healthy lunch and they all have good nutrition for the rest of the day.

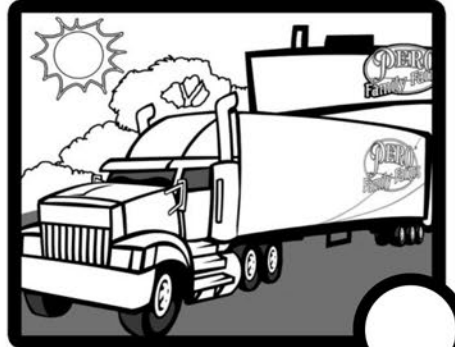


FARM TO TABLE ACTIVITY

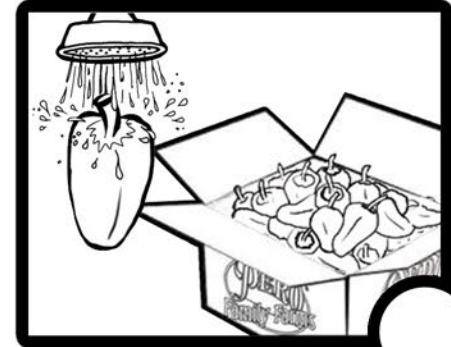
It takes several steps to get the vegetables to your school. Put these in the correct order by placing the correct number in the circle.



Vegetables are ripe, then picked in the field.



Vegetables are put into the truck for delivery.



Vegetables are cleaned and packed.



Plants are growing.



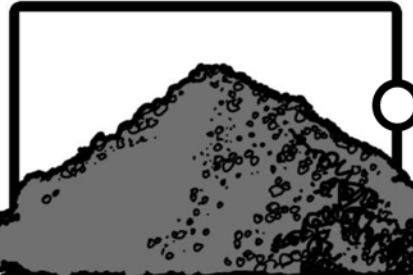
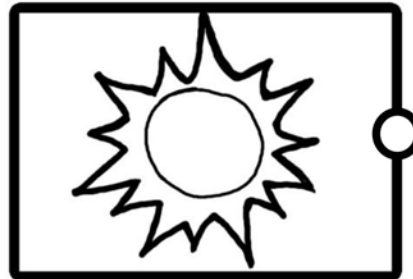
The vegetables arrive at school and are prepared for lunch.



Seeds are planted.

FARMING THE BASIC ELEMENTS

ACTIVITY



WATER
Plants need water to feed their roots.

SOIL
Plants need healthy soil for their roots to grow.

AIR
Plants need clean air to breathe.

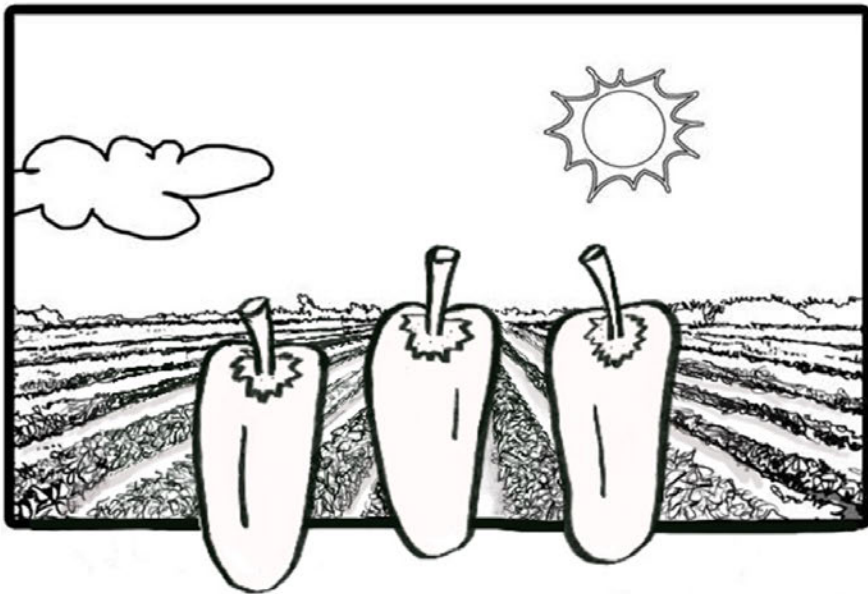
SUN
Plants need lots of sunshine to grow.

Plants need these four basic elements to help them grow and produce good vegetables.

Draw a line between the boxes to connect each picture with the right description.

FARMING MINI SWEET PEPPER QUIZ

ACTIVITY

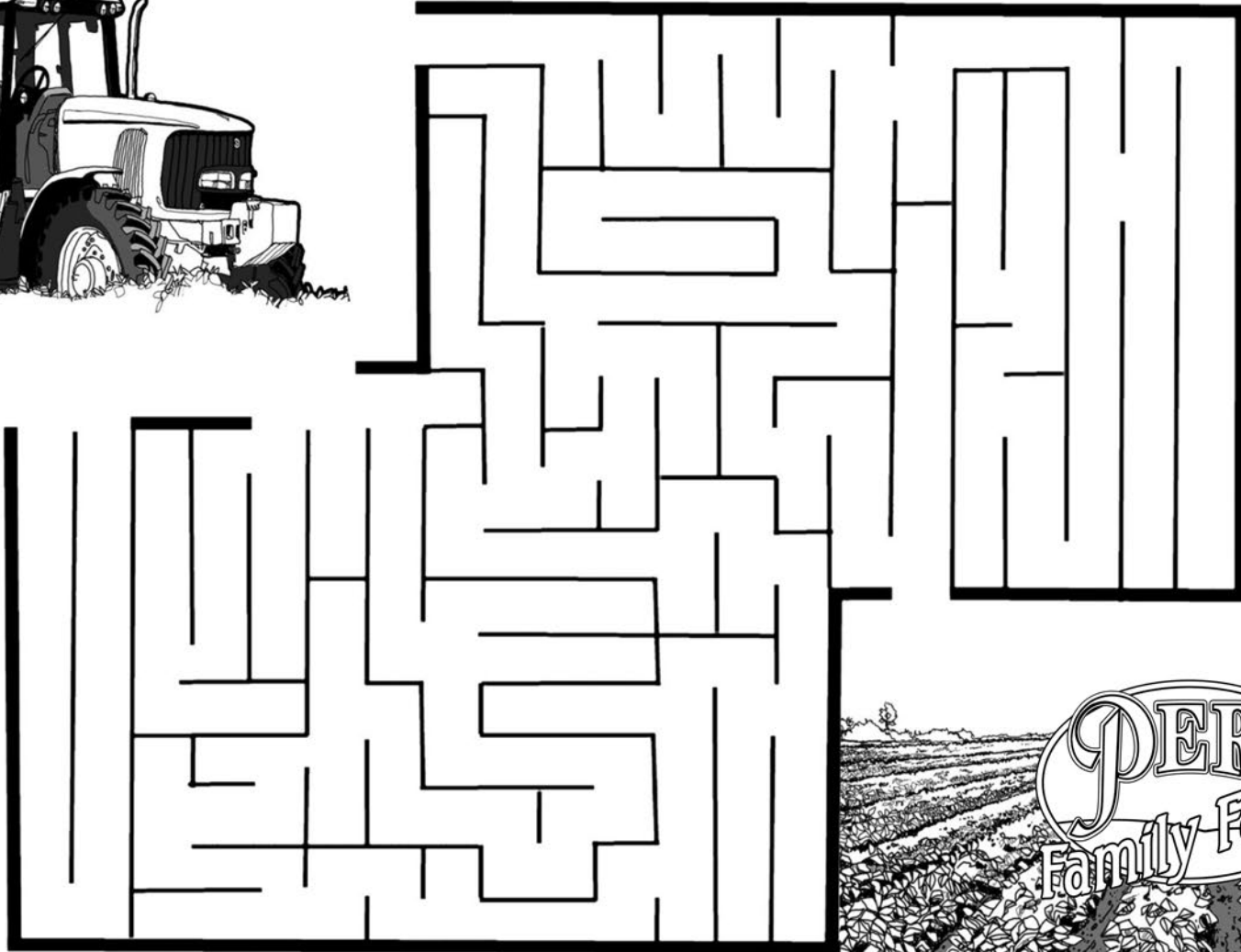
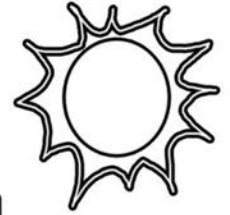


_____	_____	_____
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Can you name the three pepper colors you will find in a bag of Pero Mini Sweet Peppers?
Color the peppers and write your answers in the boxes above.

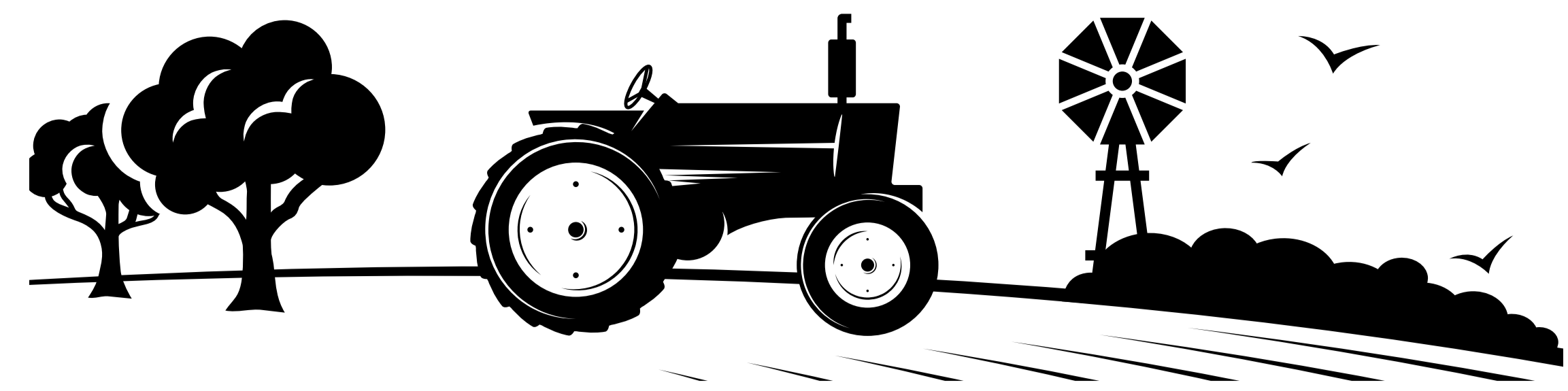
TRACTOR GAME

HELP OUR TRACTOR FIND THE FIELD





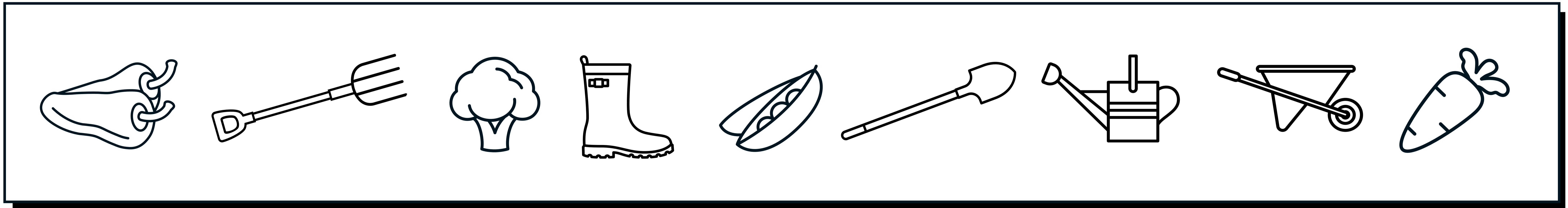
Since 1908



FUN ON THE FARM

PICTURE HUNT

Help Farmer Pete by finding and coloring these hidden objects in the scene below

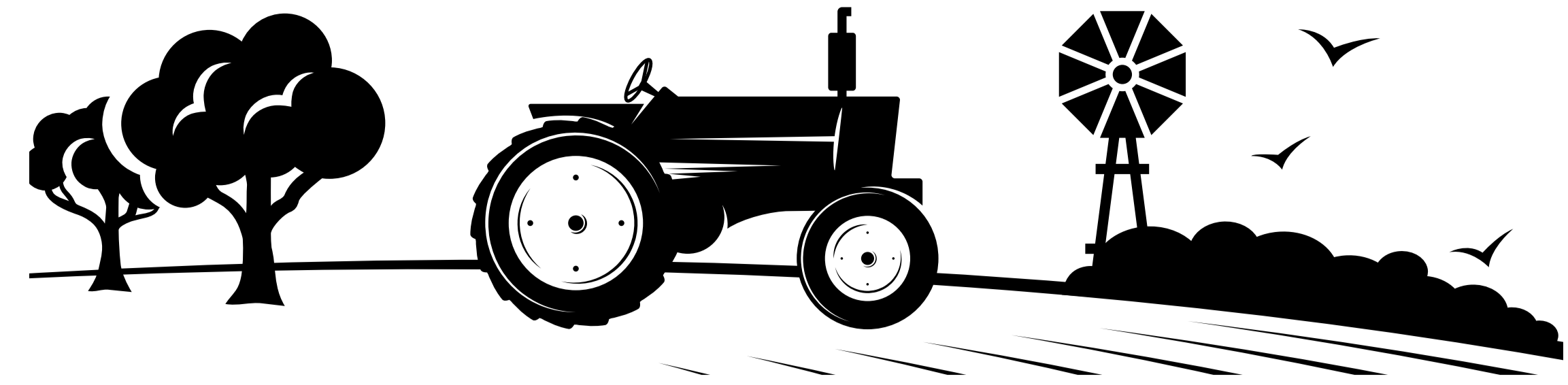


Healthy Tip:

Pero Mini Sweet Peppers are a **GOOD SOURCE** of **VITAMIN C**, a natural Immunity Booster!



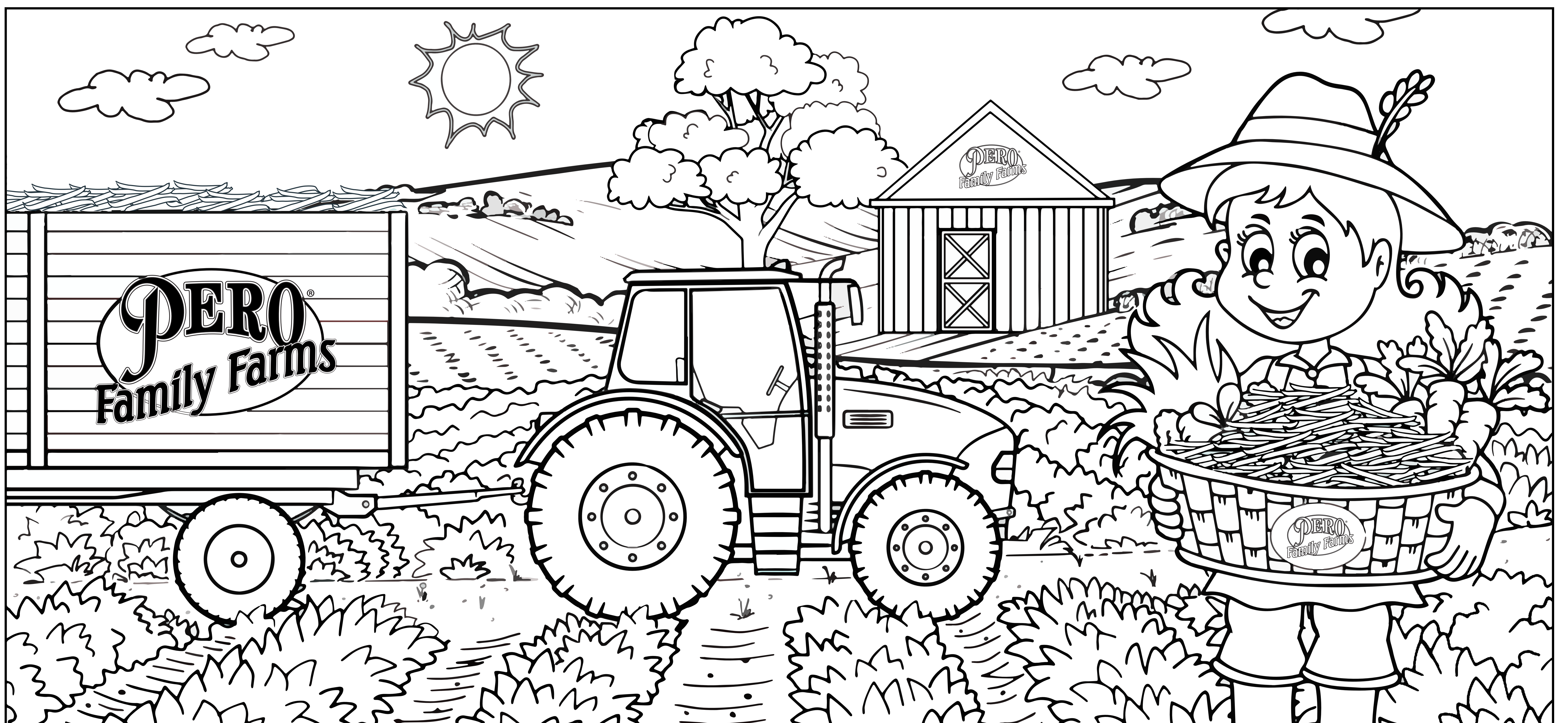
Since 1908



FUN ON THE FARM

SPOT THE DIFFERENCE

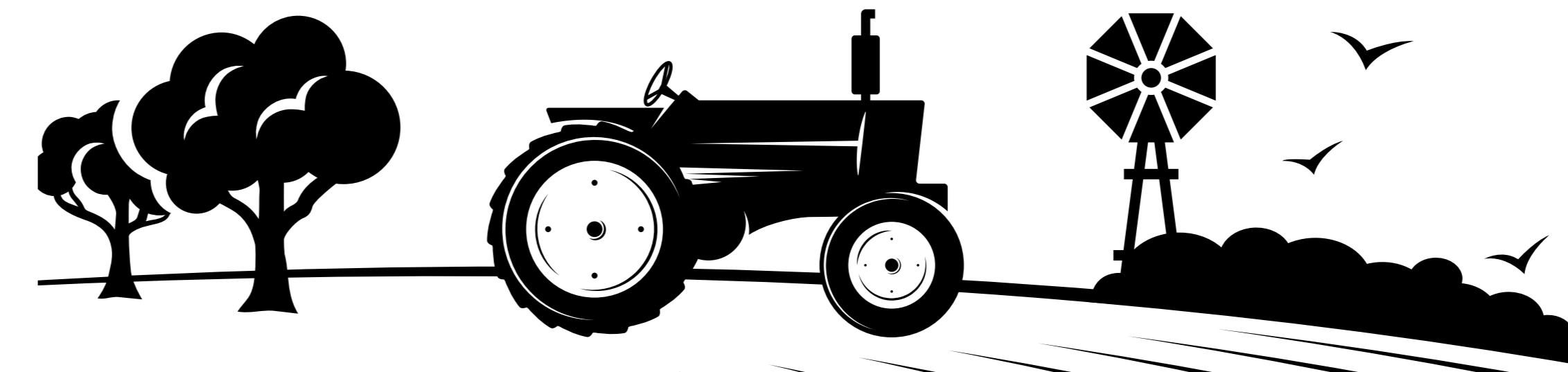
Find and color the **10** differences between the two pictures!



Healthy Tip: Pero Snipped Green Beans are a **GOOD SOURCE** of **DIETARY FIBER** for Healthy Living!



Since 1908



FUN ON THE FARM

WORD SEARCH

Find and Circle the Words | Color in for Fun!



VEGETABLES

BROCCOLI

TRACTOR

PERO

GREEN

FRESH

BEANS

FIELD

FARM

FAMILY

FARMER

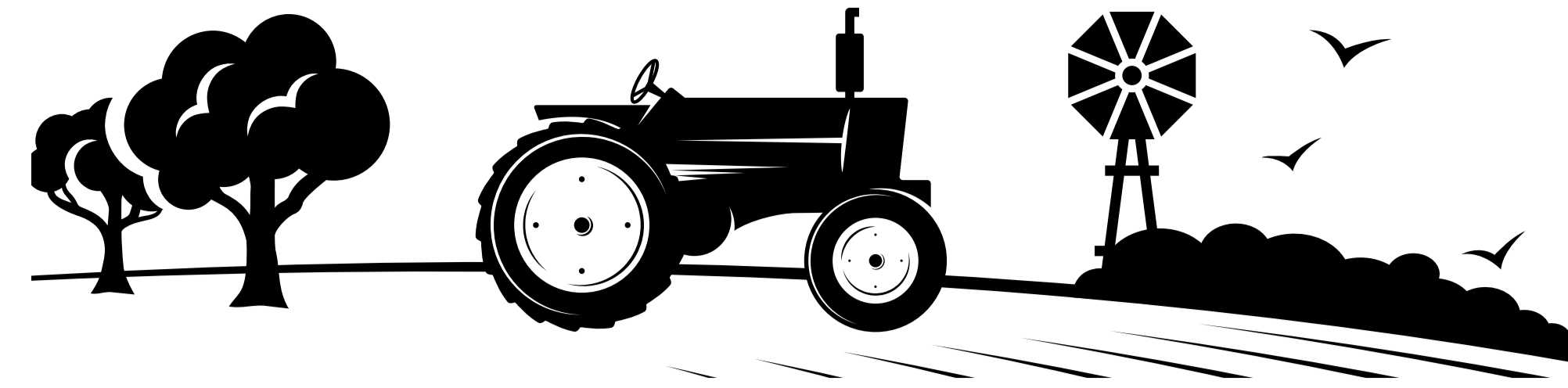
PEAS

GROW

Q	V	O	J	F	A	M	I	L	Y
A	E	T	R	P	Y	G	B	A	Z
B	G	Y	R	E	F	R	R	F	C
F	E	P	N	A	T	O	O	A	A
R	T	A	E	S	C	W	C	R	G
E	A	G	N	R	V	T	C	M	F
S	B	G	R	S	O	Z	O	E	A
H	L	F	I	E	L	D	L	R	R
D	E	X	L	E	E	Y	I	R	M
P	S	E	D	V	C	N	Y	Q	P



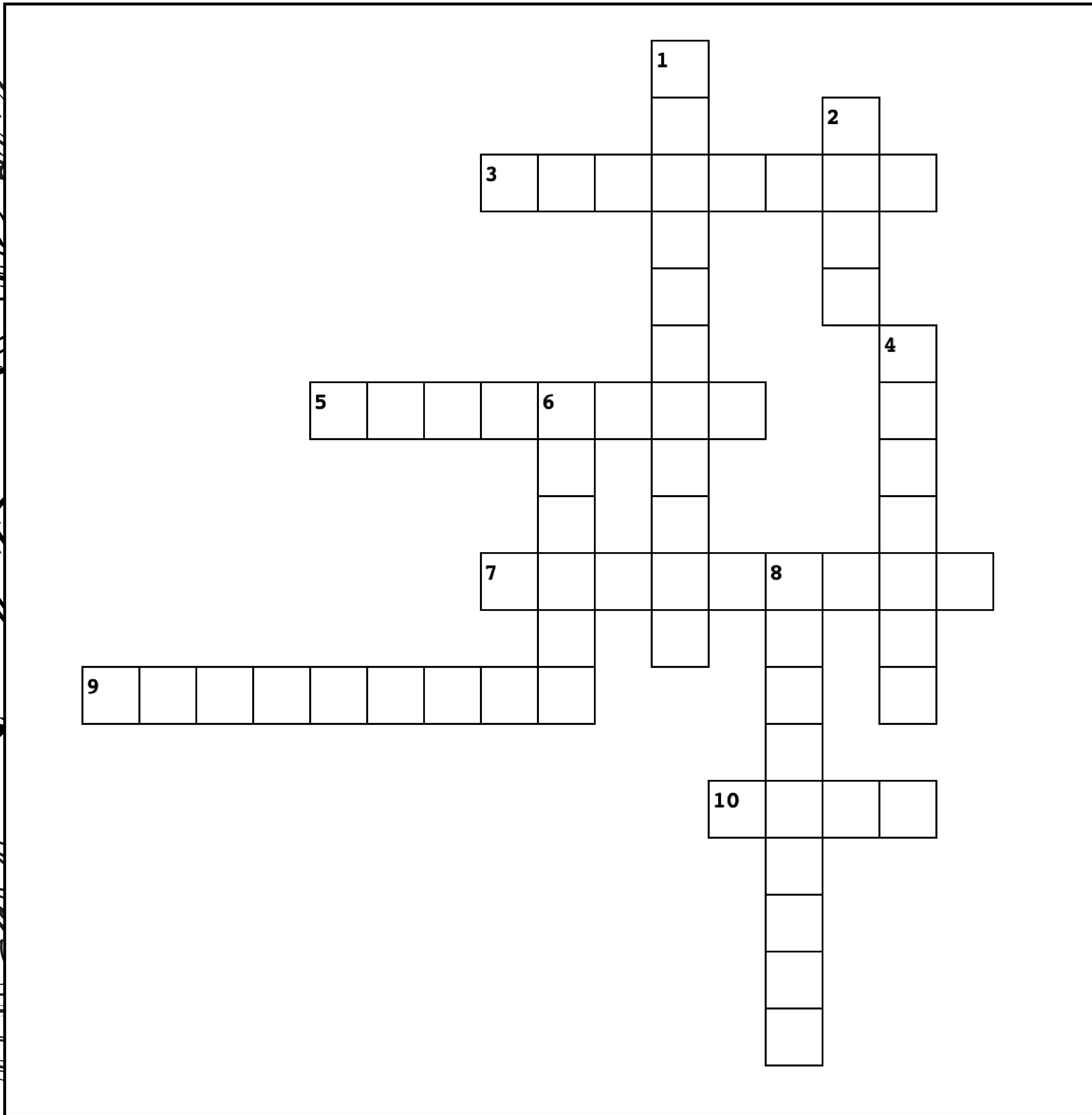
Since 1908



FUN ON THE FARM

CROSSWORD

For Fresh Recipes, visit us at PeroFamilyFarms.com



ACROSS

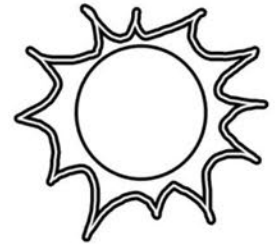
- 3. A type of vegetable that is often pickled.
- 5. A vegetable with green florets and a thick stalk.
- 7. A type of vegetable that is often stir-fried or used in salads.
- 9. A small, sweet pepper that is often used in salads.
- 10. A small, round vegetable that grows in pods.

DOWN

- 1. A type of vegetable with white florets that is often eaten steamed or roasted.
- 2. A vegetable with a long green stalk and a white bulb.
- 4. A green leafy vegetable that can be eaten raw or cooked.
- 6. A root vegetable often used in soups and stews.
- 8. A type of squash that is often roasted or used to make soup.

MY NOTES

A large, empty rectangular box with a thick black border, intended for writing notes. The box occupies most of the page below the title.



**BE HEALTHY.
EAT YOUR
VEGGIES!**



**PERO FAMILY FARMS
HEADQUARTERS: DELRAY BEACH, FLORIDA**

WWW.PEROFAMILYFARMS.COM