



The Pick-Your-Own Farm



Summer is the time when many types of fruit, like cherries and peaches, and vegetables, like tomatoes and sweet corn, come into season. Yes, you can get them from local markets, but picking your own fruit and vegetables fresh from the farm can be more fun than you can imagine.

Fresh fruit and vegetables are not only yummy but also good for your health. At a pick-your-own farm, you can eat the fruit right on the spot or take the fresh vegetables home.

While you enjoy picking fruit and vegetables in the sun, don't forget to wear a cap and apply sunscreen! Also, wash your "pick" with clean water before eating!
