MY FIELD TRIP TO A
WISCONSIN DAIRY FARM
by Tyler Bowie

Brought to you by the Dairy Farm Families of Wisconsin
This report is dedicated to the hardworking dairy farm families of Wisconsin.
Today, we went on a field trip to the Mackenzie Farm. It was a beautiful day to have school outside.

We learned about farms and where our food comes from.

See, until today, I always thought food came from the grocery store. Mom and Dad buy the food, cook it and we eat it. That's why I was so excited to meet a real farmer. I wanted to ask him myself what he does every day.
When we got off the bus, Mr. Mackenzie was there to greet us. It sure was nice of him to take time from his busy day to show us around the farm.

Mr. Mackenzie told us how things like fruits and vegetables start off as seeds in the ground. Seeds get planted in the spring and grow all summer long. In the fall, they are harvested. Then in the winter, the ground rests until spring.

And then they do it all over again! It’s like a circle, I guess. Or a cycle?

Next time you eat one of these, remember: it grew from a seed!
After we learned about seeds, we were able to see what they grow into. First, we started with some vegetables.

Pumpkins and cucumbers are examples of vine plants. Other vegetables that grow on a vine are squash, peas and beans.

Sometimes, we eat the part of the plant that grows entirely underground, like carrots, beets and turnips.

I love Halloween... and roasted pumpkin seeds!!!
From there, we went to see some of the fruit they grow on the farm, including blueberries and melons. They even had an apple orchard!

Many fruits grow on trees, such as cherries and pears. Some also grow on vines like strawberries, grapes and cranberries.

Here are some other fruits I can think of:

- Raspberries
- Blackberries
- Watermelons
- Plums
- Tomatoes!

Things made of corn:

- Corn on the cob
- Corn tortillas
- Popcorn!

(Thomas are fruits, you know!)
Next, we went to see the wheat field. Mr. Mackenzie explained that wheat is used to make all kinds of foods we love to eat every day, like bread, cereal and noodles!

I also learned about the giant tractors farmers use to plant the wheat. I think it would be fun to drive one, but Mr. Mackenzie said we have to wait until we're older.

Yes, please!

mac 'n' cheese

Vroom! Vroom!
We were starting to get tired, but Mr. Mackenzie told us we were just getting to the best part: the animals! (On a farm, they’re called livestock.)

We learned how chickens lay eggs and give us meat.

Mr. Mackenzie told us that farms raise other animals for food, like pigs and turkeys. This is how people get protein. Protein helps kids like me grow big muscles!
WE FINALLY got to the part I was most excited about: the dairy cows!

We learned that dairy farms raise cows for their milk. Milk is used to make all of our favorite dairy foods, like cheese, yogurt and milk. And of course, ICE CREAM!

I wonder if CHOCOLATE MILK comes from brown cows?

WE WATCHED dairy cows being milked, and even got to see the babies, which are called calves. They were pretty cute.
Finally, it was time for lunch. Mr. Mackenzie said we were in for a real treat. We could eat lunch outside and try some of the foods we just learned about.

As we ate, Mr. Mackenzie talked about how important it is to eat a healthy meal, with food from all five of the food groups.

We were all so hungry, we cleaned our plates! It was delicious! I guess because we knew it all came from the farm.

YUM!!
BEFORE we knew it, it was time to go back to school.

It was a great trip. I could see how the Mackenzie Farm was like its own little town. It seemed like everyone had a job to do, and that everything they do is so kids like me can eat healthy, fresh food every day.

I can’t wait until the next time Mom goes to the grocery store. I think I’ll go with her.

GROCERY LIST:

Strawberries
Potatoes
Bread
Yogurt
Cereal
Eggs
Cheese
Hamburgers
Milk
Ice cream sandwiches