



# **A Day at Sunrock Farm**

**By Katie Keller and the Staff of Sunrock Farm**

**Photographs by Jonathan Gabis and Christopher Roach**



This project and all associated reports and support materials were supported by the Sustainable Agriculture Research and Education (SARE) program, which is funded by the U.S. Department of Agriculture- National Institute of Food and Agriculture (USDA -NIFA). Any opinions, findings, conclusions or recommendations expressed within do not necessarily reflect the view of the SARE program or the U.S. Department of Agriculture.





**Good morning!**  
**Welcome to Sunrock Farm!**





**This is our empty market basket.  
All the animals and plants on the farm  
give me something I can sell to people.**





**Will you help me with my farm work today?**



**Did you know?** Many farm animals can eat foods that people can't eat. For example, goats love tree leaves and weeds. They don't eat *everything*, though (no metal or plastic)!



**Will you help me feed the goats?**



**Did you know?** Goats don't have teeth in the top front part of their mouth. Sheep and cows are the same. They chew mostly with their back teeth.



**They will lick the corn out of your hands.**



**Did you know?** A farmer who milks goats has to do it every day at the same time, though many do it twice a day. When a farmer stops milking a goat everyday the goat's body will stop making milk. Most farmers in the United States use machines.



**Will you help me milk Ruby the goat?**



**Did you know?** All over the world people depend on different animals for milk, cheese, butter, and other dairy products. Many people in India drink buffalo milk and many people in Nepal drink yak milk. Some people make cheese out of sheep milk.



**Squeeze her teat to get the milk out.**



**Did you know?** Mammal is the name for the group of animals who make milk for their young.



**Will you help me feed the goat kid a  
bottle of warm milk?**



**Did you know?** Mammals give birth to live babies. They also have hair or fur. Can you think of some mammals? Are you a mammal?



**Hold on tight with two hands.**



**Did you know?** All the eggs you eat (in scrambled eggs, omelets, cake, and cookies) came from a hen somewhere!



**Will you help me gather eggs from  
the hens?**



**Did you know?** Eggs that have just been laid do not have chicks in them yet. A mother hen must sit on her eggs for three weeks (21 days) in order to hatch chicks. Baby chicks must grow inside the eggs during this time. Mother hen cares for her growing eggs by keeping them moist and warm (100 degrees) and turning them with her beak every day. Some farmers use incubators to hatch eggs.



**Nestle the egg gently into the basket.**



**Did you know?** After a chick hatches it must be kept very warm until it grows feathers.



**Do you want to hold the chick?**



**Did you know?** Chicks and chickens scratch with their toenails to dig for food like seeds, bugs, and leaves. They even swallow some rocks to help them grind up food!



**Hold her gently with two hands to keep her warm and safe.**



Can you name the animals and plants this food came from (bread, salad, yogurt)? Do you grow any food at home?



**The food in your lunch came from farms  
all over the world.**



**Did you know?** If you recycle your bottle it can be made into a new bottle. You can also wash and reuse your plastic spoon. Some of your food can be fed to farm animals, or it can go in the compost pile, where it becomes food for the garden.



**Make sure you think before you throw anything away.**



**Did you know?** Sheep are shorn (given a haircut) before the weather gets warm in the spring. Their wool is spun into yarn to make sweaters, hats, socks, blankets, and other items.



**Do you want to help me shear the sheep?**



**Did you know?** Sheep are prey animals. Farmers use fences and barns to keep animals like sheep safe from predators, like coyotes and foxes, who want to hunt them. Goats, horses, rabbits, and cows are prey animals, too. These animals can be scared of people.



**You can collect the wool.**



**Did you know?** Horses are also prey animals so they get scared easily. People must move slowly and carefully since horses may bite or kick if frightened.



**Will you help me brush Rusty the horse?**



**Did you know?** Horses may groom one another with their teeth. When we groom horses we form a bond with the animal while keeping their skin healthy and clean. People ride horses for fun and sport, but farmers can also use them for work, such as plowing and hauling.



**Brushing him keeps his skin healthy.**



**Did you know?** Farmers and gardeners use a tool called a hoe to break up the soil and get rid of weeds.



**Will you help me in the garden? We need to prepare the soil and plant seeds.**



**Did you know?** Plants need lots of water when they are young. The root (underground) is the part of the plant that “drinks” the water. At Sunrock Farm we collect rainwater to water plants—it saves money and is healthier for the plants.



**They will use sun, soil, air, and water to grow into healthy plants.**



**Did you know?** Sunrock Farm saves the water from hand washings to clean around the farm.



**All the animals and plants are cared for and I am ready for the market. Let's be sure to wash our hands now that we are done.**





**Thank you for helping me with my farm work today. See you next time!**



A person wearing grey and white striped overalls over a black tank top is holding a woven basket. The basket contains several dozen egg cartons, a large white milk jug with a blue cap, a white plastic bag, and a large white ball of wool. The background is green grass.


**Can you name  
everything inside?**

**Can you tell me  
which animal  
everything  
came from?**

**Is there anything  
else those animals  
give us?**

**This is our full market basket.**



A person wearing grey overalls over a black tank top is holding a woven basket. The basket contains a carton of eggs, a bottle of milk, a block of cheese, and a ball of white yarn. The background is a field of green grass.

Eggs from the chickens (hens). Chickens also provide meat. They give us manure for the garden crops and eat bugs that may harm plants we grow.

Wool from a sheep after it has been cleaned and spun into yarn. Sheep also give us meat (lamb/mutton). They provide manure, which is food for the garden. They can act as lawn mowers since they eat grass.

Milk and cheese from a goat. Goats also provide meat and leather. Their manure can fertilize crops and they can help in the garden by eating weeds.

## Suggested answers



