

Farm to school: Del Mar students harvest valuable lessons at school Farmers Market assemblies



Del Mar Union School District students at Sycamore Ridge, Ocean Air School and Carmel Del Mar School recently participated in hands-on Farmers Market assemblies. (Courtesy DMUSD)



By **DEL MAR TIMES**

PUBLISHED: February 22, 2026 at 5:29 PM PST

Del Mar Union School District students at Sycamore Ridge, Ocean Air and Carmel Del Mar School recently participated in hands-on and delicious Farmers Market assemblies hosted by the district's Child Nutrition Services Department in partnership with Food 4 Thought, LLC.

According to a district news release, Farmers Markets were set up on the school blacktops with tables of produce such as red apples, orange citrus, yellow squash, green broccoli and purple cabbage forming a rainbow of fruits and veggies.

Each class's session was tailored around integrating lessons in nutrition, wellness, math and science.

Younger students learned how produce is grown and practiced differentiating between fruits and vegetables before getting a chance to pick from a variety of items to take home at no cost.

The older, upper-grade students participated in a simulated shopping experience using "Mascot Bucks" instead of real currency. Students learned lessons in financial literacy, mathematical thinking and nutritional awareness as they calculated totals using variables and bonus incentives, such as earning a free extra fruit with the selection of a certain vegetable.

"My class said that was the best assembly they've ever been to," said Ocean Air sixth-grade teacher Allison Hodges in the news release.

According to the news release, all of the produce was brought in by Food 4 Thought and sourced from small California farms, reinforcing the district's Global Citizen competency and commitment to environmental responsibility.

"Our district prioritizes locally grown produce from small California farms because it reduces our carbon footprint and ensures fresher food with stronger nutritional value," said Jamie Phillips, director of Child Nutrition Services, in the news release.

More Del Mar schools are scheduled to host assemblies before the end of the school year.

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