



*Sedgwick County...
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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

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FARMERS' MARKET MONTH

(Sedgwick County, Kansas) – August is Farmers' Market Month. To celebrate, the Sedgwick County Health Department is encouraging residents to eat local by shopping at any of the farmers' markets across the County. Farmers' markets are valuable components of the local food distribution system.

The Health & Wellness Coalition's Nutrition Committee will be promoting Farmers' Market month by providing free samples of locally grown fruits and vegetables each Friday during the month of August from 11:00 a.m. to 1:00 p.m. at downtown locations. Come by and treat yourself to a sample and pick up some new recipes.

Friday, August 14th - Finney State Building (between Broadway & Market on English)

Friday, August 21st - Central YMCA (402 N. Market)

"Farmers' markets serve multiple positive purposes in the local community. They allow buyers to support farmers; tend to their own health by eating nutritious fruits and vegetables; build the local community; and strengthen their regional economy," said Sedgwick County Health Department Director Claudia Blackburn.

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Farmers' markets also offer parents an educational opportunity, especially for parents whose children may be unfamiliar with the farming industry. "By taking your children to a farmers' market, you can teach them about the origin of their food," Blackburn said.

Economists say that for every \$1 increase in farm sales, another \$2 is generated in economic activity. Besides the financial benefits, farmers' markets also help the environment because their food travels a shorter distance to get to the market.

You can also connect with your agricultural roots by visiting a local farmers' market this month. See below for a list of Sedgwick County farmers' markets:

Sedgwick County Extension Education Center

21st and Ridge

Open through October, Saturdays

7 a.m. – Noon

Derby Market

800 N Baltimore

Open through September, Saturdays

8 a.m. - Noon

Green Acre Market

8141 E 21st

Open through October, Tuesdays

4 p.m. – 8 p.m.

Old Town Farmers' Market

1st and Mosley

Open through October 17, Saturdays

7 a.m. - Noon

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