

Shorewood Farmers Market

Lake Bluff Elementary - MAC 3 Oak // June, 2018

The fifth and sixth graders from the MAC 3 Oak classroom are excited to share just how fortunate we are to have a farmers market here in our community. Read on to learn more!

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Community by Amelia Kohler



Choose farmers markets.

Eating fresh, locally grown food at the farmers market isn't just better for you and your health, even kids get to learn why people farm! You get to strengthen your community. It's a great opportunity to spend time with your family, friends, farmers, and bakers at your local farmers market. By going to a farmers market, you can experience something important, something you can learn from, something that you can enjoy and has many benefits, something that could be an amazing adventure.

Staying active.

The first thing that you'll like about the farmers market is it's accessible, it's really easy to get to and it's in **local** neighborhoods. (Local means being close to stores or sales- in this case the farmers market!) Being close to the farmers market makes you to ride your bike or simply even walk. By staying active, you can get some exercise while going to the farmers market!

All about community!

There are three times more social encounters at farmers markets than in grocery stores. If you wonder "why is that?" Here's why... A farmers market is a nice way to spend an afternoon with your family, you can even see your friends there! Not only could you go with people you know but you can even meet new people. What's special about a farmers market is it brings people together, whether you know them or not, it builds friendships. Explore the farmers market because some farmers markets have cooking, live music, making your own arts and crafts, outdoor activities like yoga and zumba

classes or even meditation, and those are just a few! You can be a part of all that and that can bring communities together.

So, where is your money going?

Something you will like about the farmers market is that customers know where their money is going. Local businesses are started and supported, they can make a living when you choose them because the money goes directly to the farmer. For example, American farmers receive only 17.4 cents of every dollar Americans spend on food. At farmers markets, farmers head home with upwards of 90 cents on the dollar, according to the Farmers Market Coalition. It goes right to them, not to advertisement, shipping, packaging, etc. Growers create jobs so that local farms stay in business, did you know that local farms create thirteen full time jobs and those not selling local create three? It can not only help the farmer but you can give your money to something that is local and can benefit you, the consumer.

Knowing what you're eating.

You can even meet the people who grow your food, you can learn about what you're eating because they're right in front of you! Shopping is hard today, not knowing what and where your food came from, and how it's produced. You're not really knowing what your eating but knowing how the farmer grew the food, how they made it and what the nutritional benefit is, you can know all of these things at the farmers market! You can talk with the person who actually made it or grew it. You can trust them by asking questions.

What you can do.

One thing you take away from the farmers market is that you can be inspired to grow your own food. You can be inspired to take care of the environment, like you can help not pollute the earth by using less packaging and chemicals. You can be inspired to eat healthy and make that change.

So why is the farmers market important?

It's a chance to not only eat healthy but be in something that's special, that can build friendships with the farmers or baker, they are appreciated that you come and choose them, that they are supported. It's a good way to go to the farmers market with your friends and family. You get inspired to do amazing things that can be a big change not just choosing healthy food, but get inspired to actually grow your own food. By choosing local, you choose to do something good for yourself and you choose to be in that community. :)

Nutritional benefits

by Annie Reynolds ♥

Farmers markets are very important for your health. They provide tasty, flavorful and healthy foods all at low costs!

When you shop at farmers markets, you get your foods straight from the original farmers that grew them! If you have any questions about the food that you're buying, you can just ask the person standing right in front of you! Most of the foods found at farmers markets are healthy and grown within 70 miles of the farmers market. For instance, the vendor Alice Garden is only 6.2 miles away from the Shorewood's farmers market! Most foods at the grocery store travel more than 1,500 miles before reaching the shelves. Traveling a longer distance can cause pollution.

Pesticides and herbicides are very harmful to your health. Pesticides are designed to kill "pests", but some pesticides can also cause health effects in people. Most often, pesticides affect



the nervous system. Herbicides are made to kill other plants, such as weeds, but herbicides can be damaging to the environment and can cause health problems.

Some farmers markets aren't open all year round so, when you're shopping at the grocery store try to shop on the perimeter of the store. Most of the products found in the perimeter are more healthy than the products found in the center. When shopping try to find organic fruits and vegetables or even better, try going to the farmers market for tasty, flavorful and healthy foods!

Eating healthy reduces the rate of obesity. Eating healthier food is shown to make people happier. Eating unhealthy causes obesity. This can cause other health problems like heart disease, diabetes, high cholesterol, High Blood Pressure, Coronary Artery Disease, Coronary Vascular Disease, heart attack, stroke, and even cancer.

SNAP dollars are a type of food dollars used at the grocery store. Farmers markets have just started accepting SNAP dollars. SNAP stands for Supplemental Nutrition Assistance Program. This is really helpful to the people who can't afford healthy and nutritious foods. The government is giving SNAP dollars to people with a certain amount of income.

Plastic is very damaging to the environment, it takes over 450 years to decompose! Fish and other small animals get stuck in plastic soda or beer holders, this leads to their death all because of the plastic that we use in our everyday life. That is why farmers markets usually don't use any plastic packaging. Instead they use paper bags and paper packaging.

1/3 of all food is wasted. That 1/3 of food could help feed 1.5 times as many people, so don't take more food than you can eat!

So we've come to the conclusion that shopping at the farmers markets is so much healthier than shopping at the grocery store. I hope you will visit the Shorewood Farmers Market this summer or a farmers market near you!



This is what you will usually find in the perimeter of a grocery store!



Ecological Benefits

by Sam Diliberti

Global warming. Environmental issues, like animals habitats being destroyed in the process of food making. Unclean air. Water pollution. I'm sure those reading this have heard of some, if not all, of those things. What many of us may NOT know is how we can start to solve these pressing issues. There are many things you can do to help. One is very simple, and also extremely enjoyable. FARMERS MARKETS!!! Now, this solution is not like some of the other ones, like asking for paper bags instead of plastic at the store. Those are the ones that are more frequently used. For this solution, you might have to dig a little deeper to understand how shopping at farmers markets can start to solve one of our planet's most important dilemmas.

You may not realize that one of the problems is transportation. Most food (like the food you would buy at a grocery store) travels over 1,500 miles from where it is grown to where you finally consume it. That is about even to the vertical length of the United States!!! Let alone how much flavor it would lose on that trip, consider how much fossil fuel that burns, and how much exhaust that releases into the atmosphere! Those factors are some of the main causes of global warming. The food at any given farmer's market

has probably not traveled any more than 100 miles, preserving the fresh taste AND the environment! It's a win-win.

Another issue you might know about is animal's habitats being destroyed to make food. The example I am going to use is palm oil. So many miles of rainforest are cut down to harvest palm oil each day. This has caused danger to many of the adorable animals, including rhinos, elephants, and monkeys that previously lived happily in that area of rainforest. More and more products are starting to contain palm oil. Consequently, more and more is being made, which just means cutting down more rainforest. At farmer's markets, there will not be any palm oil in the food you buy, so they aren't causing danger to all the different wildlife in the rainforests.



This used to be a rainforest that got cut down to make palm oil.

Thinking on a more local scale, it also directly creates habitats. If you have ever been driving through a large area of farmland, you may have noticed how there are rows and rows of crops, which are separated by groups of trees. Those trees are absolutely perfect for many types of wildlife, from rabbits to deer to foxes. Industrial farms (which are the farms that grow most of the crops that are used to make the ingredients in the foods at a grocery store) are so huge that they don't have that space between the crops. Also, most industrial farms only grow one, possibly two types of crops, so there won't be any separation. Lots of farms that sell their crops at farmers markets grow a very diverse variety of crops, and they are generally fairly small. The smaller the farms, the more space there is between them.

Now let's think about plastic. It is a pretty widely known fact that plastic wrappers are harmful. Animals eat it and potentially die. Toxins in it seep from landfills into groundwater. It pollutes our water. Around one third of all plastic is used only once, and then thrown away. Plastic does not ever break down, it is literally made to last forever. There is so much plastic being made each day, but none ever goes away, so where does this ever stop? Think about how much plastic every store has in it. Well, guess what? Farmer's markets have little to no plastic wrapping on the food they sell, because a lot of it is fresh vegetables and fruit. I'm going to use the example of the waffle truck at the Shorewood Farmers Market. They come without any packaging, because they are being made to order. If you got frozen waffles from the store, they do usually come in boxes. But it's pretty common that inside of that box, the waffles are also wrapped in plastic.

Another way that smaller farms are beneficial to the environment is how little energy and fossil fuels they use, compared to how much an industrial farm uses. A fossil fuel is a natural fuel, like gas or coal. Many industrial farms actually ship their soil in from somewhere else, for a few reasons. First of all, all the chemicals they use make the dirt unhealthy to use more than once, so they ship in soil that is more healthy. The way that burns fossil fuels is that they need to actually ship the soil, often long distances. But, at

a farmer's market, you don't have to worry about that. They almost always have a more natural system, and don't use chemicals, so the soil stays healthy. That way, your food is more natural and healthy, and so is the earth.

So, try going to a farmer's market. We have one right here in Shorewood, and many more around Milwaukee. That doesn't mean you shouldn't go to grocery stores at all, but you will probably really enjoy going to a farmers market. The good thing is that you will be eating healthy, having fun, supporting the farmer, and helping the environment. A fun way to save the environment is pretty rare, so why not take this opportunity?

Local vs. non local

by Edie Dembroski ♥



Non local tomatoes.



Local tomatoes.



(Be sure to compare the two pictures!)

Today you can learn some reasons to choose local. But first let me tell you that highlighted words may be found in the glossary. There are more complicated reasons to choose local in other articles, but to kids that may seem boring and maybe it won't make sense. Here is a fun story for you. Adults please join in too. We feel everyone should know what happens to their food. You may be surprised. This isn't the worst of it. Read *The Omnivore's Dilemma* to find out what happens to a chicken nugget or your cereal and other everyday foods. Now let's meet Tammy and Tyler tomato.



The happy tomato is Tammy. The sad one is Tyler.
Diary of Tammy the local tomato.

Hi! I am Tammy seed. One day I am going to become Tammy tomato. I see the top of the seed bag being ripped open. RIIIPPPP. I see a young male human with brown hair looking down at us. He sets us down on a table, some of us spill out of the bag including me. I notice it's warm, somewhere around 60°F. I face a field. The man digs up the dirt into rows. He walks toward us. He scoops me and the other seeds that fell out of the seed bag into his hand. One by one he drops us into the rows he dug out earlier.

"Aiiiiiiiiiiiiiiii!" , I scream as he drops me. I land in some soft dirt. For some reason this felt at home. I need soil to grow into a big strong tomato plant. I saw my sister Tina seed next to me. The farmer saw we were next to each other. He picked up Tina seed and moved her away.

The man had started to put soil over us. I was comfy. I felt like I could sleep till I was a tomato. So I slept. I woke up starving. As if the world read my mind water **seeped** near me. I scooted over and drank. I felt fresh and amazing as the water drained into my skin. In the seed bag we did not get water or soil. Water and soil are both very important to my health and growth. In the seed bag I felt sick. I think this was because I did not get those essentials in the seed bag. In fact, if I was a growing seed I would of died.

Over the next few days all I did was eat and sleep. For some reason It was not boring. On day five I felt warm, It felt like temperature of the air when I spilled out onto the table, but a little cooler. Suddenly I noticed I felt a little taller. I looked down to see that was a **sprout**. All that eating and sleeping probably helped with that. For instance without that soil, water, sleep and the warm air I would still be a small little seed. That explained the warm air. I was about to see the surface.

I woke up on day six. The outside world surprised me. It was a great way to start the morning. It was the same except for a few small sprouts. In other words that meant I was one of the first to see the surface. I saw the beautiful outside world I had ignored when I was a seed on the table. I realized I felt hungry. I saw the human who covered me with earth. He walked over to me. He poured my breakfast out of a teapot shaped thing with holes on the end. Water poured out so I could grow big and strong.

I was a tomato now. I had a big beautiful stem. Best of all my mind had split into five, I was growing five whole tomatoes! One piece of my mind for each new tomato. The

tomato I'm in currently is Tammy tomato. Tomato number two is Tim tomato. Tomato number three is Tom tomato. Tomato number four is Theresa tomato and last but not least Teddy tomato. I will stick with Tammy though. I am very red and plump. I am starting to be too heavy for my branch. I touch the soil. The young man with brown hair who is the man who grewed me is called Sammy. He walked over to me and picked all five me off the stem. Into a basket I go. I see my siblings again and I'm happy to see them. I see Tina tomato and she tells me her mind split into 3. Lots of my siblings minds split. I met lots of new tomatoes. Sammy puts us into a box and puts the box into his truck, he gets in. The truck starts to move.

The truck comes to a stop. It was only moving for a few minutes. The man picks up the box and unloads me and my siblings. He puts us on a wooden tray. I see other fruits and veggies around me. Each tray has its own type of food in it. Humans walk around and pick us up, they examine us. Some put a few of us in a bag and gives Sammy some green paper. They seem to pick the juiciest tomatoes. Once they give Sammy the green paper they get to keep the tomatoes. Every time this happens Sammy smiles. One puts me and Tina tomato in a bag and gives Sammy the green paper, as always he smiles. I know that I will never see Sammy or my siblings again. But I will I have an amazing adventure ahead of me.

Diary of a non local tomato

My name is Tyler seed. One day I'm going to become a tomato. I got put into the ground by a machine. In the ground I have a good life. But my Mom told me I would have a bad life after that.

I'm devastated. My sprout has come up. I can see the ugly world. Everything is grey. There are machines everywhere. This couldn't get any worse, wait it just did. I have a green tomato on me. I know herbicides and pesticides will be sprayed at me at any minute. I am so scared. Now the time I have been dreading is about to happen, pesticides. I see a machine holding a spray bottle in its hands. It sprays me. The fumes make me feel sick. But in a minute I feel better all of the bugs are gone, but that good feeling only lasts a minute. Now I feel as if I was shriveled. Next the machine takes a new spray bottle from a pouch on its waist. There are many different bottles in the pouch. The machine sprays the new one and the same thing happens, bad feeling, good feeling, then bad again. So many chemicals get sprayed on me. The last one makes me feel fresh. The good feeling stays the longest out of all the pesticides. I can see across the road to see a nice family farm. A young human is doing the work to his tomatoes that machines do here. I feel jealous. Those lucky tomatoes look young only sprouts. I remember seeing them when I was a seed before I was in the ground. We got planted at the same time. I guess that's what one of those pesticides were for. I realize everything they do on this sad gloomy farm is very bad for the earth. The farm over there makes the earth keeps same, if not better.

I am now a tomato. Call me Tyler tomato. I'm fully grown but not plum or juicy. I feel fresh but also sick. I'm red but not bright. I feel like the farm over there will have juicy bright red tomatoes. I feel fake, not real. Now I see another machine come over. "More chemicals." I murmur. But when the machine gets closer I notice it's different. Its hands look like scissors and it has no pouch. It walk over and clippes me off my stem. I fall into a box full of other shaggy looking tomatoes. The crate gets set down. Then it moves quickly away.

It has been at least three hours. The crate stops. I hear a creak. Then the crate moves again, but slower. The box finally gets set down and It gets opened. A machine

picks up a few of us, puts us in a plastic container then puts the plastic container goes into different crate that crate gets put into a truck. I go through the process last then the truck started to move.

It's been weeks, I don't know how I'm living. Finally we stop. I'm in a store . Packed in my box. Why do I have to live like this!

I hope you now understand why you should choose local. You don't want to be eating those unhealthy gross pesticides, do you ? So get outside and explore the farmers market. You will meet new people and learn something new. Thank you!

Glossary (dictionary of highlighted words)

petrified ----- very, very scared.

seeped ----- sunked in to the ground slowly.

sprout ----- the start of the stem of a plant.

devastated ----- very depressed.

shaggy ----- worn down, dirty, bad quality.

pesticides ----- chemicals sprayed on plants.

fumes ----- chemicals in the air.

shriveled ----- dead (to plants) and wrinkled.

dreading ----- fear or being afraid

