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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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Table of Contents

Farmers Market Nutritional Benefits	p. 1
Social Benefits	p. 1-2
Ecological Benefits	p. 2-3
Industrial Agriculture vs. Farmers Markets	p. 3-4

Farmers Market Nutritional Benefits

Daniel Goldhaber

Going to a farmers market and getting local and organic food like carrots, tomatoes, and peaches. have a lot more health and nutrition benefits than going to a supermarket and getting chemical modified food and processed goods. You're going to be reading about nutritional benefits of a farmers market.

One of the many nutritional benefits of organic foods from a farmers market is they reduce the rate of obesity. Obesity is over a weight limit for your size and height. The food at a farmers markets are healthier than other foods from a supermarket. Another benefit is there are less chemicals that get put into your food which is better for your health. The less chemicals put into the food the less chemicals you put in your body. Lots of chemicals in your body aren't good for you.

Another good thing a farmers market does nutritionally is make a more diverse diet. A diverse diet is eating many nutritional substances and whole foods. A diverse diet has many health benefits because you are getting the different vitamins and other individual health benefits from the various foods you eat.

Farmers markets carry a variety of fresh fruits and vegetables so people who eat their food can stay healthy. They also carry organic food raised without chemicals so it's safer to eat and the consumer is eating no chemicals. Local organic food is better than huge companies food because they use chemicals to transport their food all across the world most food at supermarkets has traveled 1,500 miles to get there and it's not fresh or chemical free. Organic local food is fresh without chemicals which tastes better and is better for our health.

Farmers Markets Social Benefits

Chloe Mohsen

Farmers market are a great source of food, but they actually have a lot of social benefits too. For instance, did you know farmers markets create and support 13 jobs for every 3 jobs industrial agriculture makes. This helps many people and also reduces rural poverty by creating jobs. Plus the farmers market is easily accessible to everybody because the prices aren't to expensive and you can usually walk there.

Usually in the supermarket you buy your food and leave, but here, you get to meet the farmer that grows all your food. This also lets the farmer get the credit they deserve while usually at a supermarket the farmer doesn't get all the credit they should get. When you pay for your food at the supermarket, the farmers actually gets very little of the money you will

be giving, but at farmers markets you are fully supporting the farmer, and the farmer gets all the money they should get. For example in a grocery store when you buy \$3.99 worth of tomatoes the farmer gets about \$0.40. When you pay for the food you are getting you give your money straight to the farmer. When you pay you are also supporting a local business, not a big company.

If you have kids your kids get to learn about local businesses and how to maintain a healthy diet. This will help them stay healthy throughout their life. Kids can learn to love healthy foods because farmers markets food tastes sweeter and fresher. Kids also learn how to properly care for the environment.



You can also meet up with friends and family at the farmers market. A lot of times there are food

People also get to thank the farmer personally. Also farmers markets are better for your social life. Did you know you have 3 times more social encounters in farmers markets than you do at a regular grocery store. Not only do you talk to people about food but there are also activities that are included. Sometimes there is music.

Next time you are going to a grocery store, think about how much better farmers markets are for your social life and how you get to learn where your food comes from. Also think of all the other benefits. Turn your car around and head to the farmers market. Insert photo OR statistic here to help separate the first article from the third.

The Ecological Side of Farmers Markets and the Food Industry

Ana Pheister

Did you know how much pollution the industrial agriculture industry creates? They ship fruits and vegetables from all over the world. In fact, most of the food travels, on average, about 1,500 miles. But the local agriculture food movement doesn't do that. They have local food, sold at places like the Shorewood Farmers Market. Because the food travels shorter distances, it wastes less fossil fuels. Fossil fuels are things like coal and gas.

The food isn't shipped from the other side of the world, like some organic food is. The food is all or mostly all local, so it doesn't have to be transferred far. For example, in the Shorewood Farmers Market, everything is from the state of Wisconsin except three things. They have Georgia peaches, to draw people to the market, and Michigan blueberries and Greek olive oil, for the same purposes. In fact, trucks and cars transporting the food don't have to travel as far, so they release less poisonous fumes into the atmosphere.

Farmers markets also save natural habitats. They don't use as much farmland as industrial agriculture, and they take good care of the farmland that they use. For example, they regenerate crops, livestock, fish, and trees. They don't pollute the water or the land as much, either. They don't use any chemicals either, or only use a few chemicals. The chemicals that industrial agriculture uses can damage the dirt and pollute the water with runoff. Runoff is the water that drains on the street as then drains into our waterways after it rains.

There isn't much packaging, which is better for the environment, because it wastes less plastic. Most or all of the food is fresh picked, so it doesn't really need plastic wrap. An example of less packaging is vegetables. Here's a comparison. At the farmers market, you select the vegetables you want, pay for them, and then you can put them in a cloth bag. At the store, you select your vegetables, and put them in a plastic bag. And then you put the plastic bag in another plastic bag when you check out.



The industrial agriculture industry doesn't take great care of the land, water, and air. They use loads of chemicals, and they waste lots of resources and cause lots of pollution. But vendors at farmers markets try to take care of the environment. Use your money wisely, and help protect the environment by shopping at your local farmers market. Help save the earth, and have fun doing it. At farmers markets you can make new friends and eat delicious healthy foods.

Industrial Agriculture Versus Farmers Markets: Which is better?

by Wyatt Avary

So we all know farmers markets, maybe even little more, like what are the nutritional benefits like how we stay healthy with farmers markets. if you don't know what a farmer market is it is when a community has sellers or farmers that grow food with little or no pesticides or herbicides. People of the community come shop with money or SNAP (Supplemental Nutrition Assistance Program) dollars for instance. SNAP dollars are used to purchase fresh foods at local farmers markets.

Having trouble seeing what differences between communities with and without farmers markets? Here is a comparison.

With farmers markets	Without farmers markets
Have fresher food and taste of food because there are no herbicides or pesticides	Our food costs more (with the shipping, paying for fuels that might spill and pollute the water, pesticides.)
You know where your food comes from For example Alice's Garden which is 6.2 miles away or Fresh Grow Wisconsin which is 7.2 miles away so it is considered local which it is.	You do not know where your food comes from, for certain we only know it is from a big industrial factory or feedlot where the animals are forced to eat corn not free range grass fed animals.
The pay goes directly to the farmer	Farmers who sell their produce at grocery stores only get 17.4 cents of every dollar spent on that produce.

In this case all the comparisons might make you want to go to a farmers market and maybe limit the amount of fast food. And now you might think that we should **CONTINUE** farm markets because all the good nutrition it brings and social benefits and ecological benefits which results in a healthier world .

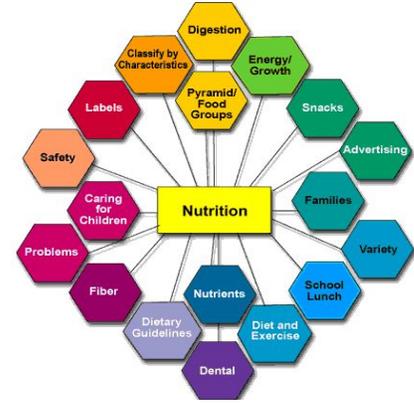
As you have seen this helps you see that farmer markets are a value to communities. if you have a chance at going to a farmer market I hope you are convinced to go to that farmer market because there are 3 major benefits; social, ecological, and nutritional.



Social



Ecological



Nutritional

