

Shorewood Farmers Market

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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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Farmers Markets Nutritional Benefits

by Ankita Hegde

The farmers' market is a place to get nutritional food that can really help you keep a healthy diet. Our farmers market is a place you can rely on for food, in this newsletter you will learn about some of the nutritional benefits here are the first benefits of the farmers market:

1. You have better access to the food
2. The food is fresh from that morning
3. There are less/no chemicals
4. More flavorful
5. Prevents heart disease

The farmers' market food is 200 miles within the community meaning you have better access which also means the food is healthy. Farmers come to your community with fruits, vegetables, and more, picked fresh from that same morning. Another benefit of the farmers' market is that there are less to no chemicals as in pesticides or herbicides in or on the food. A pesticide is a chemical the kills insects but can also hurt humans. An herbicide is a chemical that kills weeds. At the farmers' market, you can ask the farmer directly whether or not their food is treated with herbicides or pesticides. The fruit is also naturally grown making it taste delicious, and prevents people from getting heart disease. The farmers' market is an important place to get healthy food from. The chemicals (pesticides and herbicides) in the fruits and veggies at the supermarket can be really unhealthy for you.



This food was probably grown within 200 miles of the community it is selling to.

That is why you need to wash the fruits and veggies before you eat them. Not a lot of people know what's in their greens from the supermarket. The people that do realize what is in their food and have made a change by growing locally and buying food at farmers markets.

This is why farmers markets are important. If you have any further questions about the nutritional benefit of the farmers market, please consider going there sometime, trying the different food, and asking those further questions.



A farmers' market in Jackson, Mississippi

Social Benefits of Farmers' Markets

by Noah Eric Howard Skoien

You can make friends at the farmers' market. Yes, this may come out a little random and kind of cheesy, but farmers' markets have many social and pro-community benefits. For example, when you are at the farmers' market, you are 3X as likely to have a social encounter (a meeting that is not planned or expected) than at the grocery store.

Guess who accepts SNAP (Supplemental Nutrition Assistance Program) stamps? Our very own Shorewood Farmers' Market, SNAP food stamps are given to low-income families so they can have the fresh food that everyone deserves. Speaking of the Shorewood Farmers' Market, our market almost always has local musicians, as well as face-painting, and knife-sharpening, besides the usual fruit and vegetables. In fact, other farmers' markets are pro-community too, The West Allis Farmers' Market has helped strengthen the community since 1919, almost 100 years ago. That is practically during the times of the dinosaurs.

Farmers' markets both start and grow local businesses such as restaurants. These local businesses help put your food dollar back into the local economy. Women make up about 43% of the workforce, farmers' markets support these women. Another benefit is that you know who grew your food, you have the opportunity to ask about what chemicals (if any) were used, you can also thank them and show them support for not just being another corn farmer in the middle of Iowa.

As you can see farmers' markets have many social benefits like higher chances of social encounters, acceptance of SNAP food benefits, and local musicians as well as much more! So if you value your community-no matter where you are-you should take a walk to friendly local farmers' markets.

Ecological Benefits of Farmers Markets

by Maia Cardew

Farmers markets are a great place to get food from; they actually help the Earth more than you think. There is a big difference from grocery stores and farmers markets, and these are some examples;

If you have ever been to any farmers markets, you might've noticed that some farmers don't use any packaging. They just lay out their fresh food on the table. But even if some farmers need a type of packaging to hold their food in, they use alternative materials to plastic. For example, sometimes you see vendors selling honey in glass jars. That is a lot less polluting than all the plastic wrappers you see everywhere in grocery stores and supermarkets. Packaging makes an unbelievable impact on our planet and we can affect that. When you buy food from farmers markets, there is less waste. There is a chemical in plastic that can get into your body called BPA (bisphenol A), and is probably already in it. Sadly, BPA is in over 90% of people on Earth. Plastic is poisoning, not only to our world, but to us.



Animals like this pig are treated well on family farms.

One of the main ideas of farmers markets is that most or all food is local. That's not only better for you, but for the environment. Food at supermarkets can travel thousands of miles from around the world until it finally reaches nearby stores. Farmers markets can reduce usage of fossil fuel (a natural fuel, like coal or gas, formed by remnants of living organisms). Because they host vendors that are very close to your community, and a lot of times, in it. So that means the food that growers sell, is surprisingly close to where you live. The farmers market itself is in your community, so the usage of cars is mostly unnecessary.

A very important thing to know is how some of your food was treated while it was alive, and some businesses tend to hide that. In other words, animals do not always live on beautiful farms with red barns, like you might think. More commonly now in the US, are industrial farms, and CAFOs (Concentrated Animal Feeding Operation). Those places are not very kind to their animals, and normally only focus on money. That leaves the animals being fed as fast as possible, which isn't natural. For example, cows on CAFOs are fed around 60 pounds of food per day (corn being almost half of that, the other half being feed)! Sometimes part of that feed can be leftover beef scraps from the factory. Cows have evolved to eat grass, not corn. Luckily, farmers markets support family farms, not industrial businesses. Family farms are in danger, but they actually respect their animals. This might be sad to hear, but it's the truth, and you can help stop it. Next time you go to a farmers market, ask about the food you are buying, the farmer will most likely be happy to explain the process their food goes through.

Notably, this goes for plants as well; farmers market vendors keep growing simple. No

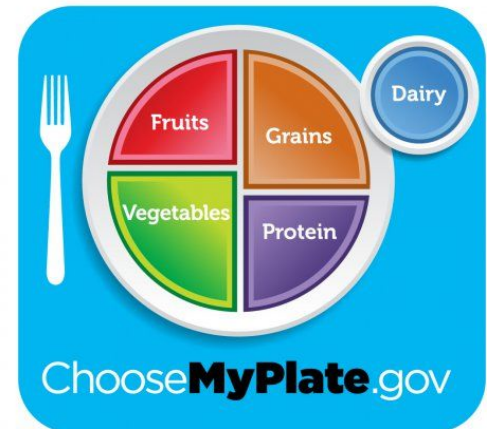
unnecessary herbicides, pesticides, or chemicals that could get into our waterways and harm plants and animals. Chemicals kill a multitude of soil, and creates enormous ocean dead zones. Dead zones are places where no life exists and nothing goes on (in this case there would be no sea creatures at all in a part of an ocean). Did you know that industrial agriculture businesses use the most water out of anyone in the world, but also pollute it the most?

As you can see, farmers markets help create healthy environments for animals and humans alike. We would really benefit if most food was bought at farmers markets. The air would be fresher, creatures (humans, plants, animals) would be healthier, pollution and litter would be less common, and consumers would know about what they eat. Try (or continue) going to your local farmers market, and remember that everyone affects this planet.

Vendors and Farmers Markets

by Jack Weber

First off, what is a farmers' market? A farmers market is a local market, unlike your supermarkets and grocery stores. It sells locally grown vegetables, fruit, flowers, drinks, eggs, and meats! One farmers market around the Milwaukee area is the *Shorewood Farmers Market*. It opens this summer and goes from 9:30am to 11:00pm at Lake Bluff Elementary school on Sunday, and features tons of local food, like meats/fish, and vegetables. And some that are out of state, like Georgia peaches, and Greek Olive Oil. Fun fact! There are 24 farmers markets around the Milwaukee area!



'My Plate' is one major food/health organization.

Farmers markets include vendors that sell their food and products typically within 100 miles of where they are grown or produced. Vendors are one of the main things about farmers markets, without them, how would their food sold? How are vendors picked? First they have to sell food that the community would buy. Second, some farmers markets like to add a variety of ready made foods (like empanadas and waffles). And finally, they have to be kind, which is the main expectation (besides selling local food) for any vendor at a farmers market.

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