

Scroll down to the next page to see the newsletter!

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!

Authors: Daphne Shearburn, Max Holifield, Ayanna Bryant, and Kian Ghojallu

Table of Contents

Saving the Environment Easily
p.1-2

Nutrition Made Easy
p.2-3

Urban Agriculture
p.3-4

Getting to Know Your Farmer
p. 4

Saving the Environment Easily by Daphne Shearburn

Welcome to the farmers market where there's fresh, healthy, local food that is helping the environment. Farmers markets have many ecological benefits. An ecological benefit is something that you can do to help have a clean environment. Such as helping improve the nutritional value in food. The vendors in farmers markets are mostly local. Most of the Shorewood Farmers Market vendors are local and mostly within 100 miles. This saves fuel and helps the air. This is so important because you want clean air and fresh food, right? Did you know some food in supermarkets travel halfway around the world just to get there! Which is really bad for the air. A few of the vendors that are very close to Shorewood including Alice's Garden (6.2 miles away), Fresh Grow Wisconsin (11.7 miles away), and Schmidt's Farm Produce (13.3 miles away). This is just one of the many ecological benefits of a farmers market and through this article you will learn about some more important ecological benefits of farmers markets.



Farmers markets usually have stands or tents that they sell their food from. Farmers markets sometimes have activities like live music, fun projects for kids, and some even have fun classes like dance workshops or meditation classes!

One of the other benefits is there is healthy soil because little to no chemicals are used. When chemicals are used it can also pollute the water because it can go through the pipes and into our water. You may not even think about these chemicals but they are really harmful to the soil and the water system. The soil is also helped because there are fewer animals on one farm and that means less animal feces which is also harming the soil.

continued on page 2

The feces is bad for the soil because it harms the nutrients and prevents more plants from growing. Notably at local farmers markets you'll notice that there's little to no packaging on the fresh foods. Which really helps because there is less waste or litter on the ground that could potentially go into the waterways or it could blow away in the wind and be harmful to other animals. In this case no packaging insures it's fresh and that it's good for you.

Smaller farms don't need as much space and that means more space for plants and wildlife. This is really important because the more natural beauty we have the better and less pollution from machines and fuel will help the air and water. Also one of the many benefits of the farmers that come to farmers markets is that the animals that were turned into meat had a good, healthy life not getting fat on food that they weren't meant to eat. The farmers treat them well until their day comes. It is important they our treated kindly so they can have at least a good life before they're killed to become food.

In the future this is crucial to the environment to go to farmers markets and support them because this is our world and we need to keep it "healthy" and clean. If we don't there can be major consequences, like not enough clean water or majorly polluted air. Farmers markets help our world stay how it should be, not with all of the chemicals and machines that pollute our world. Take these tips, such as using less packaging, buying local, getting meats from places you know they were treated kindly, and don't buy food with chemicals. Remember we only have one Earth so we need to keep it clean.

Nutrition Made Easy

by Max Holifield

Farmers markets are so important for the health of people of all ages. Their fresh, healthy fruits and vegetables are very tasty and local, which will be talked about later, and they also reduce the rate of obesity, malnutrition, and heart disease. Obesity is when somebody's BMI (Body Mass Index) is much higher than it should be, so they weigh too much. Malnutrition is when someone is badly nourished, and you can probably guess what heart disease is. This is so important because there are also many other physical and mental problems linked directly to nutrition (malnutrition in this case). Even things like depression, autoimmune conditions, and sleep issues can be linked to malnutrition. For more info, you can check out <http://joyfuleats.com/>. Barbara Heinen is a nutrition consultant who runs joyful eats. Many people have come to her with problems that she geniusly said were nutritional, and gave them the sublime advice that they should shop at their local farmers market.



Do these fruits look good? Because they're probably better than the ones you would get at a grocery store. This is because the taste improves the shorter the distance that the crops have traveled.

Another benefit is that farmer's markets can also increase the diversity of what people eat, something crucial especially for women and children. It also diversifies the nutrients

so that people are eating more than just carbs or proteins. This can help people with getting a MyPlate diet and having half of each meal as fruits and vegetables instead of something unhealthy. If you don't know what MyPlate is, it's pretty much that you should make half your plate fruits and vegetables and half grains and proteins, but if you want to learn more, look at <https://www.choosemyplate.gov/>.

In some neighborhoods, there is more unhealthy food for a much smaller price. When farmers markets are brought to these neighborhoods, the price of fresh, healthy food drops substantially and also, the taste usually improves along with the amount of nutrients because of the short distance the food has to travel. I myself go to the Shorewood Farmers Market and I'll tell you that everything tastes better than food from grocery stores. Sometimes, people in these neighborhoods suffer from obesity or some other problems from the first paragraph, but when a farmer's market shows up, the fresh food is in much bigger quantities and cheaper. Also, none of the foods will be "fake" and most will be whole foods, which usually have more nutrients and are healthier. Some farmers markets accept SNAP (Supplemental Nutrition Assistance Program) benefits. SNAP offers assistance to low-income families and individuals. There are other vouchers like that, including the WIC and the SFMNP, and you can learn more if you look these up. Another great thing about most foods at farmers markets is the lack of pesticides and herbicides. Pesticides are chemicals used to get rid of insects, but they can harm the crops, and herbicides are the same, but used to get rid of weeds. Usually, to be accepted at a farmers market, you can't have used pesticides or herbicides on your crops.

Hopefully, next time when you think about eating healthier, you'll realize that one of the easiest ways to do it is to simply shop at a farmers market. To find a nearby farmers market, you could check out

<https://www.ams.usda.gov/local-food-directories/farmersmarkets>.

Urban Agriculture

by Ayanna Bryant

In this article you will learn about urban agriculture and farmers markets. Let's start with:

What is urban agriculture? Urban agriculture is when there are small farms in a city. They can be in vacant lots or abandoned land. The food is local which makes it more healthy because it doesn't travel far and there are no chemicals to make it stay fresh while it's being transported. Urban agriculture is similar to farmers markets in a way because the food is locally grown, and you know who grew the food and there are no harsh chemicals in the food.

Examples of urban agriculture: rooftop gardens on a public building, plots of land, greenhouses, or vacant lots.

How does it affect the community? Urban agriculture helps the community by helping those in need and those who don't have access to fresh and healthy food. It makes the neighborhood healthy. You get to know your neighbors better and you know where your food comes from.

Why is urban agriculture important? Urban agriculture is important because it helps young people learn about how they can help the earth and it boosts their knowledge and science skills. Did you know Aquaponics is the cultivation of plants and fish together in a man made system? The fish are kept in a tank and the excrement from them goes into a series of tubes that go into the soil of a plant and acts like a fertilizer or food.



This is an example of urban agriculture. How can you tell? You know because there are buildings in the background so you know it's a garden in the city.

What are farmers markets?

Farmers markets are a place where you can buy fresh fruits and veggies and you know who it is coming from. The food is local and there are no harsh chemicals in it.

Hopefully you learned a few things about urban agriculture. You should visit a local farmers market or even open your own community garden.

Getting to Know Your Farmer

by Kian Ghajallu

Farmers markets have many social benefits and you will read about that below. One of the social benefits is that you can get to know the farmers that are giving you your food which is better because you know where its coming from and you know that it's not from across the country.

Another one is that farmers markets create new jobs for the farmers and they get more money. In fact growers selling locally create 13 full time jobs per \$1 million in revenue earned, those not selling locally create 3.

The farmers market brings people together in a lot of ways and makes bonds between people, and people come with their friends to the farmers markets to buy food with their friends. Did you know a study has shown that shoppers have more than 3 times as many social and informational encounters at farmers markets than they do at national supermarkets.

In this article you should have learned these things...

- At farmers markets you can meet the person who is giving you your food which is good because you know it's not from across the country.
- Farmers markets create new jobs for farmers
- Farmers markets create bonds



This is a map of the farmers markets near Milwaukee. If you want a larger map, you could go to <https://search.ams.usda.gov/farmersmarkets/googleMapFull.aspx>. As you can see there are many farmers markets near Milwaukee and they are making a huge impact on the Earth.