

•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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Social/ Community Benefits of SFM

By Javier Shanti

This writing is about the social benefits of Farmers Markets. There are many social benefits of going to a farmers market. Social benefits like: you get to know the farmer, and know if you are buying from a big business guy, or someone who

just wants their product to be out there. You get to meet new people, who may become new friends. Or meet up with old friends. There are 3x as many social interactions at farmers markets than at your stereotypical supermarket. But some questions- Why is the food so expensive? And do all of your food dollars go directly to the farmer, with no middle man? At the supermarket the farmer gets 68 ¢ for every \$3.99 the supermarkets gets for 1 lb of ham.

At the farmers market they get approximately \$3.38 for every \$3.99 lb of ham. It is more expensive, as it takes harder work to grow and/ or make their product. Versus at the supermarket- Genetically Modified Organisms and pesticides takes little to no work therefore it is cheaper.

All in all, farmers markets are more social than supermarkets. They are a good way to socialize with strangers, friends, and the farmers. At the Shorewood Farmers market they have live musicians playing almost every Sunday that it's open, for almost all of the hours. You can talk and shop, or play ball on the courts (provided you brought a ball) or you can just meet up. You can talk with strangers about your similar or different interests.





Ecological

By Nevaeh Trevino

*Since the industrial food chain is growing, chemicals, pesticides, herbicides, and etc. are being used and put into our foods like fruits and vegetables. The things that are supposed to be healthy are not as much anymore. **This is why Farmers markets are a great source if you want healthy fresh grown foods.***



How does the chemicals they put in/on the crops affect the land?

*Industrial food chains like to use pesticides and chemicals to keep the bugs and weeds off of the plants that are growing. In addition it might help the plant grow without being chewed up by bugs. But it is unhealthy for us and the earth to have chemicals put into our body. **That is why when you go to a farmers markets you can expect to eat food that has not been treated with chemicals. Instead farmers use composting, and recycling of nutrients instead of chemicals.** When farmers use chemicals on their crops or in their soil it increases the risk of infestation, plagues, and pesticide-resistant pests. These bugs eat up the crops so farmers tend to put more and more pesticides and chemicals into the crops. Which also makes the soil not able to retain water like it supposed to. This can also cause erosion and compaction resulting in decreased capacity to retain water.*

How does it affect or harm wildlife environments?

*When there is no water or the water is polluted there aren't any bugs that are needed to help the soil, because the water has transferred the chemicals and trash to the earth and the soil becomes dry and can't support the life of bugs or worms. This is because of the constant output of chemicals. This can harm animals and wildlife because when they drink the water that has been polluted. Sometimes there is oil in the water and animals suffocate and get stranded from this. Eventually if they don't get help they can die. The oil can also make them sick. Also they can't plant in the soil anymore because how dry it is and that means they have to harvest more land and that means taking down natural habitats. **But at farmers markets it's different. Farmers don't use***

chemicals because they know the damage it does to their land. But if you do have questions you can just ask the people who planted the food. They're open to any questions you have.

Nutritional Benefits

by Isaiah Dietrich (Dee-it-Rich)

Why buy food locally?

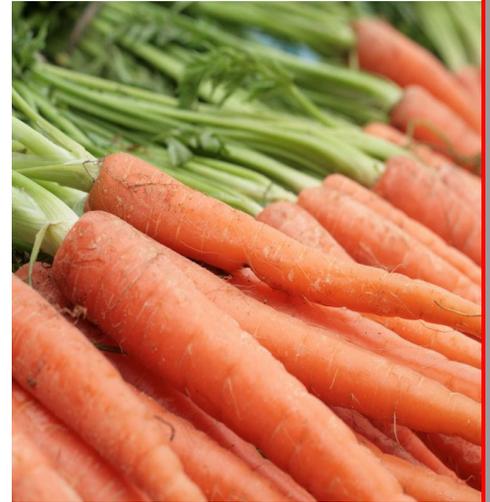
Ripe strawberries, juicy peaches, and fresh light green crunchy lettuce...

The thing is there are a bunch of hidden costs from buying fast food, tasty treats, pastries, and more sugar filled goodies, A lot in health costs. Food at farmers markets reduces the rate of obesity. If you don't know what obesity means it is when you are overweight and starts to affect your health in movement and other areas. A average human should eat between 2000 and 2500 calories a day. I remember I was at a coffee shop and I ate this small muffin. I looked online and was surprised to see that this one muffin was 800 calories. That meant if I was trying to eat no more than 2000 calories that this would be my whole breakfast.

The farmers markets have almost all healthy foods that are specifically chosen for their nutritional value. Every shop is picked for a specific reason; an avocado because that is a great source of fat. Food from farmers markets has less chemicals than produce from the average supermarket. At farmers markets you don't get extra fats from the produce. There is a variety of fresh nutritional foods that lead to reducing the rate of obesity. In farmers markets there is even fresh meat.

These days there are so many things you have to look for. When you go to the grocery store you have to check if they are cage free eggs, and are they free range? Is the beef your buying grass fed. How many miles did this food travel? When you are at a farmers market you know that the food is grown locally. At most farmers markets they have rules on how far away food can be grown. You are directly buying from the farmer so you can ask your questions and know you will get a honest answer.

Food locally grown at farmers markets is healthier for you than supermarkets. Even food that is organic or locally grown food from supermarkets still may



have been transported thousands of miles. Think again when you are eating a happy meal on the freeway in your car. Traveling 70 miles per hour. Look to see how many calories are in it and chemicals are in the food.

Farmers Markets in Wisconsin

by Hank Svetic

Did you know that 13 out of 16 vendors from the Shorewood Farmers Market are in Wisconsin? And most of those vendors are in Wisconsin cities. An urban farmer is someone who plants healthy vegetables or fruits in the city. They plant the vegetables or fruits on the top of a building or sometimes they plant the vegetables and fruits near a city or in open lots. Sometimes the food they grow doesn't even go to a farmers market it could go to a restaurant owner that the grower trusts. Now I will tell you about the farmers markets in Wisconsin.

- The Brown Deer farmers market has been in the farmers market business since 2000. It can be found in 9078 N. Green Bay Rd at 9:00 to 6:00 on Wednesdays June 13th to October 31st
- The Greendale Open Market sells flowers, vegetables and you can do arts and crafts there too. It starts at 8:00 on october Saturdays to noon. It is located at the Village Center on Broad Street
- The Shorewood farmers market can be found in the playground of Lake Bluff Elementary School. It starts at 9:30 to 1:00 on Sundays from June 16 to October 23.

And that's what you need to know about farmers markets in Wisconsin. When you see one of the farmers markets that were in here be sure to go check them out.

