

# 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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## Nutritional Benefits

By Larry Wilhite

Nutrition affects people's health. In fact, good health involves eating healthy foods like peaches, fruits and veggies. Healthy food can do a lot of good things to your body that you will love. For example you will get in shape and be more healthy. If you are not healthy your body will have and do things you will regret. Eating good food for you will prevent malnutrition. Malnutrition is when you are not getting the right foods in your body. Healthier food will make you happier. Your organs can work better and your organs can affect your mood.

The chemicals in the pesticides and herbicides can make you sick and have a bad effect on you. In fact, there are no pesticides or herbicides on fresh fruits or veggies at the farmers market. Eating healthy foods also can prevent heart disease and increase nutritional diversity crucial for kids and women.

Nutritional diversity is when you eat a lot of different types of healthy food. You should almost always eat healthy food, and one of the best way to do that is at a farmers market. You should eat there. They are better in so many ways. For example, at the farmers market the farmers picked the food on the same day or the night before. At the store they get the food 2 weeks later. So next time you go to the farmers market, stop there and get some fresh food!



## Social Benefits

By Silas Kemp

All the reasons farmers markets are great aren't all about your health or the health of the land, many reasons farmers markets are great are social benefits, what a social benefit is it's a benefit that connects to people, but not their health. There are so many social benefits and this article doesn't include them all, but it has the main ones.

For example farmers markets are a great place to make personal relationships with the people growing your food! Or you can see people you already know, there are 3 times as many social encounters in farmers markets than in stores. If you were wondering why social benefits are so important, here's why. Social benefits to farmers markets are very fundamental as some of these advantages can really motivate people to go to their local farmers markets. Furthermore, occasionally seeing all these farmers selling their local food can inspire people to grow their own food, even if they are children! Also farmers markets are a great way to learn about your food through asking questions to the farmers. Maybe you don't need to get any fresh foods, well you're in luck because many farmers markets have activities like face paint or dance classes and many other things to keep you entertained as well as great food.



On a very different note, rural poverty is a big predicament and farmers markets help farmers have a place to sell their food, which keeps farmers in rural areas out of poverty. Furthermore farmers can stay in business because of farmers markets because, unlike supermarkets, when you buy directly from the farmer the farmer receives one hundred percent of the dollar you pay for the food they're selling, and you know where your money is going, AND your money is staying in your local area. Another way farmers markets keep people out of poverty is that local farming creates over 4 times as many jobs as supermarkets. Also at farmers markets farmers are more appreciated for their labor. Another great thing about farmers markets is they can bring fresh fruits and vegetables to places that might not have great access to those foods, for example a big city that isn't near any farms. Also more and more farmers markets are accepting SNAP benefits, which stands for Supplemental Nutrition Assistance Program which helps people get access to fresh foods.

In conclusion, farmers markets are great places to see your friends, or make new friends and help keep neighborhood farmers in business!

## About the Market

By Conrad Iwen

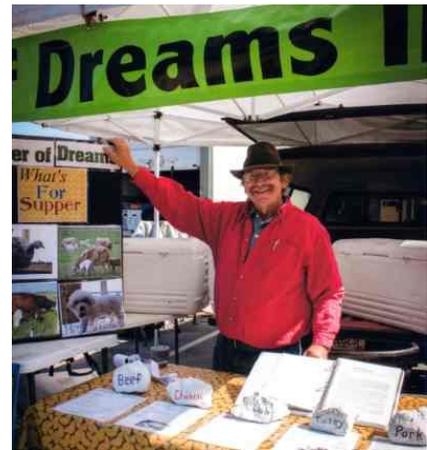
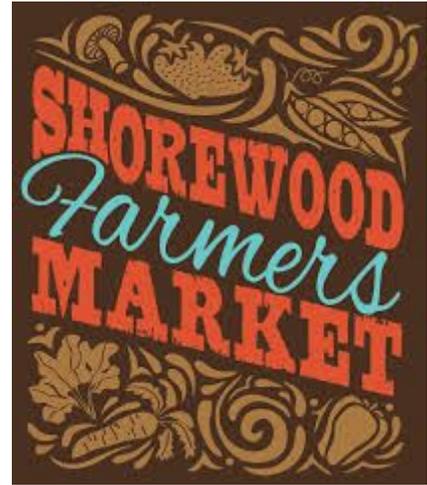
The Shorewood Farmers Market is an excellent place to buy locally-grown fresh fruits and vegetables.

You can also buy delicious ready-to eat food, which ranges from egg rolls to empanadas to honey sticks to waffles to churros (and even more!).

The market opens at 9:30 AM every Sunday, and closes at 1:00 PM. It starts on June 19th and ends on October 23. The farmers market is located at the Lake Bluff Elementary School's playground, which is located at 1600 E. Lake Bluff Blvd. in Shorewood.

The market's goal is to bring the community together through fresh and natural foods, while teaching children about the importance of organic agriculture. It was previously located at the Atwater Elementary School playground for a year until more vendors applied. This forced them to expand the size of the Market onto a bigger playground, which was Lake Bluff Playground.

Did you know that most vendors at the market that grow their own food grow it around the Milwaukee, Wisconsin area? Some examples of that would be "Alice's Garden" or "Teens Grow Greens," which are both located within the city of Milwaukee. Overall, the farmers market is a great way to buy your food, meet people, and most importantly, have fun! See you there!



## Ecological Benefits

By Giancarlo Colella



Have you ever thought about how farmers markets are better than industrial farms? Well here you could learn some benefits. some of the good things about the environment and farmers markets is that most of the locally grown foods are grown within 100 miles of markets so it uses less transportation. This is important because it reduces the pollution of car exhaust and gas.

Also another way that the local grown foods help

the environment is that it takes little to no packaging, and a lot less waste. This is also important because this reduces the amount of plastic and other things going into the ocean.

One more way is that it uses composting so it also recycles nutrients versus the use of chemicals in the environment. So this can help it because it would be better and healthier for the plants and trees.

Animals are supposed to live freely and they do not want to eat corn. (well cows don't because they are used to eating grass and their stomachs are not used to corn.) if farmers markets don't have processed foods then animals can have more prey, and helps reduce logging and helps sustain wildlife habitats. Another way is that the animals are killed more humane. As opposed to industrial farmers they kill their animals in a plant and do not let anyone see how. In a book called "The Omnivore's Dilemma" they said that they kill their cows with a bolt in the head.



The produce at the farmers markets are grown organically so it can help balance water works and allows water systems to be recharged because they use no chemicals or pesticides so it helps the water be cleaner and helps the water systems work normally.

Now that you have read about farmers markets consider visiting one this summer!

