

# 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!

Authors: Leela Antigua, max stuhlmacher, Ian Calderon , Miles Nelson

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## Ecological Benefits

by Leela Antigua

When you get your food from a farmers market you aren't only helping your body but you are also helping the environment.

For one thing your food isn't grown with chemicals and has little to no pesticides and herbicides. Pesticides are a substance used for killing insects or other life forms

that are harmful to the growth of plants or to animals. Herbicides are a substance that is toxic to plants and is used to destroy unwanted plants such as weeds. The soil from industrial agriculture contains no forms of life because of the constant chemical input. Because of the way family farmers treat their plants, the soil is full of helpful insects and earthworms and organic soil is very good for the environment.

Something you might not know is in a feedlot most of the cows are treated very badly. A feedlot is a place the cows go to get fat fast so their meat can sell for a lot of money. The feedlots main goal is to get the cows fat as fast as



they can and this means their health isn't the first priority. This experience is something cows from family farms get to miss.

Cows are meant to eat grass and only grass. Their bodies are made to digest grass. In the feedlot the cows are fed mostly corn. But if you look in the ingredient list you can see things like

cardboard, stale pastry, candy and chocolate but those are the "good ingredients". Chicken manure, cow manure and cement dust are some of the "bad ingredients."

Because of their unhealthy diet they get sick. When someone eats meat from a sick animal they can often catch their sickness such as mad cow disease. When you are buying your meat from the farmers market you are getting healthy and well cared for produce.

Did you know most of the food you buy from the grocery store travels a



very long distance. This means the food isn't very fresh. When you buy your food from a farmers market the food travels within 100 miles. This means your food is very fresh and straight from the farm. The food also doesn't have a bunch of plastic packaging that you are just going to throw away. This is another way the environment is impacted .

These are just some of the ways the environment is positively impacted by the farmers market. You can join to help the world and its environment by supporting your local farmers market.



This is a picture of a feedlot.

#### Possible Ingredients in Cattle Feed

*Chicken manure, cattle manure, chocolate, stale pastry, cement dust, molasses, candy, urea, hooves, feathers, meat scraps, fish meal, pasta, peanut skins, brewery wastes, cardboard, corn silage, pesticides*

This list is from *The Omnivore's Dilemma* by Michael Pollan.

### Shorewood Farmers Market (SFM)

by Max Stuhlmacher



Do you want to take care of your body? If you want to, keep reading to find out more information about the Shorewood Farmers Market (SFM).

The Shorewood farmers market is located on the playground of Lake Bluff Elementary School, on 1600 E Lake Bluff Blvd. The markets goes on from 9:30 AM to 1:00 PM from June 17th through October 28th.

There are a lot of bikers and walkers that attend the market on Sundays, because the days are very nice and consumers love to be outside. Most of the vendors are very local to the market and they are all very trusted, because the people that run the farmers market go through a precise process of selecting the vendors who get a booth. Like Pete's Pops, he sells popsicles, he is a really trusted vendor. Also the people that run the farmers market know the vendors personally.

The farmers market vendors engage directly with their consumers. Barb Heinen one of the Shorewood Farmers Market directors told us about consumers who actually went to one of their vendor's farms to help. That is a lot better than just getting food from supermarket because you would want a good relationship with the people you get your food from. Then you would not be getting fake food that is filled with pesticides and bad chemicals. Also It is very important to know what you're eating because if you think what you are eating is healthy you will keep eating it and you can get diseases from eating too much bad food. Healthy food may be more expensive but you will be paying the hospital later on if you don't eat healthy.

Thank you for reading through the whole text and I hope you will take my advice.

## **Supermarket vs. Farmers Market**

by Ian Calderon Henes

Do you think supermarkets or farmers markets are healthier? In this article you will learn about some of the benefits of going to a farmers market instead of not.

This is important because it's good to know if the food is healthier than store food. The food from the market contains less chemicals which is better for your health and people have begun to notice the negative effects of buying store bought food.

An interesting fact is that vendors that serve farmers markets are typically within a 100 miles and that's considered close. Almost 85% of the vendors are within 50 miles of farmers markets they supply. Some of the local places include Brown Deer, Fox Point Farmers Market and the Whitefish Bay Farmers Market and of course our very own, the Shorewood farmers market. The food is more nutritious and healthy because there isn't as many chemicals as a normal grocery store and even if the food at your grocery store has a organic selection it still comes from far away normally.

Now also you will now know some of the farmers markets in Wisconsin and some extra facts on the way. This info will be helpful next time you go to the store or think of going to a farmers market and remember to stay healthy.

## **Social Benefits of Farmers Markets**

Miles Nelson

Picture this. It is a Sunday in July and you do not know what to do. Go to the farmers market. It is the best place to meet up with friends! There are many benefits to going to a farmers market.

One of them is, it's good to know where your food is coming from because then you know if your food is fresh and local and you know if it is healthy. You know where it is coming from because the vendors that you're buying from are local. For example Alice's Garden is located in Milwaukee just 6.2 miles away from the Shorewood Farmers Market. Local food is healthier because it doesn't travel as far.

Another benefit is, it's good to know where your money is going because it could be going to somewhere you don't want it to go. You know where your money is going because you're buying the food straight from the farmers at the farmers market.

One more benefit is, you get to meet new people at the farmers market. For example 3 times as many social encounters happen at farmers markets compared to super markets.

Thank you for reading this article and do not forget go to a farmers market, the benefits are worth it.

