

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: Louisa Holmes, Luke Marta, Wyatt Schick and Bella Busby

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Social Benefits

by Isabella Busby

Farmers markets are great for learning about your community.

How much do you talk at the grocery store? Well multiply that by three! You have so much more fun at the farmers market! You can talk to the farmers that you're buying food from, and you can talk with your friends. One thing that is awesome is that you know exactly where your food comes from. Because you're buying right from the farmer. You know if there are any **pesticide** and or **herbicides**. You know the ingredients, which ones are organically bought and which ones were homegrown.

There are community projects that occur at the market, at the Shorewood market there is a band.

You can learn more about your community, you could ask about a **food shed** in your neighborhood, or about how you can garden in your backyard! You could ask about composting.

Not only do you have the social and health benefits but people who have only a little bit of money can gain access. In other words, low income families gain access to local food if you choose to buy foods at the farmers market. You can help because more people get the **SNAP** benefits.

Next time you go to the grocery store think about the 3 times more interaction with your community you could be having.



pesticides and herbicides: are what they spray on vegetables so bugs stay off the crop, it's poisonous. They can cause disease, and they can really hurt you.

food sheds: are a place in your neighborhood where everybody can get organic food, your local farmers deliver food, and you can get it there for free.

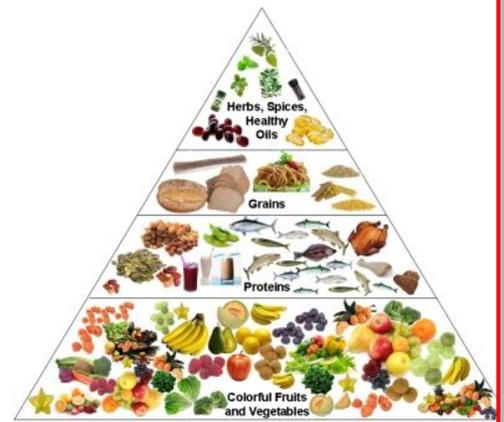
SNAP: is a benefit that people who don't have enough money to buy healthy food get. Users would be given credit to purchase healthy food.

Eat More Healthy Foods!

by Louisa Holmes

Tasty, healthy and fresh foods keep people from getting sick. At a farmers market they sell local food including cantaloupes, apples, raspberries and blueberries. Local food is fresher and tastes better than food shipped long distances. Local foods contain more **nutrients**. Small farmers don't tend to use antibiotics with their animals, so consumers don't eat them too. Antibiotics are medicines to help animals if they get sick, but they are not healthy to give to animals if they are not sick. When you buy food from the Farmers Market you can find out if pesticides were used on the crops because you can meet the farmers and ask them. Many doctors report that eating healthy foods helps to prevent heart disease. The farmers market is a great place to find heart healthy foods.

Shoppers can create a more diverse diet for themselves by buying at a farmers market. Farmers markets offer new foods for consumers to try. There are many different vendors selling at each market. Look for fresh picked apples in the fall! They're yummy!



nutrients: a substance that provides nourishment essential for growth and the maintenance of life: “fish is a source of many important nutrients, including protein, vitamins, and minerals”.

Ecological Benefits

by Luke Marta

The information in this article is important to animal life and human life. Have you ever wondered how to prevent suffering animals and polluting waterways? Farmers Markets can help.

With things like the farmers markets, treating animals kindly and no chemicals or pesticides in food. And additional things like helping the earth and air, or trying to not pollute the waterways. Become healthy, make your life better.

Did you know that the farmers market use Little to no chemicals/pesticides in food. It wouldn't be fresh if you had chemicals in it. This would be good for you because Chemicals are really not healthy for you.

At farmers markets there is Less transportation with the food that gets from the farmer to the consumer. This is better because if you do that the food isn't as fresh as it would be if you got it locally.

Fresher is healthier, so you should eat it fresh. It also tastes much better. Less transportation with the food that gets from the farmer to the consumer. Because if you do that the food isn't as fresh as it would be if you got it locally. Fresher is healthier, so you should eat it fresh.

Urban Farming

by Wyatt Schick

Knowing where your food comes from is important, but growing it yourself is the best. If your excuse for not growing food is that you live in the city, well you're wrong. Urban farming is stronger than ever. Urban farms have great benefits. In fact it reduces your **carbon footprint**. Your carbon footprint is all the bad things you do to the environment it creates carbon, like driving and transporting foods over long distances. Doing these things reduce it, for example urban farms bring fresh foods to people's neighborhoods that need it the most.

Urban farming fills farmers markets with local foods and food without pesticides, in other words this food is good for the earth and its compostable. Composting is also important to urban farming, composting creates new soil for farming and gives back to the earth. By getting decomposed by organisms like worms, and then is turned into fresh soil.

I think urban farming is important because it gives back to the earth and it fills farmers markets with healthy food and food that is good for the earth.



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