

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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Ecology of the Natural World by Mabel Reynolds

How does buying at your local farmers market help and impact the environment?

Hi! Today we are going to be talking about how shopping at your local farmers market helps impact the ecology of the natural world. Ecology is the study of living things, and how they act. Shopping at your local farmers market, really impacts the environment. If you are shopping for food items at your local farmers market, you're helping the environment. Buying food from the farmers market, ensures that there are little to no chemicals, pesticides, and herbicides used in the food you are buying. Using no chemicals helps the environment stay the same, and healthy, instead of when farmers use chemicals, the healthiness isn't as great. Pesticides are used in golf courses, they are used to make the grass greener. Farmers spray it on their plants to kill the pests. But pesticides affect the nervous system. So buying food with pesticides used in them, can affect your nervous system. But, at the farmers market, no pesticides are used.

The food is mostly grown within 100 miles of farmers markets, (versus the typical food that travels 1,500 miles) and because of this, there is less transportation to get the food from the farmer, to the consumer. For example: a vendor from the Shorewood local farmers market, could grow their food in Chicago or near Chicago.

This helps the environment, because if the food travels less than 100 miles, not as much gas is used, compared to traveling 1,500 miles to a supermarket.

The farmers also use less packaging, such as, cardboard, bubble wrap, and glass. Using less packaging helps the environment because when using packaging it takes longer to break down, versus not using packaging/glass.



Buying your food at your local farmers market, impacts all these things. So the conclusion we have, is that buying from your local farmers market helps the ecology of the natural world. Make sure, this summer, that you go to your local farmers market, and buy something good! We're not telling you that you HAVE to buy from your local farmers market, but it sure is good for the ecology of the world!



Community Benefits of a Farmers' Market

by Ben Skwierawski

Farmers markets are good at a bunch of things such as bringing food closer to the community so less fossil fuels are used. Also, they have almost no packaging and less plastic because it's closer to the farms. But in this case what you might not know is that they are good for social interactions. Making friends is important and so is eating with people.



Want to know how the food you get is picked? Well some farmers you can become friends with and they could invite you to their farms, and you could help them harvest. You will learn more about what foods that farmer picks.

When at a farmers market you can meet new friends and catch up with old ones compared to the supermarket which has 3 times less interactions. For example, you could try to eat better because of your friends shopping habits at the market. There are fresher foods to buy. While your are sampling from the farmers offerings, there are more people to talk to while you eat.

Farmers markets even make more jobs for the people of the community. Farmers grow locally and that means that buying locally, can help the community. Also people who need jobs can get them at the farmers market and on farms.

Why buy and eat locally?

by Gisele M. Knox

Did you know that shopping at a farmers market has many nutritional benefits? Read on if you want learn about a few of the many nutritional benefits of shopping at a farmers market!

First of all at farmers markets they use little packaging or sometimes even none. They rarely wrap the fruits and veggies in plastic or in any container. Usually fruits and vegetables are out in the open. For things like meat they do use packaging, to keep the meat fresh. They also store the meat in a cooler. They may also use glass containers. Using little to no packaging not only helps the environment but it also helps your health. In many plastics there is something called BPA (Bisphenol A) and when you eat out of or

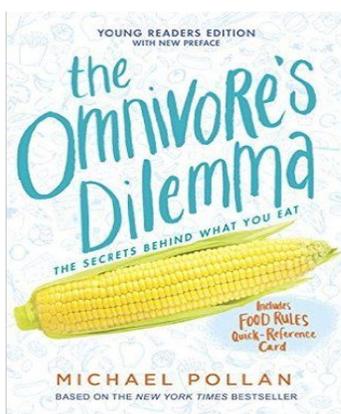
drink out of plastic containers, baby bottles, sippy cups, water bottles and much more, you are consuming BPA. Now 90% of people have BPA in them. But it's not just BPA that can cause bad things to happen. It's many other things in plastic too.



For instance you know how after you bring your food home from the store, before you take the carton of strawberries to munch on, you always have to go and wash them all of to make sure there clean and make sure there's no more chemicals left on them. But when you shop at the farmers market you know your food is fresh and clean. There are little to no chemicals involved in growing your food. Usually the food is washed and

picked that morning, so you don't have to worry about the freshness or cleanness of the food you're buying. You also don't have to worry about consuming any chemicals.

You may not know this but in the industrial food industry when they raise the animals there are a lot of antibiotics put into the animals so they don't get sick. In big industrial farms the farmers give antibiotics to animals that don't need them. In the big farms one animal getting sick starts a chain reaction, but small farmers don't tend to use antibiotics on their animals, so the consumers don't eat those extra antibiotics that's in the meat. Antibiotics are medicine that you give to a human or animal to prevent sickness or to cure it. In fact in the book *The Omnivore's Dilemma* the author Michael Pollan experienced first hand both sides of the story. He was inside of an industrial cow farm and chicken farm and he was also at a small local farm called Polyface farm. (Polyface means many faces) At the industrial farm he saw first hand how they mixed tons and tons of antibiotics into the food. At Polyface it was a completely different story. Joel Salatin the owner of Polyface used antibiotics only when absolutely necessary. Most small



farmers don't find it necessary.

The obesity rate in the USA has been a real problem increasingly. Tons of people don't have access to the food they need to be healthy. If everyone had a local farmers market, obesity rates would go down. Then everyone would have access to the food they need to stay healthy. Lots of farmers markets try to go to areas that need one, areas that have fewer organic grocery stores. Farmers markets supply cheaper, fresher food than almost all grocery stores.



Shopping at a farmers helps make sure you keep a diverse diet and helps you get all the right things in your food. For example eating an apple instead of a bag of potato chips. When you shop at the farmers almost everything is homemade. So even if your snacking on the corn chips and salsa, it is still healthier for you, because they're

homemade and less processed than anything at the store. At the farmers market they mostly sell the main food groups, dairy, meat, vegetables and fruit. Eating those things helps create a diverse and healthy diet.

In conclusion eating from a local farmers market can really help your health. But now

there is one closing question. With the information you now know about the health benefits of buying local produce, will you start shopping at a local farmers market?

Vendors at The Shorewood Farmers Market

by Maddy Hanrahan

Oh, spring is here and summer is coming, ready for the people to come to the farmers' market. It's not just a place to get vegetables and fruits, it's a place where the people can come together to buy food, help the town and make it a better place. Also it can raise this whole world higher by helping the farmers when we buy their food. So according to my research, I have mentioned three market vendors and you can see what you like to get. Have a good time, hope to see you there.



The Shorewood Farmers' Market is located on the Lake Bluff School playground. It is held from 9:30 am to 1:00 pm on Sundays from June 19 to Oct. 23. The Shorewood Farmers' Market helps farmers and families in our local community. There are many benefits of eating locally grown food. It's good to know where your food comes from. Families can find out if the farmers have used pesticides or herbicides (chemicals that destroy bugs or other nuisance plants). You can meet and get to know the farmers personally. The Shorewood Farmers' Market brings fresh food to the neighborhood. It is often picked or harvested at the peak of its freshness which means the food has more nutritional content in every form all over the world.

Most farmers who bring their products to the Shorewood Farmers' Market are from towns in Wisconsin. *Big City Greens and Gourmet* brings vegetables from a town called Tigerton, WI. *Ela Orchard* brings fruit from Rochester, WI. *Fresh Grow Wisconsin* and *Schmidt's Farm Produce* grow fruits and vegetables in nearby Mequon, WI. *Turtle Creek Gardens* come from 60.8 miles away in Delavan, WI and sells fresh fruits and vegetables. These are all farmers that may invite you to come to their farms and see how their crops grow. It's good to support our local farmers with a neighborhood farmers' market.

Like I mentioned before, spring and summer will be here soon, and going to the farmers' market will be a fun thing to do. You will eat better foods and feel better too. And don't forget the other things at the Farmers' markets like the classes you can take. Also, you can be purchasing other items like flowers, candy, and breads. We are so lucky to have these farmers' markets in WI. See ya later!