

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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Ecological Benefits

by Olivia Reeve

Did you know that the typical food we eat is transported over 1,000 miles? If you want to learn more about the ecological benefits of farmers markets, read on.



For instance, shopping at local farmers markets creates less air pollution, because most of the vendors are within 100 miles of the farmers market. For example Alice's Garden is 6.1 miles away, and Teens Grow Greens is 2.8 miles away from the Shorewood farmers market. That means that the fossil fuel from the planes and boats are not needed. Fossil fuel is, any of a class of hydrocarbon-containing materials of biological origin occurring within Earth's crust that can be used as a source of energy. A lot of farmers markets are local, so you can easily walk, bike, scooter, or skateboard to them.

Shopping at farmers markets can especially create safe habitats and preserve animals and their homes. Most of the products at our farmers market is freshly made and grown. When shopping locally it creates less waterway pollution, which means that the water

the animals drink is safer and the animals have a better chance to live.

The typical food we eat, is canned and made in a factory with chemicals.

Did you know that 8 out of the 16 vendors at our farmers market grow fruits and vegetables? Or that the other half of vendors sell meats and fish? Most of the vendors are in the Milwaukee, Waukesha, and Menomonee Falls area.

Overall shopping at farmers markets is better, for you and the environment. Shopping at the farmers market is a good start to making the world a better place. With more chances to meet new people, help keep the environment clean, and less chances



of obesity and heart disease, farmers markets can positively impact the community. Hope you can come to the farmers market. Think about how you can help our environment.

Social Benefits

by Angela Ramirez

There are lot of ways to connect with the local farmers and your community. One of them is through the farmers markets. If you want to learn more about how you can connect with farmers near you and your community please read on.

Since you took the advice on reading on then... If you go to a farmers markets you can meet new people and create new friends. When you are at the farmers markets then you can talk with farmers and then you can become friends with them. You can also interact with people that you didn't really know before. You might also find someone that has many similarities with you.

In many communities, there are low- income families. The farmers markets still supports them. So if you are in low- income family then you can still get fresh food because Shorewood's farmers market accepts Supplement Nutrition Assistance Program (SNAP) benefits. Farmers markets also go to or they are created in neighborhoods that need fresh food.

Another good reason to go to farmers markets is that you can buy fresh food. When you are at a farmers markets there isn't always just food there are sometimes art activities, or zumba. If you want to connect with people, farmers, and your community then you should visit a farmers market.



Local Food Benefits

by Zach Lovern

Did you know that if all Wisconsinites decided to eat locally then local farmers would receive 1.2 billion more dollars? Eating local is way healthier and delicious. When we all eat local we prevent obesity because we are not eating processed food that was made in a factory. In addition, it can prevent heart disease. There is little to no packaging which is great for the environment.

When you eat locally you also prevent pesticides and/or herbicides which are bad chemicals from getting into our crops and plants. When they are in our food they get into our body. When we prevent obesity more people are healthier, and when people are healthy they are happier and can be more active. When people are making healthier food choices it influences others to do the same and keeps people healthy. When no pesticides or herbicides are used plants and animals are healthier. So if we all decided to eat from places like farmers markets or nearby farms we could prevent things that we don't want like obesity or heart disease, and give more money to the farmers who deserve it.

Thank you for reading about eating local and if you have never been to a farmers market check it out in your community.

The Shorewood Farmers Market and Their Vendors

by Oliver Plese

Did you know that the locally and organically grown food at farmers markets are so much better for you, taste better, and usually is cheaper than your food at the supermarket? If you thought, that's not true, organic and local food is more expensive, it's not. Here at the farmers market, it's cheaper! Most to all of the food you buy at the supermarket is less healthy because pesticides and herbicides were used to grow the fruits and vegetables. At local farmers markets you can ask the farmers directly about how they grew their food. Most of the time, food at the supermarket costs more money to buy, than at farmers markets. At the farmers market your money goes directly back to the farmer, and it's local and tastes better, so both of you and the farmer enjoy different benefits. In this last section there will be some facts based on some of the vendors or farmers in the Shorewood farmers market this summer specifically, the vendors, what they sell, how far the food they bring is from, and more.

The Shorewood farmers market specifically, has a variety of vendors. One vendor is as close as 3 miles, which is Teen Grown Greens and one is as far away as 5,300 miles, Mavra's Greek Olive Oil from Greece. There are also a variety of products including meats, fish, dairy products, fruits, vegetables, olive oil, herbs, herbal products, flowers and plants. One

component that farmers markets include is ready to eat food. Farmers markets do this because then you can eat already made food in the moment, as opposed to waiting for the food to ripen.

	Business Name	Product	Growing Location	City	State	Distance in Miles
1.	Alice's Garden	Herbs/Herbal Products	2136 N 21st Street	Milwaukee	WI	6.1
2.	Big City Greens & Gourmet	Vegetables	N4257 Springbrook Rd.	Tigerton	WI	149
3.	BSW Farm	Meats/Fish, Cheese/Dairy	21234 Church Rd.	Union Grove	WI	35.8
4.	Ela Orchard	Fruits	31308 Washington Ave.	Rochester	WI	35.7
5.	Fresh Grow Wisconsin	Vegetables, Fruits	76th and County Line Rd.	Mequon	WI	12.5
6.	Nancy's Flowers	Flowers/Plants	21040 W Lincoln Ave.	New Berlin	WI	22.5
7.	River of Dreams Inc.	Meats/Fish	23927 W Hillcrest Rd.	Brillon	WI	85.6
8.	Sauve Terre Farm	Meats/Fish	4540 Hillcrest Dr.	West Bend	WI	33.4
9.	Schmits Farm Produce	Vegetables, Fruits	10333 N Wauwatosa Rd.	Mequon	WI	13.3
10.	Silver Moon Springs	Meats/Fish	Hwy 64	Elton	WI	190
11.	Teens Grow Greens	Ready to Eat	4215 N Green Bay Ave	Milwaukee	WI	2.8
12.	Turtle Creek Gardens	Vegetables, Fruits	N5105 Pinnow Rd.	Delavan	WI	60.8
13.	Weston Antique Apples	Fruits	19760 National Ave	New Berlin	WI	25.5
14.	Tree-Ripe Citrus Co.	GA Peaches	5575 Zenith Mill Rd.	Fort Valley	GA	911
15.	Tree-Ripe Citrus Co.	MI Blueberries	37146 30th Street	Paw Paw	MI	240
16.	Mavra's Greek Oil	Greek Olive Oil	Amaliada Ellas, Greece			5,324

One of the Shorewood farmers markets directors Mrs. Barb Heinen explained that they like to bring newcomer vendors, but they also like to bring back vendors that were big hits and the customers enjoyed in the previous farmers market(s). The sad part is that there's only a limited amount of vendors that can go, and one of the farmers markets manager, Mrs. Barb Heinen explained that it's so hard to turn away vendors, but luckily there are other farmers

markets in the Milwaukee area.

Lots of vendors are going to the Shorewood farmers Markets, and those were some of them. Now you know about more about the Shorewood farmers market like vendors, what they sell, and where they come from. Hope to see you there at the Shorewood farmers market.