

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!

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The Social Benefits

Sam Donner

Farmers markets are a fun alternative to shopping at a supermarket. Even if you don't need to buy any fruits, vegetables, or any other food, you can still stop by just to talk to a friend, or even get your face painted.

Also you can learn how the animals are allowed to live their lives closer to as they would have in the wild and eat the food that they would choose to eat. You also have 3 times as many social interactions with other people than you would have at a supermarket, and have the opportunity to make friends at the farmers market. You can even talk to people while you shop which is a lot more fun than just walking around the supermarket by yourself as you pick out your food.

At farmers markets you can build relationships with the farmers. Community members sometimes even go to a farm and help out with planting or harvesting the food for the market.

Some farmers markets have dance workshops, meditation classes, and even live music that you can listen to while you shop. For instance, the Shorewood Farmers Market has live music that plays during market hours.

When people sell locally, they create **13 full time jobs** per \$1 million in revenue (which is their income) earned for people in your community. Much more than the **3** that those not selling locally create.



Farmers Markets can become community gathering places, and in my experience Farmers markets become part of my families sunday routine. Farmers markets will bring people together in a fun, and healthy environment.

The Environmental Benefits

Reuben Keuler

Introduction

When you picture a farm what do you see, a small farm with cows, fields, a barn, and a silo? Well you might be surprised to know there aren't many family farms left. They used to be all over but now they're disappearing thanks to large factory farms. Factory farms are large greedy farms polluting to make cheap food to make a profit. Small farms left forests up because they needed them, factory farms chop them down for land. Small farms are going, but small urban farms are rising up. They grow food and sell it like a farm but they're in your neighborhood. Lots, abandoned blocks, warehouses backyards and on rooftops, are places we can find them. Urban farming cleans and greens the neighbourhood, while pulling together community. These farmers can be found in the Shorewood Farmers Market.

Joel Salatin

Did you know there are friendly farmers still doing well? For instance in Virginia, Joel Salatin is the owner of Polyface farm. Polyface is a small "tree farm", that grows a variety of foods. For instance, beef, turkeys, eggs, rabbits, and pigs. He also grows tomatoes, sweet corn, grapes, and berries. Joel and his family have only 1-2 vehicles, polluting less than combines then tons of tractors. He also keeps the soil in good condition, rotating cows and chickens to keep land together. In fact, this saves animals in the ground is like insects and worms. He also doesn't want to cut down trees because expanding the operation would bounce it out of place. This preserves predator prey relationships.

Polyface	Factory farms
<ol style="list-style-type: none">1. Able to grow all its food.2. Conserves soil and water3. Diverse nutrients cycled back to earth4. Produces enough food without wasting5. Can double or triple yields for rainfed agriculture.	<p>Factory farms</p> <ol style="list-style-type: none">1. Can only grow one thing2. Biggest water polluter in the world3. Need to buy nutrients for soil4. Overproduction wasting food5. Produces the same amount from year to year.

Conclusion

Now do you think it's smarter to shop at a farmers market with less pollution or big factory farms darkening our skies? Now it's your chance to do what you think is right, to keep our environment safe and maybe be a tree farmer yourself, what do you think? Save the plants or destroy them with the factory farms. Now that you know the facts you can choose the right choice.

Some Information on the Farmers

By Noah Mulvey

There are many different varieties of food here at the Shorewood Farmers Market. There is everything from enchiladas to fresh peaches. One vendor called Pete's Pops sells organic popsicles in many different flavors. He has a store too, located 38th and Vilet. There is also music performed live by local artists.

Lemonade is available, as well as many different fruits and veggies. The majority of the vendors are within 100 mi. The average distance is: 444 mi. But one of the vendors is from Greece and is 5,300 miles away so the average is not too accurate. The farmers market tries to be as locally supplied as possible (only buying from local farmers). But there are some exceptions that may confuse you. There is olive oil shipped from a family farm in Greece. We include this in the available produce because of the health benefits it provides. Most American diets include way too much fat. But having no fat isn't a solution. Your body needs fat to keep warm. Olive oil is a good source of fat... not too much, not too little. Food is not the only thing at the Shorewood Farmers Market. A vendor from Alice's Garden sells herbal products. There are also beautiful flowers and plants.

The main goal of the farmers market is to promote the local farmers and local economy. Farmers markets are so much more social and healthy than supermarkets. We stand for the animals of the world helping them live happy lives until the day they are killed for meat. And for letting plants grow in rich soil, not chemicals. Please consider this way of eating...we are not telling you to stop going to Metro Market, but the farmers market is so much better for you and the world. Just try it, go to a farmers market.



{Polyface farm sign and Joel Salatin}



The Nutritional Benefits

By Jodie Roder

When you are thinking of a farm or a farmers market, what do you think of? What do you picture in your mind?

Did you know that at a farmers market the food tastes better, there is a very low chance of getting a disease and there are no chemicals or antibiotics in the food? Antibiotics are a medicine that they put in food to keep the animals healthy or to prevent sickness. But sometimes farmers give animals too much or when it's not needed.

The nice thing about farmers markets is that they have fresh grown vegetables and fruit so you don't get sick. Food that is organic and healthy and prevents cancer or anything else that harms the body or not good. The food tastes more fresh, and since the food is fresher there is a lower chance of getting a disease. Also one of the benefits of eating healthy food you can live a long life you can get stronger. But when you eat unhealthy you can get sick.

Overall What do you think about farmers markets, do you think that the food tastes better? Would you go there now that you know all of these interesting facts?