

MANKATO

Farmers' Market



Sa 8 am - Noon
Tu & Th 3:30 - 6 pm

“Come to the market and get back to your roots...Everything local within 40 miles!”

Jul 2010 Vol I Issue 2

Mankato Farmers Market Newsletter



Exciting News!!!

- Thanks to Healthy Me: Exercise with Antonia and Retired Senior and Volunteer Program's (RSVP) Lora we have been awarded funds from Health Improvement Partners (HIP) of Mankato.

The classes are on Jul 3, 17, 31 Aug 7, 14, 28 and Sep 11th. We

are happy to promote fun movement followed by shopping for local fare.

- In recognition of this partnership we now have restrooms with hand washing facilities that will be available until August 9th. These will allow customers and vendors to be more comfortable at the market and stay a while. We hope our community areas and musicians are making the market more of a place to enjoy and less of a pit stop.

- Our outreach to area seniors continues and we are going to be featured in an upcoming issue of "Mature Living". We hope to improve the services we provide to our area seniors as well as their nutrition. Local food is picked fresh and retains a greater value than food shipped many miles. Blue Earth County and Second Harvest are also only reaching about 52% of eligible elders with their voucher/food programs for those on limited income and they want to improve this. We want to be a part of that success.

What's local fresh now???

Lettuce Mixes, Green Onion, Beets, Spinach, Asparagus, Carrots, Cucumbers, Zucchini, Strawberries, Raspberries, Garlic. Meats available: Pork, Chicken, Beef; Ribs, Jerky, Sausages. Jams + Jellies, Sauerkraut, V-3, Granola, Seasoning, BBQ Sauces, Honey Mustards, The list grows every week and so does the variety!

Annual Market Calendar 2010

- **Jul 3rd Flavor Fest**
- **Aug 1st - 7 National Farmers Market Week – Activities throughout the week**
- **Sep 14th Special Grandparents day events for our senior Tuesday...bring your grandkids to shop with you!**
- **Sep 25th Fall Harvest Festival – Events planned**

Tu (3:30-5) of every week is *Senior & Specialty Market
– We will work to create an atmosphere to support our communities' seniors and special needs entering/exiting and shopping the market for food safely and efficiently. If you need assistance or wish to unload vans or special vehicles see the Market Manager or better yet call 507-420-8711 and let us know you are on your way.

Th (3:30-5) of every week is *Family Market
– We will work to create an atmosphere that supports families shopping for food. If you need assistance see the Market Manager.

*** Seniors, Disabled & Families with children are always welcome for our full hours (Tu & Th 3:30-6pm and Sa 8-Noon). We hope that by providing you an open invitation to our less crowded weekday market your nutrition needs will be more quickly met and your service expedited during these times. (BEC WIC, FMNP, FVV, NAPS are accepted.) We are here to serve you always in All Ways and want you to enjoy your market experience.**

Kids Day success assured by Mari, Andrew, and Sam! Volunteers are so vital and we are grateful!

Every Week our Market Grows

*Vegetables and Fruits Grow
Animals Grow
Flowers Grow*

*Kids Grow
Teenagers Grow
Adults Grow*

*Attendance grows
Product availability grows
Vendors' attendance grows*

*So much of this summer season is about
growing. Learning and giving continue and
our community expands to reach new heights*

*Growth in new friendships and possibilities
Reaching up and out*

*Please make the Mankato Farmers' Market
part of your personal growth too!*

*Volunteers for events, daily assistance to
shoppers, community building, and public
outreach are always welcome.*

*Friends of the Farmers Market seeking
members and sponsors...
Call 420-8711 for information.*

Service dogs are always welcome.



**NO PETS ARE
ALLOWED AT
THE MARKET
DUE TO
FOOD SALES**

Mitch Albom - "The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

Things to remember

1. Bring cash
2. Early bird gets the worm
3. Stop and smell the roses
4. Eat well and live long
5. Laughter is the best medicine
6. Pull up a chair and stay a while
7. Listen to the music
8. Cycles are part of life...be happy where you are

We are here to support local sustainable living through food, education, health, awareness, social networking, open mindedness, and communication; to serve the common good.