

Farmers' Market to open

Produce available starting Thursday

By Farin Montanez
THE MADERA TRIBUNE

Maderans craving fresh-off-the-tree seasonal produce can find it at the annual Madera County Farmers' Market opening this Thursday and continuing through the summer, officials announced.

"All the fruits and vegetables are all freshly picked the morning of the market so you can expect to get the freshest produce in town," said the market's manager, Diane Sandoval.

Every Thursday from 4 p.m. to 6:30 p.m. at Courthouse Park in Madera, residents can shop for locally grown produce, learn about nutrition, and listen to live music while children play games and get their faces painted.

The farmers' market is sponsored by First 5 Madera County and the county's Public

If you go...

WHAT: Farmers' Market

WHERE: Courthouse Park in Madera

WHEN: Every Thursday from 4 p.m. to 6:30 p.m., beginning June 16 and ending Aug 18.

HOW MUCH: Entry and entertainment are free. Prices of fresh, local fruits and vegetables vary. EBT and WIC farmers market vouchers are accepted.

Health Department.

Nineteen vendors are scheduled to sell their produce at the market, while "3 Guys Playing The Blues" entertain the crowd.

On June 23, a Latin style dance aerobics class will be taught at 5:15 p.m. at the farmers' market by certified Zumba instructor Lupe Garcia.

"The community is encouraged to bring their lawn chairs

for a free evening of live entertainment," said First 5 spokeswoman Mang Thao.

Families who receive Women, Infants, Children (WIC) benefits will be given \$20 in vouchers to purchase fresh fruits, veggies and herbs at WIC-approved Certified Farmers' Markets in California — including the Madera County Farmers' Market — between May and November, according to a WIC press release.

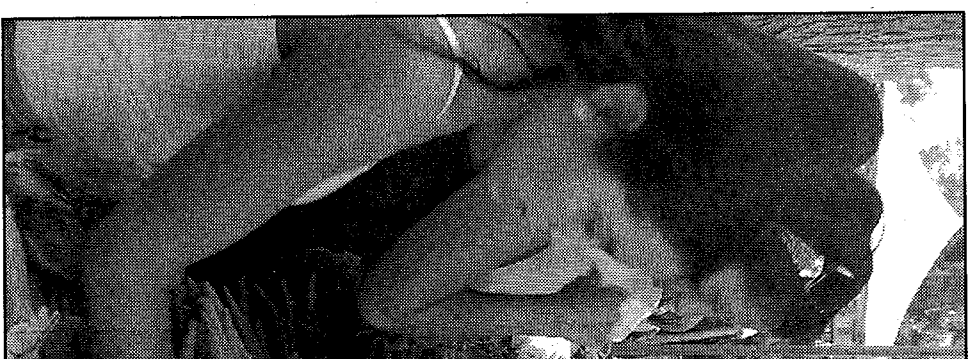
The Farmers' Market will also promote Soda Free Summer and Rethink Your Drink campaigns sponsored by non-profit organizations, public health departments, and the Centers for Disease Control and Prevention.

The campaigns draw attention to the amount of calories people consume by drinking sodas and other sugar-sweetened beverages. They promote substituting those beverages with no- or low-calorie drinks like water and unsweetened tea.

FOR THE MADERA

TRIBUNE

Maderans shop for fresh fruits and vegetables at last year's Madera County Farmers' Market.



Shoppers choose vegetables Maderans craving fresh, see annual Madera County Farm

JUNE

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PARTS