

The Market Minute

Jessica King, Local Foods Market Coordinator

UNION COUNTY FARMER'S MARKET MONTHLY UPDATE

Shorten Your Food Chain

Given the circumstances, we have had to drastically shift our daily routines. While many folks have been in the habit of purchasing their groceries online for the last year, I must make a friendly suggestion to visit the Union County Farmers Market. Here is why...

There is no doubt that food is the fuel that keeps us going, but there is also a culture and tradition aspect to our habits. In the last 100 years our food system has focused on processing and packaging foods to get them further and further around the world. Unfortunately during that time, we lost a lot of vital nutrients in those foods.

New farming practices and ways of thinking are being used to "shorten today's food chain." The drive and mission of our local farmers and artisans is to cut the distance that food travels to get to your table. Simply put, production needs to be close to where we live.

Right now, when you shop the Union County Farmers Market you get a variety of fresh produce from local farmers including, pesticide free broccoli and cabbage, carrots that were dug up that morning or the night before. You can pick out the exact sprig of rosemary that you need from the plant that the farmer brought. Cookies and breads that you can actually pronounce all the ingredients listed! This is just to name a few of the items we offer.

Not only are our products clean and the absolute freshest but your support stays in our local economy. Did you know that every dollar spent is spent 7 times at the local level?

The Union County Farmers Market has made it possible for you and your family to, "shorten today's food chain." We offer vegetable transplants and herbs to start your own garden, a local CSA box with fresh produce and baked goods, and best of all a market that is open every week for you! So please join us on Saturday's 10am-1pm at 805 Skyway Drive.



FARMERS ATTENDING AND WHAT THEY'RE BRINGING

Listed in Alphabetical Order

Brotherhood of the Traveling Plants- Personalized papercrete pots with succulents or herbs.

Cane Creek Farm- Free-range chicken eggs, farm fresh quail eggs, dried and fresh herbs.

Country Charms Cookies- Artisan baked assortment of cookies, pies, dessert breads, pound cakes, Valentine's Day and St. Patrick's Day specialty cookies and pretzels.

Crossroads Farm- Sweet potatoes, white potatoes, broccoli, cabbage, elderberry syrup, free-range eggs, local honey, greens, beets, turnips, shelled pecans

Dreamy Acres Farm- Hand-crafted goat soap (goat milk collected from farm), hand-poured soy candles, wax melts, lotions, creams, balms, bath bombs, salt scrubs, Valentine's Day and St. Patrick's Day soaps and bath bombs.

Elkins Produce- Sweet potatoes, white potatoes, broccoli, cabbage, elderberry syrup, free-range eggs, local honey, greens, collards, turnips, shelled pecans, beets.

Golden Delights Honey- Local honey in various size containers, honey sticks, honey with comb.

Greene Farm Beef- Pasture raised beef (assorted cuts), horseshoe art.

Greenworks- Succulents, live plants such as sage, basil, mint, and watercress.

Produce including Jerusalem artichokes, carrots, green onions, green garlic, salad turnips, baby purple top turnips, mixed salad greens, fresh and dried cut herbs (Sage, Oregano, Thyme, Rosemary, Mint).

Kay's Cakes- Fresh baked pies, cakes, breads, trail mix.

Minnie's Breadbasket- Fresh baked sourdough bread, pies, pound cakes, mini pies.

Mint Hill Rockstore BBQ On-The-Go- Fresh Carolina BBQ sandwiches, bulk BBQ, chicken BBQ sandwiches, brunswick stew, mac & cheese, baked beans.

Peaceful Meadows Farm- 100% Grass-fed beef, forest-raised non-GMO fed pork, pasture raised chicken, free range chicken eggs.

Rocky River Farm- Pasture raised beef, pork and chicken, dog treats, free range chicken eggs, free range duck eggs, Brown Creek Creamery cheese, elderberry syrup, local honey, Olive Crate oils and vinegars.

Sister's Kitchen Delights- Assorted flavors of homemade canned jellies, jams, and butters. Some sugar free options are available also.

Winding Brook Farm- Mushroom varieties such as Lions Mane, Blue Oyster, Black King Oyster, Brown Oyster, natural wood bee houses, compost mix, mushroom compost, vermicompost, rabbit manure compost mix, grow bags, seeds, pinecones, loofah seeds.

