

# The Market Minute

Jessica King, Local Foods Coordinator

UNION COUNTY FARMER'S MARKET MONTHLY UPDATE

## Back to School! Back to the Market!



School is about to begin and the Union County Farmers Market has some great ideas for making fresh tasty lunches and after-school snacks.

While it's easy to get caught up in the habit of purchasing bulk prepackaged processed foods that allow for quick packing before rushing out the door. That same ease of quick packing can be achieved with fresh healthy snacks from your local farmers market!

There are so many simple meal options and sweet treats too!

Start with the basics: Mrs. Minnie makes delicious fresh baked sourdough bread every Saturday. Dandelion and Friends Mercantile have fresh white bread and specialty breads on Saturdays or available all week at their store! For a simple PB & J or a ham sandwich, this is the way to go!

What to go with that sandwich? How about fresh carrots with hummus, or hard-boiled eggs! With so many fresh fruits and veggies still in season, you are bound to find something that your little one will enjoy! Fresh mountain apples will be coming in soon but in the meantime lets keep enjoying those delicious SC peaches! There are so many snack options with the two fruits that kids will hardly notice they're eating them every day!

Cherry tomatoes are another great snack option! Paired with cucumbers and ranch, your kids will be asking for this healthy treat every day!

And don't forget dessert! We have some very talented bakers that can satisfy any child's sweet tooth! Mini pies from Mrs. Kay or cookies from Country Charms are sure to do the trick!

But let's not forget about the other important meals, Breakfast and Dinner! Despite our hectic schedules, meals can still be fresh, simple, and easy rather than coming from a box. Our farmers have every cut of fresh meat you can imagine and they would be happy to give you ideas on the best way to prepare them. We also have fresh locally grown vegetables and fruits to make some delicious sides for your meal. Starting your day with farm fresh eggs, pasture raised bacon or sausage, along with fresh fruit is the best way to prepare you and your family for a great day!

I hope you will visit the Union County Farmers Market when planning your weekly meals. You can't go wrong when you have the freshest ingredients available! Thank you for continuing to support fresh and support local!



WHAT'S GROWING?  
IN-SEASON PRODUCE CALENDAR FOR NORTH CAROLINA

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	J	F						A	S	O	N	D
Asparagus			M	A								
Beets					M	J				O	N	D
Blackberries						J	J		S			
Blueberries					M	J	J					
Bok Choy					M	J				O	N	D
Broccoli			A	M								
Butterbeans							J	A				
Cabbage					M	J	J	A	S	O	N	D
Cantaloupe							J	A				
Carrots	J					J	J					D
Cherry Tomatoes							J	J	A	S	O	
Christmas Trees											N	D
Collards	J	F	M	A	M	J	J	A	S	O	N	D
Cucumbers						J	J	A	S	O	N	
Eggplant						J	J	A				
Figs							J	A	S			
Garlic							J	A				
Green Onions						J	J	A	S			
Green Peas					M							
Greens			M	A	M	J	J	A	S	O	N	D
Herbs	J	F	M	A	M	J	J	A	S	O	N	D
Honeydew Melons							J	A				
Indian Corn									S	O	N	
Kale						M	J			O	N	D
Lettuce				A	M					O	N	
Muscadine Grapes								A	S	O		
Mushrooms			M	A	M	J			S	O	N	
Mustard Greens				A	M	J			S	O	N	D
Napa Cabbage					M	J				O	N	D
Nectarines							J	A				
Okra							J	A				
Onions						J	J					
Peaches							J	J	A	S		
Peanuts	J	F	M	A	M	J	J	A	S	O	N	D
Pears									A	S	O	
Pecans											N	D
Peppers						J	J	A				
Persimmons										S	O	
Plums						J	J	A				
Potatoes						J	J					
Pumpkins									S	O		
Radishes				A	M	J				O	N	
Raspberries						J			S	O		
Romaine Lettuce				A	M					O	N	
Snap Beans						J	J	A	S			
Snow Peas					M	J				O	N	
Spinach	J	F	M	A	M					O	N	D
Sprite Melons							J	A				
Strawberries				A	M	J						
Sweet Corn						J	J	A	S			
Sweet Potatoes	J	F	M	A	M	J	J	A	S	O	N	D
Tomatoes						J	J	A	S	O		
Turnips				A	M	J				O	N	D
Watermelon							J	A				
Yellow Squash					M	J	J	A	S			
Zucchini					M	J	J	A	S			

source: <http://www.ncagr.com/markets/chart.htm>

We are open every Saturday 8am-Noon at our Downtown Monroe location, 805 Skyway Dr and our Downtown Stallings location inside the Stallings Park located at 340 Stallings Rd.



For a detailed weekly list of vendors and goods please visit our website:

<https://union.ces.ncsu.edu/union-county-local-foods/union-county-farmers-market-2/>



**Market Open**  
Saturday's  
8am-12pm

- Support Fresh - Support Local -