

The Market Minute

Jessica King, Local Foods Coordinator

UNION COUNTY FARMER'S MARKET MONTHLY UPDATE

Did Someone Say Cookout?



Your fourth of July cookout may be over but "cookout season" is anything but over!

Summertime is about getting outdoors and enjoying time with family and friends. What better way to do that than to grill out? While you're planning and making your grocery list keep your local farmers in mind! Not only do they have fresh fruits and vegetables but many of our local producers sell farm raised meats also!

Similar to knowing where your fruits and veggies are grown, knowing where your meat comes from and how it's raised leads to a healthier lifestyle. I encourage you to familiarize yourself with your local farmers and their practices to make sure you are purchasing and consuming foods free from added hormones, antibiotics, preservatives, and/or chemicals. If you speak to most local farmers, you'll find they have a deep respect for animals and raise animals to have happy lives. Their animals typically are fed natural diets, not pumped full of steroids or antibiotics. You will also quickly learn whether a farmer is a grass-fed, grass-finished or grain-finished operation. Your local farmers will educate you on the benefits of what they feed their livestock. Sustainably raised local meats and produce are known to provide a far superior taste than their industrial farm counterparts. Similarly, pasture-raised and grass-fed meats tend to be much more flavorful and higher quality than factory-farmed varieties.

Buying your meats from your local farmer keeps your money in your community. Shopping local keeps 4 times the money in your community's economy compared to shopping at chains. Knowing where your food comes from and the work that goes into producing it gives you a greater appreciation. This day in age we can get lost in the ease of our food system and take it for granted.

As Union County residents we can do our part in supporting these hard-working farmers. We have numerous meat producers throughout the county that sell at your local farmers market!



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.

Union County Meat Producers

Greene Farm Beef

1747 Lanier Rd-Peachland
704-272-9098

Parker Farms Cattle & Co.

1822 Snyder's Store Rd.-Wingate
704-989-7652

Peaceful Meadows

1740 Camden Rd. -Marshville
704-506-6739

Rocky River Farms

522 Rocky River Rd.-Monroe
704-256-0203