

City Suburban News

Summer Dining and Entertainment

July 2-8, 2008

Farmers' Market in Overbrook Farms to Open for the Season

Pennsylvania loves farmers' markets and the Overbrook Farms Market is no exception. The number of markets is continuing to grow and the dozens of markets throughout Southeastern Pennsylvania are always expanding and improving. The Overbrook Farms Farmers' Market opens on **July 12** at 63rd Street between Sherwood Road & Overbrook Avenue. It is open on Saturdays from 10 a.m. to 2 p.m.

"Our community has voiced a strong demand for locally grown fresh fruits and vegetables," said Terry M. Henry, president of the Overbrook Farms Club. "We also hope that we can be a resource for our neighboring communities in the city and on the other side of City Ave. The Overbrook Farms Farmers' Market is an excellent way for us to

celebrate our wonderful neighborhood on a weekly basis."

Getting to know the person who grows your food is important to customers, and they feel good knowing that the money they spend at markets is staying in their local economy and supporting local farmers. Local markets also become an important place to catch up with friends and neighbors.

The Food Trust also provides nutrition education and recipes at many of the farmers' markets. Markets are just one way that The Trust works to ensure that everyone has access to affordable, nutritious food. To learn more about The Food Trust's work bringing nutrition education and food access to every neighborhood, visit www.TheFoodTrust.org.