

KENNEDY PLAZA FARMERS MARKET RETURNS!

The Kennedy Plaza Farmers Market is now open on Wednesdays from 11AM to 7PM. The Market will be open through October 28, 2009.

Regional producers offer fresh products including vegetables, herbs, fruits, plants, baked goods, a variety of fish caught off Long Island waters, grass-fed Glatt Certified beef, pasture raised pork and eggs, cheeses, mushrooms, pasta, pickles and so much more.

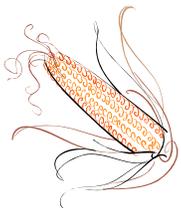
Market Manager Bernadette Martin says she hopes to expand services by accepting EBT benefits, Master/Visa this year, and that the market will accept WIC and Senior Checks from the NY State Farmer's Market Nutrition Programs in 2009. Check the Long Beach website, www.longbeachny.org for availability dates.

If you would like to schedule a school tour, promote your local business or restaurant at the market, or for more information please contact Bernadette Martin at 631-678-5227.

Visit the market for a schedule of upcoming events such as cooking demonstrations, lecture series and more. Updated market information including dates and times can be found at www.longbeachny.org or by emailing lbfarmersmarket@gmail.com

This year, frequent shopper cards are available at the Market Manager's tent.

Support Local Agriculture!



Please read below about the benefits of shopping at the Farmers Market!



WHY SHOP AT THE LONG BEACH FARMERS' MARKET??

- The market takes place outdoors-which means fresh air, sunshine and a fun atmosphere.



- The market allows farmers to sell their goods directly to you.
- All products come from our area, usually less than a few hours drive.



- Produce is picked at the peak of ripeness and sold shortly after harvest, leading to a very fresh and tasty product.



- Only produce that is in season in the Northeast is sold at the market.



- Many farmers use sustainable growing practices, contributing to the health of our environment.

- Animals and animal products are made with care; the animals are fed wholesome foods and allowed to get fresh air and run around.



- You can meet the people who grew, made, baked, or caught your food.

- By spending your money at the market, you are supporting the local economy.



- Most of the foods at the market are whole and healthy.
- Many unique varieties of fruits and vegetables can be found at market.