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COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF KENTUCKY, COLLEGE OF AGRICULTURE, LEXINGTON, KY 40546

Bourbon County Cooperative Extension Service, 603 Millersburg Road, Paris, KY 40361
Telephone: (859) 987-1895 FAX: (859) 987-3120 E-mail: lizkingsland@uky.edu

FARMERS MARKETS HAVE NUMEROUS BENEFITS

Many of us grew up with a family garden and remember the fresh taste of the first tomato of the summer or the crispness of the first ear of corn. While you may not have the time or space to grow your own fruits and vegetables, you can still get the freshest produce available at your local farmers market. Shopping at the local farmers market has numerous benefits for you, your family, local farmers and the community.

Food travels an average of 1,500 miles from farm to plate. Since most growers at the markets are local, their food doesn't have to travel as far to get to the consumer. Buying from local farmers ensures that you are providing your family with fresh, high-quality fruits and vegetables. Not only does this ensure you're getting the freshest produce available, but it also helps the environment by cutting down on vehicle emissions, and lowers transportation costs for farmers.

Buying from farmers markets is good for the local economy because it keeps your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. Many times, farmers markets are closer than a grocery store, so shopping at the markets could cut down on your fuel costs.



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Make shopping the farmers market a family experience. It provides a great opportunity to teach your children about nutrition, and how food is grown. As children get to see the food up close, they may become interested in trying new foods.

With farmers markets in nearly all of the state's counties, you can find a market that is close to you. The Paris Bourbon County Market Store (inside) is open Monday – Friday 9 am-5 pm, Saturdays 9-2. The Outside Market is Monday and Wednesday 4-6 pm and Saturdays 9am-12 noon. Currently at the Market you will find delicious asparagus, KY Strawberries, rhubarb, new spring onions and beautiful bedding plants.

Try these recipies:

Garlic Sautéed Asparagus

INGREDIENTS

3 Tablespoons butter or margarine
1 bunch fresh asparagus
3 gloves garlic, chopped

DIRECTIONS:

1. Melt the butter or margarine in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done reduce heat and cook an additional 10 minutes. Serves 4. Calories 106, Fat 8.9 g. Cjp;esterp; 23 mg, Carbs, 5.9, Fiber 2.4g

Strawberry Rhubarb Crunch

INGREDIENTS

4 cups chopped fresh rhubarb
1 pint strawberries, hulled and sliced
1 tablespoon honey
1 cup rolled oats
1/2 cup packed brown sugar
1/4 cup butter
1 teaspoon ground cinnamon

DIRECTIONS:

1. Preheat the oven to 350 degrees F
2. In a medium bowl, stir together the rhubarb, strawberries and honey. Transfer to a shallow baking dish. In the same bowl, stir together the oats, brown sugar and cinnamon. Mix in the butter until crumbly, and spread over the top of the fruit.

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3. Bake for 40 minutes in the preheated oven, until rhubarb is tender and the topping is toasted. Serve warm.

Serves 6. Calories 235, total fat 8.9 g, Cholesterol 21 mg, Carbs 37.9, Fiber 4.5 g

