

WOODBRIDGE FARMERS MARKET

**** Wednesday Nights ** 3:00 - 7:30 p.m. ** June 23 - October 27 ****

On School Street in the Heart of Woodbridge ~ Right off Main Street ~

Why Shop at a Farmers Market?

Local foods are fresher (and taste better). Farmers market produce is picked ripe and sold that day. You can taste the difference. Supermarket produce, on the other hand, can take up to two weeks to travel from farm to store, even in summer.

You can meet the farmers who grow your food, ask when it was picked, how it was grown and ways to prepare it.

You'll find unusual varieties of fruits and vegetables, those bred for flavor, not uniform in size, or ability to travel. Growing a larger number of varieties is ecologically smart, because it reduces crops' vulnerability to disease.

Farmers Markets put more money in farmers' pockets. Commercial farmers get only 25 cents of every dollar's worth of produce sold in supermarkets. At the Farmers Market, they get the whole dollar.

Buying locally grown produce encourages regional farming. If farming were more widespread, we could save fuel and resources spent on long distance shipping and reduce our overdependence on a handful of growing regions that may not be able to produce high yields indefinitely.

Local foods support our local economy. When produce is grown and purchased locally, the money remains in the community and stimulates the local economy. And working farms preserve open spaces without using tax dollars.



VENDOR OPPORTUNITIES:

Contact Jennifer Burns at
732-634-4500 x6058 or
Jennifer.Burns@twp.woodbridge.nj.us



FREE concerts & events
..... from 6-9 p.m.
EVERY Wednesday night
Bring a lawn chair!

BUY LOCAL! Shop **WOODBRIDGE!**

Good for you, good for our economy

WE FEED WOODBRIDGE: *Bring a Can or Non-Perishable Food Item to Each Concert and Keep Our Food Pantries Stocked — Call (732) 634-4500 x5034 for more ways you can help.*