

Farmer's Markets are POPPING UP All Over!

You know it's spring when fresh vegetables start to appear at farmer's produce stands. Whether an organized market or a stand by the side of the road, it's always a treat to look over all the fresh offerings and choose some locally grown produce to take home for dinner.

Below are just a few of the Farmer's Markets in our area:

Cobblestones Farmers Market is open on Saturdays from 9 a.m. – noon at Old Salem Museum & Gardens, 600 S. Main St. It is open on Wednesdays from 3:30 – 6:30 p.m. at Mary's Gourmet Diner, 723 N. Trade St. According to their recent e-newsletter, they offer local, sustainably-grown produce, direct to the consumer, from vetted farms and businesses.

SNAP/EBT and **WIC FMNP** are also accepted at Cobblestones. When you use your SNAP/EBT card, you earn extra market bucks. Swipe your EBT card at the market's information tent to purchase \$1 tokens to spend at market. The Market will match your token purchase up to \$5 each time you shop. (Example: Purchase \$10 in tokens, and we

will give you 5 extra = you get \$15 in tokens!) Shop with the tokens to purchase eligible food products directly from the market vendors. No change is given. Tokens do not expire until the end of the 2015 market season. For more information, visit www.facebook.com/cobblestonefarmersmarket.

Hidden Creek Market is open Thursday, Friday and Saturday from 10 a.m. – 7 p.m. at Hidden Creek Farm, 1000 Friedberg Church Road. Local farmers offer fresh produce, local honey, jam, pickles, cheese, country ham and other items. For information, call 336-764-2030.

Liberty Street Market is open Thursday through Saturday from 8 a.m. – 3 p.m. and is located at 1591 N. Liberty St. Vendors include produce, crafts, homemade soaps, and other items. Live musical entertainment on most Saturdays.

Reynolda Village Farmer's Market is open every Friday from 8 – 11:30 a.m. at Reynolda Village, 2201 Reynolda Road. Items such as pecans, goat cheese, meat, flowers, baked goods and candy are among the many items for sale. Call 336-784-0339 for information.

Winston-Salem Fairgrounds Farmers Market is open on Saturdays from 6 a.m. – 1 p.m. throughout the year at 421 W. 27th St. There you'll find fruit, vegetables, baked goods, eggs, flowers, plants, hand-crafted items and more. Call 336-727-2236 for information.

These are just a few of the farmer's markets in Winston-Salem. We're fortunate to have so many choices of markets that feature local produce. Take some time to explore these wonderful markets, and meet and talk with the farmers at their booths. They are happy to tell you about their produce or other items, and even offer cooking tips and recipes. It's a fun way to support our local farmers, try a variety of produce, and eat healthier meals.



Booths at Reynolda Farmers Market



Reynolda Farmers Market Sign



Steve Gauthreaux makes a sale at Farmers Market



Liberty Street Market is ready for business