

## Market Events:

March:

Arbor Day Celebration, plant a tree



Tree Seedlings give away

May:

Strawberry Festival



## North Carolina Cooperative Extension Franklin County

Charles Mitchell  
County Extension Director

Tracy Perry  
Agricultural Technician

Rachel Monteverdi  
Family and Consumer Science  
Agent

Bert Edgerton  
Farmers Market Manager

## Franklin County Farmer's Market Shannon Village Shopping Center

*Fresh from the Market*



*Locally Grown*

North Carolina Cooperative Extension Service  
Franklin County Center  
103 S. Bickett Blvd.  
Louisburg, NC 27549  
Phone: 919.496.3344 Fax: 919.496.0222

## Good Food A Necessity for Youth and Adults

Fruits and vegetables are good choices, not only because they are low in calories and high in fiber, vitamins, and minerals, but they also can decrease the risk of some diseases, such as cancer and heart disease.

Carrots, spinach and other fruits and vegetables are high in vitamin A and C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and fights against infections.

Broccoli is a good source for calcium. Calcium is needed for growth and bone development. It is found in milk, yogurt, fish with bones, and some dark green vegetables.

Dried beans are a good source for iron and protein. It helps transport oxygen throughout the body. Iron and protein are also found in red meat, poultry and fish.

Energy is important. Energy comes from carbohydrate rich foods such as bread, rice, cereals, and pasta.

Choose healthy snacks such as fruits, vegetables, dairy products and nuts. They are nutritious and healthy for teeth, bones, and your body. Chips, sodas, and sweets are unhealthy options that do not provide you with the same nutrition as fruits, vegetables, and lean proteins. These unhealthy options should be eaten in moderation.

In addition to a healthy diet, daily physical activities are important for strong, healthy bodies.

## Franklin County Produce Seasonal Availability of Products



### Spring (April-Mid June):

Beets, broccoli, cabbage, green onions, herbs, lettuce, mustard greens, peas, radishes, strawberries, turnips, and turnip greens.

### Summer (Mid June-September)

Butter beans, cantaloupe, cucumbers, field peas, garlic, green beans, okra, peppers, potatoes, squash, sweet corn, blueberries, watermelons, blackberries, tomatoes, and fresh cut flowers.

### Fall (October-December)

Beets, broccoli, cauliflower, collards, lettuce, mustard greens, pumpkins, sweet potatoes, turnips, and turnip greens.

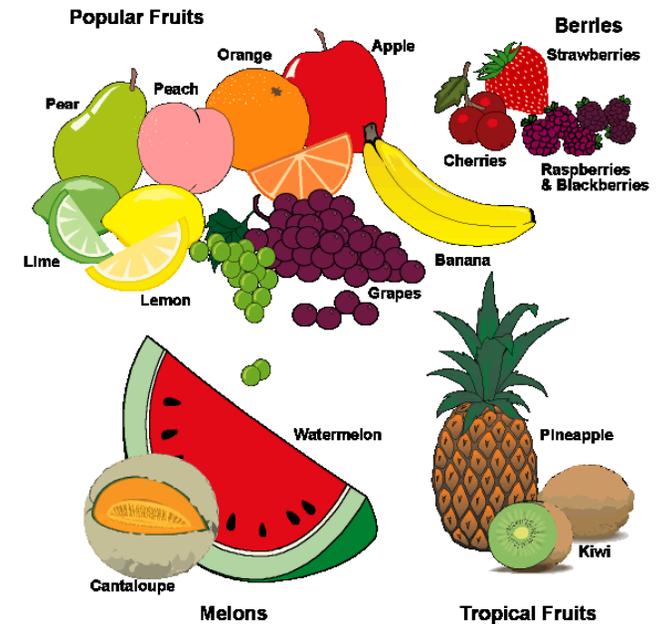
### Winter (January-March)

Collards, sweet potatoes, turnips, and turnip greens.

\*Other produce may also be available

## Hours of Operation

Tuesday 10:00 am - until sold out  
 Friday 10:00 am - until sold out  
 Saturday 8:00 am - until sold out



## 2011 USDA Healthy Nutrition Chart

