

National Dairy Month Celebration at the Market

June is National Dairy Month, National Fresh Fruit and Vegetable Month, Fathers Day and more! The market will still have some spring produce like strawberries, lettuces and other greens; late spring produce like broccoli and cabbages are in abundance; the summer produce like tomatoes and summer squash have begun arriving, and we will be celebrating all of them.

Saturday, June 17, the Union County Farmers Market will be celebrating National Dairy Month. 4H Honor Club representatives and Presley Lay, our Union County Dairy Ambassador, will be with us all day. Plan to come and learn a little more about everything dairy! Presley loves farming, cooking, and would like to spread the word about the health benefits of including dairy foods in your diet. She also loves to make butter, so everyone will have the opportunity to make some butter while at the market. Children will also have the opportunity to meet and milk Bessie, our plywood cow, and engage in a series of other dairy related activities. It is a Nourish Kids Day, so all registered children will also receive their taste of the market and produce bucks. Nourish Kids is a program sponsored by Nourish Knox that focuses on teaching children to make healthy food choices and try new, farm fresh produce. Seven Springs Farm will have dairy products from both Sunrise Creamery and Sweetwater Valley Farm available as well as their usual array of farm fresh produce.

While the market encourages good health through eating lots of farm fresh products – including dairy product; UT Extension would also like to encourage you to move more, and offers Nourish Moves. Nourish Moves is sponsored by Nourish Knox and encourages you to add a few extra steps while you are shopping. Just stop by our booth to sign in, pick up your pedometer and 'Walk the Market'.

Of course, Sunday is Father's Day, and you may want to do your Father's Day shopping while at the market - there will be some great gifts. However, we all know that Dad's really want those grills fired up for Father's Day, so there will be plenty of meat and veggies to satisfy any hungry dad! Join us "where our community meets" from 10-1pm this Saturday!