



Farmers' Market

On the Green in front of Legislative Hall

Beginning July 1 – September 16th

WEDNESDAYS 11:00a.m. – 2:00p.m.

The fiber and high water content in fruits and vegetables can help you feel full and manage your weight.

Come out at lunch and get fresh produce to enjoy throughout the week. Parking is available in the Public Archives and Tatnall parking lots.

Many thanks,

The Farmers' Market at Legislative Mall project planners



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Prizes include:

- ❖ Reusable eco-friendly bags to the first 1,000 visitors

Only 21.4% (CDC, 2007) of Delaware adults consume the recommended amount of fruit and vegetables each day, which is even lower than the national average. Eat 4 ½ -6 cups of fruits and veggies daily to obtain important nutrients and reduce your risk for some chronic diseases.

Come out at lunch and get fresh produce to enjoy throughout the week. **This week, costumed historical interpreters from the First State Heritage Park will entertain market goers with demonstrations of 18th century dances.** Parking is available in the Public Archives and Tatnall parking lots.

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**Governor Jack Markell is scheduled to visit the Market on
July 8th!**

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How do fruits and veggies help manage my weight?

It has been shown that when people eat more fruits and veggies, they naturally eat less high calorie foods (www.fruitsandveggiesmorematters.gov). Fruits and vegetables are also high in water and fiber to help you feel full.

Come out at lunch and get fresh produce to enjoy throughout the week. Last weeks market was a success with over 400 visitors! Parking is available in the Public Archives and Tatnall parking lots.

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Why should I shop at the Farmer's Market?

- Daily fruit and vegetable consumption may decrease your risk for chronic diseases
- Daily fruit and vegetable consumption will help manage your weight
- Support local farmers and boost the local economy
- The convenient, walkable location is a great way to get outside and do something at lunch!



COME OUT AT LUNCH AND GET FRESH PRODUCE TO ENJOY THROUGHOUT THE WEEK!

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