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A TASTE OF HOME AVAILABLE AT LOCAL MARKET

In Kannapolis, The North Carolina Research Campus Is Serving Up More Than Science

Kannapolis, NC - When it comes to buying fresh, the North Carolina Research Campus Farmers Market is the at-home chef's best friend. Every Thursday from 4-7 p.m. through October 30, the North Carolina Research Campus will host vendors and growers from local communities and give them a chance to showcase their produce for the summer months. From down-home garden goodness to live, upbeat entertainment, the NCRC Farmers Market definitely worth the trip.

The Farmers Market provides citizens of Kannapolis and surrounding areas with the freshest produce available, while supporting the area's local growers. Buying local ensures a level of freshness and quality that can't be guaranteed at most grocery stores. The less time fruits and vegetables spend getting shipped, or sitting on the shelf, the more nutrients they can deliver

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A TASTE OF HOME, P.2

to your body. The farmers market is the perfect place to find produce at its best for every member of your family. By purchasing produce from the North Carolina Research Campus farmers market, you are not only helping yourself but also your community.

According to David Goforth, agriculture agent with Cooperative Extension in Cabarrus County, more of your food dollars will stay in the local economy if you buy local. But spending money to improve the community isn't the only benefit of shopping at the NCRC Farmers Market.

“Environmentally, locally produced food has the potential to reduce your carbon footprint. Socially, keeping a component of family farms will improve livability, reduce crime and maintain a more sustainable community,” says Goforth.

The campus market, managed by the Piedmont Farmers Market, will feature the following produce the next few weeks: strawberries, greenhouse tomatoes, lettuce, greens, spring onions and various herb plants. The market also features eggs, canned and baked products, and North Carolina wines. Other produce that will arrive in the later summer months will be squash, cucumbers, green beans and local field-grown tomatoes. In addition to offering the area's freshest produce, each week the market will showcase a different band to entertain visitors as they peruse through the produce.

A complete listing of events will be available on the N.C. MarketReady website at www.ncmarketready.org.

Last year's market featured local foods, crafts and plants from more than 20 vendors. The Research Campus Farmers Market is a joint effort of Castle & Cooke; Piedmont Farmers Market, an organization of local farmers who sponsor several Cabarrus County farmers markets; and N.C. State University at the Research Campus.

Call Chelsea Goodnight, (704) 250-5400 for more information.

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