

REASONS TO EAT LOCAL

Eating local means more for the local economy.

A dollar spent locally generates twice as much income for the local economy. When businesses are not owned locally, money leaves the community at every transaction.

Locally grown produce is fresher.

While produce that is purchased in the supermarket or a big-box store has been in transit or cold-stored for days or weeks, produce that you purchase at your local farmer's market has often been picked within 24 hours of your purchase.

Locally grown fruits and vegetables have longer to ripen.

With less handling and transit time, you are going to be getting peaches so ripe that they fall apart as you eat them and melons that were allowed to ripen until the last possible minute on the vine.

Buying local food keeps us in touch with the seasons.

By eating with the seasons, we are eating foods when they are at their peak taste, are the most abundant, and the least expensive.

Eating local protects us from bioterrorism.

Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.

Local food translates to more variety.

When a farmer is producing food that will not travel a long distance, will have a shorter shelf life, and does not have a high-yield demand, the farmer is free to try small crops of various fruits and vegetables that would probably never make it to a large supermarket.

Pick Nacogdoches!

Thank you to our sponsors:

Nacogdoches County Chamber of Commerce

Healthy Nacogdoches Coalition

Stephen F. Austin State University
Applied/Community Nutrition class of Dr. Brenda Marques

Texas AgriLife Extension

The City of Nacogdoches Main Street

revised: 2/22/10



Nacogdoches Farmers' Market located at the corner of W. Main St. and Pearl St. opens every Saturday at 8:00 a.m. ~ farmermktnac.blogspot.com

Nacogdoches County Growers

Adonai Retreat Center Blueberries

John and Linda Davis
(936) 326-9475
Assorted produce: blueberries
(June and July)

Birdwell's Blueberry Farm

Willard and Juanita Birdwell
(936) 564-5625
Assorted produce: blueberries
(June and July)

The Blueberry Patch

Lamar Lynch
Take F.M. 225 west. 7.2 miles from
Stallings Dr., take right on to F.M. 752.
Farm is at the end of road.
(936) 569-7189

The Blueberry Place

Roger and Sherrie Randall
(936) 559-9157
www.theblueberryplace.net

The Nacogdoches Farmers' Market

Located at the "hitch lot" at the corner of W. Main St. and Pearl St.
Open from 8 a.m. - noon or later every Saturday. Open on Wednesday
during summer months. For more information about the market or be-
coming a vendor, contact Sarah O'Brien, Main Street Manager at (936)
559-2507 or Buckley at (903) 822-3310.

Wayne and Ann McCarty

(936) 560-2585
Assorted produce: variety of vegetables and fruit, yellow squash,
zucchini squash, cucumbers, green beans, pinto beans, eggplant, bell
peppers, banana peppers, hot peppers, tomatoes, cantaloupe, winter
squash.



**Texas Blueberry Festival
2nd Saturday in June
Downtown Nacogdoches**

Promised Land Peaches (retired Biol-
ogy professor)
CR 713 Hwy 21 (near Douglass)
Nacogdoches, TX 75965
(936) 564-1779
Assorted produce: peaches, row crop,
watermelon, cantaloupe and *when the
season is right* peas and corn

W.D. Lummus

(936) 546-9340
(936) 462-1253
Assorted produce: vegetables and
watermelon (starting in late June)

Sacred Springs Organic Farm
Community (Co-op with member-
ship)

Gregory Lide
(936) 554-4690
A variety of 40-50 different types of
produce

Stoney Brook Farms

Louis Duffield
(936) 569-4859
Assorted produce: peaches (late
May to early August)
stoneybrookfarm@sbcglobal.net

Gloryland Farm
Mike Mills
(936) 564-7543 or (936) 645-1427

Sand Hill Farm
Dian Avriett
(903) 822-3344
Honey, free-range eggs, organic
produce, wild-picked fruit jams

Web sites for more information

Farmers' Market:
www.farmermktnac.blogspot.com
Nacogdoches County
Chamber of Commerce:
www.nacogdoches.org
Healthy Nacogdoches Coalition:
www.healthynacogdoches.org
Texas Department of Agriculture:
www.gotexan.org

George Millard

(936) 554-4694
(936) 569-1132
Assorted produce: vegetables
and strawberries



Candyce Wagnon at the Nacogdoches
Farmers' Market.