

CONTACT:

Cathie Wardell

St. Johnland Nursing Center

631-663-2457

631-269-5876 Fax

cwardell@stjohnland.org

www.stjohnland.org

ST. JOHNLAND NURSING CENTER is excited to announce that they will host a Farmers Market on Tuesday, September 29th from 11 am to 4 pm at St. Johnland, 395 Sunken Meadow Road in Kings Park. The event is sponsored by the food service, Morrison Community Living and is held in conjunction with St. Johnland's Staff Appreciation Week. Fresh produce from local Long Island farms and local sustainable produce venues will be available for sale and is planned to enhance the health and well-being of residents, family, staff and visitors.

The public is invited – rain or shine!



Something to think about....

About 25 percent of **NY State's** land area, or 7.55 million acres, are used by the 35,600 farms to produce a very diverse array of food products.



LOCAL FARMERS' MARKET

A typical carrot has to travel 1,838 miles to reach your dinner table.

It's never been more important to "buy local."

TOP 10 REASONS TO EAT LOCAL

- 1 Economy** - Keeps dollars circulated in one's community, as well as generates employment
- 2 Freshness** - Local food is fresher and tastes better than food shipped from other states or countries because it is sold within 48 hours of harvest.
- 3 Taste** - Most fruit and vegetables sold are chosen for their ability for extended travel not taste (14 days in transit before being sold.)
- 4 Environment** - Local food means fewer bad miles and dramatically reducing transportation, days of refrigeration, and tons of pollution and packaging.
- 5 Seasonality** - Produce picked and eaten at the height of ripeness has better flavor.
- 6 Community** - Eating locally-grown, healthy food strengthens and supports the local communities.
- 7 Land Development** - When you buy locally grown food, you are doing something proactive in preserving the agricultural landscape.
- 8 Patriotism** - Supports local agriculture.
- 9 Variety** - Local farmers often grow an assortment of heirloom and unique varieties of produce.
- 10 Wonderful Story** - By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.



LOCAL FARMERS' MARKET

Something to think about...

According to the USDA, there were 4,385 Farmers' Markets in the US last year, up from 1,755 in 1944.

Within the US, "fresh" food is typically hauled an average of 1,500 to 2,500 miles from farm to table, 25 percent farther than in 1980.

37% of consumers say they would go out of their way to eat in a restaurant that "buys local".

Agricultural production returned over \$3.6 billion to the farm economy last year.

Romaine lettuce typically travels 2,055 miles from farm to store. The figure is 1,788 miles for celery, and 1,675 miles for onions. Tomatoes are grown 1,369 miles from where they're sold at a retail market.

Apples are grown in every state in the continental United States.

Questions to Ask...

How produced? Chemical inputs and production methods

Where sourced? Spectrum: local, domestic, global. Attention to seasonality?

Grown by whom? Small farms, mid-sized farms, agribusiness. Are workers treated fairly?