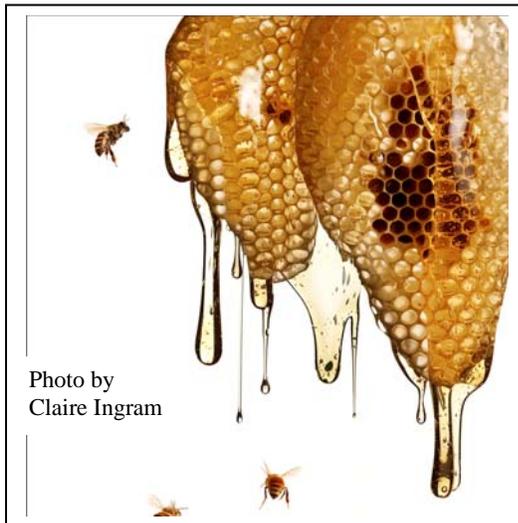


HEALTHY FINDS AT FARMER'S MARKET

By Cindy Sherlock
Weston Women's League

June 10, 2010 (WESTON, CT) -- Want to find out what's in season? Visit the Weston Women League's Farmer's Market and be treated to a variety of ripe produce and more. Each Saturday morning until early October, vendors will showcase and sell locally grown products and baked items from 9:00 a.m. - 12:00 p.m. on the Weston Historical Society grounds at 104 Weston Road.

Those seeking broccoli rabe, lettuce, arugala, radishes, spinach, hot-house tomatoes, and eggs will be in luck as these items are showcased at the market weekly. You'll have the makings of a summer salad with ingredients that can make your taste buds explode, waistline shrink, and skin glow! Research shows farm-fresh produce are higher in nutrients and flavor versus foods that have traveled for days and matured on store shelves. Incorporating fruits and vegetables into your diet also helps provide powerful nutrients and antioxidants such as folate, fiber, lycopene, lutein, anthocyanins, carotenoids, vitamins C, E and A. In addition, produce has been linked to slowing aging, boosting immunity, and protecting your heart, liver, lungs and skin.



The Farmer's Market is the place to "bee" this Saturday, June 19th, from 9:00am – 12:00pm at the Weston Historical Society.

Any summer wouldn't be the same without bees and local honey, which also has antioxidant benefits and local honey contains local pollen and may help reduce some hay fever symptoms. Stop by The Aspetuck Apple Barn's table and treat yourself to some local honey. "Our honey is going fast" says Lynn Nash of Easton. Fresh cheeses, home-made granola, fresh bread and strawberries from other vendors will also be on-site. What's more, parents can shop while kids enjoy the crafts table.

It seems mom was right all along -- eating your fruits and veggies will make you stronger! So swing by the Weston Farmers' Market and get your fill of locally grown produce for a healthier you. The Women's League donates the Farmers Market proceeds to Weston charities. For more information, contact Cindy Sherlock, Farmer's Market Chair, at 914.393.3291 or visit westonfarmersmarket.com.