

NUTRITION ADVICE AT THE WESTON FARMERS' MARKET

By Cindy Sherlock
Weston Women's League

June 16, 2010 (WESTON, CT) – How can I get my kids to eat more fruits and Vegetables? Visit the Weston Women League's Farmer's Market on Saturday, June 26th to get advice from Weston based Nutritionist Cindy Sherlock M.S, R.D. Every 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.

Talking to children about healthy eating is wonderful but the best enforcer of life-long, healthy eating habits is to set a good example. There is no easier place to do this, than at The Farmers' Market, where the fresh fruits competition is not a fruit roll-up or Star-Wars gummies. Real fruit and vegetables are there and people are eating them. You will find your children asking for fresh strawberries and eating peas, right out of the pod and get this, loving it! As if that is not enough, both kids and adults are won over by the aroma of stone oven-baked pizza from Skinny Pines, wafting through the air as they enter the Market. This pizza is made with a whole-wheat crust and it's topped with in-season, local vegetables! Come and enjoy this "fantabulous" festival of food. This is an opportunity to encourage healthy eating, because if your kids see you and others eating and enjoying new foods, they may eat them, or at the very least try them too!

For a few hours each week, on the beautiful and newly renovated grounds of the Weston Historical Society, you CAN have a taste of yester-year! Children may enjoy a game of tag, visit the baby chicks, or make a craft, and parents can savor the moments when they are not saying things like "Don't touch that," or "Stay in the cart," or "No! You may not have that!" ("That," being one of the billion eye-catching items placed at the checkout counter.) In addition, picnic tables are out for shoppers to enjoy their edible wares. "The market has a purpose that is wide-ranging -- it is a fund-raiser for town charities, a business opportunity for local vendors, and a health-oriented, social community outing. The League is proud to have sponsored it 22 years running," said League president Tammy Roberts. So, If you're in need of baked goods, flowers, or produce, swing by booths including Blackbird Pies, Designs of the Season and Waldingfield or Geremia Farms



Drop by the Farmers' Market to support local businesses and in the long run, Weston at large. For more information, contact Cindy Sherlock, Farmer's Market Chair, via Westonfarmersmarket.com.

Give 'Peas' a Chance! Saturday, June 26