Want to help the oil spill? Visit the Weston Women League's Farmer's Market and eat a locally grown meal at least once this week. According to Steven L. Hopp, an environmental studies professor at Emory and Henry College, "If every U.S. citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. That's not gallons, but BARRELS." 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.

Take a "Bite" out of the Gulf Oil Spill – photo by Claire Ingram

Some of the local produce vendors are Germina Farms, Vasuskas Farms, Waldingfield Farms and Warrups Farms and other local food items available at the market include Skinny Pines, selling fire-roasted pizza (a wonderful breakfast pizza is available with local sausage, bacon and eggs atop a thin crusted pizza, Michelina's Bakery of Wilton providing coffee, home-baked bread, pies and pastries, and Mirabella's Cheese offering a variety of local cheeses. Flowers will be available from Designs of the Seasons. What's more, kids can see the baby chicks or do crafts, while parents shop or have a relaxing cup of coffee. Eric Braun and Alice Chen, Westonites and regular customers at the market say that the yesteryear charm of Farmers' Market is why they love Weston and the market has become a weekly family event.

The League's Farmers Market raises monies for town-based charities such as the Weston Warm-up Fund, Weston Food Pantry, and Weston Senior Services. The market will be open Saturdays from 9:00 - noon through early October. For more information visit the website at www.westonfarmersmarket.com or Weston Women's League website at www.westonwomensleague.com.