

Market Events:

March

Arbor Day Celebration Plant a Tree



Tree Seedlings Give-away

May

Strawberry Festival



August

Local Food Roast



North Carolina Cooperative Extension Franklin County

Charles Mitchell
County Extension Director

Tracy Perry
Agricultural Technician

Martha Mobley
Local Food Coordinator

Bert Edgerton
Farmers' Market Manager



Franklin County Farmers' Market

Shannon Village Shopping Center

Fresh from the Market



Locally Grown

North Carolina Cooperative Extension
Franklin County Center
103 S. Bickett Blvd.
Louisburg, NC 27549
Phone: 919.496.3344 Fax: 919.496.0222

Good Food: A Necessity for Youth and Adults

Fruits and vegetables are good choices, not only because they are low in calories and high in fiber, vitamins, and minerals, but they also can decrease the risk of some diseases, such as cancer and heart disease.

Carrots, spinach and other fruits and vegetables are high in vitamin A and C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and fights against infections.

Broccoli is a good source for calcium. Calcium is needed for growth and bone development. It is found in milk, yogurt, fish with bones, and some dark green vegetables.

Dried beans are a good source for iron and protein. It helps transport oxygen throughout the body. Iron and protein are also found in red meat, poultry and fish.

Energy is important. Energy comes from carbohydrate rich foods such as bread, rice, cereals, and pasta.

Choose healthy snacks such as fruits, vegetables, dairy products and nuts. They are nutritious and healthy for teeth, bones, and your body. Chips, sodas, and sweets are unhealthy options that do not provide you with the same nutrition as fruits, vegetables, and lean proteins. These unhealthy options should be eaten in moderation.

In addition to a healthy diet, daily physical activities are important for strong, healthy bodies.

Franklin County Produce Seasonal Availability of Products



Spring (April-Mid June)

Beets, broccoli, cabbage, green onions, herbs, lettuce, mustard greens, peas, radishes, strawberries, turnips, and turnip greens

Summer (Mid June-September)

Butter beans, cantaloupe, cucumbers, field peas, garlic, green beans, okra, peppers, potatoes, squash, sweet corn, blueberries, watermelons, blackberries, tomatoes, and fresh cut flowers

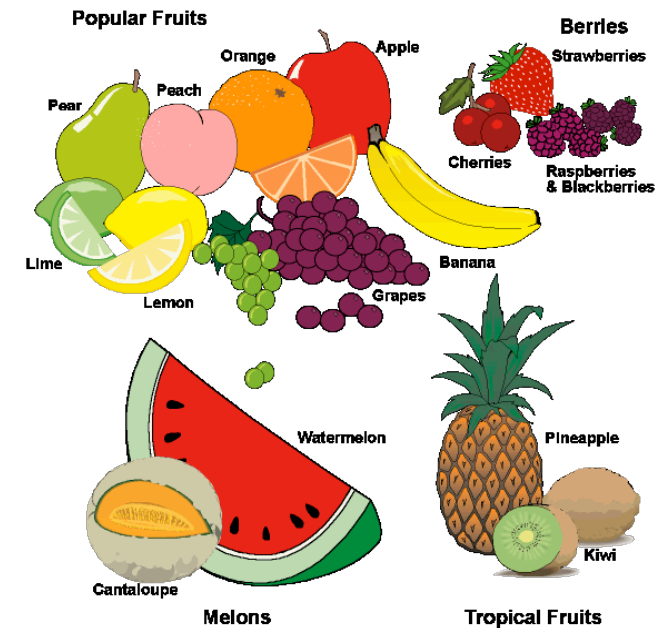
Fall (October-December)

Beets, broccoli, cauliflower, collards, lettuce, mustard greens, pecans, pumpkins, sweet potatoes, turnips, and turnip greens

*Other produce may also be available

Hours of Operation

Tuesday 9:00 AM - until sold out
Friday 9:00 AM - until sold out
Saturday 8:00 AM - until sold out



USDA Healthy Nutrition Chart

