



Wildwood Farmers Market  
Saturday, May 20<sup>th</sup>  
8:30am-12:30pm  
16860 Main Street, Wildwood MO

A reminder that we have market rain or shine. Please make plans to visit the market and support the vendors each week, even in the rain!

This is the week to come and “meet the meat vendors”. Stock up your fridge and freezer for the upcoming holiday weekend and summer grilling season. Talk to the folks that raise the animals. We will have a variety of beef, pork and chicken cuts available from a number of different local, farm vendors.

Enjoy local, seasonal, just picked produce, farm fresh eggs, honey, plants for your yard and garden, hand blended teas, herb and spices and Great Harvest Bread. **New this week is Rick Jordan, Chocolatier. Rick is one of the area’s only bean to bar chocolatiers and will be demonstrating and sampling the bean to bar process. Rick will have a delicious variety of his unique, handmade confections for you to purchase.**

**This season we are continuing the Author Fest on the third Saturday of each month. This week meet authors Braxton DeGarmo, Suzette Hopkins, Vicki Lesage and Ellen Meyer. Talk to them about their work as an author, purchase their books and get them signed as well. A variety of authors will be joining us throughout the season.**

To keep up with the weekly vendor list and most recent market report, check out our website and Facebook page. We try to post the most recent update on vendors and produce Friday nights and Saturday mornings.

Thank you for your support and see you at the market!

**The Sackett's**

**Wildwood Farmers Market on Main, Market Managers**

Our passion as market managers:

As market managers for a number of years, my husband and I take a real interest in our food, in our communities, in our food producers and food distribution. We have attended many conferences, sat in on a number of classes, trainings and have learned a lot about farming methods, food production, harvesting, transporting and the selling of food. Most of it has been about locally produced food and local farming. But along with that, there is quite a bit of education and information shared and reported about the larger scale, agribusiness and mass food production. The kind of growing and producing and processing that includes thousands of acres of fruits and veggies, thousands of animals, and hundreds of employees needed for harvesting and working in processing plants.

We have sat in classes and been trained and certified in GAP (good agricultural practices). In these classes we learned a lot about safe farming practices that include soil preparation, clean sources of irrigation as well as harvesting, processing, packing and selling of farm products. Other classes have included education in the nutrition of food grown in healthy soil and studies measuring the best flavor and nutrition in food picked at its peak of ripeness. Terms like “brix” and “phytonutrients” are used to describe tasty produce that’s full of good nutrition

The produce, eggs, meat, honey, bread and pastries at the farmers market are fresh and full of nutrients and goodness. The food will be just picked and at its peak with minimal storage or travel time. The produce is grown in healthy, well managed soil. The meat and eggs are from well managed and well taken care of animals.

**All of the raw fruits and veggies that are purchased still need to be cleaned and handled properly, stored appropriately and used within a reasonable amount of time. Handwashing, clean countertops and containers are all good practices no matter where your food comes from.**

I am hoping that by reading and understanding this information and knowing the terminology, you will connect with what the market vendors are offering. Perhaps you will better understand the pricing and the nutritional value of their products.

As the market manager, one of my many tasks is to provide the community with a unique and wide variety of quality vendors. I want the vendors to do well each week. I want them to sell out at 12:30pm! I want all of you to form relationships. I want the market to be a **place of commerce and community**. Over the next few weeks I will be writing about subjects that will educate and entertain you.

What do the terms free range, cage free, pastured and all natural mean in the egg and meat industry? How do bees make honey? Why is honey different colors and have different flavors? What does organic mean? Why are those eggs more expensive? What are sprouts? We will also be sharing more recipes and easy ways to prep and enjoy fresh, seasonal, local produce.

The market continues to grow and flourish and we continue to look forward to a wonderful season.