

# MARKET FRESH!

## Stories, Produce & Tasty Treats Storytelling for Young Children

Thursdays June 21, July 19 and

August 9, 2018

10:45 to 11:30 a.m.

### Island Park Farmers' Market

Storyteller Eileen DeLorenzo will present, "MARKET FRESH! Stories, Produce & Tasty Treats," at the Mt. Pleasant Farmers' Market at Island Park on June 21, July 19 and August 9 from 10:45-11:30 a.m. This fresh series features stories with themes of fruits, vegetables and food. Stories of the trickster Anansi, who tries to trick his friends out of their yams and melons, and Chef Lion's Soup of the Day. These stories will delight listeners young and old. Bring a chair or blanket and enjoy this special addition to the Market featuring interactive folktales and fables full of participation, rhyme, rhythm, giggles and song.

After storytelling, stay and shop! You'll love the quality and selection of fresh fruits, vegetables, flowers and more that area farmers have to offer weekly. The Farmers' Market is held each Thursday at Island Park from 7:30 a.m. to 2 p.m., and Saturday at the intersection of Michigan & Main St. from 9 a.m. to 2 p.m. through October. The Mt. Pleasant Farmers' Market strives to make healthy, locally grown food an affordable option for all incomes. The market now accepts credit and debit cards! Supplemental Nutrition Assistance Program (SNAP) recipients can use their Michigan Bridge Card at the Mt. Pleasant Farmers' Market. The market also accepts Double Up Food Bucks, WIC Project FRESH and Senior Project FRESH/Market FRESH coupons.

For additional information go to [www.mt-pleasant.org/recreation!](http://www.mt-pleasant.org/recreation!)



## GARDEN HEROES



Garden Heroes are a fun and friendly way to help educate and promote eating fruits and vegetables to young children. From Andi Apple to Zoey Zucchini, these fruit and veggie characters help kids build an interest in nutrition and healthy eating.

Each week at the Farmers' Market, a selected Garden Hero will be hidden within the market for young children to find. Once the child finds the hidden Garden Hero, they will receive a prize from the vendor at the stall where the Garden Hero was hidden and learn more about the fruit or vegetable (e.g. where it grows, how it grows, how it's eaten, etc.).

Scan this code with your smartphone to access online recreation opportunities.



# Creating Community Through People, Parks & Programs