Uniting the community with food
Posted by Dave Yarnell on May 18th, 2013

Farmers markets support local growers, offer healthier options

Several Manistee-area organizations believe that the fresher the food, the healthier and tastier it is.

That's what's behind the Manistee County Live Well program's 100 garden campaign and also the push to promote and expand area farmers markets.

This year there are more farmers markets than ever — three in Manistee County alone.

Kevin Summers is coordinator of the local SEEDS program and in charge of the Manistee Farmers Market that is held from 8 a.m. to 1 p.m. on Saturdays at Veteran's Memorial Park.

Weather was less than ideal on May 11, the opening day of that market, but still, Summers thought it went well.

"We had a successful market," he said. "The snow held off until later in the afternoon and we had local asparagus, maple syrup, hand-crafted goat's milk, baked goods and potted plants available for the 174 folks who braved the weather to support the local food movement."

Summers said farmers markets are more than just a place to buy food.

"It's really a way to be part of your community, interact with and support our local food economy," he said.

"There is a lot going on at our market. There are local musicians playing live music at every market and there are cooking demonstrations to teach shoppers how to prepare seasonal produce. Each vendor is an entrepreneurial success story and a testament to the resiliency of our local food economy."

MANY ITEMS: Plants and handmade items, along with farm-fresh produce, are items sold at the Manistee Farmers Market. (News Advocate File Photo)