



FRESHFARM Markets

Promoting Food with a Face, a Place and a Taste of the Chesapeake Bay region



FRESHFARM Markets operates 8 farmers' markets in Washington, D.C. and Maryland, where over 75 local farmers and artisanal producers sell directly to the public. Our markets create new town squares where the country meets the city, where customers put their food dollars back into the pockets of the men and women who grow their food and where the agricultural products and the natural bounty of the Chesapeake region is showcased every market day. Visit our markets at www.freshfarmmarkets.org.



Farming with Nature



All farms, worldwide and in the United States, are part of natural ecosystems.

How the land is farmed impacts water, soil and air—resources necessary for life. Our FRESHFARM Markets' farmers cultivate over 6,500 acres “upstream” from the Chesapeake Bay, the nation’s largest estuary. These farms are part of a regional network of sustainable and/or organic farms that cultivate and protect a working landscape that stretches from New York State to the mountains of Virginia.



The Impact of Farmers' Markets



From a small grassroots beginning over 40 years ago, American farmers' markets have grown to over 5,000 nationwide. They represent farmers who have had an impact beyond their numbers as a source of important new directions in agriculture.

Our farmers practice organic and sustainable farming, raise meat and dairy animals on pasture, grow a wide variety of heirloom fruits and vegetables, reintroduce heritage breeds of animals, and promote the sustainable practice of eating seasonally and locally.

Find farmers' markets close to you at www.localharvest.org.

FOOD: The Next Frontier

Taking Responsibility For What You Eat

Kitchen Gardens

You can tout the savings in fuel transportation and the security of knowing where and how your food is grown, but the most convincing argument for kitchen gardening



is flavor and convenience. Even for seasoned gardeners, the freshly picked lettuce, spinach, and peas from your own yard seem like miracles after winter; the much awaited strawberries, tomatoes, squash, cucumbers, and peppers explode with flavor. No lines, no traffic, no worries.

Grow your own! Plant in your yard or in containers—the key factor is sun. Find out more about growing your own food at Kitchen Gardeners International, www.kitchengardeners.org, and the National Gardening Association, www.garden.org.



Community Gardens

If you don't have the space or enough sun for your own garden, chances are there is a community garden near you. These are common areas with plots you can reserve. Contact your local city or county government for availability of a community garden near you or go to www.communitygarden.org.

Community Service Agriculture

Another way to provide locally grown produce for your family is to join a community supported agriculture (CSA) program. An individual family buys shares in the production of a local farmer who then grows the produce. Local CSAs can provide fruits, vegetables, eggs, milk, meat, and poultry, depending on the farmers near you. To learn more and find a local CSA, go to <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>.

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OUR 2008 MARKETS

Dupont Circle, DC

Sundays, Year Round

9:00am-1:00pm (April – December)

10:00am-1:00pm (January – March)

Foggy Bottom, DC

Wednesdays, April – November

2:30pm-7:00pm

H Street NE, DC

Saturdays, May – November

9:00am-12:00pm

Penn Quarter, DC

Thursdays, April – December

3:00pm-7:00pm

Silver Spring, MD

Saturdays, April – November

9:00am-1:00pm

St. Michaels, MD

Saturdays, April – October

8:30am-11:30am

OPENING THIS YEAR...

Downtown Annapolis, MD

Sundays, June – October

8:00am-12:00pm

Harbor East, Baltimore, MD

Saturdays, June – October

9:00am-1:00pm



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a face, a place, and
a taste in the
Chesapeake Bay
region**

FRESHFARM Markets

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Phone (202) 362-8889

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www.freshfarmmarkets.org

FRESHFARM Markets is:

- 8 producer-only farmers markets in 2008, open from April through December, serving more than 186,000 people last year
- Setting the standard for producer-only, which means that our farmers sell only what they grow, raise, catch or make on their own farms. To the extent possible, our producers employ local ingredients in creating their products
- A direct connection to more than 75 farmers and producers with deep roots in the Chesapeake Bay region, including farms, nurseries, bakeries, meat and seafood providers, cheese makers and specialty foods producers
- “Chef at Market” demos that serve as a resource for learning about local foods and nutrition and showcase the best professional chefs and home cooks in Washington, DC and Maryland
- “FoodPrints” local foods program in the DC public schools and St. Michaels market, educating children about growing and eating local food
- A showplace for the best in Mid-Atlantic agriculture; our farmers cultivate over 6,500 acres in the Chesapeake Bay region

Our Mission

FRESHFARM Markets are actively building and strengthening the local food movement in the Chesapeake Bay region. We use our markets to create vibrant urban and community places, provide economic opportunities for farmers and showcase our region's agricultural bounty.

About the Organization

FRESHFARM markets celebrated its 10th anniversary in 2007. From our modest start at American Farmland Trust, to our incorporation as an independent nonprofit in 2002, FRESHFARM Markets has grown to be an important regional player in the sustainable food movement. We opened our first market in 1997 at Dupont Circle. In our first season we had 15 farmers selling fruits, vegetables and plants and welcomed over 21,000 customers.

In 2007 we managed 6 markets and welcomed over 186,000 customers. In addition to fruits, vegetables, plants and flowers, our 75 farmers/producers make and sell cheese, milk, meat, seafood, baked goods, soaps, prepared foods and wool.

The press and local and national organizations such as Women Chefs and Restaurateurs, *Washingtonian Magazine*, and DC Economic Partnership have all recognized FRESHFARM Markets as an innovative and vibrant force in the community and our region.

How Can I Get Involved?

As a Seller at Market...

FRESHFARM Markets has farmer/producers from Delaware, Maryland, Pennsylvania, Virginia and West Virginia. If you are interested in selling at our farmers' markets, call us at (202)362-8889 for an application or go to www.freshfarmmarkets.org.

As a Volunteer...

We're always looking for energetic people to help at the markets and on various projects. Please contact us at info@freshfarmmarkets.org

As a Supporter...

Our market fees are intentionally modest to benefit the farmers/producers and, therefore, do not cover the costs of operating and managing our markets. Your gift will help us to maintain current markets and programs, open new markets, and expand the opportunities for farmers in the Chesapeake Bay region. Go to www.freshfarmmarkets.org to make a donation.

