



THIS WEEK AT THE MARKET

This week celebrates Strawberries and Mother's Day. Fresh-picked local strawberries are available from most of our farm vendors. You've got to try them fresh and ripe. Also on the spring lineup is fresh asparagus, spring lettuces, kohlrabi, microgreens, beets, kale, chard—and more. Check out all the Mother's Day gift suggestions we have posted on our Facebook page. You can get everything from fresh baked treats to natural herbal products and soaps. Shop local for the best.

FOCUS ON VENDORS-MTSU SMALL FARM

A new vendor this season is the MTSU School of Agriculture Small Farm. Dr. Song Cui and his MTSU students will be selling their produce at the Saturday Market. This week they have Propera basil (green and red), Sweet Thai basil, Diva and Corinto cucumbers, and Salanova lettuce. You can buy Albion and Seascape strawberry plants in pots. They will bear fruit this summer. Welcome this student group on Saturday at location #31. We love our partnerships with MTSU.



MARKET TIPS: HOURS 8-NOON

A Farmer's Market gives you a chance to try new foods and other products. It also lets you meet the person who brings your food to the market. Ask questions about what vendors are offering and ask for tips about using their products. Most food in the U.S. typically travels 1,200 miles from farm to plate--NOT HERE. Buy local for the best products. Photo Credits: Sydnee Taylor

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