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FOR IMMEDIATE RELEASE
July 28, 2014

Alaskans celebrate National Farmers Market Week, Aug. 3-9

(Palmer, AK) – Alaskans are encouraged to visit the 37 farmers markets located throughout the state during National Farmers Market Week, Aug. 3-9, and throughout the remainder of the growing season.

This time of year is a great time to visit a farmers market, as a great abundance of produce is available from Alaska farms. The benefits to shopping at farmers markets are numerous. Farmers markets provide food at its peak of freshness and nutrients and introduce the community to lesser-known fruits and vegetables. By shopping at farmers markets, customers support their community and keep the money they spend in the local economy. Visiting the farmers market can also be turned into a children's activity by giving the children some money and telling them to pick something out for dinner. Many farmers markets accept Quest, which provides fresh food to low income households.

Currently, 11 farmers markets accept Quest cards. Quest participants will double their money for the first \$20 they spend using SNAP benefits. Eligible items include produce, eggs, meat, fish, bread, honey, jam, and more. For more information and a list of participating markets, please contact Beki Parham, AmeriCorps VISTA Farmers' Market Quest Program Coordinator (761-3880, beki.parham@alaska.gov).

For a list of farmers markets in Alaska, go to <http://dnr.alaska.gov/ag/Marketing/FarmersMarkets.pdf>. To see what's in season, review the produce availability chart at <http://eatlocalalaskagrown.org/whats-in-season/>.

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