

Report Date Range:	September 30, 2015 – September 29, 2017
Authorized Representative Name:	Caryl Lester
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Authorized Representative Email:	tsfarmersmarket@yahoo.com
Recipient Organization Name:	Town Square Farmer’s Market
Project Title as Stated on Grant Agreement:	My Street Market Mobile Food and Education Trolley
Grant Agreement Number:	15-FMPP-MN0075
Year Grant was Awarded:	2015
Project City/State:	East Grand Forks, MN
Total Awarded Budget:	\$100,000.00

FMPP staff may contact you to follow up for long-term success stories. Who may we contact?

Same Authorized Representative listed above (check if applicable).

Goal 1: Using the newly refurbished Market Mobile Food and Education Trolley (referred to as trolley throughout the document) we will improve local food access by: creating a unique ambiance, providing produce tasting, developing a “Well Fed” program for low-income community members, highlighting market growers, targeting marketing to SNAP participants to increase participation by 300% in 2016 and, with ongoing efforts, an additional 200% in 2017.

Objective 1A: Hire a Local Food Access Coordinator (LFAC) by May 2016.

a. Progress Made: Local Food Access Coordinator hired.

b. Impact on the Community: The LFAC provided purchasing support at each mobile market.

Objective 1B: Acquire a trolley by October 1, 2015.

a. Progress Made: Shipped to East Grand Forks, Minnesota, in December 2015, the trolley was too tall for our available storage space so refurbishing had to wait for warmer weather in the spring of 2016.

b. Impact on the Community: The trolley has created community interest, stimulated conversations around local food and issues of access, and is invited to appear at local events.

Objective 1C: Ensure all licensing, permits and insurances are in place as required.

a. Progress Made: Licensing and insurance are in place. No commercial drivers license is required. Our license plate is the name of our program for low-income people, “WELL FED” !

b. Impact on the Community: The licenses and insurance were required for operations.

Objective 1D: Schedule dates that highlight individual growers by May, 2016.

a. Progress Made: We secured local vendors to stock the trolley and highlighted different growers on different dates. Davis Farm was our feature produce farmer at our event for local legislators and the North Dakota State University Grand Forks County Advisory Council.

b. Impact on the Community: Growers have increased seed purchases in preparation for access to additional markets.

Objective 1E: Create an advisory panel by May 2016.

a. Progress Made: Our advisory panel consists of Caryl Lester, Molly J. Soeby, Hannah Harmon, Brooke Riendeau, Jill Swingen and Charles Rogendrud.

b. Impact on the Community: After presentations to The Coalition for a Healthy Greater Grand Forks (CHGGF), they voted to continue to support the mobile markets after the grant was fulfilled. Individual members (Altru Health System, Grand Forks Public Health and WelCore Health) helped with monetary donations to ensure the EBT machine fees would be covered in 2017.

Objective 1F: Design and implement a marketing campaign targeted to SNAP participants.

a. Progress Made: We were not able to get a list of SNAP participants or insert any information in mailings to them from social services due to privacy concerns. We did post information at the offices of social services, at schools for Head Start parents and at the Women, Infants and Children (WIC) office.

b. Impact on the Community: Through effective recruitment we filled both our 2016 and 2017 Well Fed Classes serving 48 participants in 2016 and 56 participants in 2017 (adults and children included).

Objective 1G: Work with A&L Siding and Home Improvement and JLG Architects to determine the schedule for design and customization work needed in the trolley, October 2015 – May 2016.

a. Progress Made: Architects took longer than we expected thus pushing into the timeframe of the carpenter's busiest season. This delayed the start date as the trolley was not ready until August 2016.

b. Impact on the Community: Because of the unique style of the trolley, we have created a following of customers interested in purchasing their fruits and vegetables in our quaint market setting. The trolley's popularity is shown through the many invitations we receive to participate in additional community events such as the U.S. Capitol Christmas Tree Whistle Stop, HollyDazzle and Alley Alive. The North Dakota Department of Tourism used the trolley in a photo shoot featuring the state's spokesman, actor Josh Duhamel, to be published in 2018.

Goal 2: Hire a Local Foods Access Coordinator to: expand and develop new domestic agriculture market opportunities in our city/region for local farm and ranch operations, provide domestic agriculture outreach to elderly, low income, disabled, New Americans, youth and Native Americans, serve businesses with work-site wellness health initiatives, and promote agritourism.

Objective 2A: Recruit interested local growers for multiple market sites by March 2016.

a. Progress Made: Growers and producers were recruited and scheduled for each market. The trolley featured 7-10 vendors at each market site and the vendor interest remains high. We have commitments in place for the 2018 markets.

b. Impact on the Community: There were a total of eight new and/or beginning farmers that were featured through the trolley and they have expanded their growing plans for the 2018 market.

Objective 2B: Develop first draft of procedures and protocols for driving, parking, care and storage of the trolley by Oct. 31, 2015 and complete by May 2016.

a. Progress Made: Completed

b. Impact on the Community: N/A

Objective 2C: Prepare a site chart for scheduling trolley stops and dates by June 1, 2016.

a. Progress Made: Of the ten listed sites that we secured, three required modification. We added: A special market for International Students at the University of North Dakota (UND), a campus-wide market for all students at UND, a Valley Eldercare Market, an Icon Sports Center Market serving the southern areas of the city, and a market at the County Office building where NDSU Extension Service is located. Each of these 12 market locations were highlighted on facebook pages and websites.

b. Impact on the Community: The Electronic Benefits Transfer (EBT) machine, which can be used for credit, debit and for beneficiaries of Supplemental Nutrition Assistance Program (SNAP), was available at all these new markets. Fruits and vegetables were accessible in additional low-income neighborhoods which increased the sales and consumption of locally grown produce.

Objective 2D: Identify a designated point-of-contact at each trolley site by June 2016. Individual businesses that have wellness programs for employees will be given second preference in scheduling trolley stops.

a. Progress Made: Point-of-contacts included the Grand Forks Housing Authority, UND, Grand Forks Park District, Town Square Farmers’ Market, Valley Eldercare and Stable Days Youth Ranch (SDYR).

b. Impact on the Community: The trolley was well received at each site and will continue in 2018.

Objective 2E: Promote agritourism by highlighting Stable Days Youth Ranch Community Garden, with a gardening presentation and a hands-on learning opportunity by October 2016.

a. Progress Made: Garden presentations and hands-on learning opportunities focused on: container gardening, harvesting for local food banks, harvesting for their own families and seed saving.

b. Impact on the Community: Well Fed program participants (who are all beneficiaries of government food subsidy programs) were able to feel personal empowerment and community engagement by harvesting the Share Garden and giving the produce to a food pantry of their choice. This was an opportunity for them to impact a critical community need and practice sharing their time and talent to assist others. Those that live in poverty often feel marginalized. The lesson here was no matter your situation there is an opportunity to help others.

Goal 3: Provide educational programs: three in 2016 and five in 2017. Topics to include: benefits of supporting local growers and fresh food consumption, training on safe food handling, preparation, storage and preservation, and hands-on gardening with community partners

Objective 3A: Schedule education sessions by June 2016 and 2017 respectively.

a. Progress Made:

2016 classes	2017 classes
<ul style="list-style-type: none"> ● 5 Well Fed Classes ● 8 Market Kid’s Club ● 2 School Sessions ● 1 New American youth garden field trip. 	<ul style="list-style-type: none"> ● 10 Well Fed Classes ● 2 School Sessions ● Boy Scouts ● Girl Scouts

b. Impact on the Community: Class participants included New Americans, SNAP and WIC participants, elderly, youth, active military families, seniors on WIC, immigrants, Black, White, Hispanic, Somali, single parents (both male and female), parents with adopted children, some two parent families, grandparents, recovering drug addicts, and vision impaired.

Objective 3B: Chose evidence-based curriculum to highlight the benefits of domestic agriculture by May 2016 and May 2017.

a. Progress Made: “Dig In” and “CREATES Farm Fresh Food with Food \$ense” curriculums were used. Also used was the USDA ‘My Plate’ educational tools.

b. Impact on the Community: Information provided is research-based creating confidence in the educational sessions.

Objective 3C: Distributing information on the benefits of using local foods and supporting local food initiatives will be ongoing.

a. Progress Made: Market tours with brochures and scavenger hunts for adults and children provided education about local foods and introduced the Well Fed participants to the market and mobile market farmers. Brochures were passed out at the trolley markets and were available and at the market headquarters in Town Square.

b. Impact on the Community: The market tours allowed us to engage with consumers that were not familiar with market shopping, introduce them to their local farmers and increase their confidence in shopping for local produce.

Objective 3D: Partner with NDSU Extension Service to increase participation of existing educational sessions for SNAP beneficiaries on food economics and preparation by target marketing through County Social Service by October 1, 2015 and hold public education sessions on safe food handling, storage, preparation and service with taste-testing opportunities by July 1, 2016.

a. Progress Made: Many of the Well Fed participants from 2016 came to participate in the Share Garden harvest in 2017. Participants from both sessions have taken additional classes at Extension called Cooking is a SNAP!

b. Impact on the Community: The Well Fed program has opened doors for many local families to learn how to stretch their food dollars and how to use and preserve produce to reduce waste. We have exposed the participants to community resources and several existing educational opportunities with 20% of our participants engaging in additional classes at NDSU Extension Service. One of our Well Fed graduates was invited to sit on NDSU Extensions Advisory Council and has completed her Diabetes Prevention Program Lifestyle Coach training. She will be holding classes in her home with her family and friends.

Objective 3E: Provide evaluations and incentives at each session.

a. Progress Made: Evaluations were done at classes, and incentives given at completion.

b. Impact on the Community: 100% of Well Fed Class participants reported an increase in their daily intake of produce, 100% reported an increase in their children's daily intake of produce, and 88% agreed or strongly agreed that they have increased confidence in preparing meals using fresh, local produce. Small incentives were provided at each class. A large incentive was given to those that completed the classes. They were able to choose the incentive they wanted. Most chose a Ninja food processor.

Objective 3F: Provide a giveaway basket with local produce, at education sessions.

a. Progress Made: Garden giveaway baskets were filled from the Share Garden.

b. Impact on the Community: Produce was shared according to the class lesson. The "Create a Stir Fry" lesson used many varieties of vegetables. The baskets given had the produce cut and ready for use or freezing.

Objective 3G: Develop required surveys for growers participating in the mobile market initiatives that include the percentage increase in annual sales, for quantitative measurements to be completed in 2016 and 2017 at the end of each market year.

a. Progress Made: Surveys were completed in 2017

b. Impact on the Community:

- 92% of the vendors surveyed at the farmers' market saw an increase in sales.
 - 50% estimated an increase of 10-20% in sales.
 - 41.7% estimated an increase in sales of 42%.

- 100% of the vendors surveyed felt that getting their tokens reimbursed by the market manager was an easy process.

Objective 3H: Monitor SNAP sales weekly throughout the season and evaluate and report at the end of the market season for both 2016 and 2017.

a. Progress Made: We tracked all SNAP and token sales for both the 2016 and 2017 market seasons.

b. Impact on the Community: We saw a 45% increase in EBT use from \$338.10 in 2016 to \$752.00 in 2017. The tokens we supplied through the Well Fed program saw an additional \$2200.00 spent on produce in 2016 and \$4,200.00 in 2017, reflecting a 52% increase.

1. Intended Beneficiaries:

i. Number of direct jobs created:

- 2016: 1 Local Food Access Coordinator, 1 SNAP Market Manager + 3 interns
- 2017: 1 Local Food Access Coordinator, 1 SNAP Market Manager + 7 interns

ii. Number of jobs retained: 3 Market positions and 65 + vendor businesses

iii. Number of indirect jobs created: 65 + vendor business plus a Share Garden coordinator

iv. Number of markets expanded:

- 2016: None
- 2017: We added four indoor markets to the Town Square Farmers' Market

v. Number of new markets established:

2016: Choice Fitness (1 Market), University of North Dakota (2 Markets), Hope Church (4 Markets) County Building (1 Market), Stable Days Youth Ranch (1 Market)

2017: YMCA (10 Markets), Grand Forks Public Library (8 Markets), Cherry Heights (2 Markets), Columbia Square (7 Markets), The Link (3 Markets), Icon Sports Center (3 Markets), County Building (5 Markets) Stable Days Youth Ranch (SDYR), (2 Markets)

vi. Market sales increased by **\$46,621.43** and increased by **11.5%**.

We surveyed our farmers/producers for increased sales percentages

- 41.7% of vendors saw a 5-10% increase in sales and
- 50% saw a 10 -20% increase in sales.

vii. Number of farmers/producers that have benefited from the project:

- 2016: 11 farmers/producers participated in the markets
- 2017: 19 farmers/producers participated in the markets reflecting a 73% increase.

2. Expansion of Customer Base: We expanded our customer base with a market for the international students at UND and asked for feedback on what varieties of produce could be added to better serve their population. Black-eyed peas, musk melon, wheat grass, and nasturtium were requested and this was passed on to our vendors for consideration.

Within our 12 new market locations, the "Mobile Trolley" was set up for the use of all area residents. Special attention was given to low-income participants.

3. Community partnerships

The University of North Dakota graduate and undergraduate Public Health Programs have provided interns and assigned competencies that will focus on educating and supporting customers to increase consumption of local produce. They have given us a letter of intent to provide 450 hours each summer to assist with the markets for years to come. Their dietetics and community nutrition programs have also had interns through both SDYR and NDSU Extension.

North Dakota State University Extension provided office space and oversight for two interns.

- precept interns to assist with ongoing programs with the markets
- teach classes to participants of the Well Fed program
- order wooden tokens for produce purchases from the market trolley and the Town Square Farmers' Market for the Well Fed participants
- purchase supplies, incentives and prepare food for demonstration and hands-on cooking classes
- secure a certified kitchen for canning demonstrations
- teach the educational curriculum chosen for the classes

University of Minnesota Extension provided incentives, food, and facilitation for the Well Fed Program for low-income beneficiaries. This partnership will continue with funds through local poverty directed grants.

A & L Siding and Home Improvement provided a master carpenter to modify the design of the woodwork on the outside of the trolley and make new trim with arched windows. They have finished their work.

JLG Architects provided three young architects, newly hired, to design the inside of the trolley. They spent many hours and provided lunch to colleagues to solicit the best design ideas. They have finished their work.

Stable Days Youth Ranch grew a Share Garden that contributed produce to the trolley. They provided working space for the additional three UND interns and continue to be involved each year with educational tours and sessions held on site.

The Downtown Development Association (DDA) helped develop a plan to support and promote the trolley markets. They also coordinated a meeting with City Planning where social media and storefront promotions were discussed. They continue to support the markets and will partner more in the future at different events.

4. Contractors: We did not contract out any work.

5. Presentations and publications

- Presentation: February 2-4, 2015, North Dakota Farmers Market and Growers Association's Local Foods Conference, Valley City, North Dakota
- Presentation: National i-Three eXtension Corporation in San Antonio Texas
- Presentation: North Dakota Farmers and Market Growers Association and Local Foods Conference presentation in Fargo, North Dakota, February 5-6, 2016, and February 3-4, 2017
- Presentation: July 13, 2016, Fargo Moorhead Local Food Council Meeting. (30 attendees)
- Presentation: March 21, 2016 Healthy Choices hosted by the CHGGF. (20 attendees)
- Discussion Panel: March 24-25, 2016 Fargo's High Tunnel Conference. Introduced the trolley and discussed creative ways to increase access to local produce.
- Presentation: May 8-10, 2016, National Urban Extension Conference, Minneapolis, Minnesota, Breakout session. (20 attendees).
- IGNITE Presentation: October 24, 2017 Annual North Dakota State University Conference, Fargo, North Dakota. (70 attendees)
- Article: August 2017, Grand Forks Herald front page article and online newspaper.

6. Feedback Community Partners and Stakeholder Feedback:

The mobile market trolley has increased access to farmer's market with the ability to drive produce anywhere. The trolley has been called innovative and "cool"! Having it available around the city has caused excitement at all the new market sites and throughout the state.

We were asked to participate in the North Dakota Department of Tourism photo shoot that featured our state's spokesman, actor Josh Duhamel (Wait until you see it in the 2018 tourism book!). We have gained the attention of Jaimi Good from the North Dakota Department of Agriculture regarding the trolley's potential involvement as a mobile classroom addressing issues of local food access and raising awareness of the state's Hunger Free initiatives.

Over five months, participants who attended the Well Fed classes earned monthly produce tokens and small kitchen tools (Earn-As-You-Learn component). They received recipes featuring the fresh produce highlighted in their classes. They spent time at the Town Square Farmer's Market with their children helping to give them a sense of belonging in our community! They purchased fresh produce and had their children help pick it out, learned about agriculture and the importance of buying local, and most importantly they learned about healthy eating.

Quotes from the Well Fed Class Participants:

- ❖ *"I took my son to the Share Garden harvest. He had a great time exploring the garden and helped pick the "squish". He even decided we should take one home to try. He has been willing to try more vegetables with the Well Fed Program. Thank you for letting us be part of this program. It is the best program ever!"*
- ❖ *"This program has opened doors for me and my family by allowing me to buy more fresh veggies and introduce them to my children."*
- ❖ *"The most important thing I learned was meal planning and how to cook with no fat or oil."*
- ❖ *"Since I learned about blanching produce I don't end up throwing away vegetables any more."*
- ❖ *"My freezer is full! I put veggies in baggies and I can have stir-fry."*
- ❖ *"If I let the kids pick out veggies (at the farmers market), they are more apt to try them."*

7. Budget Summary:

Check here if you have completed the SF-425 and are submitting it with this report: X

- i. This project did not generate any income.

8. Lessons Learned:

A. The mobile market trolley is a success! It was extremely well received and all of the customers who shopped at it were impressed with both its unique look and the quality of produce available at each market. The additional grant that we received for the Well Fed program allowed us to use the trolley to get more produce into the homes of our low-income residences through reduced produce cost and the "Earn as You Learn" token program. We set up markets in low-income and popular community areas to generate a larger customer base. Strong sales at market prices help to continue to support our local farmers and producers.

B. The trolley project had many startup issues.

- The first trolley we chose after our grant notification was sold before we could receive our first grant payment causing us to start our hunt again.

- Utilizing skilled in-kind labor caused design, mechanical and construction delays. I would suggest for similar projects that all the labor be hired so that timelines are more likely to be met. The trolley wasn't market ready for the 2016 season but we improvised and managed to have 9 of successful markets late in the season.
- We had a few complaints from larger individuals that the space in the trolley was too small for them to comfortably shop. We redesigned the interior and were able to get more space in the aisle. We also heard back from a few elderly customers that said the first step up on the trolley was a struggle for them. This led us to utilize a chalkboard sign to list available items that our market staff could retrieve for anyone not able to shop on board. We also had our contractor build an entry step that made entering the trolley more accessible.

C. Preparing for market was quite a learning experience. For the first few markets we had to set produce and baskets on the trolley floor during transit to keep items from falling off the shelves. It took 30 minutes or more to setup each market restocking the shelves. We felt we needed to change this to save time. We designed and built better produce boxes and had them securely attached to K-rail shelving. We purchased refrigerator organizers which eliminated most of the shifting. This made a huge difference and we are now able to set up for market in just a matter of minutes.

D. The Town Square and Trolley Markets along with a team of local (ND and MN) Extension staff, Extension Health and Wellness Specialists and community partners came together to deliver a series of six hands-on nutrition classes called the Fork's Well Fed Program. We used the **CREATES Farm Fresh Food with Food \$ense** curriculum from Utah State University Extension. **CREATES** was chosen for its success among SNAP recipients. This evidence-based curriculum uses a whole foods approach. Whole food is defined as produce as close to the original source as possible, with minimal processing and refining. A diet rich in whole plant food is related to less chronic disease and obesity.

Additional topics were introduced from The Family Table Extension resources including the benefits of family mealtimes. While **CREATES** on its own has been shown to improve health behaviors, the Forks' Well Fed team incorporated several innovative strategies to encourage behavior change: the Mobile Market Trolley for access, tokens to purchase the recommended amount of daily servings for the family (supplementing SNAP and WIC), with an Earn-As-You-Learn component for the incentives offered.

E. Forks' Well Fed Program participants from 2016 and 2017 shared in the work of harvesting the Share Garden at Stable Days Youth Ranch. Produce was donated to our local food cupboards and the rescue mission. This part of our program facilitated a hands-on experience in the small garden harvest process, giving participants the privilege of contributing to a community need that they are familiar with, and helping to instill in our clients a sense of inclusion and accomplishment.

F. The opportunity to work with low-income community members during this project has impacted our community in a very positive way. Those that have attended classes learned to reduce produce waste by blanching and freezing food. They learned to stretch their food supply dollars by meal planning with food sales ads and keeping a well stocked pantry. They learned about the benefits of families dining together and how that can reduce risky behavior choices and decrease their risk for nutritional diseases.

G. Participants worked together harvesting the Share Garden for others in poverty and they have formed bonds with each other. They have shared how grateful they are for the opportunity to learn through this program.

H. The program was more difficult for the woman who was vision impaired. Her confidence in meal planning was lower than the others but she still felt she learned valuable information about nutrition. Because she is from Minnesota, she is planning to work one-on-one with the Extension agent from Polk County, Minnesota to address her individual needs.

The Well Fed participants liked the addition of the trolley and felt it was easy to shop in. All agreed they will continue to shop at the farmer's markets once the program is completed.

There are still many in the city that haven't heard of the mobile market trolley. We will continue to promote it in the years to come.

9. Future Work:

Looking forward, beyond the performance period, in order to keep our focus on low-income neighborhoods, we will need to continue to find funding sources to reduce the cost of fresh produce. We plan to apply for the United Way Poverty Grant that we received in 2016 and 2017 and the Community Events Grant that we have received annually since 2009. Our United Way has shifted its focus to poverty for all of their funding. They really love this program. We will also continue the successful Market Sponsor program and are currently exploring a Market Membership Plan to bring in more local support.

Our plans for 2018 are simply to continue the grant project by:

- Planning to support the Well Fed Program by having the trolley available at the end of class.
- Planning to continue to set up mobile markets in areas of town where most of the low-income target population lives; at the University of North Dakota, the YMCA and the Grand Forks Public Library. We will fund these markets through the rental of shelf space and implement a new 10 % of sales vendor cost.
- Start recruiting friends of the market to join a Market Membership program with the plan of using these funds and vendor fees to hire a seasonal Local Foods Access Coordinator.
- Continuing to partner with United Way and the Grand Forks Convention and Visitors Bureau for grant dollars to use for both operational costs and produce tokens.
- Additionally the trolley market, the Town Square Farmers' Markets and the new fall indoor markets will be sponsored by our community partners such as the Grand Forks Park District, WelCore Health, Altru Health System and the Coalition for a Healthy Greater Grand Forks.
- The trolley will be used as a mobile classroom at five of the Saturday Farmers' Markets by Amir Alakaam, PhD. MS. LN. MD., Professor of the Department of Nutrition & Dietetics at the University of North Dakota, for nutritional disease education. A grant for this has already been awarded to Dr. Alakkam.
- Hiring a seasonal SNAP Market Manager who will be at the trolley and the Town Square Farmers' Markets. This position will be funded annually through the Grand Forks Public Health Department.

Our future activities include:

Food waste reduction plans are being designed along with a feasibility study partnering Hunger Free North Dakota, Town Square Farmers' Market and the trolley's mobile markets. Plans are to utilize trained "gleaners" for harvesting 'leftovers' from our local farmers. This produce would be compiled into Community Supported Agriculture (CSA) boxes and made available to SNAP recipients at a discounted rate.

The feedback from the Well Fed participants and market customers led us to design colorful recipe cards. Classes focused on tips for using leftovers increased the consumption and reduced waste. One of our possible future activities is to build on that feedback and have several recipes available at each market instead of just a featured recipe.

2016 town square

FARMERS MARKET

**SATURDAYS 9AM - 2PM JUNE 18 - SEPT 24
RAIN OR SHINE!**



**FRIEND A FARMER
EAT LOCALLY**

FRESH PRODUCE

LIVE MUSIC, CRAFTS, FOOD,
ACCEPTING CREDIT, DEBIT AND SNAP CARDS

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My Street Market

2017

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MY STREET
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Spread the Word...
We accept SNAP benefits



JUNE 17TH - SEPTEMBER 30th

For 2017 market times and locations visit us at our
Town square Farmer's Market FACEBOOK page or
@ www.tsfarmersmarket.com

FRONT SIDE BROCHURE

Why Buy Local?

1. Locally farm grown produce is fresher, more nutritious, and tastes better!
2. Buying local help protect the environment!
3. Buying local allows you to ask how your food was grown!
4. Diverse family farms means increased local food security!
5. Local farms are a key to local sustainable living!
6. Can you even imagine a future without local growers and fresh local food?



Grow a Strong Community
BUY FRESH & BUY LOCAL



BE WELL FED!

TOWN SQUARE FARMER'S MARKET
FORK'S MOBILE FARMER'S MARKET
Office: 17721 429th Avenue So. West
East Grand Forks, MN 56721
701-330-9952

— TFSM FMFM —

lovelifeandland.com



FORK'S MOBILE FARMER'S MARKET

Mid July - Early Oct. 2017

As a result of successful community partnering, a USDA Farmer's Market Promotion grant was applied for and awarded in 2015. Town Square Farmer's Market, Stable Days Youth Ranch and NDSU Grand Forks County Extension are working together to impact the issues of food insecurities and access. Look for the new Fork's Mobile Farmer's Market trolley for the 2017 growing season! Accepting the new WELL FED tokens and SNAP/EBT.

TOWN SQUARE FARMER'S MARKET

Mid June - Early Oct 9AM - 1:30PM Rain or Shine!

Since its beginnings in 2002, the Town Square Farmers' Market (TSFM) has grown to become a hub of activity for the Greater Grand Forks community, attracting over 2,500 visitors per market. The market supports local farmers and small growers, food and craft vendors, prepared and ready made foods, jams and jellies, fresh salsa, homemade pasta, honey, sausage, wild rice, cut flowers, maple syrup and tons more! We feature live music, artwork by local artists, featured nonprofits, and a Market Kid's Club sponsored by Stable Days Youth Ranch and Grand Forks County NDSU Extension. Come on down and shop, play, stroll, picnic, or just relax at the Town Square Farmer's Market where the sights, smells and sounds are nourishment for the soul.

Good News...

We can make the choice to support local farms right now – local farmer's need our support. and...WE NEED OUR LOCAL FARMERS! For more information on either TSFM and FMFM contact our office at 701-330-9952 or tsfarmersmarket@yahoo.com.

2.5' x 12' Banners



22x28 poster



BE WELL FED!

We Accept
**SNAP/EBT, CREDIT &
DEBIT CARDS**

tsfarmersmarket.com

Town Square & Forks Mobile Farmer's Markets

MARKET H.Q.

Info and Assistance

BE WELL FED!

Fork's Farmer's Market

CREDIT - DEBIT - SNAP - EBT
accepted here!



2.5'x6 VERTICAL BANNER

FRONT SIDE BROCHURE



PLACE
STAMP
HERE

*"I learned the value of hard
work by working hard."*

- Margaret Mead

Stable Days Youth Ranch
17721 429th Avenue So. West
East Grand Forks, MN 56721



KIDS CLUB

Summer 2016
@ The Town
Square Farmer's
Market



BACK SIDE BROCHURE



KIDS CLUB

A fun and educational farmer's market club for kids linking gardens and the environment, healthy choices and wellness. A place where children can interactively learn about produce, plants, animals and the environment. Giving children an opportunity to discover more about sowing seeds, testing soil, insects and earthworms, simple propagation, trees, herbs and harvesting seasonal crops, caring for traditional barn animals and connecting with the nature of a horse.

Children will need to wear suitable clothes as this is a "get your hands dirty" club. Saturdays through out the market season, we will meet at the Town Square Farmer's Market with filed days being held at Stable Days Youth Ranch in East Grand Forks.



MORE INFORMATION

The Farmer's Market Kids Club is a free program open to all interested families. For field trip days Children will need to arrive at the Ranch wearing pants, closed toed shoes and dressed appropriately for gardening, riding horses and other ranch activities.

THE SHARE GARDEN

Initiatives across the country, like the Share Garden Program and the Forks' Well Fed Classes led at Stable Days Youth Ranch, encourage youth and their families by way of immersion into a world balanced with active healthy choices, hard work and hilarity. Stables Days invites kids to get their hands dirty and use their green thumbs to grow healthy food to our community and help to beautify it at the same time.

THE TROLLEY

Our Partners and sponsors agree that Farmers Markets are a perfect venue for teaching children about the food they eat and where it comes from. With the addition of our trolley, new produce markets will be found right in their neighborhoods, and children will be exposed to more



healthy foods, leading them on their way to developing healthier eating habits. The participants of the Kids Club will be given tokens to purchase produce from the new trolley and be some of the first in our community to see it in action!

*The following partners support the Market KIDS CLUB with necessary grants, educational materials and staffing.

Stable Days Youth Ranch
Grand Forks County NDSU Extension
UND's Public Health Department
GF County Soil Conservation District



Earthworms have no ears or eyes, but they do have one end of their body that is more sensitive to light than the other.

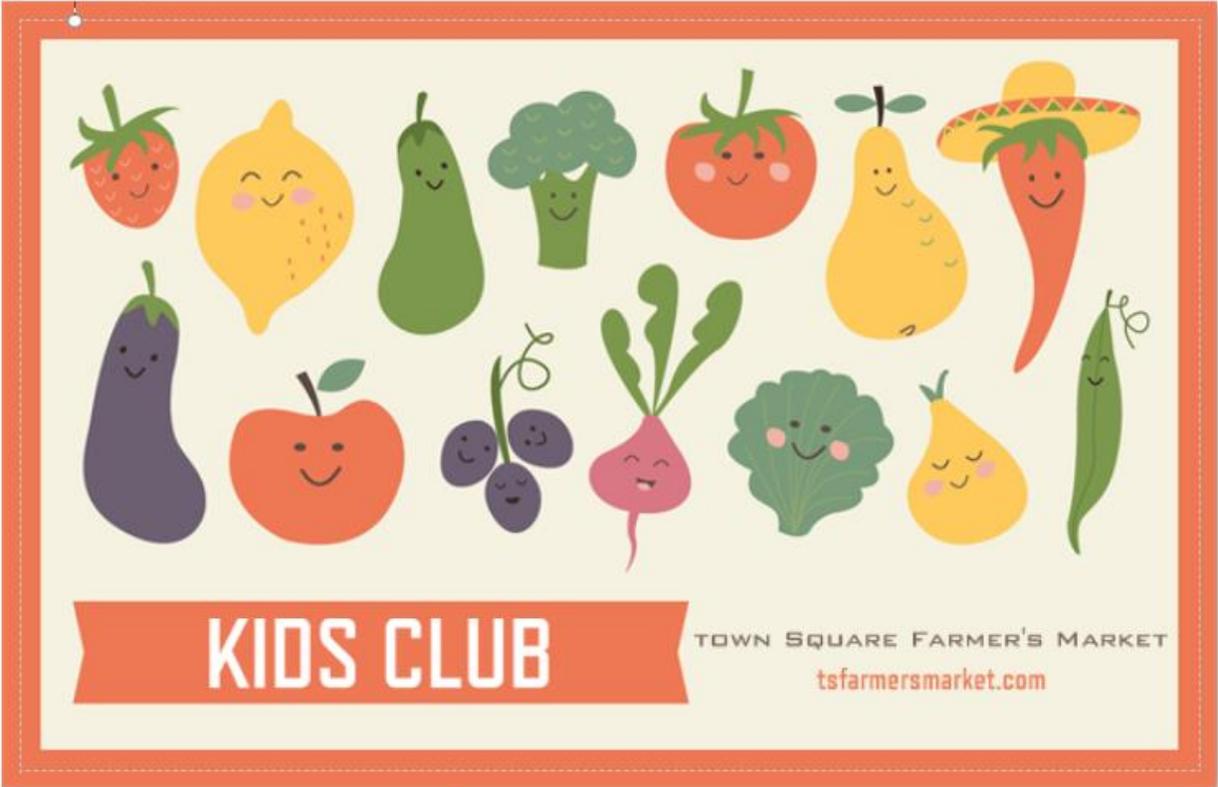
Contact Us:

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Town Square Farmer's Market
17721 429th Avenue So. West
East Grand Forks, MN 56721
www.stabledays.org
www.tsfarmersmarket.com

2.5 X 10 BANNER



OVERSIZED POSTCARD FRONT



POSTCARD BACK

Saturdays 10-Noon

Town Square Farmer's Market
701-330-9952

Kid's join us at the market
SATURDAYS
June 18 - October 1st
for fun hands on projects,
taste testing and more.

No RSVPs required.

BE WELL FED!

701-330-9952



Name: 13' Flag -



Name: 10' Flag

LET'S TALK ABOUT OUR FOOD!

AND inspire new ideas for building a better, more resilient and inclusive **LOCAL** food system.



Forks' Local Food Development Initiative





5.5X4 FOLDED CARD