

RUTLAND COUNTY FARMERS MARKET



**where buying locally helps
preserve Vermont's rural
landscape**

Over 30 Quality Vendors
Saturdays, 9 to 2 pm
Depot Park
Downtown Rutland, VT

Fresh, tasty, vegetables,
flowers, plants, perennials, fresh eggs,
mushrooms, farmstead cheeses, local
artisanal breads and pastries; specialty
sauces, pickles, jams, jellies, chutneys, ice
cream toppings, maple products; hand-made
crafts from Wood crafts to pottery,
jewelry, sewn, crocheted and knit items

TEN WAYS YOU MAKE VERMONT A BETTER PLACE BY SHOPPING AT THE RUTLAND COUNTY FARMERS MARKET

1. You buy from people who bring a face to your food. You know where your food comes from and who is raising it.
2. The food you buy is more delicious and nutritious for you and your family. Non-processed foods are a better health choice.
3. You keep our farms and scenic rural areas in production and encourage more young farmers, craftspeople, food producers, and farm service businesses.
4. You contribute to cleaner soil and water by buying food raised through organic practices.
5. You help alleviate global warming by buying food that has traveled very short distances from farm to you. Most supermarket food travels an average of 1800 miles per bite.
6. You buy meat, eggs, and dairy products that come from animals who live good and healthy lives. They are not raised in factory farms.
7. Your food dollars circulate two, three, or more times throughout the community, contributing to the overall economic health of our state.
8. You support many local individual farm families rather than the six mega-corporations that control 75% of the world's food.
9. You change the world one purchase, one meal, one bite at a time. Your food dollars equal your vote for a better future.
10. You contribute to the fun of this great community celebration!

Visit us on the web at
www.rutlandcountyfarmersmarket.org
802-773-4813