
FOR IMMEDIATE RELEASE

Wadena farmers market moves to new location

WADENA, Minn. – June 1, 2018 – The Wadena Area Growers Association will kick off its annual farmers market next Friday, June 8, at its new location on the Tri-County Health Care Wesley lawn. The market will be held every Friday through October from 2 to 5:30 p.m.

The new location at the Wesley lawn provides a large, shaded area and is walking distance from many businesses and homes in Wadena. The first market of the season will feature locally grown micro greens, maple syrup, rhubarb, green onions, eggs, goat cheese, dried garlic, vegetable plants and more.

According to Wadena Area Growers Association members Les Schwartz and Anita Small, the farmers market plays an important part in keeping residents of Wadena healthy by being a hub of easily accessible healthy options. This year, community-supported agriculture shares will be available for sale, and vendors hope to offer pre-assembled produce with recipes to provide families with the majority of the ingredients for a meal at home.

The market is also home to several educational opportunities. On June 29, local yoga teacher Ann Pate will demonstrate yoga basics. The public is invited to bring a yoga mat or use the lawn area to participate. University of Minnesota SNAP Ed nutrition educator Marilyn Hofland will hold Cooking Matters classes at the market on July 13, Aug. 17 and Sept. 7. The hour-long classes show participants how to stretch their food dollars, purchase seasonal produce and plan meals using fresh produce. Register by calling 218-639-9583.

Children's activities will be available on several Fridays. Beginning June 29, children ages 4-15 are eligible to receive a \$2 token each Friday by registering at the EBT booth.

Recently, the market received an \$11,000 grant from the MN Department of Agriculture's Good Food Access Program Equipment and Physical Improvement Grant to purchase an enclosed trailer. The trailer will house necessary market supplies and can connect with new customers and locations throughout the area.

For more information or if interested in volunteering, providing entertainment or joining the Wadena Area Growers Association to sell at the market, contact Les Schwartz at 218-639-1941.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit TCHC.org.

###

