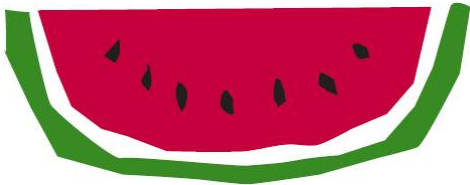


EAST LAKE FARMERS MARKET



Fresh produce from local farms

demonstrations provide tips and tastes, and a community gardener from the area will occasionally have a booth. Farmers provide recipes and preparation tips. People from the community get to know not only their neighbors, but area farmers as well. Senior Nutrition Coupons are distributed and accepted at the market. The East Lake Farmers Market was one of the pilot sites in Alabama to accept the EBT cards.

The East Lake Farmers Market is a producer-only farmers market that runs every Saturday morning from May 1 to October 9. While the market was started 6 years ago with the only goal being to provide access to fresh produce for a low-income community, it has become a great venue for community empowerment and an outlet for providing a variety of health resources to the community

The market, while small, is quite an event each Saturday. Beyond the fresh produce, local artists show and sell their work, a children's table provides simple games and art and nutrition projects, local musicians play in the background, cooking



Three years ago, P.E.E.R. started a co-op for individuals to purchase a half-bushel basket of produce every week of the season. The baskets contain 7-9 items of produce purchased from the farmers at the beginning of each market day. Recipes, specialty items such as honey, or value-added products, and letters from the farmers are included in each basket. Proceeds from this program help support the general expenses for the market. Two years ago, this program was ambitiously expanded to a service for low-income senior citizens in area HUD housing in collaboration with the Society of Saint Andrew which is an organization that solicits volunteers to glean area fields for feeding agencies. Each week at the market, volunteers pack approximately 100 boxes with 5-7 items of produce purchased from the farmers and then deliver them to area senior housing.

East Lake Farmers Market

7753 First Avenue South
Birmingham, AL 35233

Saturdays 8 am – 12 pm
May 29 – October 17, 2010

Market Manager: Sally Allocca
(205) 836-3201





Save the Date

Festivals and Events

East Lake Farmers Market, Every Saturday, May 1 - Oct 9, 8 am to noon
Back parking lot of East Lake UMC (7753 1st Ave S), corner of 2nd Ave S and 78th St S

- May 1** **Strawberry Festival** Sample the sweetest berries of the season!
Strawberry recipes, games, fun for the kids (*Strawberry farmers and early growers selling on market lot for next three Saturdays*)
- May 6** **Showing of FRESH: the movie** Kickoff for Market Book Club
(7 pm, East Lake UMC, \$5) www.freshthemovie.com
- May 29** **Grand Opening Day** All of the farmers you know and love!
- June 5** **Senior Produce Vouchers** Distribution from 8 to noon
- June 17** **Fans of the East Lake Farmers Market Dinner** (6 pm, market lot, \$15)
Email us at peerincbirmingham@gmail.com to make a reservation!
- June 25** **TASTE: Market Book Club** – (noon, East Lake UMC)
Email us at bhamtaste@gmail.com to sign up!
- June 26** **Senior Produce Vouchers** Distribution from 8 to noon
- July 3** **Kids on Wheels Parade** Bring your tricycle or power wheel for a market parade and day of family fun! (Decorations at 10 am, parade at 11 am)
- July 24** **Tomato Festival** Wear red! Tomato tastes, free tomato sandwiches, and Life South Blood Drive
- July 24** **Canning Class** (10 am – noon, in the East Lake UMC kitchen, \$5 for canning supplies) Sign up by July 17 at peerincbirmingham@gmail.com
- Aug 14** **Waterpalooza** Watermelons and Water fun (East Lake Fire Truck, 11 am)
- Sept 11** **Bike-a-thon** Group bike ride starting at the market
- Sept 18** **Fans of the East Lake Farmers Market Lunch** (12 pm, market lot, \$12)
- Oct 2** **Ruffner Hike** Group hike at Ruffner Mountain

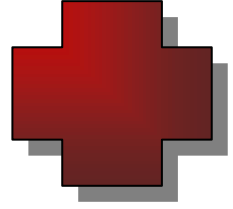
Free pancakes every first Saturday of the month (8 am until supplies last)

Cooking demonstrations each week (10 am)

Free health screenings every third Saturday (details below)

To volunteer or join the market basket CSA, contact Cheryl: peerincbirmingham@gmail.com

Health Matters



The East Lake Farmers Market is about more than just eating healthy.

We want to help you stay on the right track with **free health screenings every third Saturday**, a **health tent each week**, and **free health information** available at the P.E.E.R. health tent.

- May 1** **Walking group** will start at 8 am EVERY Saturday from market lot (YMCA)
- June 19** **FREE SCREENING:** Glucose, Blood Pressure, BMI (UAB)
- July 17** **FREE SCREENING:** Glucose, Blood Pressure, BMI (UAB)
- July 24** **Blood Drive** (Life South)
- Aug 21** * **FREE SCREENING:** Dental (Smiles for Keep) and Vision (Focus First)
- Sept 18** **FREE SCREENING:** Sickle Cell screening (Sickle Cell Disease Assoc.)

Exercise classes will be offered each month starting in June

Hula Hoop classes offered every Saturday in June! 9-10 a.m. (\$3 per class)

To sign up for exercise classes, contact Deanglea at Deanglea@uab.edu

**Food, Fun, and Fellowship: FREE Hot Lunches for Seniors
Every Thursday, noon, East Lake UMC Cafe**

* For kids

(...) notes groups conducting screenings



The East Lake Farmers Market and health programming are all programs of P.E.E.R., Inc., a non-profit located in the South East Lake Neighborhood.

For more information: www.peerinc.org

(Follow us on Twitter, Facebook, or the P.E.E.R., Inc. blog)
P.E.E.R., INC. * 7753 1st Ave South * 205- 836-3201