

The Weekly

Thursday, May 19, 2016

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Everything You Need to Keep It Green

Farmers Market Preview

Reported by Emily Burnham

THE WEEKLY QUESTION

Reported at BDN Garden Show at Cross Insurance Center

What's your favorite State Park in Maine?



"Baxter State Park."
CLAUDE JUNKINS, HOLDEN



"It would have to be Baxter. I climb Katahdin every summer."
GEORGE BEAULIEU, LAGRANGE



"Baxter State Park, of course. Everyone's going to say that!"
ERIN QUINLEY, GOULDSBORO



"Peaks Kenny State Park."
BONNIE WALSH, EDDINGTON



"Lamoine State Park."
DAVE SALIBA, BREWER



"Baxter State Park. It's gorgeous."
AMELIA MANK, BANGOR



BDN FILE

Dan Tierney, a farmer at Cornerstone Farm in Palmyra stacks vegetables at the Bangor Farmers Market recently. Packing a lunch with ingredients grown locally is now easier than ever. Vegetables like cherry tomatoes, carrots or cucumbers make great snack foods, but markets and farms throughout Maine also sell other foods like bread, meat and cheese.

BY EMILY BURNHAM
THE WEEKLY STAFF

One of the nicest things about warm weather — besides the fact that, mercifully, it's not cold out and there's nothing to plow or shovel — is the abundance of fresh, tasty, local food that begins to pour out of local farms and growers, starting in May and stretching into late fall.

We are lucky here in Maine to have such a strong network of local farmers markets that

provide a place for folks to buy food grown not far from their front doors. We're also lucky that farmers markets have grown in such popularity over the past decade; longtime standbys such as the markets in Orono and Brewer and on Buck Street in Bangor were joined by newcomers including Bucksport, Hampden and Abbott Square in Bangor.

It's also noteworthy that in the Bangor area, you can shop at a farmer's market on every

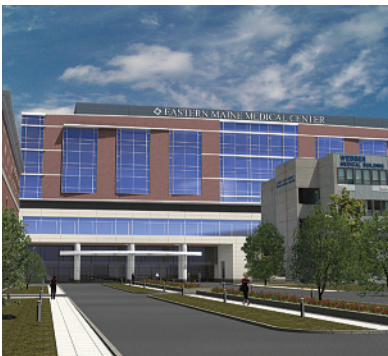
day of the week except Monday. And, most impressively, there are numerous markets that accept SNAP and WIC, including both Abbott Square and Ohio Street in Bangor. Brewer, Bucksport, Hampden and Orono. For more information about farmers markets in Maine, visit mainefarmersmarket.org.

On the next page is a list of farmers markets in the greater Bangor region.

See **MARKETS**, Page 2

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