



# It's Farmers Market Time!



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Did you know that only 27% of women and 19% of men report eating the recommended 5 servings of fruits and vegetables every day? Did you know that both the American Heart Association and the American Cancer Society recommend aiming for 5 A Day to get the vitamins and minerals you need each day? In fact, the AHA web site states "feel free to eat plenty of fruits and vegetables" and the ACS web site states "the best advice is to eat five or more fruits and vegetables each day".

Obtaining 5 A Day is easier than ever because **IT'S FARMERS MARKET TIME!** Break up the monotony of the same old apples and carrots. Now is the time to try unfamiliar fruits and vegetables. Make it a goal to try one new fruit or vegetable each week.

**Here are some of the Farmers Markets near us.**

## **Brookfield Farmers Market**

Civic Center Plaza  
2000 North Calhoun Road Brookfield  
May- October  
Saturday, 7:30-12 noon

## **Burlington Farmers Market**

Maryland Ave & Highway 36 Burlington  
May- October  
Monday-Friday, dawn-dusk

## **Greendale Farmers Market**

Municipal parking lot- Greendale  
July 1, 15 and 29; August 12 & 26; September 9, 16 & 23; October 7 & 14  
Saturday, 8am- 1pm

## **Madison Farmers Market**

Capital Square- Madison  
[www.madfarmmkt.org](http://www.madfarmmkt.org)  
April 1- November  
Saturday, 6am- 2pm

**Menomonee Falls Farmers Market**

North Middle School parking lot

Main Street- Menomonee Falls

May- November

Wednesday, 8:30 am- 2:30 pm

**Silver Springs Farmers Market**

5500 Silver Spring Drive- Milwaukee

June- October

Monday- Sunday 10am - 6pm

**South Milwaukee Green Market**

St. Mary's Catholic Church

1304 Manitoba Ave - Milwaukee

May 11 - November 2

Thursday, 12 pm- 4pm

**Uptown Farmers Market**

49<sup>th</sup> Street and Lisbon Street- Milwaukee

Thursday, 3pm - 6pm

**New Berlin Farmers Market**

K-Mart parking lot- 15333 W. National Ave

June - October

Saturday, 7am- 12 noon

**Waukesha Farmers Market**

Madison and St. Paul Ave- Waukesha

May - November

Tuesday, Thursday, & Saturday, 7am- 1pm

**West Allis Farmers Market**

1559 S. 65<sup>th</sup> Street - West Allis

May - October

Tuesday, Thursday & Saturday, 1pm- sellout

