



Shopping the great outdoors

Jennifer Wardell 10.JUL.08

KAYSVILLE — These days, people want to get a little closer to their food than the produce section of the local supermarket. Luckily, the Utah Botanical Center Farmer's Market, set to open today (July 10) in Kaysville, is more than happy to help. Open every Thursday night (except for July 24) from 5-8 p.m., the market is a gathering place where local farmers and craftspeople can meet face to face with the community. "I think it changes the way you buy food when you get to talk to the farmer who grew it," said Lori Matsukawa, who's in charge of organizing the market. "People these days are a lot more concerned about where their food comes from." It also matters how long they can get it. The farmer's market is extending its season to 12 weeks this year to give more local food the chance to get into the hands of customers.

"When we used to end in September, a lot of our vendors still had a ton of produce," said Matsukawa. "This year, the market will be open until October 2. "We were especially missing the peach and apple season."

Those interested in taking part in some of the local wares are requested to bring their own cloth bags, and cash is a must since most vendors don't take checks or debit cards. In return, expect to get an education in growing things.

"Most people are interested in supporting their local farms," she said. "We don't want them to disappear out of Davis."

Of course, green and growing things aren't the market's only focus. This year, the Davis County USU extension will be offering \$5 nutrition classes during the market, teaching anyone interested how to assemble healthy meals from the available produce and what fruits and vegetables best meet the body's daily requirements.

This year, the market is also accepting food stamps, to make sure that economic status is no barrier to goof produce.

Even further away are the rows of arts and crafts that have long been a fixture at the market, along with educational children's activities and live performers including a clown and a saxophone player.

"It has a really family-oriented sort of feel," said Matsukawa. "There are a lot of kids running around." In the end, the market is really about the chance to get a little bit closer to the world outside.

"Come and have fun," she said. "We want people to enjoy themselves."