



PRESS RELEASE

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Veg Out at Farmers' Market Family Day

City of Redding

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Redding
Rancheria

Shasta College

Shasta County
Public Health

Shasta Family
YMCA

Simpson
University

Turtle Bay
Exploration Park

REDDING, CA – Farmers' Markets are a great way for kids to get excited about trying new fruits or vegetables. On June 28th the Redding Certified Farmers' Market will offer even more for families to get excited about! In addition to locally grown produce, there will be children's activities, taste testing with County Supervisor Glenn Hawes, and more!

- Everyone can try one of County Supervisor Glenn Hawes' favorite dishes and pick up the recipe – he'll be sharing samples (8 am to noon).
- Children can earn free prizes by completing activities related to nutrition and gardening. Activities will be provided by UC Extension, Shasta Healthy Smiles, Network for a Healthy California, the Breastfeeding Support Center and the 20/30 Club.
- Adults can earn a free raffle ticket for a box of fresh produce donated by local growers. Raffle times are 9:30, 10:30 and 11:30 am.
- Everyone can shop for fresh, locally grown produce during regular market hours (7:30 am to noon). Farmers' Market coupons will be distributed to eligible WIC families.

"I'm looking forward to sharing one of my favorite veggie recipes with everyone," said Glenn Hawes, Shasta County Supervisor. Glenn Hawes is contributing to the Healthy Shasta movement by supporting area farmers in their efforts to provide fresh fruits and vegetables to the community. "We grow some of the best produce in the nation right here in our own back yard," said Glenn Hawes, "local Farmers' Markets offer a way for people to eat healthy fruits and vegetables that have been grown by local farmers."

The Redding Certified Farmers' Market is located next to Redding City Hall, at 777 Cypress Avenue. The Farmers' Market Family Day is organized by Shasta County Women, Infants and Children Nutrition Program (WIC) as part of the Healthy Shasta movement. For more information visit www.healthyshasta.org or call (530) 225-5168.

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