

FRANKLIN FARMERS' MARKET

By Cindy Taylor

Franklin Community Farmers' Market

The Franklin Community Farmers' Market will be going strong until October 10. The spring crops have long given way to our familiar summer favorites. Last week we had corn, beans, Swiss chard, summer squash, zucchini, tomatoes, kale, potatoes, cauliflower, lettuce, broccoli, onions, garlic, beets, berries, peaches, and many cooking herbs. Every week brings more variety!

The fall regulars are now here in full force, including winter squash, apples, pumpkins, and root veggies. There is always a good supply of naturally raised meats, jams, jellies, cheese, pies, honey, and hollow ostrich eggs. You will find fresh baked bread, handmade wooden toys, yarn and knitted items, handmade greeting cards, and more.

When we created this market we did it with the community in mind. Our goal was to promote our local economy, encourage the production and use of organic produce, and support local farmers, craftsman, and artisans. Our farmers in turn are supporting their families, while setting a wonderful example of a healthy, wholesome lifestyle. We are participants in the New Hampshire Farmers' Market Nutrition Program and many of our vendors can take the WIC coupons for fresh produce.

On the other side of the picture is

you. We hope to provide an opportunity for you to buy good, fresh food for your families right in your own neighborhood. All too often, the food purchased from the big grocery stores is trucked in from across the country. It could have been picked days, maybe weeks ago, and packed in storage before you get it.

The longer it sits, the more nutrients are lost. A tomato full of antioxidants and vitamins that has traveled across the country may have a negligible amount of those important nutrients by the time it hits your table. Local foods, in general, have a much higher quality than those that have done the long distance.

Those products that have traveled to fill your grocery stores come with a bigger price tag than the one you see on the package. A tremendous amount of fossil fuel is consumed in the transport of our food. Environmental author Bill McKibbin states that "growing and transporting a single calorie of iceberg lettuce from California to the eastern US takes 36 calories of energy." Shopping for locally grown food in season saves a huge amount of energy, and greatly reduces the amount of carbon dioxide pollution emitted during its transportation.

I have challenged myself to buy as much of my food as possible from our local producers this summer. I know that the tomato I buy on Tuesday afternoon in Franklin was picked very recently and has traveled no more than a few miles to our market downtown. Buying locally has definite health benefits for us and for the earth.

Come check out our market, listen to the live music for a while, purchase a t-shirt or canvas tote bag with our logo on it, buy a raffle ticket for some really cool prizes, spend some time chatting with our vendors, and take home wonderfully fresh and nutritious food for your family.

The market is open every Tuesday from 3 PM to 6 PM through October 10 at the Unitarian Universalist Meetinghouse front lawn at 206 Central Street in Franklin. Hope to see you there!

Franklin Newsletter Wants Your Events

The Greater Franklin Chamber of Commerce would like to extend the opportunity to area non-profits, social, and civic organizations to list any and all community events on not only the award winning Web site ExperienceThreeRivers.com, but also in the Experience Three Rivers Newsletter. This newsletter is distributed monthly via e-mail to over 600 households, and over 1,000 people visit the Web site weekly in search of fun events and area attractions.

Events may be submitted at any time by visiting ExperienceThreeRivers.com/Contribute. You may also submit events by calling 934-6909 or by mail to PO Box 464, Franklin 03235. When submitting your listing, please be sure to include name of event,

sponsoring organization, date, time, and location.

In order to ensure that an event appears in the newsletter, it must be received by 2 PM on the last Tuesday of the month prior to the event. Inclusion on the Web site and in the newsletter is free of charge to community and/or civic organizations and only businesses that are members of the Chamber will be permitted to post to the site.

The Greater Franklin Chamber of Commerce serves the communities of Andover, Franklin, Hill, Northfield, Salisbury, Sanbornton, and Tilton. To learn more about the Chamber or how to sign up for the newsletter, contact the office at 934-6909 or online at ExperienceThreeRivers.com or FranklinNHChamber.com.

New London Hospital Rummage Sale

The Friends of New London Hospital are sponsoring a Rummage Sale on Sunday, October 15, from 8 AM to 2 PM at the Kearsarge Regional Middle School in New London.

A wide assortment of quality linens, notions, and craft supplies will be available as well as clothing for men, women, and children. Additionally, accessories such as coats, belts, boots, shoes, pocketbooks, scarves, gloves, and hats will be for sale.

The proceeds from this Fall Rummage Sale will benefit New London Hospital. For further information about the Rummage Sale, contact Roberta Sergenian at 526-8657.

Wilmot Halloween Ball

The Wilmot Community Association invites you to attend The Monster Ball, the first annual Halloween costume party to benefit the WCA. The Ball will be held at the new WCA center in Wilmot Flat on Saturday, October 28, from 8 PM to 11 PM. Admission is \$20 per person or \$35 per couple, with music and appetizers included...BYOB.

Call Robin for reservations at 526-2680 – space is limited! Prizes will be awarded for best costumes in several categories.

Soo-Nipi Audubon

Please come to the Soo-Nipi Audubon Chapter program, "South African Birds and Animals," Friday, October 13, at 7:30 PM at the Tracy Memorial Library on Main Street in New London. Ruth White and George Green will show their fabulous pictures of the birds and animals they saw in South Africa.

They observed 320 bird species out of 870, including African hoopoe, pin-tailed whydah, the weavers, the spectacular lilac-breasted roller, the bright tiny sunbirds, the ungainly hornbills, and an occasional lion and elephant. George and Ruth are expert birders and avid naturalists.

This program is open to the public and refreshments will be served. For more information, please call Ruth White at 763-4893.

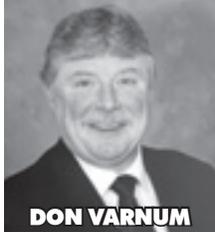
Field Trip

Sunday, October 15, the Soo-Nipi Audubon Chapter will sponsor a field trip led by Peter Newbern to Local Birding Hot Spots, including Cascade Marsh and Low Plain. We will be in search of migrating waterfowl and songbirds. Participants will meet at the Low Plain parking area at 8 AM. Bring binoculars and a scope if you have one. Inclement weather cancels the trip. For details contact Peter at 763-4308.

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Franklin Community Farmers' Market

Tuesdays 3 PM - 6 PM

June 27 - Oct 10, Rain or Shine

Unitarian Universalist Meetinghouse

206 Central Street, Franklin

Ad sponsored by



FRANKLIN SAVINGS BANK
Come to us for answers

LOST DOG

Brown and White Springer Spaniel

Last seen on Elbow Pond Road

Answers to "Roy" but is very shy

If you see Roy, please call 648-6402 or 748-1477

LOST CAT

Large, white, Maine Coon cat. Angora fur, no tail

Last seen in Tilton Brook area

If you see Sylvester, please call Win Roz at 735-5691 or 735-5538