

MEDIA RELEASE
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CELEBRATE FARMERS' MARKET WEEK

SUFFOLK, VA: Governor Bob McDonnell has recognized the week of August 1-7 as Farmers' Market Week in Virginia noting that "farmers' markets foster community engagement, support local farmers, promote health and wellness and provide access points for healthy food in neighborhoods."

On Saturday, August 7, the Suffolk Farmers' Market will celebrate the occasion to the banjo pickn' tunes of Michael Durig, select vendors will offer special discounts and food samples and farm animals will be on site between 10 a.m. and 1 p.m. to "edu-tain" children and adults alike. Patrons also can enjoy a rag rug weaving demonstration and free drawing for a complete set of organic soil amendments provided by Growing Green Acres Farm.

The Virginia Department of Agriculture and Consumer Services is hosting a photo contest to showcase the 2010 farmers' market season. Submit your favorite digital photograph taken at the Suffolk Farmers' Market (or any Virginia market) between now and August 18 for a chance to win a Virginia Grown/Virginia's Finest prize package worth \$100. Go to VirginiaGrown.com website for complete information on the contest.

Held beneath brightly striped tents at "Market Park" (the mini-park adjacent to the Seaboard Station Railroad Museum at 326 N. Main Street), the Market operates rain or shine on Saturdays from 9 a.m. to 3 p.m. and Wednesdays from 3 p.m. to 6 p.m. through September.

The Suffolk Farmers' Market is sponsored in part by the Obici Healthcare Foundation and is managed by the Suffolk Division of Tourism. For vending information, call the Suffolk Visitor Center at 757-514-4130.

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