

## Words About Wellness

### **Eat Local. Eat Seasonal.**

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#### **Why is it important to incorporate fruits and vegetables into your daily diet?**

1. It may reduce your risk of heart disease and stroke.
2. It can reduce blood pressure.
3. Fiber content found in fruits and vegetables can aid digestion.
4. Lutein and carotenoids can help prevent eye diseases, such as cataracts and macular degeneration.
5. Replacing unhealthy food with fruits and vegetables can help aid weight loss by increasing satiation, slowing gastric emptying, and reducing gastrointestinal secretions.
6. Fruits have a high water content.
7. Flavonoids in fruits and vegetables also have a possible anticarcinogenic effect.

#### **Why should I buy **FRESH** fruits and vegetables?**

- Seasonal food typically tastes better because it has fewer preservatives and can have a higher vitamin content because it was picked recently.
- Eating locally grown food reduces your carbon footprint because the food does not have to be transported from other states or countries and is typically grown within 50 miles of you.

#### **Eat seasonal fruits and vegetables locally by visiting a farmer's market near you.**

##### **Carrboro Farmer's Market**

Saturdays: 7am to 12 noon from April 6<sup>th</sup>-October 26<sup>th</sup>

Wednesdays: 3pm to 6pm from April 10<sup>th</sup>-October 30<sup>th</sup>

<http://www.carrborofarmersmarket.com/>

##### **Chapel Hill Farmer's Market**

Saturdays: 8am to 12 noon from April to November

Tuesdays: 3pm to 6pm from April to November

<https://www.thechapelhillfarmersmarket.com/>

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### **Chatham Mills Farmer's Market**

Saturdays: 8am to 12noon from April to October

<http://chathamillsfarmersmarket.com/>

### **Durham Farmer's Market**

Saturdays: 8am to 12 noon from April 6<sup>th</sup> to November 23<sup>rd</sup>

Wednesdays: 3pm to 6pm from April 17<sup>th</sup> to October 9<sup>th</sup>

<https://durhamfarmersmarket.com/>

### **Eno River Farmer's Market**

Saturdays: 8am to 12 noon from April to October

<http://www.enoriverfarmersmarket.com/>

### **Fearrington Farmer's Market:**

Tuesdays: 4pm to 6pm from April to November

<https://fearringtonfarmersmarket.com/>



### **Hillsborough Farmer's Market**

Saturdays: 8am to 12 noon from April to October

<https://www.hillsboroughfarmersmarket.org/>

### **Pittsboro Farmer's Market**

Thursdays: 3pm to 6pm from April to November

<http://pittsborofarmersmarket.org/>

### **South Durham Farmer's Market**

Saturdays: 8am to 12 noon from April to October

<http://www.southdurhamfarmersmarket.org/>

### **Southern Village Farmer's Market**

Thursdays: 3:30pm to 6:30 pm from May 7<sup>th</sup> to September 10<sup>th</sup>

<http://www.southernvillage.com/>

### **State Farmer's Market (Raleigh)**

Mondays to Saturdays: 5am to 6pm

Sundays: 8am to 6pm

<http://www.ncagr.gov/markets/facilities/markets/raleigh/>



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