



June 1, 2010

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Welcoming a Partner in Community Health Fair *North City Farmers' Market Set to Open*

I am pleased to announce the opening of the North City Farmers' Market on June 5, 2010. The market is located at North 14th Street and St. Louis Avenue across from Crown Candy Kitchen, and features local, organic food at low prices.

The North City Farmers' Market will host an inaugural "Eat.Right.Now!" parade and community health fair on Saturday, June 5. This one-of-a-kind event will celebrate healthy eating, eating locally, physical activity and sustainability. The parade begins at 9:30 a.m. at Hyde Park on Salisbury Street, winds down Parnell Street, and completes the last leg along St. Louis Avenue, concluding at the North City Farmers' Market across from Crown Candy Kitchen.

Following the parade, everyone is invited to join the opening celebration of the North City Farmers' Market and enjoy the health fair. The health fair features free food, a free cooking demonstration, live entertainment and children's activities.

The North City Farmers' Market is a partner in the free health fair I am sponsoring for our community on July 10, 2010, at Forest Park Community College. I just want to let the citizens of the 4th District know this valuable resource exists to promote healthy eating and healthy living in our community.

The free Community Health Fair I am sponsoring will run from 10 a.m. – 2 p.m. at Forest Park Community College, 5600 Oakland Ave., St. Louis.

When it comes to our health, I think that knowledge is one of the most important factors, right along with proper diet and exercise. We need to know the vital information that constitutes our health, such as cholesterol, glucose, and body mass index, to name a few. Learning what these numbers are and what they mean for your health is just as important as knowing the genetic factors of your family history.

Healthy eating habits promote long life and reduce the risk of disease, and our farmers' markets are sources of nutritious products and valuable information. I hope you have an opportunity to visit the North City Farmers' Market this summer. It will remain open until October 16. For more information, visit www.northcityfarmersmarket.org.

Bon appétit!

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