

Farmer's market opening May 15

Posted: Wednesday, May 5, 2010 8:55 am

Melissa McClendon

Mayes County's fledgling farmer's market will open Saturday, May 15, and continue throughout the growing season. The market will be held on the west lawn of the Mayes County Courthouse on Adair Street in Pryor. The hours of operation will be 8 to 11 a.m.

Mayes County Farmer's Market is another program that Mayes County H.O.P.E. Coalition is implementing in order to promote healthy lifestyles in the community. The H.O.P.E Coalition is a group of Mayes County organizations that share resources to inspire healthy lifestyles in the county.

There are many reasons for farmer's markets, but one of the most important reasons is to protect and encourage the local economy. Today's economy is attacking the pocket books of many Americans, often leaving people to choose fast food and cheap calories.

Nutrition is another reason for the farmer's markets. Diabetes and obesity have gradually become too important to ignore. Local growers are offering some of the freshest, in-season fruits and vegetables at the Mayes County Farmers market.

For information call Connie Arnold at 825-6909.