

Farmers Market Outreach



The Center for Nutrition, Diet and Health has a big presence at farmers markets around the District of Columbia. The Farmers Market Nutrition Education Program provides nutrition education at point-of-purchase for market goers. The program also provides on-site food demonstrations using fresh produce from the market, recipes and nutrition data for foods sold at markets.

Food demonstrations provide interactive instruction on healthy cooking techniques, modifying favorite recipes to include healthier ingredients. And of course, who doesn't love a free sample? You can often find Tyrome "Chef T" Henson at the UDC Farmers Market on Saturdays from 8:00 a.m. – 2:00 p.m. from May to November. Our market offers fresh and local food to the Van Ness neighborhood in Northwest Washington, D.C.

Chef T also provides food safety education and health tips, and offers nutrition information and cooking tips to shoppers. One of the unique concepts behind Chef T's market food demonstrations is that he uses ingredients and produce from the market's vendors. Hence, a shopper is more likely to purchase the same ingredients directly from the market after tasting a sample.



According to USDA Agricultural Marketing Service, farmers markets are becoming fresh food mainstays for people across all socioeconomic, political and ethnic classifications. Farmers markets serve as community anchors, promoting the regional economy and local farm businesses, increased access to fresh, nutritious food, and stronger social networks that help keep communities healthy. In addition to providing easier access to fresh food, studies show

establishing a farmers' market can revitalize a neighborhood, enhance social interaction and provide a supplemental source of farm income for many growers, according to the Center for Sustainable Development's *Farmers Market Manual*. Moreover, because farmers' markets increase the availability of fresh fruits and vegetables for consumers, they play an important role in the



government's mission to combat childhood obesity. People also love supporting locally grown and produced foods.

The UDC Farmers Market is located at 4340 Connecticut Ave. in front of the David A. Clarke School of Law, and will be open until November.

Contact Chef T at thenson@udc.edu.