



Nutley Farmers Market Recipe for Health

Market Walk & Talk for August 14, 2016

Fitness Tip #10

Make half your plate fruits & vegetables. The more colorful, the more healthy!



When	What	Featured This Week
8:30-9:30am (meet at the Market at 8:15am)	Walk a scenic 3-mile loop with a featured expert who will answer your questions	Eileen Painter, Executive Director, Nutley Family Service Bureau <i>What services does NFSB offer? What does "food insecurity" mean and who is affected? How can the community support NFSB's mission?</i>
'til 2pm	Shop the Market and stock up for the week	Apiterra Asprocolas Acres Gourmet Nuts & Dried Fruit Hoboken Farms Pickles, Olives Etc. Steep for the Trees S.L.U.G. The Little Bake Shop There's Da Rub
'til 2pm	Try seasonal selections	Eggplant, Nectarines, Okra, Peaches, Tomatoes, Zucchini

#NutleyFarmersMarket

