

**BY MARY PEDERS,
HORTICULTURAL ASSISTANT & GROWER**

Lake County residents get ready! It's almost time for the Farmer's Market at Lake Metroparks Farmpark. Last year's event was such a hit that we are bringing it back again this year. The market supports local farmers and gives the community a chance to purchase the delicious goods our local growers and bakers have to offer.

This year's market will offer many seasonal items to purchase, including: fruits, vegetables, baked goods and more. Here are just a few things you can look forward to seeing at this year's market:

Meat from Maine Anjou cattle from the fields of Jefferson, Ohio. Maines are large light red animals that fatten well on pasture. Their meat is lower in fat and calories than conventionally raised beef, higher in omega nutrients and may actually help lower 'bad' cholesterol. Folks from Millgate Farms will be ready to help you select just the right cut for your needs.

Fresh homemade pastries and breads. The Baker's Rack will have tables that overflow with delightful cookies and biscotti. They have been known to bring cinnamon rolls just out of the oven, still too warm to package.

Homemade soaps and skincare products from Just Scents. You can make your own sachets with a variety of oils and herbs and you can also sample homemade herbal teas.

Jams, jellies and baked goods with an herbal twist from Herb Thyme. Breads flavored with savory herbs, hot pepper jam and lemon basil jellies are a few highlights.

Honey. Local beekeepers bring many delectable products to the market, including: flavored honey stix, comb honey, bee pollen and the well-known Honey Bunch Crunch.

Fresh fruits and vegetables from Rainbow Farms in Perry. Larry Klco and family will help you choose the perfect items and tell you how they were grown and how to prepare them.

Brown eggs supplied by free-range Golden Buff and Rhode Island Red Hens from Sirna's Farm in Auburn. The folks at Sirna's also bring a vast selection of Italian sausage and kielbasa, popular heirloom varieties of tomatoes, homemade pickles and award-winning sweet corn. They also grow cucumbers, lettuce and strawberries hydroponically in their greenhouse.

Fresh-picked salad greens, berries, fruit jams and jellies, annual and perennial transplants, natural dog treats and kettle corn can all be found at the market. Everything offered for sale is fresh, delicious and locally produced.

Come on out to the Farmer's Market and see what local folks are growing in our area. It's a great place to meet your neighbors!

The Farmers' Market is open Wednesdays from 3 to 6:30 p.m. in Farmpark's parking lot. The market runs from June 13 to October 31. There is no admission fee.

For more information contact Mary Peders at 440-256-2122 or 800-366-FARM.



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