

News

**North Carolina Research Campus, Kannapolis
May 17, 2010**

Media Contact: Leah Chester-Davis, coordinator of communications and community outreach, N.C. MarketReady, 704-250-5406 or leah_chester-davis@ncsu.edu

Farmers Market Opens at N.C. Research Campus

Extension events highlight market's third season

KANNAPOLIS, N.C. – The sweet smells and flavors of locally-grown fruits and vegetables return to downtown Kannapolis on Thursday, May 20, as the N.C. Research Campus Farmers Market kicks off its third year. The 2010 market, located in the parking lot across from the Amtrak station on Main Street, will be open on Thursdays from 4 to 7 p.m. until September 30.

The N.C. Research Campus Farmers Market offers visitors weekly educational opportunities as they shop for fresh fruits, vegetables and other items. N.C. Cooperative Extension staff from Cabarrus and Rowan counties will host events throughout the 2010 market season. Market visitors can sample tasty treats, perfect the produce-canning process, race cars made from vegetables and discover delicious fruit and vegetable recipes from [The Produce Lady](#).

N.C. Research Campus Farmers Market – Events in May & June 2010

May 20 – Where Do Plants Get Their Food?

Join Heather Jones, 4-H agent with Cabarrus County, and team up as plant detectives to find out how plants use water, sunlight and carbon dioxide to make food. Visitors can make their own “Soil Sam,” a homemade Chia Pet.

May 27 – Learning & Living Local Foods

Do you know where your food comes from and who is growing it? Find out more about the Cabarrus County local food movement and the beginning farmer program at the Elma C. Lomax Incubator Farm in Concord with Debbie Bost, Extension director, Cabarrus County.

June 3 – Sensational Seeds

Watch basil seeds germinate in your hand! Market visitors will make their very own seed necklace while learning about what seeds need to grow. Visit Sara Drake, 4-H agent with Rowan County, to find out what 4-H has to offer youth. The 4-H program is the youth component of N.C. Cooperative Extension.

June 10 – Preserving Nature’s Bounty

Enjoy summer flavors all year! Receive the latest food preservation information from Pam Outen, Extension family and consumer sciences agent, Cabarrus County. Bring your dial-gauge pressure canner lid to have it tested for free. Visitors can also sample dehydrated fruit and fresh jelly.

June 17 – I Bought It, Now How Do I Cook It?

Take a step on the wild side and explore new fruits and vegetables with Toi Degree, Extension family and consumer sciences agent, Rowan County.

Farmers Market Opens at N.C. Research Campus, p.2

June 24 – Second Annual Zucchini 500

Children, start your imaginations! It's racin' time again as the N.C. Research Campus Farmers Market hosts the Zucchini 500 for the second year. Children can create a race car from a zucchini – a la pinewood derby – and compete in prize categories, including most nutritious, best NASCAR theme and the fastest car. This year's event will be coordinated by Armor Insurance Services, Inc.

For a complete listing of events, visit the N.C. MarketReady Web site at www.ncmarketready.org.

Last year's market featured local foods, crafts and plants from more than 20 vendors. The N.C. Research Campus Farmers Market is a joint effort of Castle & Cooke; Piedmont Farmers Market, an organization of local farmers who sponsor several Cabarrus County farmers markets; and N.C. State University at the Research Campus.

N.C. MarketReady, formerly known as the Program for Value-Added & Alternative Agriculture, is a program of N.C. Cooperative Extension, which is an educational outreach of N.C. State University and N.C. A&T State University. N.C. MarketReady's multidisciplinary team builds partnerships and educational resources to help North Carolina agriculture be more profitable. N.C. MarketReady is a partner of the Plants for Human Health Institute at the N.C. Research Campus in Kannapolis. Learn more at www.ncmarketready.org or www.ces.ncsu.edu.

###