

FoodRight at the Farmers Markets



FoodRight, a Milwaukee non-profit dedicated to culinary and garden education, is excited to host their first ever community booths at 4 different Milwaukee farmers markets this year. Keep your eyes peeled for the bright orange tent, unmistakable in the summer sunshine!

FoodRight will bring their positive energy to the buzz of the market, offering a space for conversation and hands-on learning. The theme of the booth will be "Eat your Greens," and will feature microgreen displays, microgreen grow kits, microgreen informational sheets, microgreen crossword puzzles, and more!

The microgreen grow-kits will be free of charge, and will include 1) a miniature growing container made of recycled materials, 2) sterile growing medium made of coco coir, and 3) lots of mustard seeds waiting to sprout! FoodRight staff will demonstrate the best method for growing microgreens, and will provide patrons with all the materials needed to practice cultivating their green thumb at home.

“What makes the farmers market such a special place is that you’re actually creating community around food.”

-Bryant Terry



Grow with FoodRight

Check out www.foodright.org/gardening-lessons
Scroll to section labeled "Microgreens" for growing tutorials
from Chef Lisa

1. Vitamin C and E help fight off illness because they keep our immune system strong.
2. Vitamin C helps blood flow which allows oxygen & nutrients from food to be carried throughout the body.

Microgreens

E	C	M	I	C	R	O	G	R	E	E	N	R	P
R	W	I	U	R	O	C	M	T	P	Y	A	N	N
I	P	A	T	I	E	N	C	E	H	I	L	F	R
O	E	S	U	O	I	T	I	R	T	U	N	U	O
E	F	R	A	D	F	H	S	E	R	F	A	H	U
I	W	M	P	I	E	C	W	O	R	G	O	L	E
U	T	A	T	R	U	L	S	S	E	E	D	A	I
I	F	S	T	T	E	I	I	G	R	I	U	O	I
D	I	A	T	E	F	G	O	C	O	G	S	T	N
W	C	O	H	O	R	U	E	A	I	E	G	S	U



FoodRight has partnered with two AmeriCorps Farm to School members, Maire Cait and Candace, to make these farmers market activities happen. The partnership between FoodRight and the AmeriCorps Farm to School program is a part of an innovative approach to building a healthier Milwaukee community. Together, they provide nutrition and gardening education for Milwaukee’s youth in schools, at home, and in community organizations.

Interested in learning about microgreens, FoodRight, or the AmeriCorps farm to school program? Come check us out in person! We would love to meet you.

Riverwest

Sunday, August 1st: 9am - 3pm

Sunday, September 12th: 9am - 3pm

Jackson Park

Thursday, August 5th: 3pm - 6:30pm

Cathedral Square

Saturday, September 25th: 9am - 12:30pm

Shorewood

Sunday, August 29th: 9:30am - 1pm