

**MEDIA RELEASE**  
**FOR IMMEDIATE RELEASE**

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**FARMERS' MARKET RE-OPENS SATURDAY, MAY 15**

SUFFOLK, VA: A new market season will kick off on Saturday, May 15, with much more than fresh produce. Opening day will include a cow, a goat, a pony, chickens and other farm animals to entertain children and adults alike! And the first 50 patrons will receive a free "Virginia Grown" tote bag.

Launched in 2006, the Suffolk Farmers' Market is an open-air gathering place offering fresh, locally-grown foods, value-added products and hand-crafted goods. Held beneath brightly striped tents at "Market Park" (the mini-park adjacent to the Seaboard Station Railroad Museum at 326 N. Main Street), the Market will operate rain or shine on Saturdays from 9 a.m. to 3 p.m. and Wednesdays from 3 p.m. to 6 p.m. through September.

The market is all about community, serving as a connection between local farmers, residents and visitors. Within the City of Suffolk, there are 1,155 farms comprised of 59,000 acres in agriculture production. The farmers' market is an outlet for some of the fruit, vegetables and plants grown on these farms. The market and associated special events relating to farm life, gardening, nutrition and ecology are family oriented and free of charge.

Opening day will include vendors from Acorn Hill Farms Produce, Adams Seafood, B & H Produce, Apron Strings, Biemann Photography, Farm Chicks, Munden flowers and jewelry, the Noriega Farm, the Teeny Tiny Farm and the White Farm. The Western Tidewater Health District will provide information on available services as well as blood pressure screenings on site. Senior Services of Southeastern Virginia will provide information on everything from home-delivered meals for qualifying seniors to counseling for Medicare, Medicaid and long-term care insurance.

The 2010 Senior Farmers' Market Nutrition Program (SFMNP) will begin on July 1 and conclude on November 15. The SFMNP is a federal program which provides coupons for low-income seniors to buy fresh, unprepared foods at farmers' markets, roadside stands and community supported agriculture (CSA) programs.

The Suffolk Farmers' Markets is sponsored in part by the Obici Healthcare Foundation and is managed by the Suffolk Division of Tourism. For vending information, call the Suffolk Visitor Center at 757-514-4130.

The Suffolk Visitor Center is located at 321 N. Main Street in the historic Prentis House. Open daily from 9 a.m. to 5 p.m. and around the clock at [www.Suffolk-Fun.com](http://www.Suffolk-Fun.com).

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