



The Monthly Chicken

The best farmers market newsletter since scrambled eggs!



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A Day In The Life Of A Grower

Growers are some of the hardest working vendors at our market. We talked to one of our growers, Bee Chang, about what his typical week is like, and how he gets you his fresh produce.



For a grower like Bee, there is no day off. "It's a hard labor job." Lots of long hours working his 12 acres of fields; planting, nurturing, and harvesting his crops. It's also a family affair, with Bee's wife, siblings, and parents all helping. Oh, and then there's selling all that produce. Like many of our growers, Bee sells at both the Annex as well as other markets in town. Fresh veggies don't wait till Friday before they need to be picked!

For Bee, the smaller the vegetable, the better. The larger veggies seem like a better value but often don't have the flavor or tenderness of the smaller ones. He doesn't hesitate to talk you as you are shopping to let you know what to look for in vegetables. Bee loves the dedication of our customers. He has many regular customers and many others who come rain or shine, looking for those fresh vegetables.

Something too that its good for all our visitors to remember is that for all our growers, this is their livelihood, their jobs. We should all respect what they are selling, what they are selling it for, and thank them for all their hard work.



Without growers, this farmers market would be a very different place (and Audrey would have WAY more stalls to try to fill), and many other farmers markets in town would not even exist.

So your next trip to the market, be sure to thank Bee and all our growers for all their hard work, and pick up some fresh, homegrown veggies. Cause, as Bee says, there's "lots of good veggies that need a good home to go to."

Thank you for choosing to be a part of the Farmers Market Annex!

We are open
Apr 27 - Oct 27, 2019
Saturdays & Sundays
7:00am - 1:00pm

When you visit the Annex, please remember:

- No dogs
- No smoking
- Many vendors accept plastic. They all take cash!
- Bring a reusable bag cause you're likely going to buy a LOT of MN grown produce

We are a family friendly market and welcome everyone to visit and see what makes us a Next Generation Farmers Market



Farmers Market Annex
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What's In Season



- Jalapenos
- Kale
- Lettuce
- Long Beans
- Luffa Acutangula
- Mini Pumpkins
- Mint
- Napa
- Onions
- Orka
- Parsley
- Parsnip
- Pickling Cukes
- Potatoes
- Radishes
- Rhubarb
- Spaghetti Squash
- Sponge Gourd
- Squash Blossom
- Thai Chilis
- Tomatillos
- Tomatoes
- Watermelon
- Wax Beans
- Yellow Squash
- Zucchini
- B-Patatoes
- Banana Peppers
- Basil
- Beets
- Bell Peppers
- Bitterberry
- Broccoli
- Buttercup Squash
- Butternut Squash
- Cabbage
- Carrots
- Cherry Tomatoes
- Cherry Tomatoes
- Cilantro
- Corn
- Cucumbers
- Culiflower
- Dill
- Edamame
- Eggplant
- Garlic
- Green Beans
- Green Onions
- Ground Cherries
- Habanero Peppers



Grown Organically-ish



One of the most common questions we get is: "where are the restrooms." They are towards the back side of the orange warehouse. But a more pertinent question to this newsletter is: "is your produce organic?" The answer is, unofficially yes. Let us explain.

To be certified organic by the USDA, it's an extensive and expensive process. Most growers you find at farmers markets like ours, simply won't spend the money it costs to become certified. That said, it does NOT mean they are pouring chemicals on their crops. In fact, they all grow using the same organic practices which the USDA asks all certified organic growers to use. But, because of the high price tag to become certified, our growers can't call their produce "organic."

That said, we like to proudly say our growers use organic practices. They avoid chemicals, use natural fertilizers, and give you fantastic produce. So don't be worried if you don't see those little green stickers all over the place here at the Annex, its all naturally grown like you'd expect.

Market Flowers This Month

Fall flowers and grasses are here! From the classic like burgundy and orange pom poms to the unique like pompous grass or acacia you can find them in the Market Flowers coolers. Don't forget all the local flowers like dahlias, strawflower, lisianthus, and more.



MarketFlowersMpls.com



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Upcoming Events

- Sept 7-8** • Live Music from Miles Warren
- Sept 14-15** • Live Music from Kirk and Low
- Sept 21-22** • Live Music from Miles Warren
- Oct 12** • Trick or Treat at the farmers market
- Mid Nov** • Annex Christmas Tree Lot Opens (sorry to talk winter already)

Fall Clothes

Jackie's has traded out their summer clearance for new fall lines. If you are looking for something new to wear for a run some cool, fall morning or something casual to wear to an evening bonfire, check out what Jackie has on her racks.

