

Library Focuses on Farmer's Markets

by Cornelia Fortier

Over the last few years, Fairfield County farmer's markets -- and their popularity - have been blooming. Statewide, there are now more than 120 markets in 97 towns.

On May 13, the Connecticut farmers who grow the ultra flavorful local fruits and vegetables for these markets are the focus of a New Canaan Library Farmer's Market Harvest Event. The evening showcases local farmers' products, screens the documentary film, "The Farmer's Voice," and provides a presentation on why we should support local farmers.

Locally grown produce is fresher (from field to farmers market to table) and packs a bigger nutritional wallop. But buying our food locally also helps the economy. "Agriculture is a \$2 billion industry in Connecticut that accounts for 50,000 jobs and thousands of acres of open space that enhance our quality of life," says New Canaan Library Director Alice Knapp. And when it comes to the environmental piece, there's no contest. "By buying produce from your local farmer, you are working to maintain a healthy environment, a vibrant community, and a strong and sustainable local economy for you and your kids to thrive in," says Beverly Corvino, "The Farmer's Voice" writer and director.

The evening is co-sponsored by Friends of the New Canaan Library and First County Bank and is free. For more information, visit the New Canaan Library's website.