



King County

Dow Constantine
King County Executive

Department of Natural Resources and Parks

News Release

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Celebrate Farmers Market Week and enjoy produce at the peak of perfection

It's the height of summer – and the height of the farmers market season across King County. With 41 farmers markets spreading from Auburn to Woodinville, it's a sure bet that farm-fresh produce is just minutes away from wherever you live.

"Whether you're looking for a quick snack or the ingredients for a special meal, visiting your local farmers market is a must," said King County Executive Dow Constantine. "Supporting farmers markets helps strengthen our rural communities and is a terrific way to eat healthier."

Governor Chris Gregoire has proclaimed Aug. 1-7 as "[Washington State Farmers Market Week](#)," which is a timely reminder to visit a farmers market and get some of the best just-picked fruits and vegetables around, plus a wide assortment of other tasty products.

This time of year, farmers markets feature berries, early ripening apples, root vegetables and much more. Many farmers markets also offer farm-fresh eggs and meat, while some markets sell farmer grown and produced cheese, wine and other products.

Some communities have debuted new markets this year. To find one close to you, get recipes, find a farm, or sign up for the "What's Fresh" e-newsletter, visit www.pugetsoundfresh.org.

King County farmers markets provide strong sales opportunities for more than 250 family farms across Washington, including more than 100 farmers from the county itself. The Columbia City Farmers Market was recently highlighted in story on CNN as one of the 10 best farmers markets in the nation for travelers to visit.

The Puget Sound Fresh program was started in 1998 with the goal of encouraging consumers, wholesalers and retailers to seek out locally grown products, and to provide funding and technical assistance to farmers markets.

Puget Sound Fresh was created by the King County Agriculture Commission and is supported through a partnership between King County, the Cascade Harvest Coalition and King Conservation District. For more information about King County farmers markets visit www.pugetsoundfresh.org or contact Karen Kinney at 206-263-6429.

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