



# adventures

## Go Local - Go to a Local Farmers' Market

By Therese Gustin

Nothing says summer like fresh produce; tender string beans, juicy ripe peaches and berries, cucumbers and tomatoes. The perfect place to find all these delicious fruits and vegetables is at your local farmers' market.

I visited three markets in Oregon. My first stop was the Tillamook Farmers' Market on the coast. Easy to find between City Hall and the County Courthouse on 2nd and Laurel; the Tillamook Farmers' Market was a quaint market with a real home town feel! The smell of juicy grilled burgers greeted us as we arrived. As with most farmers' markets, local craft booths were plentiful. You could find tie-dye shirts, beaded jewelry and homemade candy among the produce and plant booths. Of the three markets I visited, Tillamook had the least expensive prices. I found Rainer cherries for \$1.50/lb. and a half flat of berries for \$8. We were entertained by a dog handling exhibition. We headed back to our campsite with fresh cherries and peaches in hand! You can visit the Tillamook Farmers' Market every Saturday from Mid-June through September from 9 am -2 pm.



My second stop was the Lake Oswego Farmers' Market located in Millennium Park in downtown Lake Oswego. The Park was packed with craft, produce and food vendors. I sampled sweet juicy Red Haven peaches and just had to buy some. I was lured down the walkway by the aroma of all the food booths and the sound of music. The Lake Oswego Farmers' Market has musical entertainment every week. Several tables were conveniently set up around the bandstand next to the food court, so you can enjoy a pastry, omelet or a little Mexican food as well as a concert. I was amazed at the huge bouquets of fresh cut flowers for \$15. I picked up some corn on the cob, zucchini and Walla Walla onions. I can't wait to visit later in the month to see what's fresh, tasty and local! The Lake Oswego Farmers' Market is open Saturdays, 8:30 am-1:30 pm-Mid May-Mid October.

Last but not least I visited the Portland Farmers' Market in the Park Blocks near Portland State University. Here I found the most abundant amount of organic produce. Under the shade of the huge trees, I wandered the aisles and sampled cheeses as well as fruits. You can even purchase artisan breads. All the walking made me hungry so I stopped and had a fabulous Italian sausage sandwich with green peppers and onions. You can easily fill your basket with everything for dinner from meats and cheeses to breads veggies and desserts. Portland Farmers' Market at PSU is open Saturdays 8:30am-2:00pm- Mid March-October, Saturdays, 9am-2pm- November -December in the South Park Blocks between SW Montgomery and SW Harrison.



If you are looking for a fun "shopping" experience, want to buy high quality diverse fruits and vegetables and support your local farmer, check out your nearest farmers' market. For information and location of an Oregon farmers' market near you, visit the web site: [www.oregonfarmersmarkets.org](http://www.oregonfarmersmarkets.org).