

Taylor Parker

Cornerstone

Mrs. Gruenwald

10/3/13

### **Campus Engagement: CF Farmers Market**

On Thursday, October 31, I attended the Farmers market off of College St and 23rd street. There was all different kinds of foods offered at the Farmer's Market. The Farmer's Market last through the whole month of October. While enjoying the fall season, you taste real authentic flavors that are the freshest and tastiest available. Whenever I was interested in buying a food item, the sellers would share the background of the food item you were wanting to buy. They had an amazing array of food to choose from so it was really interesting to see all they had offered. I also liked the Farmer's Market because it gave you a chance to connect with the community. Coming to the Farmer's market made shopping a pleasure not a chore. It gave everyone a chance to socialize but also purchase some delicious homemade food. I also thought that it was very informational because I learned multiple recipes, tips, and meal ideas.

American Way of Eating is the most relatable to the Farmer's market because American Way of Eating is all based around foods. The Farmer's Market relates to the Part I of the book. The author of the book is deals with ethnic foods everyday over the time spent in the fields. She learns the most equip way of working in the fields. I feel from going to the Farmer's Market, you become very knowledgable about food. The sellers offer many free advice about how to increase your cooking abilities. They are

very compassionate about what they grow and make. This food is as real and diverse as it gets, it's fresh from the farm. In the American Way of eating, they relate back to statistics, teaching the reader to become more knowledgeable about what you are eating and where the food that are eating is truly coming from.

The Farmer's market is an experience that I plan on attending every year. It only happens one month out of the year and it's defiantly worth my time to go. Everyone gathers together enjoy food that is fresh from the farm. Everyone should at least attend a Farmer's market once in there life, it's something that needs to be experienced.