

COMMUNITY

ONEgeneration's Encino Farmers Market: A Healthy Community Staple Since 1994

The Encino Farmers Market was founded in 1994, and has been open every Sunday since.

This year-round community market is a wonderful free family weekly event offering local and organic produce sold directly from Southern and Central California farms. In addition to the over 35 weekly farmers, this market supports local businesses, bakeries, artisan food, as well as craft and jewelry makers.

There are varieties of fruits and vegetables that you will not find in the average grocery store, all freshly picked the day before straight from the farm.

The market encourages you to bring your children and talk to farmers about their unique and ethnic foods. The farmers will be able to tell you the health benefits, methods to store and prepare their produce, as well as the differences among varieties.

Have you ever wondered what the difference is between purple, yellow and green cauliflower? Or brown and white eggs? Simply stop by and ask...

Beyond farm-to-table the Encino Farmers Market is



The Encino Farmers Market in its first year.

a great resource promoting any healthy lifestyle.

Wheat grass, probiotic and raw drinks, gluten-free baked goods, seafood vendors and of course raw organic produce is available weekly and in-season. There is something for everyone. You can even ride your bike or walk to the market on the protected safe sidewalk that runs along Victory Boulevard from Balboa Park.

In addition to supporting local farms and small businesses, all of the proceeds from this market support ONEgeneration, a local nonprofit providing programming and services for older adults since 1978.

When shopping at this market you are helping to provide hot meals at no cost to frail homebound seniors in the San Fernando Valley, or transportation for an older adult to a medical

appointment or adult daycare for loved ones who have dementia. A truly unique cornerstone of a community farmers market. We hope you check out this local gem open every Sunday from 8 am to 1 pm, rain or shine. Enjoy a great day out

with friends or family strolling through the market listening to local musicians or stopping to grab a fish taco for lunch!

For upcoming events at the Encino Farmers Market such as the community blood drive with the Red Cross on July 7, new vendors or market news, follow ONEgeneration Farmers Market on Facebook @ EncinoFarmersMarket or visit www.EncinoFarmersMarket.org.



Just a small sampling of the vibrant fresh food on offer.

**From All of Us At
Encino Enterprise**



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