

The Nor'westener Online

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KIDS DAY ALONG BUFFALO BAYOU IS SATURDAY

Join Buffalo Bayou Partnership on **Saturday, June 14, 2008 From 10 A.M. -2 P.M.** for a day filled with family fun, educational activities, music, food, park performers, and bayou boat rides on the Bayou Breeze. KBR Kids Day's fun and exciting activities include hands-on activities with more than 20 Houston non-profits, bayou boat tours, wetland hikes, skateboarding demonstrations, bayou scavenger hunts, kayaking demonstrations with REI, bat games with Texas Parks and Wildlife, fishing lessons, soccer games with the Houston Dynamos, basketball activities with the Houston Rockets, live music with Mr. Habitat, wildflower plantings in the bayou prairies, face painting, balloon twisting, jugglers, and more. The celebration is from 10 am - 2 pm at the Sabine-to-Bagby Promenade. Events are free, food and drinks are for sale.

Location: The Sabine-to-Bagby Promenade **Parking:** City Lots H and C

For information, see: www.buffalobayou.org/kidsday.html,

call (713) 752-0314, ext.4 or

e-mail: jballard@buffalobayou.org.

Area Farmers' Markets

Have received inquiries from readers concerning where local farmers' markets are to be found. Reasons have varied, but interest has peaked with the recent salmonella outbreak involving tomatoes. Follows is a listing I have researched from the web and other sources. Most readers have been looking for smaller markets with more locally grown produce, but one reader was seeking a larger more commercial experience so one of those is noted at the end of this listing. The text with each listing is generally taken directly from the source materials with very minimal editing.

Smaller Farmers' Markets with More Locally Grown Produce

Bayou City Farmers' Market

Address: 3000 Richmond (The market is located in the back parking lot at 3000 Richmond. You can't see us from Richmond, so look for our cross street, which is Eastside—it's between Kirby and Buffalo Speedway. From the traffic light at Eastside; turn north and look to the right.)

Houston, TX 77098

Phone: 713-880-5540

Link: <http://www.urbanharvest.org/farmmarket/index.html>

The market is open Wednesday 4-7 p.m. and Saturday 8 a.m. - Noon.

The Bayou City Farmers' Market includes local small-scale produce growers as well as family farms producing grass-fed meats, local honey, cage-free eggs and much more.

Products are seasonal. Regular weekly events include live music and cooking

demonstrations using seasonal produce. We also host special events such as our annual Tomato Festival in the summer and Citrus Festival in the winter.

(Urban Harvest is a nonprofit organization dedicated to strengthening communities through gardening education. It helps build gardens at schools for education, in neighborhoods for community growth and at places of worship for donations to feed the hungry. It offers a variety of organic-based gardening classes to educate community gardeners, teachers and the backyard gardener how to grow fruits and vegetables using organic methods. Lessons are also held in the on-site teaching garden and as part of the after-school program at area elementary schools.)

Houston Farmers' Markets at Onion Creek Coffeehouse and Rice University Onion Creek Coffeehouse

Address: 3106 White Oak (Between Studewood and Heights Blvd. behind Onion Creek Coffeehouse)

Houston, TX 77008

Link: <http://www.houstonfarmersmarket.com>

The market is open Saturdays 8 a.m. - Noon.

Rice Campus

Address: Rice University Campus (Parking lot south of Rice Stadium, University Blvd near Montclair.

Free parking in the lot at Entrance 9 or in the Greenbriar Lot, entrances 13A and 13B.)

Houston, TX 77005

Link: <http://www.houstonfarmersmarket.com>

The market is open Tuesdays 3:30 - 7 p.m.

Houston's first Texas State Certified farmers market is located in the Heights on Saturday mornings and at Rice University on Tuesday nights. You'll find seasonal produce, micro greens and herbs from Gundermann Farms and other area farms, bread from Kraftsmen Bakery, chocolates, preserves, hot pepper jellies, handmade soaps and flowers.

Shepherd's Harvest Farmers Market

Address: 600 Shepherd Drive (On the lawn of Shepherd Drive Fellowship Methodist Church four blocks south of Washington Ave.)

Houston, Texas 77007

Church office (713) 861-3563

The market is open every 2nd and 4th Sunday from 12 noon to 4 p.m.

Come get your produce and organic goods from local growers.

Central City Co-Op

Address: 2115 Taft Street (Four blocks south of West Gray St.)

Houston, TX 77006

Directions: Inside Ecclesia Church

The co-op is open Wednesday, 9 a.m. - 6:30 p.m.

Although it diverges from the traditional definition of a farmers market, this self-serve volunteer-run co-op offers incredible organic produce at reasonable prices.

There is a membership fee for the co-op, but visitors can purchase a Dollar Day Pass any time they want to purchase organic food at Central City Co-op.

(A co-op is a community of people interested in working together to their mutual benefit. Central City's members are interested in having the freshest, organic produce available at a reasonable prices. Central City purchases produce in the largest quantities possible and divide them among their members in the form of shares or through a market setting. The co-op provides the opportunity for communities of people to come together each week in different parts of the city to purchase high quality, organic food at reasonable prices. Central City offers as much produce as possible from local sources that embrace the practice of compassionate and chemical free growing. CCC only carries produce and products from plants.)

Midtown Farmers Market

Address: 3701 Travis St. (One block north of W. ALabama, Light Rail Station: HCC/Ensemble)

Houston, TX 77002

Phone: 713-524-6922

Link: <http://www.tafia.com/mfm.html>

The market is open every Saturday, rain or shine, 8 a.m.-Noon.

Located in the parking lot of famed restaurant T'afia, the Midtown Farmers Market has grown to a Saturday morning staple. Houston chef Monica Pope is one of the founders of the market, which brings the community together on the cornerstone of food with offerings from local farmers, craftspeople, and chefs making artisanal, handcrafted breads, chocolates, pastries and prepared foods. Local favorites include artisinal chocolates from Brown Paper Chocolate and fair trade, organic coffee. You can also pick up prepared foods and meals to go.

Large Farmers' Market of a Much More Commercial Nature

Canino's Produce

Address: 2520 Airline Dr.

Houston, TX 77009

Phone:

713-862-4027

Open every day 6 a.m.-8:30 p.m.

A favorite of local chefs, Canino's is open every day with plenty of fresh produce.

Canino's is a giant farmers' market that has been offering a tremendous selection of fresh fruits, vegetables, beans, vinegars and even milk and eggs for years. There's no place else in the city where you can buy a farm-fresh pineapple (in bulk, if you wish) at 6 a.m. any day of the week, year-round. Don't want to drive to the country for those juicy Hempstead watermelons? Canino's has them, along with a way to spend all those pennies you've been hoarding (jalapeños anyone?). Go to the very back for the best deals and the freshest hard-to-find items. Whatever you do, don't miss the tamales. Like the rest of the goods, they're tremendously fresh, and you'll see them only rarely at the other markets.

Please share this information with your neighbors as you see appropriate. If you wish your name removed from this group please reply to sender and simply request removal.

Ben Crabb