



Take the Challenge! And Win a Free Bag of Market Goods

from the Washington State Farmers Market Association for
**Washington State Farmers Market Week,
August 3-9, 2008**

Farmers Market Week Shopper Challenges:

a. Buy Local!

How much of your food dollar can you spend at your local farmers market during WA State Farmers Market week?

b. Try It, You'll Like It!

Try a new fruit, vegetable, or food, at the farmer's market or recipe at home (with your farmers market ingredients) and expand your palette of flavor.

c. Yes, You Can! Preserve the harvest to enjoy a bit of sunny warmth during the wet winter months by canning, freezing, or drying fresh fruits, vegetables, and meats.

d. Reduce, Reuse and Recycle!

Bring your own re-usable shopping bags, little red wagon or wheeled cart and load up all of your groceries for the week.

e. Meet a Farmer!

Say hello and thank the people who grow your food.

For more details go to www.wafarmersmarkets.com

How to Participate: Send an email with a written description and/or photos of your experience meeting the challenge during WA State Farmers Market Week (August 3-9) by August 15 to challenge@wafarmersmarkets.com, and enter for a free bag of market goods from WSFMA. Include your name, address, phone number and which challenge you are meeting on your entry. Each challenge (a, b, c, d, e) will have a winning entry and receive a bag of WSFMA market goods. *

*By submitting a challenge, you agree you are 18 or over and agree to giving the WSFMA the use of the contents of your entry by posting your submission on the WSFMA website. Winner will be notified and results will be posted on this website by September 1, 2008. Market bag award contents may vary due to location of recipient. Awards will be distributed by October 1, 2008. All entries must be electronic.