



HEALTH NEWS FROM DR. YU

Thurston County Public Health & Social Services Department

Sweet Summertime

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Summer is a wonderful time of year when fresh produce such as berries, salad greens, and vegetables of every color are locally abundant. Make the choice to eat a variety of colors and flavors to have a positive impact on your health and the health of our community.

We are fortunate to live where we have dozens of farms and vibrant farmer's markets. It's easy to find local produce. Some of it is as close as a bike ride to the neighborhood farm stand, local co-op, farmer's market, or grocery store.

- To find a farm or farmer's market near you, check out the local farm map at: <http://communityfarmlandtrust.org>

Farmers Markets are great local options for veggies fresh from the farmer. Olympia's market is open from 10-3 Thursday through Sunday at the north end of Capitol Way. Tumwater's market is open on Wednesday from 11-2 on the southwest corner of Israel and Capitol Boulevard. The new West Olympia Farmer's Market is open on Thomas St. between Garfield Elementary and Woodruff Park on Saturday from 10-3.

The Lucky 7 convenience store on Fourth Avenue East now carries produce from Left Foot Organics farm and hosts a farm stand featuring produce from Rising River Farm on Wednesday afternoons from 3-6 pm.

Thinking organic?

Adding fresh fruits and vegetables to your diet should be the priority. Organic produce may not always be available. To help make healthy choices, the Environmental Working Group has put out its "Dirty Dozen" list of fruits and vegetables with the highest levels of pesticides (including apples, celery and strawberries) in produce as well as their "Clean 15" (including onions, corn, and pineapples) to help consumers make smart choices based on budget and produce availability.

Food for thought:

Buying local has positive impacts on our health, the environment, and helps build a strong local economy. A box of conventional tomatoes shipped 1000 miles from another state requires a lot more energy to produce than locally produced organic tomatoes. When you can, buy local to keep your money moving through our local economy.

A sweet combination:

Summer offers a bounty of opportunities to add a variety of healthy fruits and vegetables to our diets.

- For more information on healthy eating this summer and throughout the year, visit us on the web at www.co.thurston.wa.us/health/personalhealth/chronicdiseaseprevention/index.html

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