



**BERRIEN COUNTY  
HEALTH DEPARTMENT**  
better health. stronger communities.

## News Release

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For Immediate Release

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### **Benton Harbor Farmers Market Set to Open on Wednesday, June 26, 2019**

(Berrien County, MI) - The Benton Harbor Farmers Market will open for another season on Wednesday, June 26, 2019. The market will run from 10am to 3pm every Wednesday in the Dwight P. Mitchell City Center Park in downtown Benton Harbor.

Each week from opening day through September 18<sup>th</sup>, the Benton Harbor Farmers Market will offer a wide variety of locally-grown and affordable fresh fruits and vegetables. This year, the market will also feature several newer vendors selling homemade and locally sourced foods, ready-to-eat lunch options, and other artisan items. In addition to cash, the market gladly welcomes Bridge Cards (EBT), Senior Project FRESH, and WIC Project FRESH coupons that can be used to purchase qualifying items. The market will also offer people with Bridge Cards an opportunity to double their spending power with the Double Up Food Bucks program.

Community members shopping at the market this summer will enjoy a variety of activities, including cooking demonstrations from a Registered Dietitian at Spectrum Lakeland Health, taste tests of the fresh produce available, physical activity opportunities and games for children. "There's no better way to strengthen our local community than to shop and eat locally," said Jessica Schaeffer, market coordinator at the Berrien County Health Department. "By visiting the Benton Harbor Farmers Market, residents are supporting our local farmers, our economy, and our community as well as getting healthy and fresh food for themselves and their families."

The Benton Harbor Farmers Market is operated by the Berrien County Health Department and supported by grant funding from Be Healthy Berrien through the United Way of Southwest Michigan. New vendors are welcome and encouraged to contact the Berrien County Health Department for more information. Find additional information about the market and how to become a vendor at [www.bchdmi.org](http://www.bchdmi.org).

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