

AUGUST CALENDAR OF EVENTS

Monday, August 7

- Kids' Activity
 - **"Catapult Fun"** is a STEM related activity hosted by ISU Extension Union County Youth and Outreach
- Demonstration
 - **Beehive Demo-Randol Honey Farms**
Tom Randol will bring live bees enclosed in glass for a bee demonstration

Monday, August 14

- Kids' Activity
 - **Design your own "MY Plate"-MATURA WIC**
Get creative with stickers, paper plates and crayons to design what a healthy plate of food looks like.
- Demonstration
 - **Cucumber Melon Salad-Hy-Vee dietician**
Hy-Vee dietician will be handing out cucumber melon salad samples with recipe.

Market Schedule

- June 5-Sept 25
- 4-6:30
- Activity start time 4pm-?
- McKinley Lake (SE Corner)

Monday, August 21

- Kids' Activity
 - **Frisbee SpinArt-Community Partnerships for Protecting Children**
Make cool spin art on a frisbee using a spin art machine. Frisbees will be provided.

Creston Farmers' Market will continue to operate until September 25. However, the last day for our scheduled kids' activity will be August 21st. Thank you to the community organizations and businesses who took the time to volunteer for our kids' activities and wellness demos. Also, a big thank you to the folks who supported our market week after week. We hope you continue to support the market until its last day on Sept. 25th.

Sincerely,

Alexi Groumoutis, Local Foods Coordinator

- Watch Southern Iowa RC&D's farmers' market video filmed in Creston at www.southerniowarcd.org
- Follow Southern Iowa Local Foods Initiative on Fb

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