

# JOIN FRIENDS OF THE FARMERS MARKET

The Columbus County Community Farmers Market is a vital part of our community. When you become a Friend of the Farmers Market, you are contributing to our local economy, supporting local farmers, improving access to fresh fruits, vegetables and other farm products, and encouraging sustainability.

Farmers markets support a sustainable food system by offering locally grown produce. Small family farms stay in business; land is protected from development, and consumers receive fresh food that does not travel far. A typical carrot has to travel 1,838 miles to reach your dinner table.

The Columbus County Community Farmers Market sells a variety of fresh fruits and vegetables, as well as flowers, herbs, baked goods, honey and hand-crafted items. The market provides a direct link between the farmer and consumer, benefiting both.

Friends of the Farmers Market recognize the many benefits of a community farmers market and share the mission of the market to “provide quality, locally grown produce to the community and provide an alternative income for local farmers.” The farmers market enables most participating farmers to keep 80 to 90 cents of each dollar spent by the consumer.

Show your support for the Columbus County Community Farmers Market by joining Friends of the Farmers Market **TODAY!**



COLUMBUS COUNTY  
COMMUNITY FARMERS MARKET

P.O. Box 888

Whiteville, NC 28472

(910) 840-6743

[friends@columbuscountyfarmersmarket.com](mailto:friends@columbuscountyfarmersmarket.com)

[www.columbuscountyfarmersmarket.com](http://www.columbuscountyfarmersmarket.com)

7:00 a.m. until 12 noon

Tuesday, Thursday, Saturday

May through December



JOIN  
FRIENDS  
of the  
FARMERS  
MARKET

GIVE BACK TO THE  
COMMUNITY. BUY  
FRESH. BUY LOCAL.



COLUMBUS COUNTY  
COMMUNITY  
FARMERS MARKET

# SUPPORT SUSTAINABILITY

## Fresh from the Farm . . . to Your Family

The Columbus County Community Farmers Market is so much more than just a place to buy fresh, locally grown produce. Throughout the year, the market strives to provide educational programs and activities as well as special events that promote local, sustainable agriculture, encourage good nutrition and healthy lifestyles, and support the local economy.

### EDUCATIONAL ACTIVITIES

Although Columbus County is a predominantly rural area, not all youth have had a farm experience. The Farmers Market educates youth and adults alike on the importance of agriculture as well as the work ethic, traditions and processes involved in farm production.

Every year, more than 1,000 primary and elementary students visit the farmers market for educational presentations and demonstrations. The Market hosts at least one special event each month during the year with an educational component.



Students from Whiteville Primary School sample fresh, local fruits and vegetables during their annual educational fieldtrip to the Farmers Market.

## PROMOTING BETTER HEALTH, GOOD NUTRITION & PHYSICAL ACTIVITY

Unfortunately, Columbus County ranks among the least healthy counties in North Carolina. The Columbus County Farmers Market hosts several special events throughout the year that promote healthy eating, good nutrition, and physical fitness.

In 2010, the Market hosted the first-ever Fun Run & Walk to encourage increased physical activity. More than 200 people participated in what has become an annual event.



Runners gather for the Farmers Market Fun Run & Walk

Columbus County Wellness Day, held at the Market, is just one example. County employees are provided free wellness screenings, healthy recipes, cooking demonstrations, and samples of fresh fruits and vegetables.

Your financial support as a **Friend of the Farmers Market** helps to continue these worthwhile community activities and events.

Because the Columbus County Community Farmers Market, Inc. is a 501(c)(3) organization, your contributions are tax-deductible to the full extent of the law.

## Join Friends of the

### Farmers Market TODAY!

**YES!** *I/We want to show my/our support for the Columbus County Community Farmers Market.*

#### INDIVIDUALS & FAMILIES

- Sustainer — \$250.00+
- Supporter — \$100.00-\$249.99
- Patron — \$50.00-\$99.99
- Friend — \$25.00-\$49.99

#### BUSINESSES & COMMUNITY ORGANIZATIONS

- Sustainer — \$500.00+
- Sponsor — \$250.00-\$499.99
- Partner — \$100.00-\$249.99
- Advocate — \$50.00-\$99.99

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please charge my membership to my:

Visa    MasterCard    Discover

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

*Mail your completed form along with payment to:*  
Columbus County Community Farmers Market  
P.O. Box 888

Whiteville, NC 28472-0888

or

Join online at

[www.columbuscountymarket.com](http://www.columbuscountymarket.com)