



# FRESH OFF THE FARM...

July 21, 2011

## THIS WEEK AT THE MARKET!

*Logo created by  
Raynaldo McCummings*

BECOME A FRIEND  
OF THE MARKET!

MARKET MANAGERS:

Mary Hodges  
(540) 839-5846

Beth Rogers  
(540) 839-6644

CALLING ALL  
MUSICIANS!

JAM SESSION  
July 30th

Bring your favorite  
instrument and join  
Don and Cathy for a  
Farmers Market  
First!

### FRESHLY PICKED PRODUCE

Carrots, Sweet Corn, Cucumbers, Cabbage, Yellow Squash, Potatoes,  
Lettuce, Onions, Peppers, Radishes, Beans, Greens, Herbs,  
Sunflowers, Zinnias, Zucchini and more!

### ARTISAN CREATIONS

Local Photography, Brooms and Whisks, Hand-knit Alpaca Wool  
Sweaters & Gifts, Sterling Silver Jewelry, Etched Glass & Candles,  
Decorative Bird Houses & Furniture, Handmade Soaps, Lavender  
Soaps and Lotions, Notecards, Personalized gifts and more!

### PUFF'S BBQ

Chicken, Ribs, Pulled Pork  
Special Orders: Call ahead  
and pick it up at the Market.  
(540) 997-0555

### BAKED GOODS

Cakes, Breads, Rolls, Cookies,  
Chess Bars, Maple Candy,  
and More!

### SNO-CONES - LOCAL HONEY - FRESH EGGS

## BFF KIDS!

"Be Farm Fresh"

Join Leslie Brunner and Debbie  
Chaplin each week for fun projects!

**Saturday, July 23th: Make your own  
Zumba Rhythm Sticks!**

"Kids Grow at the Market" Passports  
and Prizes are here!

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



### ZUMBA

This Saturday at the Market!

Join Licensed Zumba Instructor, Kelly  
Shifflett of Marlinton WV for a demon-  
stration this **Saturday at 10:00am!**

Come join the party!

See what Zumba is all about and how  
much FUN they have!

**Classes: Tuesday & Thursday  
6:30 - 7:30pm**

Valley Elementary School in Ashwood



**ZUMBA**  
fitness

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