



# Hunterdon Land Trust

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## MEDIA ADVISORY

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### **A Colorful Fall Harvest of Fruits and Veggies Abound At the Hunterdon Land Trust's Farmers' Market**

Autumn may have arrived recently, but that doesn't mean it's the end of the Hunterdon Land Trust's Farmers' Market season. The market remains open every Sunday through Nov. 23 offering a cornucopia of colorful and nutrient-rich fruits and vegetables.

Sure, you'll find all the standard fall produce -- root vegetables, pumpkins and apples, for instance -- but did you know you'll also find tomatoes and peaches, and as the leaves change colors, an encore appearance of spring greens?

"I'm constantly amazed that well into October you see many of the spring greens returning to the market -- things like kale, spinach, arugula and lettuce," said Catherine Suttle, director of cultural resources at the Hunterdon Land Trust. "What's great about coming to the Farmers' Market in the fall is that in addition to the greens returning, you also have carrots, potatoes, onions, garlic, apples, broccoli and winter squashes. The list just goes on. Some farmers will even continue to have tomatoes and peaches."

Suttle noted that life can get hectic in the fall as kids return to school and get busy with everything from soccer practice to girl scouts. "Vacations are over, so a relaxing Sunday at the market might not be on everyone's schedule. And that's a shame because when our lives get crazy we need to take care of our health, and one of the best ways to do that is to eat nutrient-rich, fresh foods you always find at a Farmers' Market."

Besides great produce, shoppers can find pork, beef and lamb to create savory and comforting fall meals.

The Hunterdon Land Trust also keeps a full schedule of activities running until Thanksgiving week. The highlights include:

- Oct. 5: A wreath-making demonstration and workshop with Marie Saldarini.
- Nov. 2: Our story-telling series continues with Carol Simon Levin

- Nov. 9: Poet Daniel A. Harris will hold a reading and discussion of his environmental poems in the historic Dvoor Farm house.

The Farmers' Market will end its weekly fall season with a holiday market on Nov. 23 by offering turkeys, decorative greens, wreaths and more to shoppers to help them celebrate the holidays.

"A lot of farmers get asked if we'll continue to be open during the fall, so I think there's a bit of a false impression out there," Suttle said. "Some markets do close earlier but farmers and our customers requested us to stay open up. Because of that demand, we remain open every week until just before Thanksgiving, and then we're open once a month from December to April."

For weekly updates on the Farmers' Market, visit [www.hunterdonlandtrust.org](http://www.hunterdonlandtrust.org).