



# Hunterdon Land Trust Alliance

56 Main Street • Suite 2E • Flemington, New Jersey 08822-1474

Phone: (908) 237-4582 • Fax: (908) 237-2225

E-mail: [info@hlta.org](mailto:info@hlta.org)

[www.hlta.org](http://www.hlta.org)

## **FOR IMMEDIATE RELEASE**

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Contact: Alison Levine  
(908) 237-4582  
alison@hlta.org

### **HUNTERDON LAND TRUST FARMERS' MARKET HOSTS SPECIAL WEEKEND FROM A CHILD POINT OF VIEW**

Flemington, NJ — The Hunterdon Land Trust invites you to a special weekend for children at the Farmers' Market at Dvoor Farm. The events begin Friday evening July 16th at 6:30 with a discussion about the book Last Child in the Woods by Richard Louv. The discussion will take place under the central tent at the Dvoor Farm on the Route 12 (Dvoor) Circle in Flemington. Environmental Educator Karen Walsh will lead a thought provoking discussion about what author Richard Louv calls "nature-deficit disorder". Come and share outdoor memories from your own childhood and explore ways to help children connect with nature right in their own backyards.

Festivities continue on Sunday July 18<sup>th</sup> at the Hunterdon Land Trust Farmers' Market between 9 am and 1 pm. Join us for a special day at the market seen from a child's point of view. Stephanie Smith from the Waldorf School will help kids make butterflies and jump ropes with natural fibers. Award winning child advocate and kids musician Macheis

Wind will entertain the young and young at heart with music inspired by the natural world.

At 10:30 Melissa Pickell, R. D. will teach children to “Eat a Rainbow Everyday” with a 30-min program for children ages 6-10. Kids will learn about the life cycle of a fruit and vegetable rainbow including planting, composting, and eating. Participants will explore the benefits of compost, learn how to start your own composting and even get the chance to check out the worms in Melissa’s compost!

Matt McPherson of Matt’s Red Rooster Grill will help Melissa showcase kid-friendly, healthy food. Parents can shop for the freshest local produce to create their own healthy rainbows from the 18 local farmers and producers selling at the Hunterdon Land Trust Farmers’ Market.

For the complete Hunterdon Land Trust Farmers’ Market special event schedule visit [www.hlta.org](http://www.hlta.org) or call 908-237-4582. The Farmers’ Market is open every Sunday from 9 am to 1 pm through November 21 and Thursdays 3 pm to 7 pm through September 30. The market is sponsored by Stem Brothers, Inc., Team Capital Bank, Matt’s Red Rooster Grill and Basil Bandwagon.

The Hunterdon Land Trust is Hunterdon County, New Jersey’s only countywide land trust. Incorporated as a 501 (C) (3) non-profit organization in 1996, the land trust is committed to preserving and protecting the rural landscapes and natural resources of Hunterdon County. To learn more about the Hunterdon Land Trust, please visit their website at [www.hlta.org](http://www.hlta.org).

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