

# *CULTURAL MOMENT*

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***Local Food Series  
Part 2 – Wellington North Farmers' Market  
Friday Afternoons 3pm-6:30pm (May 8 – Oct 9)  
King St E, Mount Forest, at the Victory Community Centre***

Now in its second season, the Wellington North Farmers' Market features local vendors ready to give customers the opportunity to buy top-quality farm-fresh products including Produce, Baked Goods, Meats, Preserves, Plants and Handcrafted items directly from the producer.

There are so many reasons why buying local makes sense.  
There is also significant peace of mind in knowing where our food comes from.

**You Get Quality and Taste** Why eat food that has traveled for days on a truck? Enjoy fully ripened and bursting with flavour fresh food on your plate the same day that it was picked.

**You Help Our Local Economy** When you buy from local farmers and producers, you are supporting local businesses and providing income for families in our community.

**You Get Safety Assurance** How much do you know about your food? Wellington North farmers & producers take great pride in quality food that's safe for you and your family. One of the biggest benefits to buying food locally is having someone to answer your questions about how it was grown & raised.

**You Help the Environment** By reducing the distance food travels and unnecessary food packaging, we can reduce our carbon footprint.

**You Experience Agriculture Up Close** Hear the story of where your food came from, ask questions and experience the countryside and the simple pleasures it has to offer.

***These are just some of the featured food products that contribute to Wellington North's Taste of Place***