

## Connect with Local Foods

Where can you shop for local foods or other items? How can you sell your foods locally?

K-State Research and Extension can help direct you to the right place to start. From gardening, to meats, to food preservation, we have resources that can guide Kansans to grow, buy and sell safely produced, quality foods. Visit [rrc.k-state.edu/local](http://rrc.k-state.edu/local) foods or contact our office for more information.

Within the next week, two of Cowley County's farmers markets are scheduled to open for the season. The Ark City Farm and Art Market operates on Tuesdays from 4:30-6:30 p.m. at Wilson Park. The Walnut Valley Farmers Market operates on Saturdays from 7:30 a.m. ~ 11 a.m. Vendors set up in parking lot at the entrance to Island Park in Winfield. Potential vendors or customers can get more information by visiting [wvfmarket.com](http://wvfmarket.com) or visiting each market's Facebook page.

Other community food efforts are happening - Eastern Cowley County Resource Center hosts a farmers market in Dexter and community gardens are growing in Udall and Burden.

Regulations are in place to help keep consumers safe at farmers markets. You won't find cream or custard pies, cream filled cupcakes and other cream based products at a farmers market. These products require temperature control for safety (which is challenging to do in an outdoor environment).

Baked goods, uncut fruits, vegetables and herbs, nuts, eggs, home canned fruit jams and jellies can be sold but producers don't have to be licensed. All foods on sale or display must be protected from contamination and sold in a sanitary and safe manner.

Shoppers will find a variety of hand-crafted items in addition to seasonal produce and baked goods. Retail food sales (including farmers markets) in Kansas are regulated for food safety by the Kansas Department of Agriculture (KDA) Food Safety and Lodging program. In addition, extra safety measures are being implemented due to COVID-19.

Helping families and community partners connect with resources is a key component of K-State Research and Extension. Our office team is working remotely while our physical office is closed, please contact us at 221-5450 or 441-4565 and we'll help.

*Source: Karen Blakeslee, Rapid Response Center Coordination, Kansas State University*

**K-State Research and Extension — all in-person events have been canceled through July 4**

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal

and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.