

## **Kuyahoor Farmers' Market**

The market offers a variety of fresh, locally grown produce, eggs, herbal products and baked goods as well as cut flowers, potted plants and handcrafted gifts.

Come and enjoy shopping for local products while catching up with friends and neighbors.

**Wednesdays 2:30 - 6:30 pm**  
**Route 8 Poland**  
**June 9th Through October 13th**

### **Why buy local?**

- Get the freshest food for you and your family
- Lower your grocery bills by buying food that travels a shorter distance (Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped for an average of 1500 miles before being sold. With current fuel prices more miles equal high food prices.)
- Support our heritage and our community by supporting local farmers
- Know where your food is coming from and how it's grown
- Reconnect with local producers

Thank you to the Kuyahoor Rotary and the Town of Russia for their continued support and sponsorship.

**Visit us on the web at**  
**[www.kvfarmersmarket.com](http://www.kvfarmersmarket.com)**

## **Kuyahoor Farmers' Market**

The market offers a variety of fresh, locally grown produce, eggs, meat, herbal products and baked goods as well as cut flowers, potted plants and handcrafted gifts.

Come and enjoy shopping for local products while catching up with friends and neighbors.

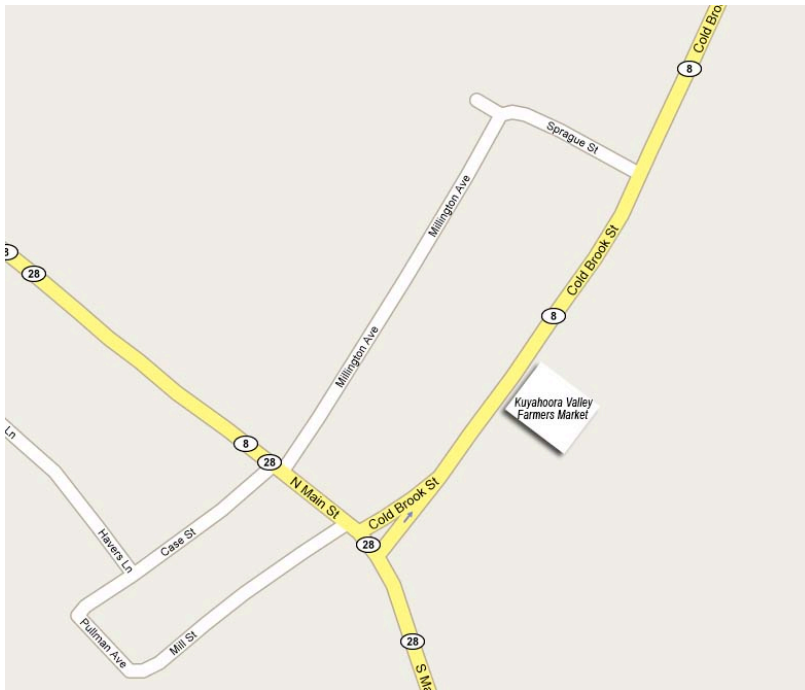
**Wednesdays 2:30 - 6:30 pm**  
**Route 8 Poland**  
**June 9th Through October 13th**

### **Why buy local?**

- Get the freshest food for you and your family
- Lower your grocery bills by buying food that travels a shorter distance (Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped for an average of 1500 miles before being sold. With current fuel prices more miles equal high food prices.)
- Support our heritage and our community by supporting local farmers
- Know where your food is coming from and how it's grown
- Reconnect with local producers

Thank you to the Kuyahoor Rotary and the Town of Russia for their continued support and sponsorship.

**Visit us on the web at**  
**[www.kvfarmersmarket.com](http://www.kvfarmersmarket.com)**



From the East on Route 28 turn right at the fountain in Poland onto Route 8 North the market will be in the parking lot on the right after the Post Office and the entrance to the Town of Russia Park

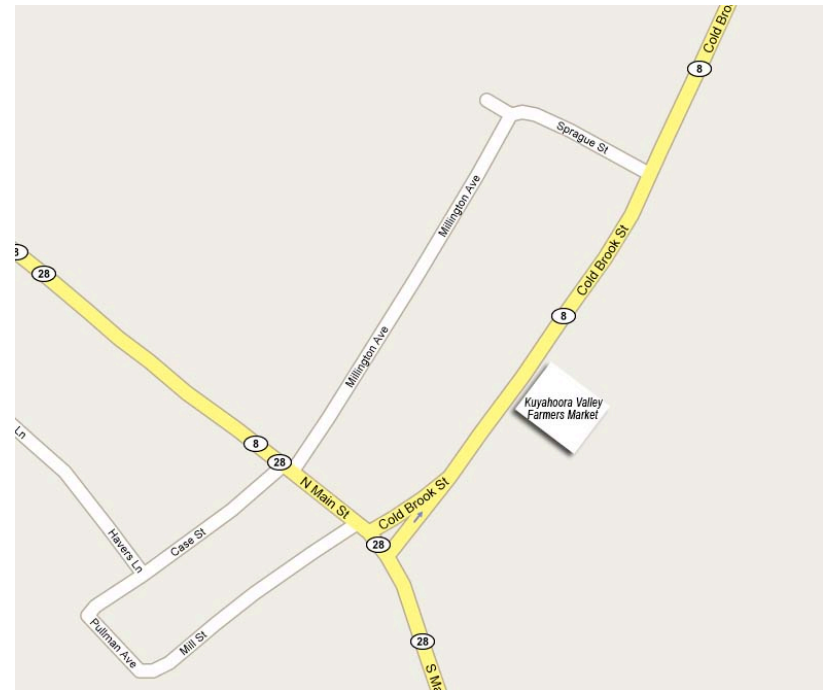
From the West on Route 8 turn left at the fountain in Poland onto Route 8 North the market will be in the parking lot on the right after the Post Office and the entrance to the Town of Russia Park

From the North on Route 8 drive past Poland School on the left and the market will be on the left in the parking lot before the Post Office

For more information contact: [kvfarmersmarket@gmail.com](mailto:kvfarmersmarket@gmail.com)

Heather Perretta, 315-794-4915

Tammy Ford, 315-868-2670



From the East on Route 28 turn right at the fountain in Poland onto Route 8 North the market will be in the parking lot on the right after the Post Office and the entrance to the Town of Russia Park

From the West on Route 8 turn left at the fountain in Poland onto Route 8 North the market will be in the parking lot on the right after the Post Office and the entrance to the Town of Russia Park

From the North on Route 8 drive past Poland School on the left and the market will be on the left in the parking lot before the Post Office

For more information contact: [kvfarmersmarket@gmail.com](mailto:kvfarmersmarket@gmail.com)

Heather Perretta, 315-794-4915

Tammy Ford, 315-868-2670