Farmers Market to host health expo

BY GREG OLIVER
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CLEMSON — The Clemson Farmers Market will not only featur fresh, locally grown farm products and hom made arts and crafts, bu also health awareness at its First Friday at the Market event today.

First Friday at the Market and Healthy Living Expo will take place from 3-6 p.m. at Patrick Square, located at 578 Issaqueena Trail in Clemson. The Healthy Living Expo is an inaugural effort that will run concurrently with the market.

"We're excited to be able to host the Healthy Living Expo at the Clemson Farmers Market," market manager Kathi Dimmock said. "It's a great opportunity to bring together groups and organizations in our area whose goals support healthy eating, healthy living and activities that affect quality of life. The expo is designed for people of all ages, and all of the exhibitors will offer hands on, educational fun for everyone."

Dimmock added that all market and expo activities are free and open to the public.

"We hope people in our community will take advantage of this chance to shop for fresh, locally grown produce, farm products, specialty food items and handmade arts and crafts while they learn about healthy living opportunities in our community," she said. "It's a win-win for everyone."

Not only will the regular market vendors be present, Dimmock said exhibitors from local groups and organizations whose goals are to promote healthy eating, healthy living and activities that affect quality of life will be on hand to offer educational information, hands-on activities and exhibits.

Exhibitors scheduled to participate include people affiliated with backyard chickens, honey bees, Green Crescent Trail, Greenville Health System, Clemson Arts Center, Little Free Library, Clemson Parks and Recreation Department, Osher Lifelong Learning Institute, AnMed Health, Issaqueena Pediatric Dentistry, Clemson Area Food Exchange and the Agriculture Museum of South Carolina.

"The expo is the market's first venture into the fast-growing agritourism industry," Dimmock said. "We belong to the South Carolina Agritourism Association, and I see this event being just one of the many ways to promote Clemson and the surrounding area as a tourism destination."

Prior to the Farmers Market and Healthy Living Expo, from 2-3 p.m., a free workshop sponsored by the Osher Lifelong Learning Institute will feature Lois Ryan of Crescent Moon Farms. Those in attendance will have an opportunity to learn about the health and versatility of products made from goat's milk.

Events scheduled during the Clemson Farmers Market and Healthy Living Expo will also include a free giant inflatable for kids provided by Patrick Square, free market shopping bags and a performance by local musician Rob Seel at the Patrick Square Pavilion.

The city of Clemson, Patrick Square and the Clemson Area Chamber of Commerce serve as market partners. For more information on the event, contact Dimmock at (864) 654-3918 or kathi.dimmock@att.net.

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