Fruits (and Veggies) of Local Labors Flood Well-U Summer Farmers Market

All summer, local farmers, bakeries, and specialty vendors have filled Flaum Atrium every Wednesday with the seasonal bounties of our warmer months. Since the spring market, Well-U has worked to bring in additional vendors to explore new flavors and healthy, local nutrition options for your perusal. Recent additions to the Summer Farmers Market include:

- **Andy’s Specialty Garlic and Produce**—look for carrots, pickling cucumbers, kale, red and golden beets, green and purple cabbage, garlic, zucchini, tomatoes, and lettuce to color your diet.
- **Allens Hill Farm**—free-range hens, meat rabbits, aquaponically-grown and cut-to-order pesto basil, dukkah, and seven varieties of apple cider molasses granola come fresh from Bloomfield.
- **Chicory Blue Gardens**—specialty cut flowers and arrangements that come from only organic growing methods can brighten your home, office, or someone’s day.
- **Eat Me Ice Cream**—get ready for some unique sweet treats, such as ice cream sandwiches with sweet corn ice cream and a cassis-infused jalapeño jam volcano on chili corn cookie (cream and vegan), or an assortment of pints including apricot blueberry and miso, and blueberry ice candy.
- **Go Veggies**—this Buffalo-area vendor offers meat alternatives from a spicy mushroom burger to gluten-free carrot and kale, black bean, and spinach burgers.
- **Jon John’s Bakery**—peanut butter cookies, blueberry-peach cobbler, decadent chocolate brownie muffins, pineapple upside-down cake, Grandma's Breakfast Cake, and peanut butter balls are some of the goodies coming from the oven, and you can even find fresh cucumbers from the garden.
- **Noto Fruit Farm**—fill your fruit bowl with fresh peaches, plums, blueberries, Ginger Gold apples, and apple cider from Williamson.
- **Walnut Sunrise Farm**—raw honey, garlic, and squash come to us from this pesticide- and herbicide-free farm in nearby Fishers with three hives of happy honey bees.
- **Workin’ in the Dirt**—scout out this table for lemon and poona kera cucumbers, sweet and hot peppers, string beans, tomatoes, garlic, and tart cherry juice.

Many long-time favorites continue to share their year-round and in-season selections.

- **Bolton Farms**—fresh from the hydroponic greenhouses in Hilton, pick up some fresh sweet corn, beefsteak tomatoes, summer squash, mustard greens, lettuce, kale, Swiss chard, arugula, watercress, micro greens, spinach, parsley and basil.
- **Heiden Valley Farms**—eggs, pork, and a mixed selection of beef come from Lyons in Wayne county where animals are pasture fed and are raised on the family farm with no antibiotics or hormones.
- **Newbury Park Pastries**—ready to cook for a delicious and easy dinner solution, pick from chicken, panang, and shepherds pot pies that are prepared fresh and can be baked immediately, refrigerated for up to three days, or frozen.
- **Pasta Classics**—a wide variety of homemade ravioli, including butternut squash and artichoke and provolone, can be found here, along with fresh pasta cuts, baked stuffed breads, and handmade gnocchi.
• **Raymor Estate Cellars**—from the hills near Bristol comes a new ruby-colored Cellar Red wine, made from the Marquette Grape with notes of cherry, berry, black pepper, black currant, and spice. Samples are available of Cellar Red and the other favorites.

• **Rise and Shine Bread**—Canandaigua’s hometown bakery offers English muffin bread, ciabatta, focaccia, wheat, rye, pumpernickel, and raisin bread for breakfast, lunch, or dinner, and you can finish with a fresh homemade brownie.

• **Seven Bridges Farm**—raised all-natural in Lima, you can pick up fresh beef steaks and roast, many pork varieties, and fresh eggs. Order online ahead of time and you can pick up your items at the market.

• **South Wedge Soap**—these plant-based handmade soaps utilize food-grade seed and nut oils, floral and herbal essential oils, natural plant materials, and high purity water extracts along with at least one ingredient tenderly grown in Rochester’s South Wedge. Neither animal by-products nor synthetic fragrance or detergents are included.

• **Wohlschlegel’s Naples Maple Farm**—a fresh batch of maple cream spread can be found here, along with a variety of maple syrups from historic Naples, NY.

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**Found It, Now Fix It**

Looking for fresh ideas to enjoy your market finds? Each week Well-U dishes up samples of soups, desserts, salads, and more made with main ingredients you can find amidst the market’s fare. Try something new with the growing list of delicious recipes on the Well-U Farmers Market website. Or, to taste the dish du jour and get a printed recipe sheet at the market, visit the Well-U table near the main exit. You can speak with a nutrition representative about the recipe being sampled.

*Keep up with all the market highlights—sign up for the weekly Well-U Farmers Market newsletter.*

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**While You’re at the Market…**

Have you had a biometric screening? Look for a screening location nearby—Class of ’62 or LeChase Auditoriums—and walk right in to get a quick read on your numbers, or make an appointment. The on-site nurses will review your results and can provide information on the YOUR Health programs that are available to improve your overall health and wellbeing. If you haven’t heard, there is a $100 incentive for eligible employees who complete a screening. It takes just a few minutes and you can be on your way with a better idea of your general health.

Well-U strives to improve the health and wellness of University employees by promoting a work environment that encourages healthy behaviors. For more information about employee wellness programs, go to the Well-U website, or call (585) 273-5240. You can also opt in for weekly Well-U updates via the University’s Wellness page; enter your name and e-mail to subscribe.
Well-U Farmers Market

Time: 3 to 6 p.m.

Date: Wednesdays through Oct. 15

Place: Flaum Atrium

For questions about the market and Well-U programs, get answers straight from Brittany Fuino during the Farmers Market or via e-mail to well-u-info@hr.rochester.edu.