



# FAIRFAX COUNTY PARK AUTHORITY



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*For Immediate Release*

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## What Makes Local Produce Better?

Take advantage of local food to lift your table fare at home from table fair to table great.

Fairfax County Farmers Markets are open and bringing you fresh, local food and ideas on ways to prepare it.

Talk to the vendors at the farmers markets to learn more about the food you eat. They'll tell you that most produce at the markets was picked and packaged less than 24 hours before you see it. It's still crisp and vibrant. Produce elsewhere may have been away from the fields for days and travelled hundreds of miles.

Studies show that produce begins to lose nutrients and enzymes the moment it is picked. That means that the sooner you eat it after harvesting, the more nutritious it is, and fresher food tastes better.

Local producers also focus on heirloom varieties with great taste or on varieties that grow well in local climates. Industrial produce is sometimes chosen based on its ability to withstand harvesting, shipping and shelf life. Vendors at local markets can tell you more.

There are 11 Fairfax County markets at Sherwood Library in Alexandria, Oak Marr RECenter in Oakton, Wakefield Park and Mason District Park in Annandale, Old Town Herndon, the Fairfax County Government Center in Fairfax, Lewinsville Park in McLean, Kingstowne Towne Center in Alexandria, the VRE parking lot in Burke, Lake Anne Village Center in Reston, and the VRE parking lot in Lorton. At least one of them is open every day Wednesdays through Sundays into late fall.

Directions and information about the Fairfax County Park Authority Farmers Markets are online at <http://www.fairfaxcounty.gov/parks/farmersmarkets>.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.