Friday May 8th at 7am marks the beginning of the 40th season of the Rutherford County Farmers’ Market

Since 1975 Rutherford County Extension has made it possible for residents to purchase locally grown and locally produced items at the RC Farmers’ Market. More than just a place to purchase fresh fruits and vegetables, RCFM is a small business incubator. It represents a chance for our local producers and growers to have a place to sell their items, develop their businesses and make a name for themselves in the local area. Our customers look forward to being able to stand across the table from the person that grew the vegetables, harvested the honey or made the baked goods and other items being offered for sale.

In addition to the 21 Seasonal vendors listed on page 2, we will have many more vendors who may only be at the market when the items they grow or produce are available.

Frequently asked Market questions:

What time does the Market open?
We are open Tuesdays and Fridays 7am until noon.

Why aren't you open all the time / on Saturdays?
Several reasons:
  • This is what our Vendors prefer. Being local growers / producers, our vendors have farms and businesses to run. Selling is very important to them, but sometimes they have to tend their crops! We host this market to provide an outlet for producers to connect with customers. At the same time, we recognize that many of our vendors use other marketing channels (farm sales, CSA’s, other Farmers Markets). We do not want to limit their other sales opportunities, many of which are held on Saturdays.
  • The Community Center building is also used 7 days a week for educational classes, meetings and private events.
  • RCFM is just one of many programs our staff is responsible every day. It is not a retail business and we can’t keep retail hours.

What forms of payment do you take?
Good old cash is always welcome. Most of our vendors will accept checks. To save you from writing multiple checks or having to stop at your ATM on the way we also offer a “token” system. Just swipe your debit or credit card for the amount you think you may spend and you will receive tokens to spend with the Vendors. You get change back if your transaction is less than the token amount. There is a small transaction fee to cover our costs.

What if I don't spend all my tokens?
Tokens never expire. If you don't spend them all in your visit, they will be good any time you come back to the market.

I receive SNAP benefits – can I still shop at the Market?
Our token program will also accept EBT cards. Just swipe for the amount you choose to spend. The difference is that we don’t give
change for SNAP tokens (you will receive smaller denomination tokens for change) and there is no transaction fee to use the program.

**Why can’t I purchase tomatoes, watermelon or corn any time? They are available at the supermarket.**

Because we are a producers-only market (no reselling of products you didn’t grow) and all the producers grow in Middle Tennessee, you won’t find out of season fruits and vegetables in the market. Warm season crops (tomatoes, corn, most melons etc.) typically are not ready to pick until the hot summer months. We may have some items produced in greenhouses or special environments, but mostly what we have to offer was just picked the day before... if not that morning!

**What will I find this month?** Strawberries, greens, herbs, onions, beets, salad greens, potatoes, honey, eggs, farm raised meats, such as chicken, beef and pork, baked goods, plants for your yard & garden, soaps and lotions and a few surprises!

**Will you have those great free classes again this year?**

Yes! Every Tuesday & Friday at 9:00am in the community center classroom. We’ll have lots of new topics and some returning favorites. Just show up! No registration required. Listed below are classes coming up this month. See the full list on our website.

<table>
<thead>
<tr>
<th>Date /Presenter</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 8th Mark Murphy, CMG</td>
<td>Grow Your Own Cornbread</td>
<td>Enjoy growing grain corn in your garden &amp; converting it to meal for cornbread &amp; grits.</td>
</tr>
<tr>
<td>May 12th Richard Lee, CMG</td>
<td>Local Treasures : Middle TN Native Plants</td>
<td>Use environmentally responsible &amp; wildlife friendly native plants as valuable additions to your home landscape.</td>
</tr>
<tr>
<td>May 15th Floyd Adams, CMG</td>
<td>Mushroom Gardening</td>
<td>Learn to grow your own bed of mushrooms at home.</td>
</tr>
<tr>
<td>May 19th Jane McNulty</td>
<td>Music for Everyone</td>
<td>Learn how to use music to feel better, exercise your brain and decrease stress.</td>
</tr>
<tr>
<td>May 22nd Linda Stevens, CMG</td>
<td>Deciphering Food Nutritional Labels</td>
<td>Confused by all of the info on food packaging these days? We'll help you decode and make the best choices for your family.</td>
</tr>
<tr>
<td>May 26th Carla Bush, Ext. Agent</td>
<td>Seasonal Eating: Egg Cookery</td>
<td>Get your EGGucation and learn more about the amazing versatile EGG.</td>
</tr>
<tr>
<td>May 29th Mitchell Mote, Ext. Agent</td>
<td>All Brown Patches Are Not Brown Patch</td>
<td>Discussion of common lawn problems and what to do about them.</td>
</tr>
</tbody>
</table>
**BQA**

Attention Beef Producers!
**Beef Quality Assurance Training**
Monday May 18th 6:00pm
Community Center Class Room

Beef Producers attending this training learn “best practices” for feeding, nutrition, disease prevention practices, identification, shelter and housing, cattle handling, transportation, and more. Besides being the right thing to do, better practices will ultimately increase profitability and make operations more efficient. As an educating program, BQA helps producers identify management processes that can be improved.

$20 for TN Cattlemen’s Assn. Members
$40 if you are not a member.
Call Tn Cattlemen’s Assn. 615-896-2333 to join
Call 615-898-7710 to register for BQA

---

**VISIT THE DEMONSTRATION GARDENS AT LANE AGRI-PARK**
**JUNE 6 9:00AM - NOON**

Master Gardeners of Rutherford County Extension will be hosting a tour of the Demonstrations Gardens as part of this years’ Discovery Center Secret Garden Tour on Saturday June 6.

Visit our garden areas which have been developed over the past few years and include Butterfly Habitat, Herbs, Vegetables, Raised Beds, Crepe Myrtle Varieties, Vineyard, Orchard, Mushrooms and Rain Garden. Master Gardeners will be on hand to answer questions and provide information on the different types of gardens. Demonstrations on container gardening, repurposing junk for yard art and more will also be held throughout the day.

Tickets for the Secret Garden Tour are $10.00 but admission to the Demonstration Gardens is always free.

---

**Ready, Set, BABY!**
**Free! Prenatal Program**

Tuesday June 9, 16, 23, & 30
9-11am
Rutherford County Health Department
100 W. Burton St.
Murfreesboro

This series of classes will focus around creating healthy, tasty meals that fit your budget, food safety, the importance of fruit & vegetables, as well as, finding ways to make physical activity fun and enjoyable.

Sponsored by Rutherford County Health Department Health Education, HUGS, TENNderCare, WIC & UT/TSU Extension and EFNEP.

Call 615-898-7885 to Register!
THERE IS STILL TIME TO REGISTER FOR CAMP!

**2015 4-H Camp Information**

More information and registration forms are available on our website:

Junior Camp (4-5-6th grades)
Clyde York Center, Crossville  June 22—26
Cost $285
Registration starts 7:00 am April 16 at Extension Office. Registration open until all our spots are filled. Clydeyork4hcenter.org
Deadline to register May 29

Junior High Adventure Camp (6-7-8th grades)
Clyde York Center, Crossville  May 25-29
Cost $280  Register by May 15

Design Camp (6-7-8th grade)
Murfreesboro, TN  July 7-9
Cost $125  Register by June 1

Target Smart Camp (5th—9th grades)
Ridley 4-H Center, Columbia  June 29—July 2
Cost $250  Register by May 15

---

June Dairy Day!
Wednesday
June 3
9:00 am to 12:30m
Lane Agri-Park

Sample free dairy products
Milking contest
M’boro Police vs. Fire Department
Live Dairy Cows
Hay rides
Hands on activities, games, prizes!

---

Rutherford County 4-H had a very successful day on April 7th at the Central Region Meat Judging and Livestock Judging Contest! Meat Judging was 4th in the Region with Shelby Summar being the 2nd High Junior High Individual. Livestock Judging was 3rd in the Region with Ahmon Watkins being the Overall High Individual in Oral Reasons and Lindsey Parsley being the 3rd High Individual in Oral Reasons and 5th place Overall! We also had our Rutherford County Senior B Team place in the top 10!

Both Livestock Judging and Meat Judging will be moving on to State Competition in June!