



Center for
Urban Responses
to Environmental
Stressors



Food Matters

FACT SHEET

WAYNE STATE UNIVERSITY | DETROIT, MICHIGAN | WWW.CURES.WAYNE.EDU

Making Good Choices Benefits Everyone



Purchasing organically grown food reduces the amount of chemicals you're ingesting. You're also reducing the amount of chemicals in the air, our water supply, soil, and bodies.



Local food has more nutrients! Since the food doesn't have to travel far, there is less time for the nutrient value to decrease. Buying locally grown produce boosts the local economy. Local farmers reinvest their earnings by spending money in the communities they live in.



By purchasing local foods you reduce the environmental impact of transporting food from longer geographic distances. Remember, the choices you make not only impact your individual health, but also help improve our environmental health.



Community Questions

Answers to our most frequently asked questions regarding food

Q. Can you reduce the amount of mercury in fish by cooking it a certain way?

A. No. No matter how you clean or cook your fish, you can't reduce the amount of mercury. Choosing fish that are low in mercury is the best way to reduce exposure to it.

Q. Where does mercury come from?

A. Coal burning power plants have increased the amount of airborne mercury that eventually ends up in our water. Mercury enters the marine food chain and "bioaccumulates" or builds up from small fish consumed by bigger fish. That's why bigger fish tend to have more mercury content than smaller ones.

Tips

HOW TO STRETCH YOUR DOLLAR IN THE "D"

Spend SNAP dollars at Eastern Market and other local farmers markets that double the value of SNAP points. **See back for list.**

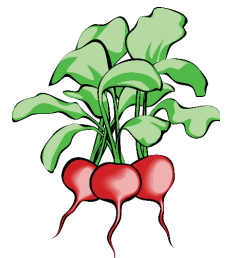


DOUBLE UP FOOD BUCKS



Buy produce that's in season, it's cheaper. Plus you'll support local farmers! **See Back.**

Grow your own food! A garden is a great way to save money.



To learn more about CURES contact Brian Smith at 313-577-5045 or brian.smith9@wayne.edu

Community Resource

Keep Growing Detroit offers soil testing kits and gardening guides to help grow your own garden. Visit: www.detroitagriculture.net



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Michigan Crop Harvest Calendars



Veggies

Spring Summer Autumn Winter

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB
Asparagus			█	█								
Beans (snap, green)					█	█	█	█				
Beets						█	█	█	█			
Broccoli					█	█	█	█				
Brussel Sprouts								█	█	█		
Cabbage					█	█	█	█				
Carrots					█	█	█	█				
Cauliflower						█	█	█	█			
Celery					█	█	█	█	█	█		
Corn						█	█	█				
Cucumbers					█	█	█	█				
Greens (leafy)				█	█	█	█	█				
Eggplant					█	█	█	█				
Lettuce				█	█	█	█					
Mushrooms	█	█	█	█	█	█	█	█	█	█	█	█
Onions						█	█	█	█	█	█	█
Onions (green)				█	█	█	█					
Parsnips							█	█				
Peas (sugar)				█	█							
Peppers					█	█	█	█				
Potatoes	█					█	█	█	█	█	█	█
Pumpkins								█	█			
Radishes				█	█	█	█	█				
Rutabagas							█	█	█			
Spinach				█	█	█	█	█				
Squash (summer)					█	█	█					
Squash (winter)								█	█	█	█	
Tomatoes							█	█	█			
Turnips				█	█	█	█	█				

Fruit

Spring Summer Autumn Winter

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB
Apples (fall)							█	█	█	█	█	█
Apples (summer)					█	█	█					
Apricots					█	█	█					
Blackberries					█	█	█	█				
Blueberries					█	█	█					
Cantaloupe						█	█					
Cherries (red tart)					█	█						
Cherries (sweet)					█	█	█					
Grapes							█	█				
Melons							█	█				
Nectarines							█	█				
Peaches					█	█	█					
Pears						█	█	█				
Plums						█	█					
Raspberries					█	█	█					
Rhubarb			█									
Strawberries				█								



For every SNAP dollar you spend at these Detroit locations you can get \$20 per day matched for locally grown produce.

YEAR ROUND

Eastern Market

2934 Russell St., 48207
Sat 6am-4pm, Tues 9am-3pm
Sun 10am-4pm
313-833-9300

Peaches & Greens

8838 Third St., 48202
Tues-Fri 10am-6pm & Sat 10am-2pm
313-870-9210

SEASONAL LOCATIONS

Islandview Farmers Market

7200 Mack Ave., 48214
June 10-Sept 23, Wed 4-7pm
313-571-0937

Oakland Avenue Farmers Market

9352 Oakland Ave., 48211
June 6-Oct 10, Sat 11am-3:30pm
313-903-0049

CHASS Mercado

5635 West Fort St., 48209
June 25-Oct 1, Thurs 9am-1pm
313-849-3920

D-Town Farm Stand

14027 West Outer Drive, 48239
June 6-Sept 27
Sat 9am-12pm & Sun 10am-12pm
313-345-3663

Meldrum Fresh Market

1264 Meldrum, 48207
May 21-Oct 29, Thurs 11am-2pm
313-579-2100 Ext. 204

Corktown Farmers Market

1236 Michigan Ave., 48226
May 14-Oct 29, Thurs 4-7pm
313-444-9342

Sowing Seeds Growing Futures Farmers Market

18900 Joy Rd., 48228
Jun 2-Oct 13, Tues 3-7pm
248-719-0522

Wayne State University Farmers Market

5401 Cass Ave., 48202
June 3-Oct 26, Wed 11am-4pm
313-577-2398

Northwest Detroit Farmers' Market

18445 Scarsdale St., 48223
Jun 4-Oct 13 Thurs 4-8pm
313-387-4732 Ext. 103

For more information visit: www.easternmarket.com