#### Click here to learn more about PWPM!



### **Loving Local**



August is known for its mouthwatering local produce. Not only is it delicious and farm fresh, but there are big benefits to the consumer, grower, and the community.

- When crops are picked at their peak of ripeness, they are **full of flavor**.
- Local food is **more nutritious**. Shorter time between harvest and your table means **less nutrient loss through storage and travel**.
- The local economy is supported when you purchase produce grown nearby.
- You help the environment by decreasing transportation, plus you help to maintain farmland and green space in your community.
- You promote a safer food supply. The closer the food source, the less potential for food safety issues.

The Philadelphia Wholesale Produce Market's proximity to lush farms throughout Pennsylvania, New Jersey, and Delaware makes it the perfect place to pick-up locally grown seasonal fruit and vegetables. Don't let summer pass you by without indulging your appetite for fresh beets, blueberries, broccoli, cabbage, cantaloupes, corn on the cob, cucumbers, nectarines, okra, peaches, pears, peppers, squash, tomatoes, watermelon, and so much more.

While we all wish for an endless summer with a never-ending local harvest, we know we have to get it while we can!

## **USDA AMS Farmers to Families Food Box Program**















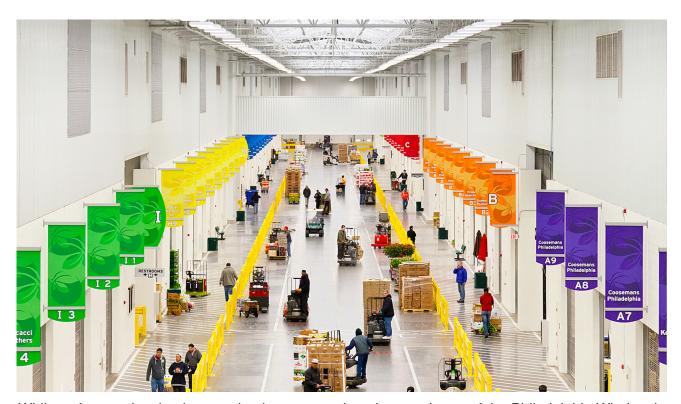
We're thankful to Under Secretary of Agriculture for Marketing and Regulatory Programs, Greg Ibach, and his team, for visiting the Philadelphia Wholesale Produce Market on Thursday, July 16, 2020.

The Coronavirus Food Assistance Farmers to Families Food Box Program has been a great

success. We are extremely proud to support this "triple-win" initiative that helps farmers, distributors, and families – all at the same time.

#### **Learn More!**

## Did you know? We are open to the public!



While we're mostly a business to business operation, the merchants of the Philadelphia Wholesale Produce Market are proud to share the benefits of wholesale with the people of our region. No membership fee or business license is required to enter the Market.

#### Just keep in mind the following:

- Produce is purchased in bulk by the case or carton.
- Bring a jacket the Market is kept at about 50 degrees.
- Wear your walking shoes the concourse is ¼ mile long.
- It's a good idea to bring a hand truck if you plan on buying more than one case.
- Cash is king, although some of our 19 merchants accept credit cards.
- The Market is wheel chair accessible.
- Visit <u>PhillyFreshProduce.com</u> for our hours and entry fees.

# **August Dates to Celebrate!**

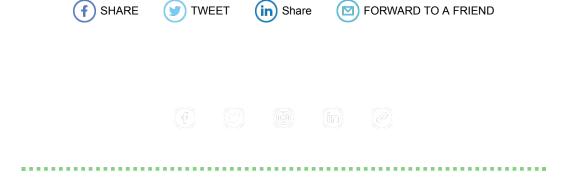


August 3 – National Watermelon Day August 8 – National Zucchini Day August 19 – National Potato Day August 22 – Eat a Peach Day

#### **New Market Hours**

Sunday 9:00 am to Sunday 12:00 pm Sunday 7:00 pm to Monday 10:00 am Monday 7:00 pm to Tuesday 10:00 am Tuesday 7:00 pm to Wednesday 10:00 am Wednesday 7:00 pm to Thursday 10:00 am Thursday 7:00 pm to Friday 10:00 am

PLEASE NOTE THAT EVERYONE ENTERING THE PHILADELPHIA WHOLESALE PRODUCE MARKET IS REQUIRED TO WEAR A MASK OR APPROPRIATE FACIAL COVERING. THIS IS FOR OUR PROTECTION AS WELL AS YOURS.



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Want to change how you receive these emails?
You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

