

[Click here to learn more about PWPM!](#)



---

## August Already...



August, it's been said, is like the Sunday of Summer.

Yes, we can enjoy the time we have remaining, but the inescapable pull of the seasons is a reminder to savor the last full month of summer. The same goes for locally-grown produce. Get it while it's here!

Harvests from our own “backyard” are not only healthy and delicious, but offer big benefits to the consumer, grower, and the community:

- **Taste/freshness.** You can't beat the flavor and crisp crunch of produce picked at its peak.
- **Nutritious.** Local food is often healthier because shorter time between harvest and your table means *less nutrient loss through storage and travel.*
- **Safety.** The closer the food source, the less potential for food safety issues.
- **Economy.** You invest in and support nearby farms when you purchase produce grown locally.
- **Friendly to the Environment.** By decreasing transportation, you help to maintain farmland and green space in your community.

Don't let August pass you by without indulging in locally-grown seasonal fruit and vegetables. Beets, blueberries, broccoli, cabbage, cantaloupes, corn on the cob, cucumbers, nectarines, okra,

peaches, pears, peppers, squash, tomatoes, watermelon, and so much more...

---

Try visiting these websites to get tips and recipes and make the most out of the abundant harvest in the tri-state area!



*Made in PA. It makes a difference.*

[agriculture.pa.gov](http://agriculture.pa.gov)



[delawaregrown.com](http://delawaregrown.com)



[findjerseyfresh.com](http://findjerseyfresh.com)

## Celebrating One Year of Using Surplus to Solve Scarcity!



**Let's Free Food.** That's the motto of [Sharing Excess](#).

The Philadelphia Wholesale Produce Market partnered with Sharing Excess one year ago, and the collaboration has been a huge success. Over 5.3 million lbs. of fruit and vegetables has been rescued and redistributed to people in need!

Pictured are Collin, Alex, Harry, and Andre, who every weekday from 7AM to 11AM sort through

pallets of produce and send it to hunger relief organizations such as Philabundance and Feeding Pennsylvania, churches, food pantries, hospitals, senior centers, and neighborhood community refrigerators.

Thanks to everyone who makes this program a win-win!



### **August Dates to Celebrate!**

- Wednesday, August 3 - National Watermelon Day
- Monday, August 8 – National Zucchini Day
- Friday, August 19 – National Potato Day
- Monday, August 22 – Eat a Peach Day

### **Please Note Our Customer Hours**

- Sunday: 9:00 am to Sunday: 12:00 pm
- Sunday: 7:00 pm to Monday: 11:00 am
- Monday: 7:00 pm to Tuesday: 11:00 am
- Tuesday: 7:00 pm to Wednesday: 11:00 am
- Wednesday: 7:00 pm to Thursday: 11:00 am
- Thursday: 7:00 pm to Friday: 11:00 am



SHARE



TWEET



Share



FORWARD TO A FRIEND

---

*Copyright ©2021 Philadelphia Wholesale Produce Market, All rights reserved.*

**Our mailing address is:**

6700 Essington Ave, Philadelphia, PA 19153

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

