

# SMU Farmers Market

## Real.Fresh.Fun.

**Thursday, April 28: 11 a.m.-5 p.m. & Friday, April 29: 11 a.m.-2 p.m.  
Hughes-Trigg Commons**

Spring clean your meal routine with fresh produce, herbs, recipes and tips at the SMU Farmers Market. Presented by SMU Wellpower and SMU Dining Services, the Farmers Market will be Thursday, April 28, from 11 a.m. to 5 p.m., and Friday, April 29, from 11 a.m. to 2 p.m. in the Hughes-Trigg Commons.

Here's just a sampling of the fresh finds in store for market shoppers: blueberries, plums, mangos, nectarines, seedless watermelons, avocados, bell peppers, tomatillos and snow peas.

Organic offerings will include apples, carrots, grape tomatoes, spring salad mix and Texas-grown shiitake mushrooms. Herbs, like cilantro and mint, as well as more exotic fare such as blood oranges and star fruit also will be available.

Produce will be priced by the pound. Cash, credit and Pony cash will be accepted. Bags will be available, but shoppers are encouraged to get into the green spirit of the event and bring their own reusable bags.

Healthy doses of food for thought will be served throughout the market:

- **Play with your food:** SMU Dining Services Executive Chef Tim Schaub will demonstrate the art of *garde manger* – fancy garnishes like tomato roses and apple swans. He'll also have recipes for delicious dishes featuring Farmers Market produce ... look for some of them on the menu at RFoC in Umphrey Lee.
- **Soul food:** 11:30 a.m.-12:15 p.m. Thursday and 12:45-1:30 p.m. Friday, meet at the Farmers Market. McCreless Associate Professor of Evangelism Elaine Heath, Perkins School of Theology, will conduct walking tours of the SMU Community Garden, which benefits the North Texas Food Bank. Information about how to become involved with the project also will be offered.
- **Good dirt:** 11:30 a.m.-12:30 p.m. Friday, Hughes-Trigg Forum. Ann Allen and Cathy Coates of SMU Facilities Management & Sustainability will share tips for growing vegetables in containers.
- **Sage advice:** SMU Dietitian Claire Florsheim will share nutrition information and tips.
- **Healthy living:** Get the latest on Dedman Center exercise programs.
- **Go green:** Learn about sustainability at SMU.

The SMU Farmers Market and programs are open to the public.  
Hungry for more information? Visit [smu.edu/hr/FarmersMarket.asp](http://smu.edu/hr/FarmersMarket.asp)

