

NUTRITION



UMD Farmers Market *Seasonal Fall Produce on Campus!*

The Farmers Market at Maryland provides a weekly opportunity for students, faculty, and staff to purchase **healthy foods**, fresh from local farms.

Join us for:

- Fresh seasonal produce
- Tasty cooking demos
- Live music

Join us **every Wednesday** for delicious local produce and live music.

Want to participate? You can by:

- Volunteering at the market
- Host an educational table
- Apply to be a vendor
- Perform music
- Share a seasonal recipe



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