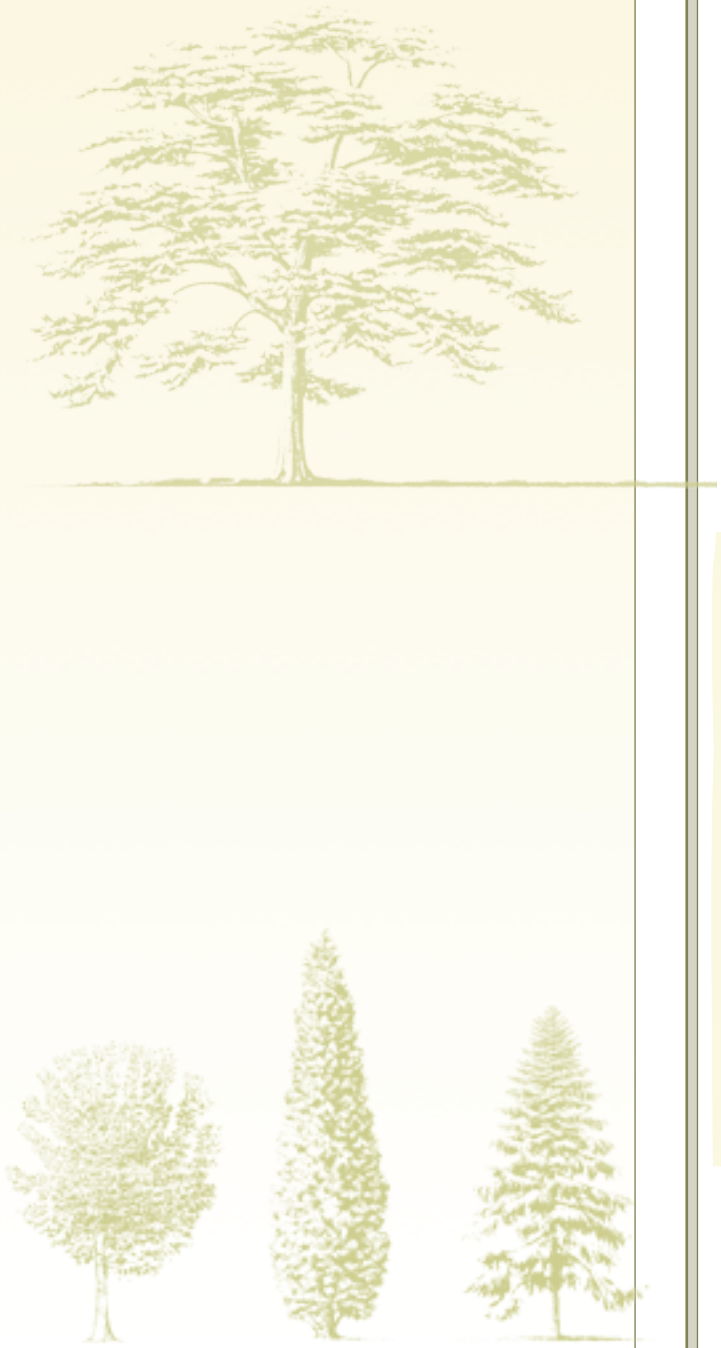
Sponsors



Zero Waste

recycle everything, reduce your consumption, buy products you can recycle

Fresh Food

Eat only fresh, Local food.

~ principles of A Clean Life

About Steve

I created this brochure after fielding tons of questions about farmers markets. It's my hope that more people discover the delights of fresh food, farmers, and a healthy lifestyle.

Each purchase you make at a farmers market supports a local, healthy, and sustainable economy. It also produces less trash to bring our country closer to zero waste.

Steven Mandzik is a dynamic evangelist of A Clean Life, bringing the delights and benefits of fresh food and zero waste to every American.

a clean life.

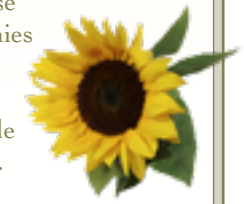
steve@acleanlife.org http://acleanlife.org

Farmers Markets

DC & Northern VA

Eating Locally

Farmers Markets present the best opportunity to buy local, fresh food that improves both your health and the environment. Have a chat with the farmers to learn how your purchase supports local, sustainable economies and environmental practices. Join in the locavore movement as we make the world a better place while enjoying delicious, nutritious food.



Northern Virginia

Fridays

Ballston - 11-3pm - May to Oct
across from ballston Metro

McLean - 8:30-12:30pm - May to Nov
1659 Chain Br Rd - Lewinsville Pk

Saturdays

Courthouse - 8-12pm - Year Round
1 block south Courthouse Metro

old town - 5am - 10:30am - all year
Market Square, 301 King Street

del ray - 8-12pm - till dec
East Oxford & Mount Vernon Ave

Vienna - 8-12pm - May to Oct
Church/Dominion - off Chain Brdge

Sundays

west end - 9-1pm - May to Oct
4800 Brenman Park Drive

Columbia Pike - 9-1pm - May to Nov
s walter reed dr at Columbia Pike

Mondays

none

Tuesdays

Crystal City - 3-7pm - May to Oct
Crystal Drive - 18 to 20th St

Wednesdays

King Street - 3-7pm - Jun to oct
1806 King Street, King St Metro

Clarendon - 2-7pm - Year Round
Clarendon Metro

Thursdays

Rosslyn - 11-3pm - May to Oct
Wilson/N. Oak - Rosslyn Metro

Locavore Lingo

Fresh: only a few days since harvest or catch

Local: food sold within 1-200 miles

Seasonal: produce that is the freshest and tastiest

Sustainable: in food, a balanced cycle that supports farmers, customers, and the environment

Organic: grown without the use of synthetic fertilizers, pesticides or herbicides.

Certified Naturally Grown: grown with the same standards as organic but with small farmers in mind.

Grass-fed, **Cage Free**, **Hormone Free**, **Antiobiotic Free** are all humane ways to raise animals :)

Key Facts

- **1,500 miles** - the avg distance that food consumed in the US travels
- **1 million** - the amount of barrels of oil that could be conserved per week if each U.S. citizen ate one meal a week made from local, organically grown produce
- **67 percent** - Americans that are overweight or obese
- **3 times** - the rate at which child obesity is increasing since 1980

DC

Fridays

USDA PPL'S GRDN - 10-2pm - Jun to Oct
12th/Indpnce Ave - Smthsn Metro

Saturdays

Eastern Market - 7-4pm - Year Round
306 7th St, SE - Estrn Mrkt Metro

U St - 9-1pm - May to Nov
14th/U St - U St/Cardozo Metro

Adams Morgan - 8-1pm - Apr to Dec
18th/Columbia, NW

Silver Spring - 9-1pm - Apr to Dec
951 Ellsworth DR - Slvr Sprng Metro

H Street - 9-12pm - May to Nov
625 H St, NE - Union Stn Metro, 4 blks

Chevy Chase - 9-1pm - Apr to Nov
Broad Branch Rd/N Hamption St, NW

Sundays

Dupont - 9-1pm - Year Round
1500 20th St - Dupont Metro

Eastern Market - 7-4pm - Year Round
306 7th St, SE - Estrn Mrkt Metro

Bloomingdale's - 10-2pm - May to Nov
1st/Rst/Florida Ave, NW - Shaw/NY Mtro

Mondays

None

Tuesdays

New Morning - 4-8pm - Jun to Sep
36th/Alton Place - Sheridan School

Wednesdays

Foggy Bottom - 2:30-7pm - Apr to Nov
Foggy Btm Metro - 2400 I St/New Hmpshr

Thursdays

Penn Qrtr - 3-7pm - Apr to Dec
450 8th St, NW - Chtwn/Archives Mtro