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State University

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*School of Agriculture, Research,
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FOR IMMEDIATE RELEASE

July 25, 2011

Natchez Farmers Market Hosts Fruit and Vegetable Festival

“The purpose of the festival was to have recipes for people that were prepared in a healthier way, using seasonal fresh produce,” said Helen D. Brooks, marketing specialist, for the Alcorn State University Extension Program (ASUEP) Natchez Farmers Market.

Over 130 people attended the first annual Fruit and Vegetable Festival held recently at 199 St. Catherine Street, Natchez, Mississippi.

Other healthy recipes included easy blueberry cheese pie, made with sugar free sweeten condense milk and low fat cream cheese, and a fruit kabob using fruit such as cantaloupe, honey dew, blue berries, and watermelon all in season and grown locally, Brooks said.

Participants were Dr. Mattie Rasco, interim chair, and Edith Ezweke, both from the department of human sciences, and Jardana Brice and Lela Shelby both with Mississippi State University Extension Service, Family and Nutrition Program all provided food demonstrations. A live remote from Alcorn State radio station WPRL- FM 91.7 – “The Gold” was provided by Jerome Myles, department of mass communications.

- More-

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Upcoming events at the Natchez Farmers Market include the following:

- 8th annual Pumpkin Carving Contest, October 22, 2011
- 4th Extension Awareness Day, November 12, 2011
- 4th annual Youth Art Competition, December 10, 2011

For additional information on the Natchez Farmers Market, contact Brooks at 601-442-4648, 601-807-0376 or brooks@alcorn.edu.

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