

To Your Health



Freshness Delivered to a Neighborhood Near You

What's delicious, colorful, and has four wheels? It's the Be Healthy Berrien Mobile Farm Market! The market brings the bounty of fruits and vegetables from the Andrews Student Gardens in Berrien Springs to low-income areas where fresh produce isn't readily available, defined as "food deserts" by the United States Department of Agriculture.

The Mobile Farm Market started rolling into seven communities in Berrien County in June and will continue to run until September 15. The market accepts cash, Michigan Bridge Cards, WIC vouchers, and Senior Project Fresh coupons, selling produce at just 10 percent above wholesale prices. The project is the result of a partnership between the Berrien County Health Department and Andrews University.

Garth Woodruff, assistant professor of Horticulture and Landscape Design and Director of the Andrews Student Gardens, said he and his students are thrilled to be a part of the new endeavor.

"We have healthy resources that carry out the mission of the university that are only as good as their ability to reach those who most need them," Woodruff explained. "For years we have been sharing the benefits of local fresh fruits and vegetables. In that journey, I have met many grateful and excited people in our county. It becomes addicting sharing this health message. And now, with the great support from the county, we are able to open ourselves to a whole new demographic."



Andrews University students (back, L-R) Arthur Mulyono (Garden Manager), Vitali Barushka, Kalya Fennig, (front, L-R) Inna Koltuk, Angelina Masterova, and Stanislav Andrusheac load up the Be Healthy Berrien Mobile Farm Market for its next delivery day. From beans to watermelons and everything in between, the Andrews Student Gardens produce nearly 100 types of fresh fruits and vegetables.

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The Be Healthy Berrien Mobile Farm Market was made possible by a grant obtained by the health department through the Michigan Health and Wellness 4 x 4 Plan. Lakeland HealthCare supports the Mobile Farm Market by providing a nutrition educator who travels with the market and distributes recipes and conducts food preparation demonstrations and tastings.

Follow the Be Healthy Berrien Mobile Farm Market

To learn about scheduled stops for the Be Healthy Berrien Mobile Farm Market, visit www.behealthyberrien.org or like Lakeland HealthCare on Facebook!

