

Dear Neighbor,

We all know how hard this recession is hitting our children and working families. I am a strong believer in small economic webs that keep dollars circulating in our own communities. To this end, I finally got my Small Business Regulations Flexibility bill passed (PA 09-19). This bill will require agencies to check new regulations for their impact on small business and use five ways to mitigate that impact, one being exemption.

A group of small businesses that really concerns me is our farms. Our farmers provide us with fresh, local, safe produce and milk products. These farmers are having a tough time in this recession and in the case of our dairy farms, they face being forced out of business by the midwest Mega Farm.

YOU CAN HELP!!! Visit our Farmers' Markets and use your consumer dollars to "vote" for our farm products. Remember, in a market economy it is the consumer who decides what is produced by how they "vote" for a product with their dollars! And when you buy local you know you are getting fresh food for your family.

Diana



Diana S. Urban

State Representative

Representing Stonington and North Stonington
43rd House District



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Remember! Connecticut loses 9000 acres of prime farm land every year to development, your food travels an average of 1500 miles from farm to plate, and our Dairy farmers get \$1.02 for a gallon of milk that it costs \$1.70 to produce!!!



Representative Diana Urban, Sister Noella Marcellino, and Sister Telchilde Hinckley from Regina Laudis Abbey in Bethlehem, CT at a press conference advocating for Raw Milk Farmers.

If you are concerned about pesticide residue on your food, the Environmental Working Group put together what they refer to as “the dirty dozen” list to **buy locally or organically** due to the high concentration of pesticides when produced on Mega Farms:

WHAT CAN YOU DO TO HELP?? BUY LOCAL FARM PRODUCE !!!!!!

Visit our Farmer’s Markets:

Mystic Farmers’ Market

Tuesdays 2 p.m. - 6 p.m.
May 5 - October 27
Quambaug Fire House,
50 Old Stonington Road

Mystic/Denison Farmers’ Market

Sundays 12 noon - 3 p.m.
Across from the Denison/Pequotsepus
Nature Center
120 Pequotsepus Road

Stonington Farmers’ Market

Saturdays 9 a.m. - 12 noon
May 2 - November
Stonington Borough, Town Fishing Pier
www.sviastonington.org/what.htm#Farmers

New London Farmers’ Market

Tuesdays and Fridays 10 a.m. - 2 p.m.
July 3 - October 30
Saturdays 9 a.m. - 4 p.m.
Year Round
13 Broad Street, Fiddlehead Food Coop
New London

And ask your supermarkets to stock local produce!!



- Apples
- Bell peppers
- Celery
- Cherries
- Grapes (imported)
- Lettuce
- Nectarines
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries

