

CAMPBELL COUNTY FARMERS MARKET

2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Highland Heights*— Tuesdays

Senior Citizens Activity Center

3504 Alexandria Pike

May 16 thru October 24

3:00 p.m. to 6:00 p.m.

Fort Thomas**— Wednesdays

Mess Hall in Tower Park

801 Cochran Avenue

April 12 thru December 13 (no market on 11/22/2023)

3:00 p.m. to 6:00 p.m.

Hours extend to 7:00 p.m. June-September
(Senior shopping begins at 2:45 p.m.)

Alexandria*— Fridays

Southern Lanes Sports Center

7634 Alexandria Pike

May 19 thru October 27

3:00 p.m. to 6:00 p.m.

Newport*— Saturdays

Next to Pepper Pod Restaurant

709 Monmouth Street

May 20 thru October 28

9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's
Market Nutrition Program

** Accepts SNAP only
Supplemental Nutrition Assistance Program

Large variety of
home grown produce,
breads, honey and other
KY Proud commodities.
For more information,
call 859-572-2600.



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Enjoy the freshness, flavor and excellence of Kentucky Proud Produce

It really makes a difference when you purchase locally grown fruits and vegetables. You provide your family with garden fresh taste and quality, while also helping the community by keeping your food dollars close to home.



Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.



Get the blues (and purples)

*Brain/memory,
healthy aging,
urinary tract*

Fruits

- Blackberries
- Blueberries
- Grapes
- Plums

Vegetables

- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

Great greens

Vision, bones, teeth

Fruits

- Apples
- Grapes
- Paw paws
- Pears

Vegetables

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

Wonderful whites

*Heart, maintain
healthy cholesterol*

Fruits

- Pears (brown)
- White peaches

Vegetables

- Cauliflower
- Kohlrabi
- Onions
- Potatoes
- White corn

Outstanding oranges (and yellows)

*Vision, immune
system, heart*

Fruits

- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

Vegetables

- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

Radiant reds

*Heart, urinary tract,
brain/memory*

Fruits

- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

Vegetables

- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
- Turnips



Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."

