

FARMERS & ARTISANS MARKET NEWS

The Value of Farmers Markets to a Community

The Claremont Sunday Farmers and Artisans Market is brought to you by The Claremont Forum. We understand the importance of having a weekly market where local farmers can offer fresh, organic foods to our community.

Access to fresh fruits and vegetables, breads, honey, and seafood is a huge contributing factor when it comes to community health and wellbeing. Here is why . . .

- **Eating locally.** In Southern California, the average piece of produce stays in transit for five days, traveling up to 6,000 miles from countries such as Mexico and Chile. Produce then sits on store shelves for up to four days before being purchased.
- **Greater food transparency.** Buying locally from smaller vendors gives the consumer the opportunity to ask questions and gain understanding of how food is grown and harvested.
- **Fresher food.** Let's be honest. If you've never had a tomato fresh off the vine, then you've never truly "tasted" a tomato.
- **Social interaction.** Surveys of Los Angeles County farmers market shoppers show that 55% feel that the market increases connection to their community.
- **Supporting our local economy.** Farmers markets are the perfect opportunity to vote with your dollars. Chances are the money for fruits and vegetables, packaged foods, and crafts purchased at a local farmers market goes back into small, local business instead of large corporations.
- **Farmers Markets Promote Sustainability.** Our farmer/vendors come from up and down the Southern California coast. They are farmers who understand sustainability and most take it to the next step. Farmers engage in sustainable farming practices to produce healthy food to sustain the local community, who in turn provide the money necessary to sustain the farmers. Farmers who choose to use sustainable practices face economic and environment challenges. Farmers markets offer small and mid-sized farmers a low-barrier entry point to develop and thrive. Farmers selling at markets minimize the amount of waste and pollution they create. Using certified organic practices reduces the amount of synthetic pesticides and chemicals that pollute our soil and water. Many are also adopting other low-impact practices, such as on-site composting, that help mitigate climate change and other environmental concerns.

Thank you for shopping at our Sunday Farmers and Artisans Market. We all must play a role in offsetting the impacts of climate change. Next time you visit our farmers market, thank our local farmers for the role they play in our health, the health of our community, and the health of our planet.

MASK POLICY

Please remember that all unvaccinated guests are required to wear a mask. Thank you for your cooperation!

FORUM BOOKSHOP/GALLERY NEWS

Dates for Upcoming \$1 Book Sales

Please join us on the following dates for our scheduled \$1 book sales. The turnout for our "Pop-Up" \$1 Book Sales has been fabulous, so keep your eyes peeled for a surprise pop-up sale each month. (Hint: follow us on Facebook or Instagram and never miss a book sale!)



Artist Receptions Are Back!

Beginning July 3, we will return to our traditional artist's opening receptions at the Claremont Packing House in the Forum Bookshop/Gallery as part of the City's monthly First Saturday Art Walk. Please join us to meet the artist, view their work, and learn more about them and their techniques. Art receptions are the First Saturday of each month from 6 - 9 PM.

JULY ARTIST | BLY CANNON "MOVING THROUGH"

Bly Cannon was born in Los Angeles and earned a BA in Studio Art from Scripps College in 1981. After many years of being away from practicing art, she picked it up again in 2017, and credits the classes and teachers at Chaffey College with supporting her transition back. She lives in Upland.

AUGUST ARTIST | Laura Rule – Expouration

SEPTEMBER ARTIST | Larry White

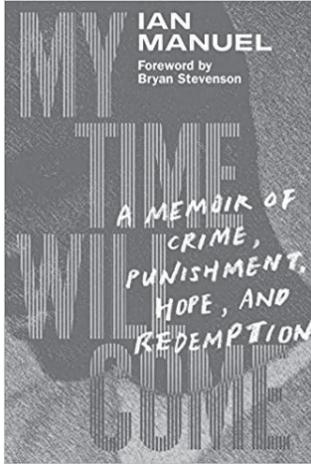
AmazonSmile is an easy way to donate.

Thank you to all our supporters who continue to contribute through your AmazonSmile purchases.

In Q-1 2021 you contributed \$78.42 to The Claremont Forum. Please help us increase this cash donation for next quarter! If you have not yet designated The Claremont Forum as your AmazonSmile selected charity, you can do so by visiting smile.amazon.com or by going to claremontforum.org.

Prison Library Project News

BOOK REVIEW | By Margaret Baker Davis, PLP Volunteer



My Time Will Come *A Memoir of Crime, Punishment Hope, and Redemption by Ian Manuel*

In 1991 Ian Manuel was sentenced to life without parole for a non-homicidal crime. He was 13 years old when he shot a woman during a botched mugging attempt, and 14 when he was sentenced. The Equal Justice Initiative (EJI) won Manuel's release after 26 years in prison, 18 of them in solitary confinement.

Ian Manuel writes a remarkable testimony of growing up homeless in Tampa, Florida, his young life riddled with poverty, violence, drug abuse and a severely dysfunctional family. Charged as an adult when he was 14, Manuel endured prison for two-thirds of his life. The woman he shot when he was a young teenager forgave him and became an advocate, joining EJI in helping him gain his freedom.

The book describes Manuel's struggle toward hope and redemption. Along the way he discovered poetry, and the book is laced with examples of his tender writing. With a poignant forward written by Bryan Stevenson, director of EJI, this is a powerful story.



Letters from Inmates

Recent thank you letter to the
Prison Library Project
April 17, 2021

"The things that you do mean more than you could ever know. It is like Christmas every time an inmate receives a package. These actions warm otherwise cold hearts, can change a bad day into a good day, and even save lives. Books have been beneficial during this enhanced quarantine schedule of only getting out of our cells for 20 minutes a day.

Thank you so much for your support!"

Cory | Inmate | Pennsylvania

BOOKSHOP & GALLERY HOURS

OPEN DAILY

Monday – Thursday: 12 PM to 7 PM

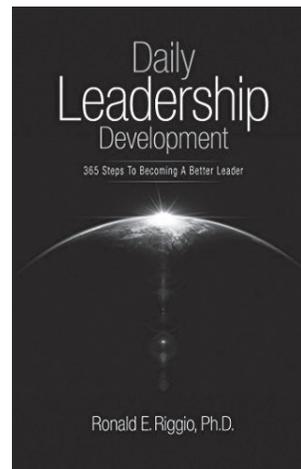
Friday – Saturday: 12 PM to 9 PM

Sunday: 12 PM to 7 PM

The Claremont Forum is a 501(c)(3) nonprofit community organization.
ID No. 95 – 4423260.

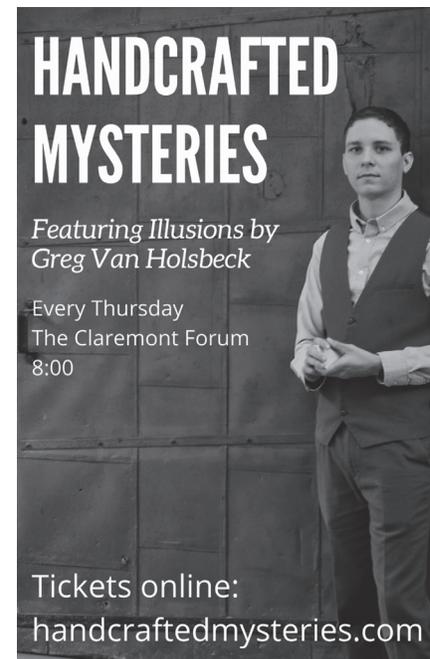
claremontforum.org

Board Member Publishes Latest Book on Leadership



Ron Riggio, the Henry R. Kravis Professor of Leadership and Organizational Psychology at Claremont McKenna College, joined the Forum board of directors in 2018. He has written, co-written, and edited several books on Leadership and Organizational Psychology. His latest is Daily Leadership Development, 365 Steps to Becoming a Better Leader. This book explains leadership development as well as the practice of leadership with daily suggestions on how to improve if you are an experienced leader or how to

polish your skills if you aspire to become one. Find out more at riggioleadership.org.



Handcrafted Mysteries with Greg Van Holsbeck will return to The Claremont Forum on Thursday, September 2!