



Fresh Finds

FROM APPLES TO ZUCCHINI, SHOP A FARMERS MARKET FOR THE GOOD FOOD WIN

Local farmers markets are revving up for summer. These seasonal pop-ups make grocery shopping fun while supporting area farmers and the local economy. A trip to a nearby farmers' market is an outing the entire family can enjoy.

Fresh and flavorful. Local farmers grow the fruits, vegetables, nuts and herbs sold at the markets. It's the freshest, and therefore tastiest, produce you'll find.

Farm-fresh eggs, honey, pasture-raised meats and seafood from the Georgia coast are also among the offerings at markets like the **Snellville Farmers Market** and the **Oconee Farmers Market** in Watkinsville. Cut flowers and landscaping plants are popular items, too.

Locally made. Baked goods, jams and jellies, salsa, cheese, vinegars and pickles complement the fresh produce sold at many markets. Alongside edibles, booths at **Monroe Farmers Market** offer homemade candles, soaps and lotions made by local artisans.

Meet the farmers. You can ask a farmer about food-growing practices or for tips to prepare fresh offerings.

Fun! Live music, kids' activities and themed events pump up the excitement at many markets like the **Athens Farmers Market**. Recipe demonstrations by celebrity chefs are featured at the **Grant Park Farmers Market** in Atlanta.

Dogs welcome. Some Georgia markets explicitly invite you to bring your dog (well-behaved and on a leash) along to visit vendors who sell gourmet pet treats.

Farmers markets are good for your taste buds and the community, so check out a local one this summer. Most occur on Saturdays, but some happen on weekdays, so there's sure to be one that's convenient for you.

More

Read this month's Walton Wise blog (waltongas.com/walton-wise) for details and locations of more Georgia farmers markets.

PICTURING IT

WALTON GAS SUPPORTS ARTS EDUCATION

"A picture is worth a thousand words." Students in Cammi Newby's Clarke County High School photography classes are experiencing just what the phrase means, thanks to a grant from AthFest Educates.

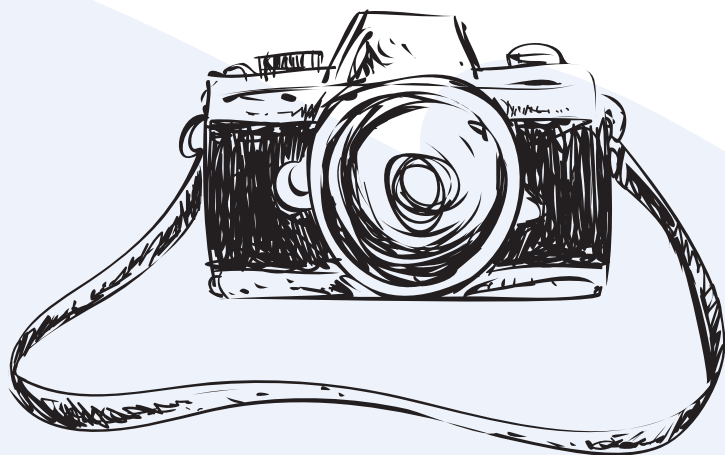
Students learn the fundamentals of digital photography in the program that started last year. About 160 students participated in the classes in the 2022–2023 school year.

"To learn photography you need to have access to a camera," Newby said. Initially, a few cameras were shared by three or four students per class, making it difficult to complete assignments.

Following last fall's AthHalf, an event that raises funds for AthFest Educates, the program received a \$4,665 grant to purchase nine additional cameras. "Without the grant we couldn't make the program work," Newby said.

Last year, grants totaling \$46,899 were awarded to support music and arts education for K–12 students in Athens-Clarke County. Proceeds from two fundraisers, the AthFest Music & Arts Festival in June and the AthHalf Half Marathon & 5K in October, fund the organization's annual grant-making efforts.

Walton Gas has been a presenting sponsor of the races since 2019 and is returning as a sponsor for the festival that occurs in downtown Athens June 23–25.



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MORE:
AthFest Educates
athfesteducates.org

gas up the stove Quick & Easy String Beans

INGREDIENTS

- 4 –14.5-ounce cans cut green beans
- 3 tablespoons vegetable oil
- 6 beef bouillon cubes
- 1/4 teaspoon red pepper flakes
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 4 cups fresh water, or enough to slightly cover beans
- 1 teaspoon black pepper, optional

INSTRUCTIONS

Rinse beans well in a colander under cold water. Put all ingredients in a large saucepan and bring to a boil. Reduce heat, cover and cook, occasionally stirring until tender. Serve.

Submitted by Sharon Munajj of Conyers.

Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.



Quick
& Easy

SEND US YOUR RECIPES! The best entry each month will appear in the *Gasette* and receive a FREE cookbook with over 600 recipes.

Send recipe, name, address to:

Walton Gas; Attn: Recipe
P.O. Box 260
Monroe, GA 30655
or gasette@waltongas.com

Recipes can also be submitted at waltongas.com/recipe-submissions.



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