



Truly Living Well Center for Natural Urban Agriculture
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Farmer's Market Launched in Ashview Heights Thousands now in walking distance for fresh, healthy produce

Atlanta, Georgia, April 26. Ashview Heights on Atlanta's Westside now has access to fresh local produce. Truly Living Well Center for Natural Urban Agriculture (TLW) has launched the Market @ Collegetown Farm at its new farm site located at 324 Lawton Street. The farmer's market is open every Friday, 2-6 pm. The new market brings fresh produce within walking distance of thousands of residents who do not have grocery stores and who may also lack convenient transportation. TLW will hold a ribbon cutting for the new market on May 11, 1:30 PM.

Research has indicated poor diets, and limited access to healthy foods are fueling diet-related chronic disease in many communities. The research also shows that when access is addressed, behavior towards food may still be challenging.

The new farmer's market is located on a 3.5-acre urban farm that grows natural and organic fruits, vegetables and herbs sold at the market. Also, weekly chef demos and nutrition classes are held at the market to encourage a change in behavior towards healthier food.

TLW is partnering with Wholesome Wave Georgia, Community Farmers Market, Georgia Farmers Market Association, AmeriCorps VISTA, Atlanta Housing Authority and the Mayor's Office of Sustainability to bring this healthy option to the Ashview Heights community. The market also features other vendors from Atlanta's Westside community.

TLW was founded in 2006 to connect people to the land and their food through local food production, education, and outreach. TLW distributes its produce at Ponce City Farmers' Market on Tuesdays, East Point Market on Wednesdays, Freedom Market at the Carter Center on Saturdays and the new Market at Collegetown Farm.

For more information, please contact Joia Nuri at 240.603.7905, www.trulylivingwell.com.