



home > city hall > press releases

## Perris Farmers Market Back for 2014

The 2014 version of the Perris Farmers Market officially kicks off Feb. 22 at Mercado Park.

The Farmers Market will alternate Saturdays at Mercado and May Ranch Parks, sites of the City's Winter Workouts—exercise sessions that draw between 75 and 125 participants. The City has lined up Griffith Family Farms in Riverside to sell produce at the weekly workouts, which run through April 26. City officials also are working on other produce vendors as well as arts-and-crafts providers to the exercise sessions.

A “soft opening” of the Farmers Market took place Feb. 8 when Brian Gong brought a truckload of oranges, grapefruit, apples, avocados, honey and jams to Mercado Park. Gong, who works for Griffith farms, said he is looking forward to the opportunity.

Gong said the City's decision to sell healthy foods at its free workout sessions shows its commitment to “healthy-eating active living.”

“The City is concerned about its residents,” Gong said. “That’s nice.”

Perris City Councilman Mark Yarbrough, who attends every Saturday morning workout session, said the healthy food choices compliment the rigorous workouts.

“The workout is one critical component of our Live Well program, and the other is about healthy eating,” Yarbrough said. “If you want to be successful you have to have both. That’s what we’re trying to encourage.”

Resident Caroline Fenn said she attends the weekly workouts and brings her two children along as well. She looks forward to the Farmers Market to provide her with healthy food choices for her family.

“You have to think about the kinds of nutrients you put in your body,” Fenn said. “We need proper nutrition to grow.”

Liz Marin, the City's liaison with the Farmers Market, said part of the Live Well Perris mission is to get people thinking about nutrition and how healthy foods can lower cholesterol, blood pressure and improve quality-of-life.

“The City of Perris is very excited to bring back our Farmers Market,” she said. “Healthy living includes healthy eating.”

The next Winter Workout takes place at 9 a.m. Sat., Feb. 15 at May Ranch Park, 3033 Poppy Court. The first interim weigh-in of contestants in the City's “Biggest Loser” program also takes place at May Ranch Park and at the Bob Glass Gym on the City Hall Campus.

### Media Contact

Joe Vargo  
 Public Information Officer  
 ☎ 951-956-2120  
 ✉ [jvargo@cityofperris.org](mailto:jvargo@cityofperris.org)



Brian Gong unloads a basket of oranges at Mercado Park on Feb. 8 as the Perris Farmers Market resumes in 2014.



**Perris City Hall**  
 101 N. D Street  
 Perris, CA 92570

Hours: Mon. - Thurs. 8 am - 6pm  
 Offices are closed on Friday.  
 Phone: (951) 943-6100  
[Map to City Hall](#)  
 Get our mobile apps:  
[Apple](#) • [Android](#)

### Contact Perris

Call: (951) 943-6100 (available 24 hours/day)

Report a Problem/Ask a Question:

[Contact Form](#)



### In this website

- ▶ [City Hall](#)
- ▶ [Government](#)
- ▶ [Residents](#)
- ▶ [Business](#)
- ▶ [Visitors](#)