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Make summer healthy with organic foods


 By [JONATHAN HUNLEY](#)

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vote **GAINESVILLE, Va.** -- Produced without chemicals and preservatives, organic food has been proven to support health and wellness.

The Gainesville Community Supported Agriculture program can help you stay healthy this year.

Local residents may sign up for 22 weeks of seasonal vegetables, herbs and flowers. Participants pick up produce at Stoney Lonesome Farm, 7502 Cerro Gordo Road, Gainesville, between 2 and 7 p.m. Wednesdays or Sundays, starting Sunday morning.

Produce is harvested on pick-up day.

Participants may help with the harvest to learn more about organic gardening and farming, and to receive a discount on their share.

"It's a really neat way for PWC residents to get involved with farming and great for the children to visit where their food comes from," while petting the goats and other animals, said [Pablo Elliott](#), who coordinates the program.

Families may also have picnics at the farm.

For more information, e-mail farm@sfarm.us, visit, www.sfarm.us or call 703-754-9145.

Fling into spring at Family Fun Day

The MarketPlace at Madison Crescent will hold its second annual Spring Fling Family Fun Day from 1 to 5 p.m. Saturday with performances on the lawn at Crescent Park.

Enjoy renowned kid's rock band, [Rocknoceros](#), at 2 and 4 p.m. when the popular three-piece act will feature songs from their latest recording, PINK!

The event, which includes fun for the entire family, will highlight Gainesville's [face painter](#), [Miss Lyn](#), who brings with her a talented [balloon sculptor](#) to twist up the day.

Madison Crescent merchants will be out to meet and greet attendees.

Learn more about the services and shopping options at the center while entering to win a Madison Crescent gift basket.

New this spring is [Eggspectation](#), Gainesville's latest restaurant which boasts "an all-day dining experience," serving breakfast, lunch and dinner.

Another new addition, [Blue Ridge Mountain Creamery and Fruit Company](#), now occupies the former [Maggie Moo's](#) space and offers visitors an array of delicious and healthy treats.



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The MarketPlace at Madison Crescent is located at the directions, visit madisoncrescent.com.

Let children travel through time at Rainbow Station

This summer, history will come alive for children ages 5 Station at Haymarket.

Each week, the school will provide a different mini-cour Medieval era, the New World and the Wild West. Partic Doors will open from 6:30 a.m. to 6:30 p.m., June 21 to Plaza. Weekly tuition for five days is \$240; four days, \$; \$82. There is an additional activity fee of \$50.

For information, e-mail Linsey Wyne at lwyne@rainbow

Katherine Gotthardt reports your neighborhood news fr Wednesday in the News & Messenger. If you have new activities, please send it to [Katherine](mailto:kgotthardt@cor) at kgotthardt@cor



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