

Submitter: Midori Uehara  
On Behalf Of: Mido's Miso  
Committee: House Committee On Agriculture, Land Use, Natural Resources, and Water  
Measure, Appointment or Topic: HB2979

My name is Midori Uehara. I am the owner of Mido's Miso, located in Cave Junction. I am writing today to support HB 2979 and tell you how crucial it is to have support for farmer's market in this rural town. Without the farmers market, there is not enough outlet for small local farmers and ranchers in our area. A local grocery store that carry local vegetable is only one in the town. By being rural, there are a lot of people growing food in our area. By having the farmers market, it helps our local community consume locally grown/raised too. This not only helps farmers/ranchers bring in some income from the sales, and it will also contribute hugely to the local economy. If any employees work for those who vend at the farmers market, they also benefit by getting paid. All the people who benefit from selling products at the market, will likely spend the money in the community. As a small miso maker, this place is also a place to introduce miso to the community, to sell my products and connect with customers. Also as a consumers, we get to find fresh nutrient dense food that is grown in the same environment. The locally food that were grown with much care and love, and harvested fresh, nothing can beat the dishes made with locally grown freshly harvested with much care and love from the passionate farmers and growers. The sun grown and ripen, juicy and very flavorful tomato makes the best picco de Gallo, even kids who don't eat regular salsa dive into those full of yummy tomatoes onions and peppers. It really is where we can get real food. The Cave Junction market has also huge part of community gathering, where people see friends and acquaintances, chat and check in. There are a lot of people without biological family here, by having a place like the farmers market really connects us as a big family. By saying hi to sharing knowledge and stories, we share the time of checking in with family in the community. By supporting this farmers market, it will help our small community's economical, physical and mental health in many ways.