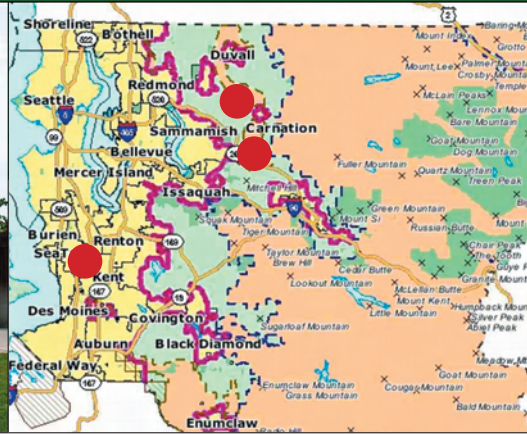


# URBAN RURAL CONNECTIONS – A WHOLE KING COUNTY



## Building Community with a Farmers Market

### SeaTac Farmers Market, SeaTac

Incorporated in 1990, the City of SeaTac rose out of beautiful south King County with a history of settlers who were homestead families. In the early 1900's these settlers found the land here to be fruitful for farming and yet relatively inexpensive. These farmers, many of whom were Japanese immigrants, sold their produce and dairy products at Seattle's Pike Place Market.

The City of SeaTac has continued to evolve over the years, with a community that is integrated with a diversity of cultures, languages, and people. The City now has little seasonally farm-fresh produce and dairy products immediately available to its population.

Thanks to the vision of the City Council, SeaTac is once again bringing local farm-fresh products to its residents with a new farmers market each Sunday at Angle Lake Park. The Farmers Market is designed to enhance the community's quality of life by serving the area's culturally and economically diverse population with increased access to items directly from the farm. It will provide consumers with a community marketplace where they can talk to the farmers and to each other. This collaboration between the City and the rural community will provide the area's residents with an opportunity to add healthy and nutritious products to their diets while supporting the local rural economy.

By continuing to build solid working relationships with the farmers, the SeaTac Sunday Farmers Markets will improve the overall health of the community and will, therefore, fulfill its mission.

### Phong Cha, Carnation

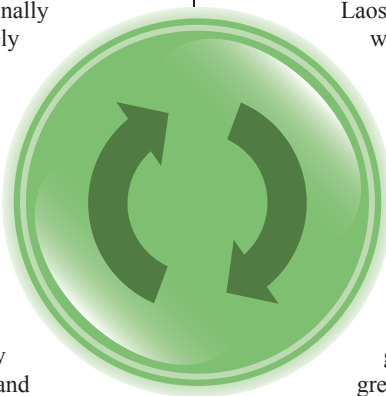
Phong Cha, his wife Ma, and 7 children have been farming Children's Garden for 14 years. Their beautiful flowers and tasty vegetables make them a favorite at a number of urban farmers markets from Ballard to Des Moines. They also sell on-farm and help people who need flowers for special events.

Along with thousands of Hmong families, they fled Laos after the Viet Nam war and lived in a refugee camp in Thailand before settling in this area 18 years ago. Phong had studied electronics in Laos and continues to work for an electronics company when he is not in the field. With little money and 7 kids, Phong knew it would be hard to finance 7 college educations. He saw farming as something the family could do together that would allow them to be able to pay for college – hence the name chosen by his kids, Children's Garden.

The Cha family owns 12 acres on Fall City-Carnation Road and has 48 acres of the certified organic Ames Creek Farm, part of the PCC Farmland Trust program. Best known for their gorgeous flower bouquets, they also grow beautiful greens, onions, cucumbers, zucchinis and fresh herbs.

When asked about the biggest challenge to farmers in the Snoqualmie Valley, Phong says it is flooding. Another important challenge for all farmers is the increasing cost of farming, land values and gasoline prices.

He estimates 80% of the farm sales are from urban city dwellers. His children's education, has been paid for by the city people that buy their food and flowers. He knows he is helping urban people be healthier and he feels really good about that.



Children's Garden