



Produce To The People

Good Food, Good Medicine

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An idea takes root ...



Kaiser Permanente's Cross-Site Farmers' Market Patron Survey

As a result of coming to the market:

- 71% report having increased their intake of fruits & vegetables
- 63% report consuming at least "a few more kinds" of fruits and vegetables

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**I SCREAM.
YOU SCREAM.
WE ALL SCREAM FOR GREEN BEANS.**

KAISER PERMANENTE®  **thrive**



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Over my 36 years of practicing medicine at Kaiser Permanente in Oakland, CA, it's become clear that what people eat is a major factor affecting their health. On this website I look forward to sharing good food with you and celebrating the people who grow it.

To learn more about Dr. Maring, or to contact him, [click here](#).

FOOD LINKS

[Edible Nation](#)[Seafood Watch](#)[Community Alliance with Family Farmers](#)[Food News](#)

WELCOME

POSTED: AUGUST 27, 2007

Since our first Permanente farmers' market opened at the Oakland Medical Center in 2003, over 35 more have begun at Kaiser Permanente facilities in six states and the District of Columbia. The latest market opened due to KP...

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Puttanesca Revisited

POSTED: AUGUST 27, 2007

It turns out that a number of people I know are passionate about their puttanesca. Arguably the very best wilderness cook I know (roots, mushrooms, unknown herbs, freshly caught trout, campfires, mesquite, etc) also is a great cook in civilization. He...

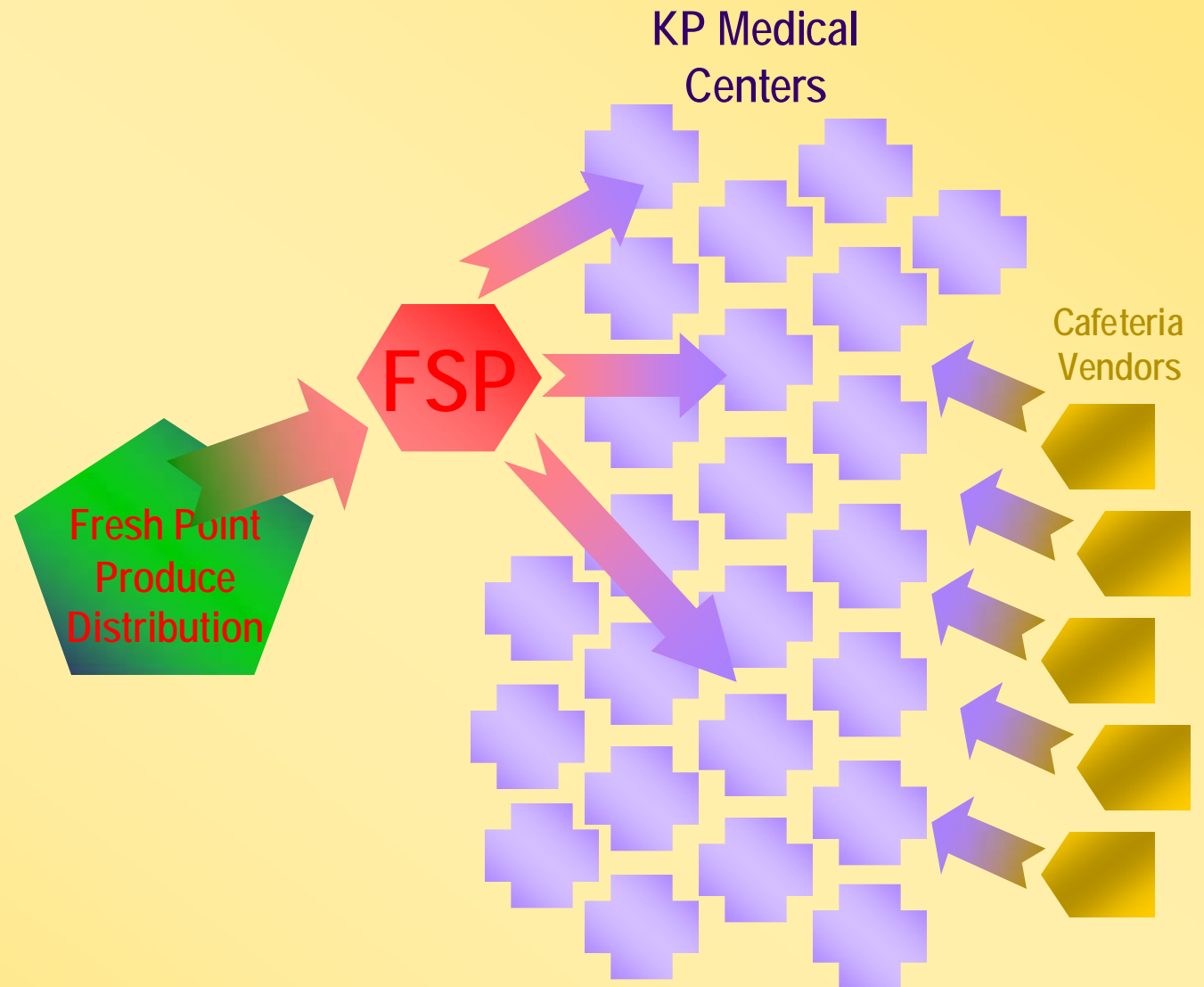
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Food Distribution

Seasonality

Provenance

Farms





**“sign me up,i am
53,with expanding
center section,need
help to eating right
and exsercize,and
speeling.”**

<http://kp.org/farmersmarketrecipes>