



GET LOCAL

CHECK OUT YOUR LOCAL FARMERS MARKET

Shopping at a farmers market is a great way to get fresh, seasonal, locally grown fruits and vegetables. The market can seem overwhelming at first, so here are a few tips to make sure your trips to the market are successful—and fun!

Bring Your Own Bags

Bring a couple of durable and reusable canvas or cloth bags for your delicious farm-fresh fruits and vegetables. You can also bring some storage containers for the more delicate fruits and vegetables like blackberries and cherry tomatoes.

Bring the children

Let the children pick some of the fruits and vegetables. And have them help prepare the produce for lunch or dinner.

Arrive early

For the best selection, go to the market early. The best goods are often the first to go.

Don't become overwhelmed

Farmers markets can get crowded and busy. Take your time to enjoy the experience of shopping locally and choosing for your farm-fresh food.

Browse before purchasing

Prices and selection can vary from farmer to farmer, so make sure you check to see what's available before making any purchases.

Talk to the growers

Don't hesitate to ask questions and try the samples. Growers are happy to share information and may have tips on the best ways to prepare the produce.

Protect your purchases

Don't keep your farm-fresh produce in a hot vehicle. Take your food items straight home and store them properly.



"Growing a Healthier You, Nutrition from the Farm to Your Table" is available at www.cnpp.usda.gov/knowyourfarmer.htm.

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