



Farmers market: *Fresh produce & more*

Eating a whole-food, plant-based diet is one of the best things you can do for your health. Foods found at local farmers markets may be more nutritious as they are picked at the peak of ripeness. And, since they don't have to travel a long distance to reach you, they're better for you and the environment.

Try these tips to get the most out of your next trip to the farmers market.



BUY WHAT'S IN SEASON

The foods that are growing in abundance in each season will likely be the least expensive. They will also be the most delicious! Nothing beats a fresh, in-season fruit or vegetable.



GET TO KNOW THE FARMERS

The people who grow your food are a wealth of knowledge. Ask them for recommendations and cooking ideas. They can help you be a better shopper and a better eater!

DON'T STOP AT PRODUCE

Most farmers markets have vendors selling eggs, meat, cheese, honey, flowers, fresh bread, and so much more. Take advantage of all the tasty, local products your area has to offer.

SHOP EARLY FOR THE BEST SELECTION

The good stuff often goes fast. Get there early to find the best and prettiest produce.

OR SHOP LATE FOR THE BEST DEALS

If you're shopping on a tight budget, hit the farmers market near closing time. Many vendors will offer discounts so they don't end up with a lot left over.