

Farmer's Market Shopping Tips

A trip to a local farmer's market can make for a fun outing with friends or family. Knowing what to expect and how to prepare can help make your trip even more enjoyable.



Benefits of purchasing produce at a farmer's market

- Seasonal produce
- Fresher produce - may be sold a single day after harvesting
- Often more flavorful produce
- Access to individuals who are knowledgeable about the way the food was grown
- Support your local economy
- Reduce waste related to packaging and transporting produce

How to Be Prepared



Farmer's markets are generally open-air markets. As a result, shoppers are exposed to weather, so it is important to dress appropriately. Consider sun block and a hat.

Other things to make a shopping trip easier:

- Cash - small bills to prevent spending time making change
- Canvas bag or other reusable bags
- Cooler if you do not plan on returning home soon after your trip
- Paper towels that can be dampened to help keep delicate items like herbs well hydrated
- Water bottles

Getting the Best Value

- Plan meals around what you will likely find during your trip, but leave some room for unexpected deals or new food finds.
- Arrive early for the best selection.
- Alternately, at some markets, deals may be easy to find at the close of the market's hours if the farmer does not plan to return home with his produce.
- Take a full loop of the farmer's market to know what is available and find best prices or quality
- Most produce should be firm and smooth.
- Look for produce that is not withered or wrinkled. Avoid produce that is cracked or very dry in appearance.
- Talk with the farmers - they may be able to share valuable experience about preparation or storage methods for their produce
- Transport produce carefully. Arrange produce so that more delicate items will not be crushed or otherwise damaged.
- If you plan to return to the farmers market soon, ask the farmers you meet what they expect to bring with them in the coming weeks or months.

Seasonal Produce in Our Area



June and July

- Peaches
- Blueberries
- Plums
- Watermelon
- Beets
- Turnips
- Carrots
- Squash
- Cucumbers
- Sweet and hot peppers
- Eggplant
- Onions
- Green beans
- Corn
- Tomatoes
- Herbs