

12 Reasons for Visiting a Farmers' Market

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IT'S FARMERS' MARKET time again. Here are 12 great reasons to visit a Farmers' Market, illustrated with scenes from Farmers' Markets.

- 🍏 **Find foods not available in a grocery store.**
- 🍏 **Take home a truly tasty tomato!** Make a tomato, basil, and olive oil bruschetta or other recipe!
- 🍏 **Enjoy really fresh sweet corn.** Fresh from the field means fantastic flavor!
- 🍏 **Purchase a pretty plant** you know will grow in your state because it was locally grown in your state.
- 🍏 **Meet with a master gardener.** Extension master gardeners are available at some of the Farmers' Markets. They'll answer your garden questions and help make your garden grow!
- 🍏 **Make memorable meals.** The meal at right features toasted sunflower wheat bread with lettuce and smoked bacon cheese; kale sautéed in olive oil with green onions and garlic; purple (graffiti) cauliflower ... all from one Farmers' Market!
- 🍏 **Have fun with your family and friends.** Many Farmers' Markets feature special events, such as cooking demonstrations, music, festivals, and more.
- 🍏 **Get really fresh food** that didn't travel long distances to reach you. Freshly picked produce not only tastes better, but keeps longer, too! Look for the Buy Fresh Buy Local sign used many places to identify locally grown produce.
- 🍏 **Buy a beautiful bouquet** of locally grown flowers.
- 🍏 **Get to know your farmer.** Ask questions about how the food was grown, how to cook it, and more.
- 🍏 **Support your local economy.** If every household spent \$10 every week on locally-produced food, think how much could stay in your local economy each week.
- 🍏 **Farmers' Markets are full of surprises** – you never know what you might see!



Photos: Alice Henneman



Know how. Know **now**.