

Farmers Markets

Summer is here and that means farmers market season is in full swing. Why should you shop at your local farmers market? Here are just a few of the benefits.

Fresh tasting, seasonal produce

Shopping at farmers markets naturally leads to seasonal eating. Produce that is in season often tastes best, encouraging you to eat more.

Nutrients are better preserved

Often produce is picked and sold at markets within a few days. This helps to preserve the natural nutrients found in fruits and vegetables, making them even more nutritious.

Support local farmers and the environment

By shopping at farmers markets, you can help support local farms and preserve farmland. Using farmers markets also benefits the environment as local produce does not have to travel far, which reduces fuel emissions and saves resources.

Spend quality time with your loved ones

Looking for something fun and educational to do with your family? Head to a farmers market. Many farmers love talking about their produce, so encourage young ones to ask lots of questions. Farmers markets are also a great way to teach kids about healthy eating.

Use your benefits

SNAP benefits may be accepted at a market near you. Visit your local market to find out if you can use your SNAP dollars for market goods.