

Tips and Tricks for Shopping at a Farmers Market

- ☞ The market is held outdoors—rain or shine—so dress accordingly.
- ☞ The market is busiest from 8-10 am. Growers may have only a few pounds of certain items, so come early for best quality and selection. The market opens at 8am; please give farmers time to set up their stands if you arrive early.
- ☞ Keep your shopping list flexible. Plan your menus based on what the farmers bring to the market that day.
- ☞ Carry small bills so it is easy for vendors to make change.
- ☞ Chat with farmers, they know more about the produce than anyone! Ask them how they grow the food, how to choose it, and their favorite way to prepare it. Try something new this week!
- ☞ Sturdy, cloth shopping bags or baskets will help you carry purchases and help reduce the use of plastic bags.
- ☞ Plan to go straight home from the market to put away your purchases. Fresh produce, plants or flowers will wilt in your car. If you can't go straight home, bring a cooler to keep your items cool.
- ☞ Bring your children with you! They will learn where their food comes from, who grew it, and how it looks in when freshly harvested. Visit the Growing Kids booth, where our littlest gardeners sell their produce.



Special thanks to the Matthews Community Farmers Market. <http://www.matthewsfarmersmarket.com/>