

10 Reasons to Visit Your Local Farmers Market

National Farmers' Market Week is Aug 2nd – 8th!!!!

1. **EAT SEASONALLY** - Freshly picked produce is at peak flavor & nutrition. Delicious!
2. **BUY LOCALLY** – Supporting local farmers helps the local economy & strengthens our community
3. **BE ADVENTUROUS** – Garlic Scapes? Dandelion Greens? Here's a great opportunity to try a new fruit or a new vegetable
4. **STAY HEALTHY** – Fruits and Vegetables are full of natural compounds called “phytonutrients” that are beneficial to overall health
5. **LEARN SOMETHING NEW** – Many farmers will share their recipe favorites, seasoning and prep tips.
6. **SAVE MONEY** – Organic produce prices at a farmers market will beat prices at the supermarket for organic produce.
7. **MAKE PURCHASES CONVENIENTLY** – Most farmers markets accept both cash or credit card payments, and others are eligible to process SNAP benefits and accept Senior Nutrition Farmers Market coupons.
8. **CONSERVE FUEL** – Your nearest farmers market is likely in the center of town or just one town over.
9. **GET SOME EXERCISE** – Is your farmers' market close enough to walk to? Get some exercise just browsing about.

AND 10. JUST HAVE FUN - Enjoy the music, make new friends, enjoy the day!

