Summer Activity
Visit A Farmer's Market

Why visit a farmer's market?

- **Help the environment –** Shopping at a Farmer's Market reduces packaging waste and reduces the energy required to ship food.
- **Become part of your community –** Farmer's Markets can be a fun event to attend with friends and family, and gives you a more personal experience while shopping.
- **Support your local economy –** Shopping locally helps keep small, local farms alive.

- **Learn about food –** Often times at Farmer's Markets, you're able to personally interact with the Farmer who is knowledgeable about how foods are grown and harvested. Farmer's will also often have good recommendations on ways to prepare the crop.
- **Variety of fruits and vegetables that you don't often see in the supermarket** – Local farms often times have foods that are usually sold in supermarkets such as: red carrots, rainbow of heirloom tomatoes, purple cauliflower, and much, much more.
- **<u>& IT'S GOOD TO EAT FRUITS AND VEGGIES THAT ARE IN SEASON</u>**

Why eat fruits and veggies that are in season?

- **Cheaper –** When it's in season, there is more of the crop, and it doesn't cost anywhere near as much effort to produce.
- **Tastier –** When a crop is not in season, it's grown in a hothouse or it's shipped a long distance. Fresh crops have their full, whole flavors in tact, whereas foods that are chilled, shipped and/or stored lose their flavor.
- **Picked immature –** Crops that are not in season are picked prematurely so that they don't spoil along the way. This affects the taste of the crop, and causes vitamin and nutrient loss.

- **More nutrients –** Transporting produce sometimes requires irradiation (zapping crop with radiation to kill bugs), and the use preservatives. Both of these practices reduce the produces' nutritional value.
- **Shipping vegetables is harmful to our planet –** Shipping produce long distances increases greenhouse gas emissions, and contributes to air pollution,
- Produce that is picked and frozen while in season is higher in nutrients than the same ones that were transported! **Therefore, if you want a fruit or vegetable that is not in season, buy it frozen!**

http://www.motherearthnews.com/real-food/top-10-reasons-to-visit-the-farmers-
http://life.gaiam.com/article/benefits-eating-what-s-season
http://bodyecology.com/articles/benefits_in_season.php#.U6iQ0BbF9g0

Resources

To find a **Farmer's Market** near you, check out: http://www.localharvest.org

For a list of fruits and veggies that are in season, check out: http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season

Another great resource for seasonal fruits/veggies, as well as recipes for those crops, check out: http://www.eattheseasons.com

http://www.motherearthnews.com/real-food/top-10-reasons-to-visit-the-farmers-
http://life.gaiam.com/article/benefits-eating-what-s-season
http://bodyecology.com/articles/benefits_in_season.php#.U6iQ0BbF9g0