

BENEFITS OF A FARMERS' MARKET



SUPPORTS LOCAL ECONOMY, FARMERS & AGRICULTURE

Support your own community by supporting local business, farmers and agriculture. You can help small farmers be successful.



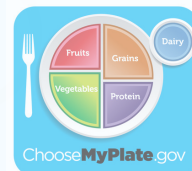
ALLOWS YOU TO TALK TO FARMERS & VENDORS

Vendors and farmers often have suggestions on how to best prepare their food.



PRODUCE HAS BETTER FRESHNESS, TASTE & NUTRITION

Since the produce is local and in season, you know it is fresh. Fresher produce has the best flavor and nutrition. Furthermore, it is an easy way to add color to your plate and meet MyPlate guidelines. MyPlate is the model that has now replaced the food pyramid.



WIC AND SNAP BENEFITS ARE OFTEN ACCEPTED

You may be able to use your benefits as a way to get fresh and nutritious food.



OTHER ACTIVITIES MAY BE AVAILABLE FOR YOU, FRIENDS & FAMILY

There are other things to explore other than produce. Baked goods, meats, cheeses, honey, flowers, crafts, and other goods may be sold by vendors. In addition, there are often other activities, such as live music, cooking demos, the Kids Zone, and more.