TIPS FOR SHOPPING FARMERS' MARKETS



Seek out the information booth. This is a great place to start if you plan to use your SNAP benefits.



Arrive early. For the best selections, arrive close to opening.



Ask questions. Don't assume all foods are organic, grown in your community, or grown by the vendor. Ask the vendor to find the information you need.



Have fun! Take time to talk with fellow shoppers and vendors.



Be prepared for choices – lots of them. For help, talk with the vendors and other shoppers.



Shop with others. Buy in bulk with friends and family. You can split up your food and even freeze, can or dry some to enjoy during the off-season.



Buy only what you can eat in a few days or preserve. You will reduce waste and get the most nutrients.



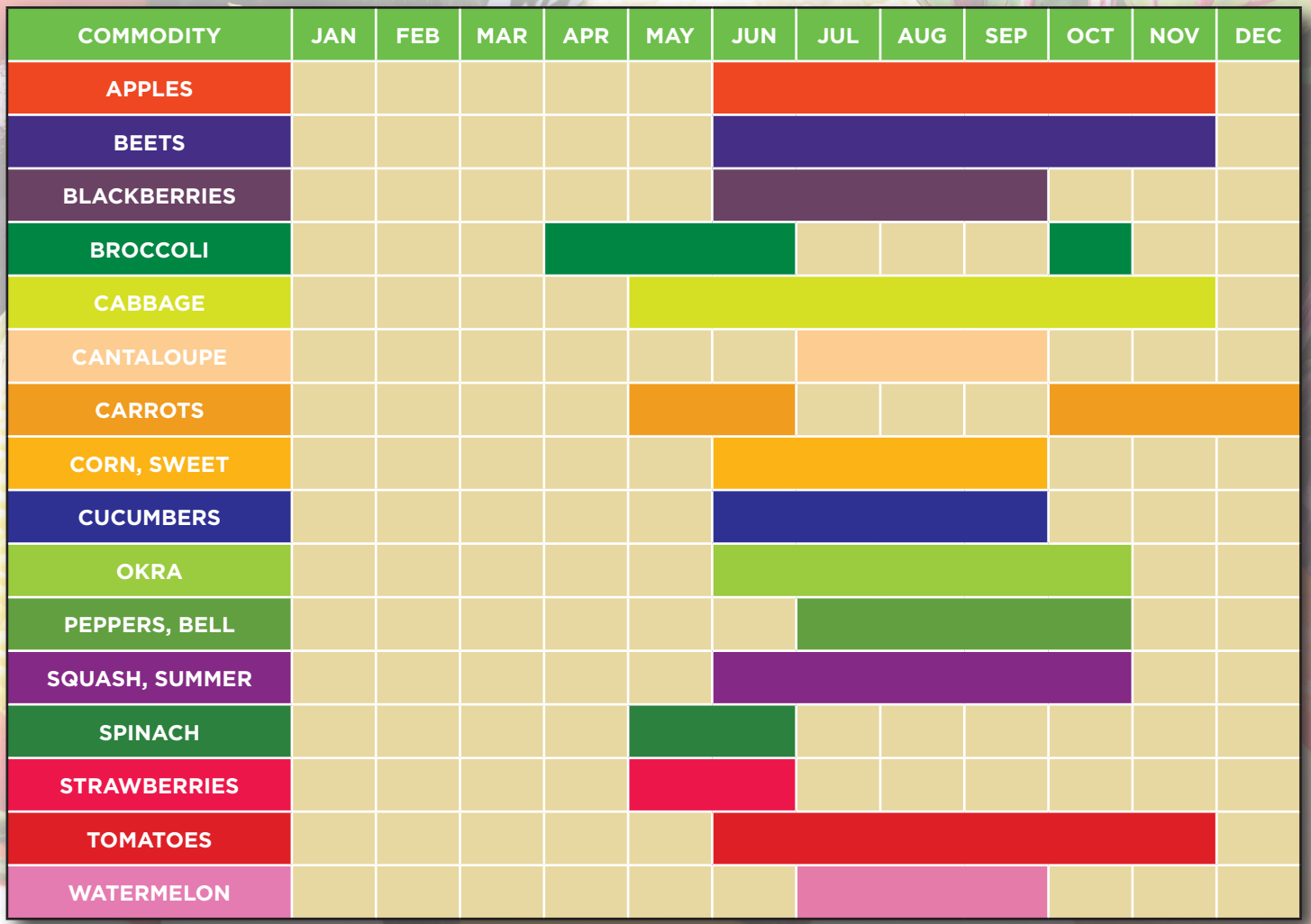
Bring a cooler, preferably one with wheels. This will protect your perishables.

Christopher Sneed PhD, Janie Burney PhD, RD

Adapted from USDA's nutrition.gov - Ten Reasons to Shop at the Farmers' Market.

SEASONAL GUIDE

Weather conditions can vary greatly from one end of our state to the other. For that reason, it is always best to contact the local farm you plan to visit beforehand to confirm exact availability, as well as operating hours. Use the guide below to enjoy the freshest fruits and vegetables in Tennessee!



Adapted from picktnproducts.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.

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