

# Farmers Market: Guide to Successful Shopping



## There's no wrong way to attend the market!

Come as you are, stay for a while or swing through; there is something for everyone at the farmers market.



## Talk to the vendors.

Curious about what that bread is called? Not sure how to cook that vegetable? Ask the people who produced them!



## Shop in Season

Seasonal produce will not only taste better, but it will also be significantly cheaper than out-of-season produce. Check out our [Seasonal Produce Guide](#) or ask a produce vendor what's in season.



## No cash? No problem

More and more markets provide alternative payment options, including Venmo, CashApp, credit and debit cards, SNAP/EBT, and WIC/Senior Checks.



### **Bring a bag.**

Buying local products already reduces your carbon footprint; bring a reusable bag to promote eco-friendly shopping.



### **Check out seasonal recipes.**

Healthy Harvest of Noth Iowa has a wide variety of seasonal recipes available on their website. You can even sort by ingredient!



### **Follow your local market on social media!**

Keep up to date with vendors, products, and special events happening at the farmers market.



### **Take pride in your local market.**

When you shop at farmers markets, you directly support local farmers and small businesses. Supporting local agriculture contributes to sustainability and transparency in our food system.