



6 Reasons to Explore Your Local Farmers Markets

Fresh, Nutrient-Rich Produce Farmers markets offer a variety of fresh, locally grown fruits, vegetables, and herbs. The produce at farmers markets are often harvested at peak ripeness ensuring optimal flavor and nutritional content.

Support Local Farmers and Businesses When you shop at farmers markets, you directly support local farmers and small businesses. Your purchase contributes to the livelihood of these hardworking individuals who are passionate about sustainable and ethical farming practices. By choosing local, you play a crucial role in maintaining the economic vitality of your community.

Environmental Sustainability Supporting local agriculture helps minimize the environmental impact of long-distance shipping and storage. By choosing sustainably grown, locally sourced food, you contribute to a healthier planet and promote eco-friendly practices.

Community Connection Farmers Markets serve as gathering places where community bonds are strengthened. Engage in conversations with the farmers, artisans, and fellow shoppers. Learn about the stories behind the produce, exchange recipe ideas, and connect with the people who contribute to the local food ecosystem.

Discover Unique and Artisanal Products Beyond fruits and vegetables, farmers markets showcase a diverse array of artisanal products. From handmade jams and local honey to freshly baked goods and unique crafts, these markets offer a treasure trove of distinctive items you won't find in conventional stores.

Transparency in Sourcing Farmers markets offer a unique level of transparency, allowing consumers to directly interact with farmers, inquire about production methods, and understand where and how their food is produced. This direct connection builds trust, fostering a clearer picture of the origin and practices behind the food on the market.

Source: cvfoodfarmnetwork.org

Tips for Shopping at the Farmers Market

- Know your season. Check out what produce may be available each month at cvfoodfarmnetwork.org so you know what to expect.
- Take a walk through the entire market before buying anything.
- Go early to avoid crowds and have plenty of produce to choose from.
- Talk to the vendors and ask them questions. Do they use any chemicals? What is their favorite recipe to prepare their produce items?
- Bring a reusable bag. (If you forget, vendors will have bags for you.)
- Bring cash if possible. A variety of payment methods will be accepted at the market and it will vary with each vendor.
- Look for signs at each vendor to see who accepts EBT, Veggie Vouchers, and Senior/WIC farmers market checks.
- Follow your favorite farmers market on social media to see what products are available each week!

How to use the QR codes below:

- Open the camera app
- Point your phone's camera at the QR code, centering it on the screen
- Hold your phone steady for a few seconds
- Your device should recognize the QR code and display a notification
- Tap the notification to open the link associated with the QR code



Seasonal Guide to locally grown produce It will vary each year based on the weather.
<https://cvfoodfarmnetwork.org>



Check out farmers markets in the area.
<https://cvfoodfarmnetwork.org/local-food-listings/>.



Healthy Harvest of North Iowa's recipe database contains seasonal recipes. You can browse by category, ingredient, or season.
<https://www.healthyharvestni.com/consumers/recipes/>