

Find Your Freedom at the Farmers Market



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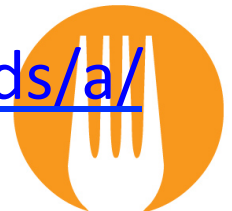
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Before You Go

- Bring your own **bag**, many vendors do not have bags
- Bring **cash**... they do not always have ATMs...some do or will exchange for tokens, etc.
- Many farmers markets also now accept EBT/SNAP
- Bring small bills and change...
- Buying more than produce? Bring a **cooler** or insulated bag
- **Respect the seasons and manage your expectation**
- Seasonal guide:
<http://localfoods.about.com/od/finduselocalfoods/a/natlseason.htm>



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While You're There

- Go at the end: best time for deals
- Go at the beginning if you want your first pick
- Whenever you decide to go, do a walk through before buying anything to get a sense of what's in season and to get a sense of who has what and prices ... AND...
- Secure your keys... most common lost item
- Make a relationship: relationships may lead to deals... also tricks/knowledge about different items
- Asking questions: it's how I discovered Tatsoi, Romanesco Cauliflower, sunchokes, and the super yummy Baldwin apple...none of which I had ever heard of before chatting it up with the farmers





While You're There

- Think about ways to use the entire vegetable, if possible beets: greens and root; chard other greens: stems and leaves; mushrooms stems and tops
- Look for bright, unbruised produce
- Taste test! Really fun part. I like to smell first. Look second. Taste with my eyes closed ... let it roll around my mouth
- Make it social... go with friends, meet friends... know you're going to see a familiar/smiling face. Feels like family/like community



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When You Get Home

- Wash your produce right before you are ready to use (not right when you get home)
- With a stocked pantry, you'll be able to minimize your grocery store visits, which is liberating!
- Try different markets in different parts of the city and/or in different cities/towns
- Freedom to choose, to explore, to be creative, to be adventurous



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