



Top 10 Tips to Buy Local

1. Most farmers' markets take place in a central, populated area within the local community. This type of interaction is a great way to build and strengthen a community.
2. The produce sold at a farmers' market is considerably fresher and often organic or pesticide free. Many times the produce is picked from the field the day before it arrives in your kitchen.
3. Locally grown produce retains more nutrients. Produce shipped across the country can lose up to half its nutrients while traveling.
4. You can learn from the vendors how your favorite fruits and vegetable are grown.
5. You can request products from local vendors that are not available in your grocery store.
6. It benefits the local economy. Money spent on locally grown food stays in the community, and it supports endangered family farms.
7. It protects the environment by lowering CO2 emissions caused by vehicles used for shipping.
8. Local growers can focus on taste and texture rather than on shipping so locally grown produce just tastes better!
9. A farmers' market is a great place for entertainment. Oftentimes markets will feature live music, education tables, and other activities.
10. A farmers' market is a great way to spend a morning or afternoon outdoors!