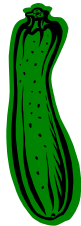


How To Store Your Goodies When You Get Home

- ❖ As you buy, put heavier, firmer items on the bottom of your bag or basket.
- ❖ If you drive to the market on a hot day, keep a cooler in your car to transport home the produce you buy.
- ❖ Store everything green in plastic bags in the refrigerator.
- ❖ Always keep tomatoes, garlic, potatoes and onions at room temperature.
- ❖ Learn more about individual fruits, vegetables and herbs from this website:
www.AboutProduce.com
- ❖ An excellent web site for recipes is www.AllRecipes.com.
- ❖ Remember to ask the farmer who you bought the produce from if you are unsure of the best way to store or prepare items you've bought.



Eat 5 servings of fruits and vegetables every day for better health!



Material adapted from University of Wisconsin-Extension, UW-Madison

The Senior Farmers Market Nutrition Program is funded by the US Department of Agriculture and WA State Attorney General's Office Vitamin Settlement Fund. It is administered by the Dept. of Social and Health Services in partnership with the Dept. of Health, Washington State University, Area Agencies on Aging, Senior Nutrition Providers, and Farmers Market Association. For more information call 1-800-422-3263.

This brochure is produced for nutrition education and funded by USDA Food & Nutrition Service, Food Stamp Office; the Senior Farmers Market Nutrition Program; and Washington State University. Programs offered by these agencies are consistent with federal and state laws and regulations on non-discrimination regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Report evidence of non-compliance by writing to the Secretary of Agriculture Washington DC, 20250. Trade names are used to simplify information; no endorsement is intended.

Farmers Market Shopping Tips



Washington Senior Farmers Market Nutrition Program

- Fresh fruits and vegetables.
- Support for local farmers and farmers markets.

Farmers Market Shopping Tips



Why shop at a farmers market?

Shopping at a farmers market can be fun, but also good for you and your community! Some of the many reasons include:

- ❖ The freshest foods are available, and fresh means better health for you.
- ❖ You can meet the farmer who grew your food and they can tell you the best ways to prepare the produce you just bought.
- ❖ You can save money, especially on organic produce.
- ❖ Farmers markets provide a livelihood for many farmers who otherwise might not be farming.



Before you Leave Home

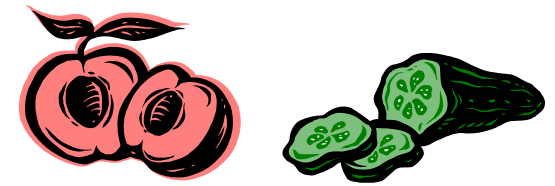
Check when the market is open. Farmers markets have different days and hours of operation so double check that your local market is open before you leave.



Bring your own bag, basket or a light shopping cart. Recycle plastic bags, by bringing them with you and asking the farmers to use them instead of theirs. Keep an inexpensive cooler in your car to keep produce fresh and safe during hot weather.

Shop early. You'll find the best selection early in the day, so try to get there when the market first opens.

Go without a list. This probably goes against what you've learned, but the point of going to the farmers market is to get the freshest possible produce. So plan on buying whatever looks best and plan your meals around your purchase.



Enjoy the Market!

Browse before buying. Take time to taste and compare the offerings of different vendors.

Try new foods. Buy something you've never had before. Ask the farmer the best way to enjoy it. Never cooked kohlrabi? At the farmers market, a grower can tell you how to select and prepare it.

Take time to chat with the farmers. Getting to know your local growers is part of the fun of shopping at farmers markets. You'll become a wiser shopper.

Go straight home. Plan on bringing your purchases home before running any more errands — leaving fresh produce sitting in a hot car can wilt it.

