

Larry S. Helms
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INSURANCE SERVICES

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Farmers Markets!



Do you like to cook? Want more control over your food and where it comes from? Would you cook more if you had access to a multitude of fresh local produce? Then Farmers Markets are for you!

What is a farmers market?

A farmers market is a public and recurring assembly of farmers or their representatives selling the food that they produced directly to consumers. Farmers markets facilitate personal connections and bonds of mutual benefits between farmers, shoppers, and communities.

Is produce from the farmers market better?

More than 85% of farmers market vendors traveled fewer than 50 miles to sell at a farmers markets. In fact, more than half of farmers traveled less than 10 miles to their market, according to the USDA.

When I shop at a farmers market, where does my money go?

At a farmers market, you hand your money to the person who grew or made the products in front of you. According to the USDA, more than 150,000 farmers, ranchers, and agricultural entrepreneurs are selling quality products directly to consumers.

Read More: farmersmarketcoalition.org

Farmers Market Tips!

Know your season. If you start out with a basic knowledge of seasonal produce, you'll know what kind of fruits and vegetables to expect when you arrive at the farmers market.

Plan ahead. Since you know what you're likely to find at the farmers market, you can do a bit of meal planning and shop accordingly, much as you would at the grocery store.

purchase.

Go early. Markets tend to be less crowded right when they open or just before they close. There are exceptions to this rule, so try going to your market at different times to figure out the best time for you.

Do a walk through. Before you start buying, walk through the entire market to see what's available and compare prices. Take a notebook with you and write down which vendor has the lowest prices or best selection for each item so you know where to go when you're ready to start buying.

Talk to the farmers/vendors - Ask questions. If you find a fruit or vegetable that's new to you at the farmers market, don't be afraid to ask the farmer about it. This engagement is part of what makes the farmers market so unique.

Think "Whole Foods". Produce sold from the farmers market tends to be minimally processed, whole foods.

Read More: thespruceeats.com/farmers-market-shopping-tips-4067698, moneycrashers.com/local-farmers-market-shopping/

Where can you find farmers markets near you?



Farmers Markets: Try several and find your favorites.

charlottesgotalot.com/blog/shopping/visit-charlotte-area-farmers-markets-shop-local

charlotteonthecheap.com/charlotte-area-farmers-markets-3/

LarryHelms.com - Our team members are here to help you!

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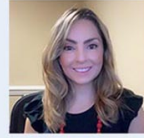
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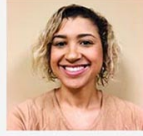
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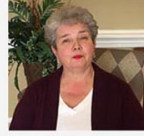
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