



Tips for Shopping at a Farmers' Market

Plan Ahead

1. Know the time and place of the market you want to attend.
2. Have a washable canvas bag, or a basket for your fruit and vegetables and even a small cooler for eggs, meat, cheese etc.
3. Bring cash, in small bills, most vendors will not be able to take credit cards and checks are inconvenient.
4. Check with the market manager to see if the market accepts EBT (electronic benefits transfer) and if the vendors at the market participate in the Nebraska Senior Nutrition Program.
5. Be adventuresome, and plan your meals around what you purchase at the market.
6. Take the kids, so they can learn where their food comes from and they can purchase the food they would like and meet the farmer who grew it for them.



At the Market

1. Take your time. Walk the market to see what is available, then go back and make your purchase. Look for the Buy Fresh Buy Local® Nebraska logo, the farmer is growing your food locally (Nebraska) and knows it from seed to your plate.
2. Try something new. Remember to eat your colors. A colorful menu, with foods of a variety of colors, textures and tastes help to make it a well-balanced meal.



3. Get to know your farmer. Farmers' markets are a great place to meet and talk with farmers who grow and know your food.
 - a. Ask them questions about how they raise their produce and animals.
 - b. Ask them about how they would prepare it, many farmers will have recipes.
 - c. The farmer may have tips on how to store fresh produce and how to preserve for future use.
 - d. What fruit and vegetables are in season and what can you expect to be available soon.
 - e. When buying meat, ask how you should prepare. Grass-fed meat should be cooked or grilled slower than grain-fed meat, in order to maintain flavor and tenderness.
 - f. Become friends with the farmers and arrange for a family visit to the farms you buy from the most.



4. Go straight home after market. Place your food in coolers if needed, and go home right away to place your food in the proper storage.

When You Get Home

1. Put your food away. For information on the proper storage of your purchases go to: www.buylocalnebraska.org and click on Safety and Health Consideration section and on the right hand side bar in green, Consumers Food Safety Buying and Preparing sites.
2. Plan your menu. Want to try new recipes, learn quick and easy tips for preparing fresh food, and if you are not using the food right away, learn how to freeze, dry or can for future use. Go to : www.buylocalnebraska.org and click on Local Foods by the Season for what is in season and recipes on how to prepare and store your food.
3. Wash your food. Farmers bring quality, clean food to the market and to insure that your food choice is still in choice eating quality you should always wash your produce before preparing it for eating.

To learn more about your local farmers and the food they raise and where to find and purchase their products <http://food.unl.edu/localfoods/home> and search the entire food topics listed. Find us on Buy Fresh Buy Local ®Nebraska Facebook page.

