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Great falls farmers market

Getty Images Freshly picked tomatoes, juicy peaches, fragrant herbs, all locally grown and full of flavor, are farmer's market basic products and summer is the perfect time to get your share of the size. That's where you'll find the freshest and most delicious foods, says Lindsay Wallace, deputy program director for FRESHFARM, a nonprofit that operates 13 markets in the Mid-Atlantic region. Once you start shopping at the farmers market, you'll never look at products at the supermarket the same way. With so many markets to choose from (and a dizzying array of suppliers in each) it can be overwhelming to figure out where to start. Follow these nine tips to make the most of your shopping trip. Advertising - Read on under 1 Get prepared Unlike the supermarket where credit card machines and plastic bags abound, farmers at the market may not be so well equipped. More sellers accept credit cards, but it's wise and courteous to carry cash bags and canvas, Wallace advises. Small bills are particularly welcome. 2 Subscribe to the newsletter The weekly electronic newsletter is the equivalent of the supermarket circular: it includes information about what is available to the market every week along with sales details and special events such as culinary demonstrations. Many markets also include recipes in their newsletters. You can use the newsletter to create a shopping list to bring to market; it's a great planning tool, says Marcy Coburn, executive director of the Center for Urban Education and Sustainable Agriculture, the nonprofit that operates San Francisco's Ferry Plaza Farmers Market. 3 Stop at the information stand Each market has an information booth where volunteers answer questions on the market and help buyers find specific suppliers or products. Coburn suggests asking about other food-related events the market might host, including farm tours and cooking classes. The information stand is the best place to discover the market and how you can engage in the local food system beyond the market, he says. 4 Connect on social media Like e-newsletters, social media is a good way to keep up with what's in season and happening on the market. There's an added benefit to following your favorite farmers market on Facebook, Twitter, or Instagram, according to Wallace: It connects you with the community of shoppers who also love the market. We'll see comments on our Facebook page like, 'I never thought I'd do it with carrots!' she says. It opens up new ways for people to connect with food. 5 Go early Most products are only in season for a few weeks. To get your choice of cabbage, cauliflower and cherries, suggests shopping at the opening of the market. In some markets, if you want eggs and you're not there in the first 15 minutes after the market opens, they'll be sold out, he says. While the best selection might be available first thing in the morning, most farmers pick up enough produce or pack enough meat and products, at the service of customers throughout the market. Some farmers will also offer a discount at the end of the day to make sure their products sell. In other words, it is always a good time to shop at the farmers' market. 6 Ask questions Intrigued by kohlrabi but not sure how to cook it? Want to make sure the peaches were harvested at their peak? Are you curious if pesticides have been used on crops? Don't be afraid to ask questions. Farmers are happy to share tips on how to store and cook their products, and some will even offer recipe suggestions, Wallace says. 7 Ask about the seconds If you plan to turn apricots into jelly, pickledokra or make tomato sauce, ask farmers about seconds: products that could be deformed, bruised, undercut or otherwise too imperfect to be sold at full price. Farmers often have seconds in the back of their trucks or hidden under the booths they will sell at a reduced rate per pound, Coburn says. Farmers who do not have second to the market will almost always be willing to take them the following weekend. With a little patience, you can buy imperfect products at a great discount. 8 Practice Don't be afraid to beat watermelons or smell peaches, Coburn says. Farmers expect buyers to inspect their products. Careful inspection is, after all, the best indicator that fresh fruits and vegetables are ready to eat. To really test the ripening and flavor, it is also acceptable to ask for a taste. Farmers often prepare samples for the market; if a fruit is not already sliced, ask politely and most farmers will force, according to Coburn. 9 Avoid imposters In some markets, sellers are not local producers but retailers who buy products from wholesalers. Often, the products are out of season (and grown out of state) and the seller is not a farmer at all. A sticker with an SKU is a telltale sign that the products are not local or in season. When you go to the farmers market, you want to know that you're buying products from the person who cultivated them, Coburn says. If there is any question about whether the seller has grown the products, ask them. Why go to the farmers market if you can get the same cauliflower in the big box shop? This content is created and managed by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Today is beautiful. The sun shines brightly without being overbearing and before, when we took a walk, a light breeze ruffled our clothes. The axonne time now reigns in family, but later this afternoon we will enjoy the time again when we go to the local farmers market. To celebrate spring and glorious products, I thought I'd share a couple of reasons why I go to farmers' markets. If you don't already visit these local markets, maybe you'll be inspired to join me. Nutritious tariff Many vegetables begin to lose their liveliness and some of their nutritious nutrients storage and transfer. An example is spinach. It loses half its folic acid content after eight days when stored at 39 degrees Fahrenheit. Fresh produce, in other words, could give you twice as much nutrients. Although I do not trust anyone who has a stand in a farmers' market, the vast majority of products sold in farmers' markets were harvested just before the market. Crispy and dark greens, bright radishes, sweet strawberries and more are what greets us today. This nice offer will definitely contain a lot of nutrients for my growing family. Farmers' markets can also be a great place to find grazing chicken eggs, 10% grass-fed beef, artisan cheese, and historic pork. These high-quality products have a higher nutrient content in general (An example: grass-fed beef contains up to four times the amount of vitamin E compared to cows fed cereals) and are even better treated. Although not all farmers use sustainable practices, most small farmers use organic methods, although perhaps not certified organic. That means my products have fewer toxic pesticides - and this mom is all about it. Glorious food But even if you don't care about the quality of nutrients, there is no fresh food to beat and food for flavor. If you just like to eat good food, the farmers market is the place for you. Nothing beats the flavor of fruits harvested ripening from trees (and yes, the fruit ripened from the trees is also higher in nutrients), fresh vegetables, the superior flavor of grazed chicken and dark yolks from happy chickens. If you simply want to eat good food, buy as fresh as possible, directly from local farmers. Your taste buds will thank you with every bite. Also, when you start with such good ingredients, they are easy to cook because they need very few modifications. A quick steam, a little toasting or a few minutes on the grill is often enough for a nice party. Not only is the typical vegetable so delicious from the farmers market, but you can also find many other vegetables, cheeses and other food products that can be quite difficult to find in stores. This makes it fun and delicious! Last week I came home with white Japanese turnips, a sweet root vegetable eaten raw. I also came home with green garlic, which made a delicious soup. Local food economy But above all, supporting small local farmers supports your local economy and decentralizes the food industry. As much as I appreciate the big brands that are organic, it makes me a little tired of seeing the same organic brand across the country when there are so many small farmers in each state. I think it's wise to have a localized food supply. Plus, it puts less weight on the environment because your food didn't have to take a long journey to reach you. Sometimes frugal While our local farm markets are not cheap (unfortunately for this family on a budget), during the peak of the growing season, they are able to get steals on many vegetables. I always appreciate seeing a table table with zucchini or cucumbers because I know they will be on sale that week and I can go crazy with them! However, the way cheap products and other items sell really depends on the market you visit. You may find really good deals on your own. In addition, some farmers are willing to make discounts when buying large quantities. It never hurts to ask! Personally I'd like to see some of our local farmers give a little more grace to the average buyer budget with their prices. But then again, why should they? They are selling off often because their food is so good. If you want to find a local farmers market near you, this farmers market site can help. Here is a season of brilliant growth ahead of us! Us!

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