

Farmers' Markets



Variety

Variedad

Quality

Calidad

Why do you like to shop at the Market?

- * **Locally grown food tastes great!**
 - * **Meet the people who grow and tell them what you like!**
 - * **Try new kinds of your favorite foods.**
 - * **Try new varieties of fruits, vegetables and herbs that you can't find in the supermarket.**
 - * **Taste produce with different colors, flavors and textures.**
 - * **Try new vegetables you have never tried before.**
 - * **Eat produce that has a chance to fully ripen before it is picked.**
 - * **Farmers' Markets bring healthy food to your neighborhood.**
 - * **Great value—use your EBT—FMNP WIC-WIC Fruit & Veg Checks**
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Why Eat Locally Grown Produce?

Eat food grown or raised on farms near where you live.

This means foods grown or raised on farms within about 100 miles of your home from farms in New York, New Jersey, Pennsylvania and even Connecticut.

Benefits for you:

Locally grown food, eaten soon after it is picked, is a **healthy choice**.

Farm fresh picked the day before is delicious and nutritious because it has a chance to fully ripen in the sun before it is picked.

When fruits and vegetables are picked, they begin to slowly lose nutritional value. Food that is grown locally usually spends less time getting from the farm to your table.

With local food, you get more healthy nutrients in each bite!