



Farmers' Market Shopping Guide

Brought to you by:



FIND A FARMERS' MARKET

1

Many markets are open just once per week. Find a location near you by checking out the information on the back of this page!



BRING YOUR OWN BAG

2

Reusable tote bags (or old plastic bags) help you save plastic and carry fewer bags around! Consider packing an insulated bag or cooler to keep food fresh.



BROWSE BEFORE YOU BUY

3

Browsing first can help you budget. Walk the entire market to compare prices and find something you haven't tried before!



VISIT THE CUSTOMER INFO BOOTH

4

All vendors take cash, but if you plan to pay another way, the Information Booth is the best place to learn more. Also, ask about cooking tips, events, and other programs at the market and in town.

Payment methods may include:

- SNAP Benefits/EBT (Ohio Direction Card)
- Debit Card
- Credit Card
- Cash

Programs to help you afford healthy food:

- Produce Perks
- Produce Prescriptions
- TANF Fruit & Vegetable Coupons
- WIC Farmers Market Nutrition Program
- WIC Perks
- Senior Farmers Market Nutrition Program

Ask your market about these programs!

FIND A MARKET

LIST OF
PRODUCE
PERKS
MARKETS



Trouble with the QR Codes? Visit these sites!

<https://www.ams.usda.gov/local-food-directories/farmersmarkets>

www.produceperks.org/locations/

? Ask Questions ?

Farmers and market employees are friendly and happy to answer questions about cooking and storing the food you buy. Strike up a conversation by asking:

1

How fast should I use this food?

2

What is the best way to store this?

3

What is a favorite way to prepare this?

4

What will you have the next time I come to the market?

A FEW OTHER TIPS



SHOP IN SEASON

Fresh produce is available nearly year-round in Ohio! Take a look at the Ohio Fresh Produce Harvest Calendar to learn what to expect each season at the market.

<http://ohioproud.org/farm-markets-all/produce-availability/>



SAVE IN SEASON

Fruits and vegetables are often more affordable in peak season. Buy large quantities and preserve them for the off-season. Ask for information about local freezing and canning classes at the Information Booth.



KEEP IT FRESH

Some produce stores best on counters, some in the fridge, and some in dark, cool places. Look at the storage guide on your Ohio Fresh Produce Harvest Calendar.



LEARN AND REPEAT

Google recipes and talk to your local farmers, market staff, friends and family to get ideas on using your favorite produce to make easy and delicious meals. It's always fun to go out of your comfort zone by buying produce you haven't tried before, too!