

Gearing up for farmers market season

April 11, 2024



Concepts Taught

- Learn the benefits of shopping at the farmers market
- Review questions to ask to get to know your farmer/grower better
- Learn how to find where local farmers markets are located
- Leave with recipes for eating seasonally in Michigan

Benefits of shopping at a farmers market

- Support local economy, support small farms/family farms, get to know where your food comes from and who grows it, learn tips from growers on how to use foods in cooking

Other benefits

- Individuals that receive SNAP benefits can use their SNAP benefits at approved farmers markets
- Individuals that receive SNAP benefits can participate in "Double Up Bucks" to purchase even more fruits and vegetables
- Some farmers markets accept WIC Project Fresh and Senior Project Fresh too

Farmers market shopping tips

- Take a cooler or thermal tote bag to store any food items that need to keep cool/refrigerated
- Bring your own reusable shopping bags
- Take cash in case a vendor doesn't accept credit card payments
- Be open to trying new seasonal produce and asking questions to better know your farmer/grower

Getting to know your vendor

- Here are some questions to ask of the vendor:
 - Where is your farm?
 - Did you grow these?
 - How do you grow these?
 - Ask about soil health or fertilizers (manure, compost, plant food) used
 - What is this? How do I use it?
 - How should I store this?

What's in season?

- Check out Michigan Farmers Market Association's seasonal produce guides:
 - **Spring:** <https://mifma.org/wp-content/uploads/2020/08/2019-Spring-Seasonality-Guide.pdf>
 - **Summer:** <https://mifma.org/wp-content/uploads/2020/08/2019-Summer-Seasonality-Guide.pdf>
 - **Fall:** <https://mifma.org/wp-content/uploads/2020/08/2019-Fall-Seasonality-Guide.pdf>
 - **Winter:** <https://mifma.org/wp-content/uploads/2020/08/2019-Winter-Seasonality-Guide.pdf>

Recipes

- **Asparagus and Walnut Salad:**
 - <https://mifma.org/wp-content/uploads/2020/08/Asparagus-Walnut-Salad.pdf>
- **Crunchy Apple Salad:**
 - <https://mitteneats.org/crunchy-apple-salad/>
- **Roasted Garlic, Parsnip and White Bean Soup:**
 - <https://mitteneats.org/roasted-garlic-parship-and-white-bean-soup/>
- **Veggie Taco Boat:**
 - <https://mitteneats.org/veggie-taco-boat/>

Find a market near you:

- <https://mifma.org/find-a-farmers-market/>