

TIPS FOR SHOPPING SMART AT THE FARMERS MARKET

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Seek out the information booth.

This is a great place to start if you plan to use your SNAP benefits. People at this booth can help you get a better understanding of the market and how you can redeem your benefits.

Arrive early.

For the best selections, arrive close to opening.

Ask questions.

Don't assume all foods are organic, grown in your community, or grown by the vendor. Ask the vendor to find the information you need.

Have fun!

Take time to talk with fellow shoppers and vendors, though be sensitive to the fact that vendors need to keep the line moving.

Be prepared for choices — lots of them.

For help, talk with the vendors and other shoppers.

Shop with others.

Buy in bulk with friends and family. You can split up your food and even freeze, can or dry some to enjoy during the off-season.

Plan ahead.

Buy only what you can eat in a few days or preserve. You will reduce waste and get the most nutrients.

Bring a cooler, preferably one with wheels.

This will protect your perishables. You will want to keep meat and poultry items frozen.

Set a budget.

Decide what you would like to spend at the market before you go. Be sure to think about how the market trip will fit in as part of your overall family food budget.

Be safe.

Wash your hands before and after handling foods. If soap and water are not available, use hand sanitizer.

TENNESSEE GROWING SEASONS

WINTER (December, January, February)

Carrots, Herbs, Lettuce

SPRING (March, April, May)

Broccoli, Cabbage, Carrots, Collard Greens, Herbs, Kale, Spinach, Strawberries

SUMMER (June, July, August)

Apples, Beets, Blackberries, Blueberries, Broccoli, Cabbage, Cantaloupe, Carrots, Collard Greens, Corn, Cucumbers, Herbs, Kale, Beans, Peaches, Peppers, Potatoes, Spinach, Squash, Strawberries, Tomatoes, Watermelon

FALL (September, October, November)

Apples, Beets, Blackberries, Broccoli, Cantaloupes, Carrots, Cabbage, Collard Greens, Corn, Cucumbers, Herbs, Kale, Beans, Peaches Peppers, Potatoes, Pumpkins, Sweet Potatoes, Squash, Tomatoes, Watermelon



Stretch your food dollar!

**In-season fruits and vegetables not only taste great
but can be a great value as well.**

For additional information about all of the great things that come from Tennessee's farms and food businesses, visit picktnproducts.org.



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