Family Outing to the Farmers Market

This month you learned how visiting a farmers market during the summer and fall months is a great way to get fresh produce. This month you and your family can take a trip to your nearest farmers market. In order to find a farmers market near you, you can go to the United States Department of Agriculture’s website at www.ams.usda.gov and search under Wholesale and Farmers Markets.

When you are at the farmer’s market, don’t be afraid to try new fruits and vegetables. If you do not know how to prepare a fruit or vegetable, you can ask the people that are selling them. Below is a list of fruits and vegetables that are usually best to buy fresh in July:

- Avocados
- Bananas
- Berries (blackberries, blueberries, raspberries, strawberries)
- Cherries
- Corn
- Watermelon and other melons
- Zucchini and other summer squash
- Peaches
- Tomatoes

Source: (www.oznet.ksu.edu; www.organic.org)