

ALTITUDE

Taking Wellness to New Heights

June 2024

Farmers Market

Farmers markets are a great way to fuel your body with nutrient dense foods and support your local community farmers, bakers, artisans, and vendors. Farmers markets give you access to an array of fresh produce that are in-season and delicious! Make time this month to stop by a local market and explore new vegetables and fruits that can be added to your meal rotation for the week.

Benefits of Shopping Locally

According to [John Hopkins Medicine](#), produce from local farmers markets tend to be better in taste and more rich in nutrients due to the produce spending more time on the vine, tree or in the ground. Additionally, the shorter the time and distance from a farm to sale, the higher the levels of vitamins and minerals will be. Farmers markets can be a fun and healthy family activity for everyone regardless of age. [The U.S. Department of Agriculture](#) lists out benefits of shopping at farmers markets:

- **Inspire healthier eating** – Fresh produce and vegetables can inspire creativity in cooking, allowing you to incorporate a variety of healthy ingredients into your meals.
- **Support local farmers** – Shopping from farmers markets helps support local farmers in your area by eliminating middlemen. Farmers receive a larger portion of our food dollars, while shoppers enjoy the freshest and most flavorful food available, contributing to the thriving of local economies.
- **Discover new produce** – Farmers markets offer produce that is in peak season in your area, providing an opportunity to try new items you may not have eaten before, such as gooseberries or rhubarb. You might just discover your new favorite foods!
- **Spend quality time with friends and family** – Farmers markets are often kid-friendly and dog-friendly (please check your local market rules). They provide a great environment to catch up with friends and family while doing your weekly grocery shopping.

Visiting the Farmers Market

There are a variety of benefits to shopping locally at your neighborhood farmer's market. Not only is the produce typically grown where you live and is fresher than what is found at your major chain grocers, but it is also fun for the whole family. Do you need help finding a nearby farmers market? Check-out the [U.S. Department of Agriculture Farmers Market Directory](#) to find a local market near you. If you are new to farmers markets, below are some helpful tips to get the most out of your shopping:

- **Shop for in season produce** – Before you go shopping, create a grocery list based on fruits and vegetables that are currently in season. This will ensure that you are purchasing produce at its peak freshness and flavor.
- **Stroll through the market first** – Take some time to walk around the market and see what is available. This will allow you to compare prices, prioritize your shopping list, and stay within your budget.



Interesting Food Facts

- A cup-size serving of broccoli has 81 mg of vitamin C, 18 grams more than you would get from a whole orange
- Ripe cranberries will bounce like rubber balls
- Honey in its natural state never goes bad
- Ice cream is one of the oldest desserts in the world
- Most grapes end up as wine
- Honey Nut Cheerios is the top-selling cereal in the U.S.
- M&Ms are named after their creators: Mars & Murrie
- Cucumbers are 95% water
- An easy way to find out if eggs are rotten is to put them in a bowl of cold water and if they float, they are rotten
- In large quantities, chocolate is toxic for dogs
- There are over 7,500 varieties of apples

- **Bring your own bag** – Not only is bringing your own reusable bag environmentally friendly, but not all vendors will provide bags.
- **Arrive early or late** – Farmer's markets are typically less crowded when they first open, giving you the opportunity to browse at your own pace. If you arrive near closing time, some vendors may offer exclusive discounts as they try to sell their remaining inventory.
- **Try the samples** – One of the highlights of farmer's markets is the opportunity to try samples. Vendors often offer samples to allow shoppers to taste their products before making a purchase. This gives you a chance to try new and unfamiliar foods and discover new favorites.

In conclusion, shopping at your local farmers market is a fantastic way to support local farmers, enjoy fresh and locally grown fruits and vegetables, and expand your culinary horizons. It provides an opportunity to connect with farmers, learn about new and unique produce items, and even receive recipe ideas and tips from vendors. Additionally, visiting farmers markets can be a fun outing for families and a great way to stay active by walking around and exploring the market. By shopping at farmers markets, you can bring home not only fresh and nutritious foods but also new recipes and meal prep ideas to enhance your culinary experiences. So, make sure to visit your local farmers market this month and nourish your body with delicious and healthy foods!

