

Amazing Soil...

Farmers Markets

Farmers markets are sprouting up in communities across the country.

Farmers markets are in small towns and large cities across the United States. Farmers markets were around as early as 1634 in Boston, Massachusetts. Today there are more than 8,000 farmers markets in the United States. There are more than four times the number of markets from just over 20 years ago. People like their farmers markets!

What do you find at the farmers markets? Well, whatever is in season and grows well in your area. Farmers may bring fruits, vegetables, meats, cheeses, plants, baked goods and other items. Many farmers markets are open from April through October. Early in the season there may be bedding plants – vegetables and flowers along with cool season crops like lettuce, radishes and peas. In warmer months, farmers will offer for sale warm season crops like green beans, peppers, tomatoes, corn and berries. Fall will bring pumpkins, squash and holiday decorations.



Cool reasons to shop at a farmers market:



-  There are more than 200 farmers markets in Missouri
-  You are buying food directly from the farmer who grew it.
-  The food you are buying at a farmers market was probably grown locally. About half the farmers selling at farmers markets traveled less than 10 miles to sell at the market.
-  The food you are buying was probably picked less than 24 hours before you purchased it – now that is fresh!
-  Fruits and vegetables are good for you.

Fun to do:

There is likely a farmers market in your town or a town near you. Ask your parents if you could visit a farmers market to see what is for sale. When you are there maybe, your parents will buy something that you could take home and prepare to eat. You might try something new – who knows, you might like it.



To learn more about gardening, visit:
www.extension.missouri.edu/lawn-garden

Brought to you by this newspaper and

UNIVERSITY OF MISSOURI
 Extension


Missouri Press
Foundation

