

Farmers Market: Guide to Successful Shopping



There's no wrong way to attend the market!

Come as you are, stay for a while or swing through; there is something for everyone at the farmers market.



Talk to the vendors.

Curious about what that bread is called? Not sure how to cook that vegetable? Ask the people who produced them!



Shop in Season

Seasonal produce will not only taste better, but it will also be significantly cheaper than out-of-season produce. Check out our [Seasonal Produce Guide](#) or ask a produce vendor what's in season.



No cash? No problem

More and more markets provide alternative payment options, including Venmo, CashApp, credit and debit cards, SNAP/EBT, and WIC/Senior Checks.



Bring a bag.

Buying local products already reduces your carbon footprint; bring a reusable bag to promote eco-friendly shopping.



Check out seasonal recipes.

Healthy Harvest of Noth Iowa has a wide variety of seasonal recipes available on their website. You can even sort by ingredient!



Follow your local market on social media!

Keep up to date with vendors, products, and special events happening at the farmers market.



Take pride in your local market.

When you shop at farmers markets, you directly support local farmers and small businesses. Supporting local agriculture contributes to sustainability and transparency in our food system.