

# GET FRESH!

AT YOUR FARMERS MARKET

Talk to your WIC nutritionist to find out about a farmers market near you.

Market: \_\_\_\_\_

Location: \_\_\_\_\_

Days Open: \_\_\_\_\_

## LOOK FOR FRESH FRUITS AND VEGETABLES

 PEACHES July - September 

 CABBAGE July - October 

 CARROTS July - October 

 KALE July - October 

 BROCCOLI July - October 

 POTATOES July - October 

 APPLES August - October 

 WINTER SQUASH August - October 

### SHOPPING FRESH IS EASY!

- Take along a shopping bag.
- Take farmers market checks and cash.
- Arrive early for best selection.
- Compare variety, quality, and price.
- Talk to farmers about their foods.
- Ask for samples of unfamiliar foods.
- Look for signs that say:

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