Fresh from the Farm

Farmers’ Markets

Shopping at open-air farmers’ markets can be a fun and healthful way for Americans to add more variety to their diet and enjoy fresh, locally grown fruits, vegetables and culinary herbs.

Fresh produce adds taste and nutrition to your diet. Health professionals recommend eating five to nine servings a day of colorful fruits and vegetables. In addition to providing vitamins and minerals, fruits and veggies also contribute fiber, which aids digestion and helps satisfy the appetite.

To find fresh, Kansas-grown produce at a farmers’ market near you, call your local K-State Extension office or look on the Internet at http://www.ksfarmersmarkets.org/markets

“Farmers’ markets offer a pleasant atmosphere to enjoy shopping and build new friendships.”

What’s in Season?

Summer

Apricots
Berries
Cherries
Cucumbers
Fresh Herbs
Green Beans

Peaches
Peppers
Summer Melons
Sweet Corn
Tomatoes
Zucchini

Fall

Apples
Broccoli
Brussels Sprouts
Cauliflower
Collards
Lima Beans

Pears
Pumpkins
Spinach
Sweet Potatoes
Turnips
Winter Squash

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition; and Chuck Marr, Ph.D., Professor, Department of Horticulture; K-State Research & Extension, Manhattan, KS. May 2003.

Kansas State University Agricultural Experiment Stations and Cooperative Extension Service, Manhattan, Kansas. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider/employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the KS Department of Social & Rehabilitation Services (SRS).

The Food Stamp Program can help people with low income buy nutritious foods for a better diet. To find out more, call your Kansas SRS Service Center toll-free at 1-888-369-4777.