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News Release

Experience Your Local Farmers Market

A visit to the local Farmers Market is a refreshing shopping experience. Have you ever perused the fruit and vegetable counters at your supermarket and wondered where the items were grown, when they were harvested and what type of fertilizers and pesticides were used on the crop? At the Farmers Market, wonder no more. Shopping becomes a personal experience where you can ask local producers your questions. Often times the farmers will give you information on storing and preparing their produce. Because of the abundance and perishability of the foods, farmers will offer produce at good prices.

The beautiful colors and rich aromas of the fruit and vegetables are certain to stimulate your appetite. Foods picked at the peak of season have a better taste and retain more nutrients and phytochemicals than foods that have been picked, shipped and warehoused prior to reaching the consumer.

Remember to involve the children in this unique shopping experience. Give your children each \$2.00. Let them explore the world of produce and make a new selection. There is a much greater chance your child will try new food since it belongs to them. The children are certain to delight in the social interaction that links them to their food.

Before you leave the market, always ask the farmers what they will be harvesting next. This way you can plan your meals ahead of time. This is also a good tip for eliminating that overwhelming feeling of what to buy once you get there.

St. Clair County has a new Farmers Market scheduled to open on Wednesday, June 3rd from 2-5:30 p.m. The Market will be located on Hwy 231 North, just past the Pell City Post Office, in the gravel parking lot in front of Mary's Mini Warehouses. The St. Clair County Farmers Market will accept vouchers from the Farmers Market Nutrition Program. Also, The St. Clair County Extension office will be on hand to offer research-based Extension publications, cooking demonstrations, pressure canner testing, gardening information, and much more! I look forward to seeing you at the Market!