Buy fresh foods from your local farmer’s market

Here are a few great reasons:

1) Buying local supports your local economy and farmers.

2) Eat the freshest foods, when they are in season.

3) Discover something new. Try one of the many varieties of locally grown fruits or vegetables. You may be surprised at what you like when it’s fresh.

4) It’s healthy AND fun! Explore your options, talk with farmers, enjoy the outdoors, and learn to cook new foods.

texasfarmersmarket.org

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