

Everything from
Arugula to
Zucchini...

The Farmers Market

Forget the cans, the bottles, the jars and the shrink-wrapped packages. Enjoy the fruits – and vegetables – of the season. Sometimes you just have to have garden-fresh vegetables or a slice of pie made from just-picked fruit. Make a habit of enjoying the best of the season, whether you buy it on impulse from a small street-side stand or spend a leisurely Saturday morning enjoying the sights, sounds and scents of a farmers market. Fresh food simply tastes better, and it's healthier, too. No wonder so many people flock to local markets for a one-of-a-kind shopping experience. You'll always find a tempting variety of food that's as fresh as it gets. Selections may be as "garden variety" as tomatoes, potatoes, carrots and green peppers; as zippy as kohlrabi or hot white radishes; and as fun as corn on the cob or mouthwatering watermelon.

When you visit a farmers market, remember to take small bills and change, since many markets don't accept checks or credit cards. If the weather is hot, you may want to take along an ice chest to keep things cool until you get home. You can keep it in your car and make return trips to your vehicle if necessary as you buy more produce.

