

## Getting the Most from Farmer's Markets

Soon all the farmers markets will be opening and fresh, Colorado produce will be back in season!

This month's focus will be on how to utilize the farmer's market to supplement healthy eating habits and save money on fresh produce.

### What is in season?

Spring:

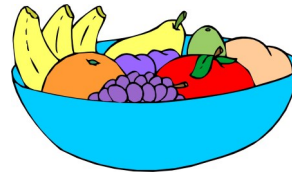
- Asparagus
- Avocado
- Greens
- Lettuce
- Peas
- Radish
- Spinach
- Strawberries
- Swiss Chard

Summer:

- Bell Peppers
- Blueberries
- Black Berries
- Cantaloupe/Melons
- Celery
- Cherries
- Cucumbers
- Eggplant
- Green Beans
- Mangos
- Okra
- Peaches
- Plums
- Watermelon

### Tips to save money at the Farmer's Market:

1. Plan you shopping. What items do you need? What is in season and will you eat what you purchase? How much do you need?
2. Walk around the market before buying. Check out the prices to see who has the best prices on the items you want to buy.
3. Bring a set amount of cash. This will prevent you from over purchasing items.
4. Bring your own bags or basket. If you are not going home right away, bring a cooler to put your purchases in.
5. Know what is in season. Check out the list on this page!
6. Know what is on sale in your local store. It will give you an idea of what the vendor should be charging for the item.
7. Ask where the fruits or vegetables were grown. Many vendors will have fruit and vegetables from other states and countries. For the freshest produce, you want items grown in your state.



Receive SNAP benefits?

Did you know you can use them at Farmer's Markets?

Double Up Colorado is a program to help SNAP users to receive \$1.00 of free Colorado grown fruits and vegetables for each \$1.00 spent on Colorado grown fruits and vegetables.

See [doubleupcolorado.org](http://doubleupcolorado.org) for more details

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## Organic versus Non-Organic Foods