



THE PRODUCE LADY

To Market, To Market

Five DOs and DON'Ts at the Farmers Market



DO wash your hands before handling produce and use clean bags to transport produce.

DO enjoy samples and try new items—ask for a recipe if you're not sure how to prepare something new.

DO handle produce gently and let your children help select the produce.

DO ask the farmer questions and get acquainted with his or her production methods.

DO show your appreciation for the farmers and recognize the value of their products.



DON'T forget to bring cash.

DON'T handle produce you don't intend to purchase.

DON'T be afraid of a little dirt—wash fresh produce just prior to preparation.

DON'T bring your pet to the market; it's a food safety precaution for everyone!

DON'T shop at the close of market expecting a bargain.

