

MAKE THE MOST OF YOUR NEXT FARMERS' MARKET TRIP

One of the best parts of summer is all of the delicious produce. Watermelon, tomatoes, cucumbers, etc. There's a lot to love, and it's ripe on the vine.

That's what makes the farmers' market so exciting this time of year.

It's overflowing with fresh, in-season, local produce in a kaleidoscope of colors. The price is right. The money stays in the community. The food lasts longer because it wasn't trucked from across the country or globe. And the taste? It just doesn't get better.

TAKE ADVANTAGE OF THE SEASON'S BOUNTY WITH THESE 4 HANDY TIPS!

1. Go with a plan

Before you go, think about how much produce your family can use, and make a general plan for the week.

Even something as simple as deciding you'll get salad ingredients for three nights, or easy side dishes for 4 lunches can help. That way you won't walk away with more perishable stuff than you can use.

Finally, look up a few easy recipes online and make a list, so that you can get everything you'll need for the dishes to come together.

2. Take your time

When you get to the farmers' market, plan to take a lap without buying anything. See what's available, what looks best, and who has the best prices. Then you can return to those vendors with the most enticing offerings.

(Of course, if your market covers many city blocks, this may not be an option. Just do your best!)

3. Don't forget the produce

There's so much going on at the market, that it's easy to have produce become an afterthought. With baked goods, local wines, food trucks, and live music, those fruits and veggies can get lost in the dust. So while it's fun to explore everything the market offers, remember to bring along your cloth grocery bag, and actually buy some of those green beans.

4. Try something new

One of the fun things about the farmers' market is the sheer variety of produce. There's much more than what you might see at a brick-and-mortar grocery store.

Don't be afraid to branch out a little! Garlic scapes, squash blossoms, or purslane may not be on your everyday menu. But it can be enjoyable to give them a whirl. Plus, when you try something new, you reap the rewards of nutrients and vitamins you may be missing otherwise.

Did you know that purslane, for example, has more omega 3's than any other leafy green? It has 5 times the amount found in spinach! That's why it's worth stretching outside of the standards.

Think Seasonally



Eating seasonally is a cost-effective way to eat, because when food is in season, it's generally cheaper. (Buying asparagus in January is going to be costlier than in May.)

Plus, food tastes better when it's in season. A December tomato is just never going to compare with one grown in July. It's a whole different flavor and texture.



About

CADRY NELSON // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food & lifestyle blog. She shares plant based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.

