

FARMERS MARKET TIPS

SOBEYS - MATTE STORY

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Five tips to take with you to the farmers market

Shopping at your nearby farmers market is an easy way to find locally fresh produce. With so much choice, it is easy to feel overwhelmed. Here are some tips to help you while shopping at your local farmers market.

Bring cash and change. Vendors are unlikely to accept card purchases. Vendors will make change but if you have close to the exact amount of change, your purchases are likely to go quicker.

Go late or go early. If you want a chance at getting the best produce, go early. The best product or popular items might go before if you arrive later in the day. For the best deals on produce, go closer to

closing. Farmers and vendors do not always want to carry any leftovers home with them. However, some places have rules against offering end of the day discounts.

Talk to the farmers. If you are uncertain, vendors and farmers would be happy to speak with you about a product. Because farmers are familiar with their crops, they can tell you a point of origin, how they are grown, how best to prepare them and what they taste like.

Bring reusable bags. If you are buying in bulk, it is best to bring your own bag. Farmers markets will offer you plastic bags, but they might stretch under the pressure of your fruits and vegetables. By bringing your own bag, you can make a positive impact on the environment while ensuring your food gets home safely.

Starting at the end of January 2020, Sobeys will remove plastic grocery bags from all of its stores to drive real change for the future. Visit <http://www.sobeyscorporate.com> for more information.

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