

# MONTHLY *Matters*

JULY 2025



## Nourish your health with *Farmers* MARKETS

A black and white illustration of a vintage tractor, positioned behind the word "Farmers" in the main title.

### NOURISH YOUR HEALTH WITH FARMERS MARKETS

Looking for fresh flavors, friendly faces, and a fun way to support your community? Then explore your local farmers market! Whether you're hunting for just-picked produce, homemade goodies, or unique crafts from local artisans, farmers markets are a vibrant hub of fresh food and good vibes. It's more than shopping—it's an experience. Bring your family, meet the people who grow your food, and enjoy the unbeatable taste of local. There's something for everyone, and it all starts just around the corner!

## WHY SHOP AT A FARMERS MARKET?

- **NUTRITIONAL:** Freshly harvested or prepared food provides you with better taste and more nutrients.
- **SUPPORT LOCAL FARMERS & ARTISANS:** Buying from local farmers and businesses strengthens the local economy and food system.
- **ACCESS TO FRESH FOODS:** Eating what's in season in your region guarantees fresh fruits & vegetables on your table.
- **SOCIAL CONNECTION:** Interact with farmers and other local market goers – it's the perfect family-friendly environment.
- **FOOD EDUCATION:** Expand your knowledge and tastebuds by discovering a new-to-you item!
- **HEALTHY RECIPES:** Vendors may offer recipe suggestions for the produce they're offering.
- **AGRICULTURAL LEARNING:** Farmers can teach you about the different farming practices.
- **PROMOTE SUSTAINABILITY:** A shorter travel distance of the produce cuts down on pollution and selling at markets minimizes the amount of waste.





## TIPS FOR SHOPPING

- **ENGAGE WITH VENDORS:** Ask farmers suggestions on how to prepare certain produce or secrets they may have to enhance recipes with their fresh offerings.
- **TRY SOMETHING NEW:** Featuring produce at the peak of its season, farmers markets may introduce you to your new favorite food.
- **EAT THE RAINBOW:** Look for a variety of colors when shopping for fruits and vegetables to promote nutrient consumption.
- **BRING REUSABLE GROCERY BAGS.**

## ENJOY FRESH, LOCAL FOOD THROUGHOUT THE YEAR

Although many farmers markets occur mostly in the summer, there are various options to preserve your produce and fresh foods to keep them healthy and in your kitchen all year round.

### COMMON PRESERVATION TECHNIQUES INCLUDE:

Freezing  
Canning  
Drying  
Pickling

Become a Community Supported Agriculture (CSA) member. Joining a local farmers CSA program provides exclusive access to seasonal items such as fresh fruits, vegetables, herbs, flowers and other sustainable goods throughout the year.

## Farmers Markets Across Rhode Island

### SOURCES:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/health-benefits-of-farmers-markets>  
<https://farmersmarketcoalition.org/education/farmers-markets-support-healthy-communities/>  
<https://farmersmarketcoalition.org/education/the-benefits-of-farmers-markets/>  
<https://www.usda.gov/about-usda/news/blog/top-reasons-shop-farmers-market>