

The Top 10 Reasons you should buy Your Fruits and Veggies at Your Local Farms and Markets!

Which of these two scenarios sounds more vibrant for overall quality of life and health?

Scenario 1: The wind on your face, the sun on your skin, you talk with a local farmer about the size and taste of this seasonal harvest of strawberries or tomatoes, as you pop one in your mouth. After tasting several different varieties, you choose your favorite ones, walking away with a great memory of the farmer in your mind.

Or...

Scenario 2: You stand shivering in the freezer section at your local mega-mart, your eyes begin to glaze over from the halogen lights and the neon-colored cardboard boxes containing substances claimed to be food products? You decide on the one with the least amount of additives and make your way to the self-check-out line, excited to get in your car and out of the dreadful supermarket.

Clearly, most of us would agree that the first scenario, at your local farm or market, is much more appealing than a trip to a big chain grocery store. But what, besides the aesthetic factor, are there some other benefits of supporting your local farms and markets? Here are ten reasons why I believe you should shop at your local farms and markets.

1. Buying Locally

Buying from your local farmer allows you to support local

agriculture. This means that the food you are eating comes from nearby, and does not require us to waste lots of energy and petroleum to ship the food halfway around the world. You are eating food in your own environment, where it has perfectly-created nutrients for your specific climate and region. You are also supporting the environment by reducing the usage of fossil fuels.

2. Cheaper Organic Fruits & Veggies

You can find a variety of fresh, organic produce at more affordable prices than in a supermarket. There are also many farmers that carry products that are not technically “organic,” (as this is a costly and often beurocratic-heavy process), but have many low-priced foods that are pesticide and herbicide free. The advantage at your local farms and markets are that you can actually talk to the farmer, learn about their methods, and then decide for yourself and in most cases they will allow you to come and visit their farm.

3. Supporting Your Local Economy & Farmers

You are supporting human beings and the local economy, not massive agribusiness GMO food conglomerates. Not only will your money be staying in your area, but you will happily please the farmer that worked to grow that food. To add, your belly will remember the farmer’s smile as they handed you that juicy delicious strawberry.

4. Eat Seasonally

By shopping at the your local farms and markets, you will eat seasonally, fresh and ripe. This is another great way to

increase your overall health. Supermarkets offer too much variety and the food is picked before it has ripened decreasing the vitality. The body does not need to be eating imported pineapple in the dead of a Montana winter!

5. Safer Foods

Food from your local farms and markets are generally safer. Remember the recent outbreaks of E. Coli in bagged spinach? These things happen mostly in large industrial settings, where business-men work to mass produce food, preserve it and bag it in mass amounts.

6. Fresher Fruits & Veggies

The food from your local farms and markets are quite frankly, fresher. Because it was grown locally, there is a good chance that the apple you buy from the farmer was picked a few days ago or even that day. This is virtually impossible in a big supermarket.

7. Great Variety

There are usually an amazing variety of fruits and veggies at your local farms and markets. Each farmer may have his own method for growing tomatoes or peppers. This is something that never happens at a grocery store.

8. Better Taste

There is no doubt that locally grown foods just simply taste better. You will never be able to eat a carrot from the grocery store again!

9. It's Healthy!

There's just no way around it, eating fresh, locally grown fruits and veggies are great for your health. Buy yourself some local honey, which is sold at most local farms and markets. It has just the right components for allergy prevention in your neck of the woods, not to mention it's so tasty!

10. Most Importantly — It's Fun!

As I stated it in the beginning, buying from your local farms and markets are just plain fun for the whole family. Meeting your local community is an excellent way to feel connected to the world around you. Plus, you are increasing your health for the body, mind, and spirit.

Or Just Start Your Own Organic Garden... An even better solution would be to grow your own food by creating an organic garden in your yard or even on your balcony. Of course, this will take extra time and money, which a lot of us seem to lack these days.

Trust me...Take a trip over to your local farm or market and pick up some amazing locally grow fruits and veggies! Your taste buds will thank you! It's for your overall quality of life and health!