

SHOPPING TIPS THAT STRETCH YOUR DOLLAR

1. BUY IN SEASON

One of the easiest ways to extend your budget at farmers markets is to be flexible with your menu and shopping list, so you can **buy what's in season** when it's abundant and cheap.

Shop more frequently for smaller amounts so you can plan your meals as you go, buy only what you will use, and avoid costly food waste.

2. COMPARE

Allow time for comparison shopping to get the best deal, since each farmer sets their own price.



3. TIME YOUR TRIP

Shop early if you want the freshest produce that will last longer.

Shop at the end of the day for dollar-a-bag deals as farmers become eager to sell out and head home. Eat that produce first before it spoils since it has been outside all day.

Shop rain or shine, we are always open! You often find the best deals when there are fewer customers.

Stack your shopping bag wisely to avoid bruises and punctures, which make produce spoil faster.

Shop for heavy items first to put at the bottom.



4. KEEP IT FRESH

Ask a farmer how to store what you buy to help it last longer or pick up a handout with storage tips at our info tent. Remember to take your produce out of enclosed bags or baskets as soon as you get home and maintain airflow to avoid over-ripening.