

Visit a Farmers' Market

A to visit Roberts Farmers' Market in Homestead, Florida proved to be a wonderful experience. It was filled with a colorful array of tropical fruits, locally-grown seasonal produce, fresh herbs, sunflowers, and more!

What a way to support local growers and get some inspiration for new cooking projects! I chose mint, opal basil, baby potatoes, a red bell pepper, an extremely ripe mango, corn on the cob, ripe tomatoes, an orange, bananas, and an avocado. I used them all during the week and only regret that I did not buy more.

We sliced up the mango and orange for a delectable breakfast treat. The mango was so ripe that it tasted like candy!

The tomatoes were astounding - they were so ripe, juicy, and delicious. We ate some of them sliced with just a little oil, vinegar, and black pepper.

Later in the day, I roasted the rest of the tomatoes for a simple angel hair pasta dish, complete with the opal basil that was also at the market.



The farmers' market really opened my eyes to the wonderful world of fresh produce around me. Give one a try today!

Why should you attend a farmers' market?

- Visiting a farmers' market as a family is an inexpensive and fun way to spend a morning or afternoon.
- You will all get some exercise (and vitamin D!) because visiting a farmers' market involves walking around outside.
- Everyone can learn more about produce.
- There are plenty of fun samples and knowledgeable farmers around, which makes the market a perfect place to try new foods.
- With such a wide variety of options, it is easy to eat more fruits and vegetables.
- You will find items that are fresher, better tasting, and naturally ripe.
- Your money will support local growers.
- You can find great bargains on local seasonal produce at farmers' markets.

You should bring:

- Cash
- Hat/sunglasses
- Water - if it is hot outside, you might get thirsty on your expedition.
- A bag or box that you can use to carry your items home with you.
- A cooler with ice, in case you have other errands to run afterwards. You see, some farmers' market items are delicate and may not hold up well in a hot car.

To find a farmers' market near you, visit <http://www.localharvest.org/>