



Farmers Market Shopping Tips

New to farmers market shopping? Here are 10 helpful shopping tips to get you started:

1. **Take your time & have fun browsing.** Make going to the farmers market your regular Friday afternoon fun!
2. **Stroll all the stands** to see what's available before making your decision.
3. **Go green** and carry one large bag versus carrying a bunch of smaller plastic bags. Callaway Reusable bags are available for purchase at the market.
4. If you have a question about something for sale, **just ask.**
5. **Ask** how to prepare and cook the item. Get valuable information on even the most common fruits and vegetables.
6. Don't be afraid to **try something new!** You may discover a new favorite food to make your summer recipes even richer and sweeter.
7. **Engage your kids** and give them a few dollars to buy whatever produce they want to eat. It's a good way to encourage them to eat more fruits and vegetables.
8. **Introduce a friend to the Farmers Market.** The more the merrier! The Callaway Gardens Farmers Market is the place to see and be seen.
9. Familiarize yourself with the market and its vendors by **visiting regularly.**
10. **Bring small bills and change.** Make life easier for yourself and vendors by paying in small bills and change.