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## **Benefits of Farmers Markets**

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Farmers markets support local farms and connect with urban areas to provide fresh, healthy, nutritious food. A major benefit of buying from a farmers market is that producers do not use harsh pesticides and offer an outdoor, open-air setting for shopping in unconfined areas.

It's especially important to continue to support our local farmers during the pandemic. Farmers markets have adjusted to accommodate and keep everyone safe during a very difficult time, while still supplying fresh and sustainable food.

### **During these challenging times, farmers markets are up and running following strict COVID 19 guidelines:**

1. Social distancing. Open-air, spacious setting.
2. Handwashing stations and temperature checks. Disinfecting. Wearing disposable gloves and masks. Providing customers with disposable gloves and other disposable items.
3. No food sampling.
4. Offering pickup stations.

### **Some interesting facts about farmers markets:**

1. Offer fresh fruits and vegetables that ripen in the field.
2. Food is not highly processed or grown using pesticides, hormones, antibiotics, or genetic modification. Farmers markets have meats, cheese, and eggs from animals that have been raised without hormones or antibiotics.
3. Farmers market producers who provide sustainable products must meet sustainable standards.
4. 25% of farmers market vendors derive their sole source of income from the farmers market.
5. Farmers markets accept all methods of payment, including Supplemental Nutrition Assistance Program (SNAP) benefits.
6. Pricing is normally less than grocery stores.

There are numerous farmers markets in and around San Antonio, Austin, and Georgetown. Before venturing out, check your local farmers markets online for a wealth of information including a list of vendors, directions, days, and hours of operation and more. Some farmers markets offer additional perks and give you the option of signing up for emails to receive updates.

### **To discover more aspects of farmers markets, visit:**

- <https://farmersmarketcoalition.org>

### **To locate local and area farmers markets, check out:**

- <https://Sanantonionmarketassociation.org>
- <https://texasfarmersmarket.org>
- <https://sanantoniofarmersmarket.org>