

## CSFP Newsletter

*Nutrition Information, Recipes and Resources for Minnesota Seniors*



### 2023 Senior Farmer's Market Season Begins July 15

The Minnesota Senior Farmers' Market Nutrition Program (SFMNP) begins July 15, 2023 and runs through October 31, 2023. It is a federal program that seeks to:

- Provide fresh, unprepared, locally grown fruits, vegetables, and herbs to low-income seniors, and
- Expand the awareness, use of, and sales at farmers' markets.
- Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community supported agricultural programs.
- Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs.

### Farmer's Market Shopping Tips

Before making the next trip to the local Farmer's Market in Minnesota, learn the best practices for shopping a farmer's market.

1. **Bring Your Own Bag:** Bringing your own reusable bags reduces waste at the farmer's market and in the home. To keep produce hydrated and from wilting on the way home, bring a small cooler along with a few moist paper towels. This will keep fresh herbs and highly perishable vegetables hydrated.
2. **Ask Questions:** When deciding on what produce to buy, don't hesitate to ask questions of the farmer: should it be stored in the refrigerator or room temperature? How and where was it grown?
3. **Look over the produce:** Inspect the produce before buying it, keeping an eye out for bruising or damage.

4. **Arrive Early/Arrive Late:** Arriving early at the market reduces the chance it will be too crowded and helps to know which items will be in the highest demand. Arriving late could mean less crowds and usually there are some good deals towards the end. If there is an abundance of produce left, some farmers will discount the produce so it's less to pack up and take back to the farm. Arriving towards the end of the farmer's market can help with anyone who's on a budget.
5. **Know The Seasons:** Minnesota produce growing seasons vary from year to year. The list below illustrates when produce is at its peak in Minnesota and possibly available at Farmer's Markets:

**Beets:** June through October

**Cabbage:** June through November

**Broccoli:** June through October

**Spinach:** June through October

**Lettuce:** June through September

**Raspberries:** June through August

**Strawberries:** June through July

**Blueberries:** July through August

**Peas:** July through August

**Peppers (sweet):** July through September

**Zucchini:** July through October

**Sweet Corn:** July through mid-August

**Peas:** July through August

**Cantaloupe:** August through October

**Carrots and Cauliflower:** August through October

**Watermelon:** August through September

**Apples:** August through November

#### References:

1. *Seven Tips to Shop at Farmer's Market* (n.d.). NSF. <https://www.nsf.org/blog/consumer/tips-farmers-market>
2. *Farmer's Market Food Safety Tips*. (2021, October 29). Farmers Market Food Safety Tips. USDA. <https://www.usda.gov/media/blog/2021/10/29/farmers-market-food-safety-tips>.
3. *Consumer Research Archives; Food Insight*. (2023, May 23). Food Insight. <https://foodinsight.org/category/consumer-research>

### Farmer's Market Food Safety Helpful Hints

Once home from the Farmer's Market, wash produce thoroughly under running water, even if it will be peeled before eating, cutting or cooking.

Bacteria can be present on the outside of foods such as watermelon, carrots or potatoes, which can be transferred to the inside when cut or peeled.

Dry produce with a clean cloth or paper towel to help eliminate bacteria.

