

Food finds



BUY FRESH FROM THE FARM

Get the most out of farmers markets with these tips:

There's nothing quite like strolling the aisles of a farmers market and taking home colorful produce for your table. It's also a great way to meet the people who grow your food.

At ams.usda.gov, search for **National Farmers Market Directory** for markets in your area. Check sites to learn about the available seasonal crops, sustainable agriculture, related articles and more.

Arrive early for the best selection of produce. Take it home and eat it fresh. Bring a basket or bag to fill. Try something new every visit. Ask vendors for tips on how to choose the best fruits and vegetables and how to store them.