



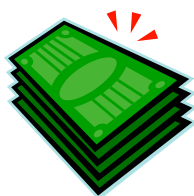
Stall Street Journal

Mistakes to Avoid at the Farmers' Market

Farmers' Markets can be intimidating if you have never been there before. Avoid these mistakes to help you fit in at the market.

- **Forgetting Cash**

Most farmers do not accept credit cards and the line at a local ATM might be busy. Avoid the headache and pick up some cash beforehand.



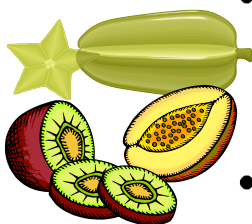
- **Arriving Too Late**

Beat the rush by going early and getting the best produce.



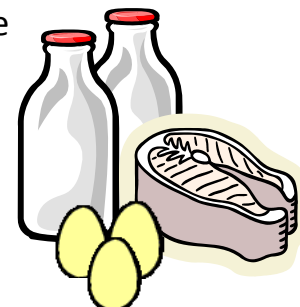
- **Buying Only What You Know**

Try to be adventurous with new produce. You might be pleasantly surprised.



- **Forgetting Meat and Dairy**

Buy your eggs, fish, milk, cheese, and meat products from local producers to reduce environmental impact.



- **Trying to Negotiate**

Farmers' markets are not flea markets, and haggling is generally not part of the etiquette. Respect the set prices. Farmers work harder than most of us can imagine, and their asking prices are more than fair.

- **Forgetting to Bring Your Own Bag**

Most farmers' markets provide small plastic bags for your purchases but you definitely want to have a larger bag to carry your goods in or you will have to head home prematurely.



Source: <http://www.care2.com/greenliving/10-mistakes-to-avoid-at-the-farmers-market.html>

For more information visit us at www.kanehealth.com/coalition.htm
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