

## Farmer's Market Adventure

Many farmer's markets throughout South Carolina have opened for the season. If you haven't visited your local farmer's market, I urge you to do so! Here are some reasons why I love to go to farmer's market.

You will:

- find local produce, at its peak of freshness
- find a selection of organic produce
- learn a lot from the farmers, such as ways to prepare different items, and how to store your selections
- notice the taste difference when purchasing local, fresh produce.

When I go to a farmer's market, one thing I always remember to bring is cash. Many farmers prefer to use real currency. If you have any WIC farmer's Market or Senior farmer's vouchers on hand, be sure to bring them. When I arrive, I walk around and scope out what looks good...I try to think of meals I would like to prepare, and what is fresh and in season. I also bring a tote bag with handles, so I can easily carry all my purchases.

Over the next few months, South Carolina produce will include beets, blueberries, broccoli, cabbage, cantaloupe, cucumbers, mixed leafy greens, peaches, peas, peppers, radishes, squash, strawberries, sweet corn and tomatoes and watermelon. I encourage you to check out you South Carolina Farmer's Markets. Happy shopping!

Here is a link to South Carolina farmer's markets:

<https://agriculture.sc.gov/where-to-buy-local/community-based-farmers-markets/>





[c.gov/farmers-markets/greenwood-county-farmers-market/](https://www.dhec.sc.gov/farmers-markets/greenwood-county-farmers-market/)

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