



**Questions to ask at
the Farmers' Market**

TEXAS A&M
AGRI LIFE
EXTENSION

- Who grew this food?
- Where was this food grown?
- When was this food picked/
harvested?
- How do you control weeds
and pests?
- What type of water is used
to irrigate your crops?
- Do you have your water
tested?
- How do you raise your
poultry, beef, goats, etc.?
- How are your animals
treated/ housed/ fed?
- May I visit your farm?

If you have a question, don't be afraid to ask!



If you are equipped with the correct food safety knowledge, shopping at a farmers' market can be an enjoyable experience.

Feel free to print and cut this double-sided card to have on hand the next time you visit a farmers' market.



Farmers' Markets Tips

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- Learn what grows best in your area and what produce is in season
- Go early or go late in the day
- Bring cash
- Bring large bags
- Experiment and try new things
- Taste test
- Talk to the farmers
- Bring your kids/family

