

TIP OF THE WEEK



texasfarmersmarket.org

Buy fresh foods from your local farmer's market

Here are a few great reasons:

- 1) Buying local supports your local economy and farmers.
- 2) Eat the freshest foods, when they are in season.
- 3) Discover something new. Try one of the many varieties of locally grown fruits or vegetables. You may be surprised at what you like when it's fresh.
- 4) It's healthy AND fun! Explore your options, talk with farmers, enjoy the outdoors, and learn to cook new foods.


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