



Visit a Farmers' Market



Fresh Fruits and Veggies for Health!

- There are over **50 Farmers' Markets** across the state offering NH farm fresh products such as fruits, vegetables, cheeses, herbs, fish, flowers, baked goods, meats and much more!
- Farmers' Markets are growing in popularity as more and more consumers discover the joys of shopping for unique ingredients sold direct from the farm, and the pleasure of buying familiar products in their freshest possible state.

Who Benefits From Farmers' Markets?

- **Farmers and Consumers.** Farmers have direct access to markets to supplement farm income. Consumers have access to locally grown farm-fresh products and the opportunity to interact with those growing or raising the products.
- **The Community.** Farmers' markets help promote nutrition education, wholesome eating habits, and better food preparation. They boost the local economy and help to support smart-growth as farmlands are preserved by a healthy farm economy.

Visit a NH Farmers' Market

- Market listings are provided by the NH Department of Agriculture.
http://agriculture.nh.gov/publications/documents/2006FMNPWeb_002.pdf
- When visiting a farmers' market consider going by bicycle, or park your car and walk part of the way for the additional benefit of physical activity.
- If you are not going directly home after visiting the market bring a cooler with ice and pack your purchases so they stay fresh and cool. This is especially important when purchasing eggs, dairy products and meats.





What Produce Can You Find at A Farmers' Market?

- The variety of produce grown in NH is amazing, depending upon when you visit the market - from asparagus to zucchini.
- Refer to the Fruit and Vegetable Buying Guide (located on the following page) to find out when your favorite produce is available. August and September have the greatest variety of produce available.

Additional Resources Available from the NH Department of Agriculture

- The NH Farm to Restaurant Dining Guide & Farm to Restaurant Resource Guide:
http://agriculture.nh.gov/publications/documents/2005FarmtoRestaurantGuideCompleteText_001.pdf
- Experience Rural NH:
http://agriculture.nh.gov/publications/documents/ExperienceRuralWeb2006_000.pdf
- NH Farm Stand Directory:
http://agriculture.nh.gov/publications/documents/2006FarmStandDirectoryWebVersion_000.pdf
- NH Greenhouse & Nursery Directory:
<http://agriculture.nh.gov/publications/documents/WebVersionofGreen.pdf>
- NH Harvest-Your-Own Guide:
http://agriculture.nh.gov/publications/documents/2006HarvestYourOwnWeb_001.pdf
- NH Specialty Food Products Directory:
<http://agriculture.nh.gov/publications/documents/SpecialtyFoodWeb.pdf>





Use this Chart to Help you Choose the Freshest Fruits & Vegetables

	JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER	
	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31
Apples						*	*	*	*	
Blueberries				*	*	*	*	*		
Melons					*	*	*			
Raspberries			*	*	*	*	*	*		
Strawberries	*	*								
Peaches					*	*	*	*		
Pears					*	*	*	*	*	*
Asparagus	*	*	*							
Beans (snap)			*	*	*	*	*	*		
Beans (shell)				*	*	*				
Beets			*	*	*	*	*	*	*	*
Beet Greens		*	*							
Broccoli	*	*	*	*	*	*	*			
Brussel Sprouts						*	*	*	*	*
Cabbage			*	*	*	*	*	*	*	*
Cabbage (Chinese)				*	*	*	*	*	*	*
Carrots			*	*	*	*	*	*		
Cauliflower				*	*	*	*	*		
Celery						*	*	*		
Corn				*	*	*	*			
Cucumbers				*	*	*	*	*		
Eggplant					*	*	*	*		
Lettuce	*	*	*	*	*	*	*	*		
Onions				*	*	*	*	*	*	
Peas			*	*	*	*	*			
Peppers					*	*	*			
Potato				*new	*	*	*	*	*	
Rhubarb	*	*								
Salad Greens	*	*	*	*	*	*	*	*	*	*
Scallions			*	*	*	*	*	*		
Sugar Pumpkins							*	*	*	*
Spinach	*	*	*	*	*	*	*	*	*	*
Summer Squash				*	*	*	*	*		
Swiss Chard		*	*	*	*	*	*	*		
Tomatoes				*	*	*	*	*		
Turnips/Rutabaga		*	*	*	*	*	*	*	*	*
Winter Squash						*	*	*	*	*

Please remember that this is only a guide. Farming practices, weather conditions and farm locations may result in some crops being earlier or later than listed.