

Why shop at Farmer's markets?

Over 40 local Chicago farmers markets offer a variety of items including produce, meats, cheeses, flowers, and even some have entertainment!

Read about why to support local farms and make this a traditional summer activity!!

Definitions: Sustainable vs. local foods

- Sustainable foods: are produced in the most healthful way to the environment, workers and animals involved.
- Local foods: are produced “close to where you live”. Pesticides, chemical fertilizers, hormone use and antibiotics may all be involved in local food production. It is important to ask the farmers about the production methods.

Buying local foods is a sustainable practice.

Why should I shop at Farmers markets?

1. Food tastes better
 - a. Food at farmers markets is picked when ripe instead of about a week before it is ripe when at the grocery stores
 - b. Food has more flavor and nutrients when it is picked ripe as well
 - c. Most small farmers use less pesticides, do not use genetically modified organism seeds and many farm organically
2. Reduces energy and supplies used to transport crops
 - a. Crops travel many miles to the supermarkets which uses valuable energy and packaging materials
3. Healthier for environment
 - a. Local farmers produce a variety of crops which provides the rotation needed to benefit the soil and plant
4. Supports local farms and farmers
 - a. When you purchase food at the supermarket, the farmers only see about 20%. Supporting local farmers, keeps the money within the community and not with top executives of large supermarket chains.



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Shop the farmers markets in Chicago and taste the difference!