

# Fresh from the Farm

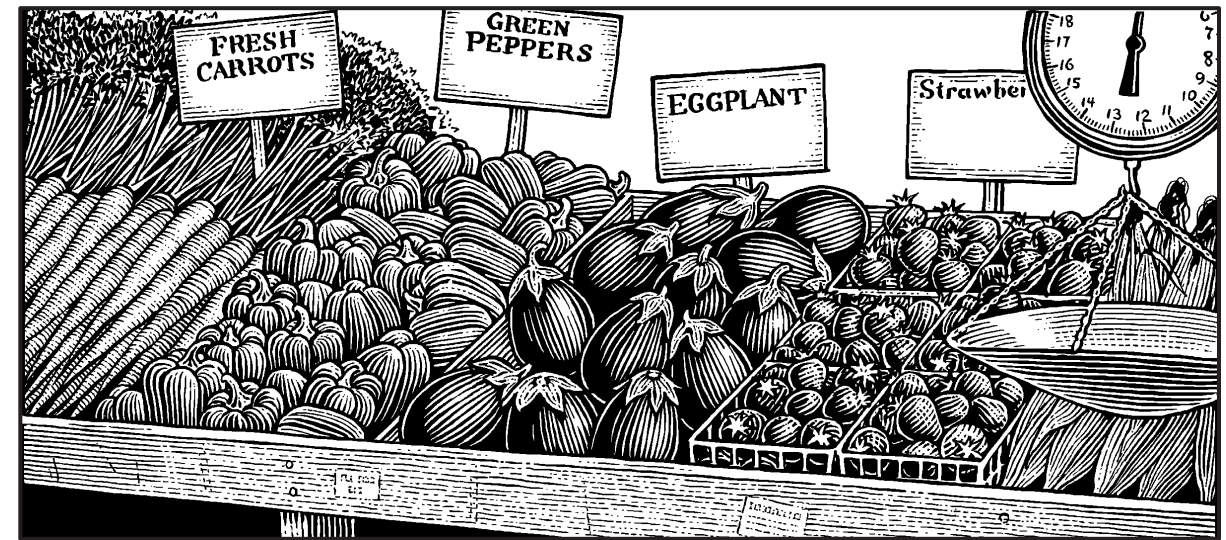
## Farmers' Markets

Shopping at open-air farmers' markets can be a fun and healthful way for Americans to add more variety to their diet and enjoy fresh, locally grown fruits, vegetables and culinary herbs.

Fresh produce adds taste and nutrition to your diet. Health professionals recommend eating five to nine servings a day of colorful fruits and vegetables. In addition to providing vitamins and minerals, fruits and veggies also contribute fiber, which aids digestion and helps satisfy the appetite.

To find fresh, Kansas-grown produce at a farmers' market near you, call your local K-State Extension office or look on the Internet at <http://www.ksfarmersmarkets.org/markets>

“Farmers’ markets offer a pleasant atmosphere to enjoy shopping and build new friendships.”



## What's in Season?

### Summer

Apricots  
Berries  
Cherries  
Cucumbers  
Fresh Herbs  
Green Beans

Peaches  
Peppers  
Summer Melons  
Sweet Corn  
Tomatoes  
Zucchini

### Fall

Apples  
Broccoli  
Brussels Sprouts  
Cauliflower  
Collards  
Lima Beans

Pears  
Pumpkins  
Spinach  
Sweet Potatoes  
Turnips  
Winter Squash

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The Food Stamp Program can help people with low income buy nutritious foods for a better diet. To find out more, call your Kansas SRS Service Center toll-free at 1-888-369-4777.