



# Support Your Local Kansas Farmers Market!

## Support Farmers Markets Because They:

- Offer delicious fresh fruits and vegetables
- Increase fresh fruit and vegetables in communities that don't have easy access
- Connect communities to the farmers who grow the produce
- Keep food dollars local
- Can be a destination for local shoppers to walk and bike to
- Provide a social space for the community

## Support Farmers Markets By:

- Encouraging local growers to participate in community farmers markets
- Buying and eating fruits and vegetables from your local farmers market
- Encouraging community members to shop at local farmers markets

Find a local farmers market near you, visit: [fromthelandofkansas.com/market/list](https://www.fromthelandofkansas.com/market/list)

## Benefits of Eating Locally:

- Local fruits and vegetables are fresher and taste better
- Colorful fruits and vegetables boost your health and lower your risk for chronic diseases
- Buying local supports your community
- Local farmers can tell you about the fruits and vegetables they grow

## Check Out Our Local Farmers Market!

