



Summer is the perfect time to explore your local farmers markets. Minnesota alone has over 150! Farmers markets support local farmers and sustainable agriculture, provide you with fresh and wholesome produce, and even better, farmers market prices are often better than store prices. Many markets also offer fresh bread and baked goods, meats, jams, and more. Get outside this summer and support your local farmers market!

[Minnesota Grown Farmers Market Directory](#)

### July 28th

Alexa will be doing a demo and providing food samples and information at the Health Table!

There are so many great reasons to check out a farmers market. Whether you're inspired to try a new recipe or vegetable you've never heard of, trying to eat healthier, or just supporting your local community, there are plenty of great reasons to go.

[7 Reasons to Eat and Cook from the Farmers Market](#)



### Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.

Learn how to navigate any farmers market by following some of these great tips. Bring cash and small bills so your transactions are fast. Go early in the day to get the best quality and variety produce, as well as bringing your own tote bag as many farmers don't provide them. Farmers are often willing to give samples of fresh berries or crunchy peas, so don't hesitate to ask!

[Read More on the Do's and Don'ts of Farmers Markets](#)



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### Featured Recipes

#### Grilled Chicken and Chard and Pico de Gallo

These healthy and fresh summer meals come together quickly from your farmers market finds!

Click here for the recipe: [Grilled Chicken and Chard](#)  
[Pico de Gallo](#)



### HEALTHY FUN FACT

You have between two and four million sweat glands.

### Worth the Read!

Strawberry patches are looking abundant this season in Minnesota, experts believe. In addition to getting fresh strawberries from the farmers market, plan a trip to the strawberry patch.

[http://www.twincities.com/business/ci\\_28340494/minnesotas-pick-your-own-strawberry-patches-are-ready](http://www.twincities.com/business/ci_28340494/minnesotas-pick-your-own-strawberry-patches-are-ready)

