The fertile agricultural lands of New York and surrounding states produce an incredible bounty of fruits, vegetables, and herbs. A great way to explore this diverse selection of produce is to visit a farmers’ market, where you can find interesting regional varieties of your favorite foods, expand your culinary horizons with less familiar foods, and talk to the people who grow your food to learn about how it was grown and how to prepare it.

Wherever you buy groceries, seek out locally grown produce. This helps to support your community’s farmers, preserve agricultural varieties native to your region, and reduce the environmental costs of long-distance transportation of foods.

When you buy your groceries, seek out locally grown produce. This helps to support your community’s farmers, preserve agricultural varieties native to your region, and reduce the environmental costs of long-distance transportation of foods.

How do you figure it? The people who grow your food eat what they grow. In fact, many farmers eat the foods they grow, which helps them to adjust their cultivation to the tastes of their customers. This reduces waste and helps to support local economies.

In addition, buying produce from your local farmers’ market helps to support your community’s farmers, preserve agricultural varieties native to your region, and reduce the environmental costs of long-distance transportation of foods.