

Farmer's Market or Grocery Store: WHAT'S THE DIFFERENCE?

Farmer's **M**ARKET

Food is picked at its ripest, usually 24 hours or less before it is sold to you at the market.

Seasonal produce from the Northeast only!

Outdoors
Fresh Air
Sunshine
Fun!

Supports local farmers!

Many varieties of fruits & vegetables

Products travel less than 250 miles or 4 hours to reach New York City.

Farmers use sustainable growing methods that keep the environment and you healthy!

Animals are fed wholesome foods, get fresh air and run around outside.

Meat comes from factory farms where animals live in cages & are fed antibiotics and hormones.

Foods travel around 2,000 miles on planes, trains, or trucks from all over the world, so it is not fresh.

Fruits & vegetables are picked before ripeness, decreasing taste and nutritional value.

Many farmers use pesticides that harm the environment

Indoors
Stale Air
Processed & Packaged Foods

Fruits & vegetables have to be able to travel long distances so there is less variety available.

GROCERY STORE

