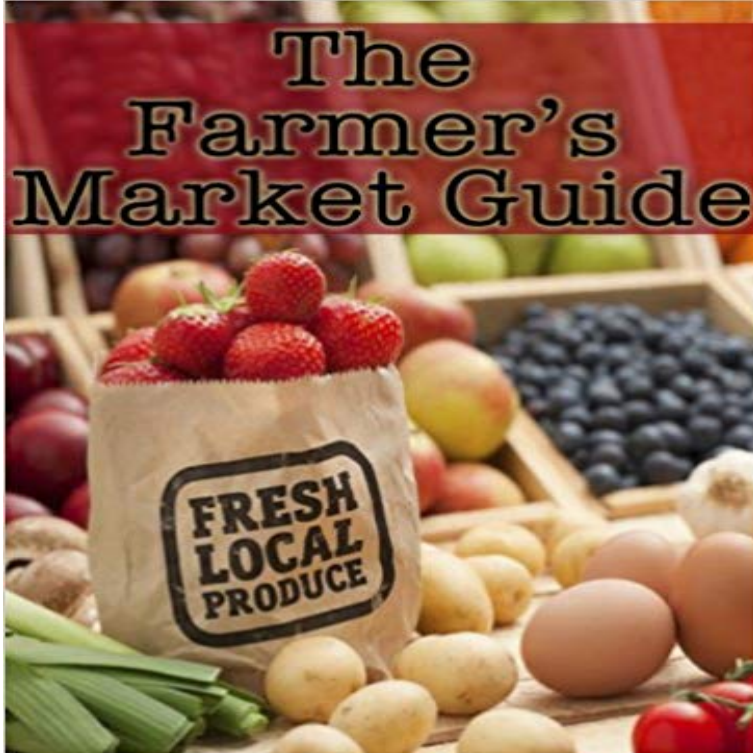


The Farmers Market Guide: Healthy and Fresh Recipes



**** The Ultimate Farmers Market Guide ****
*** Fresh & Healthy Recipes *** While some food retailers do carry local and organic products, not all of them can carry a variety of fresh local foods, or ensure a fair price to the farmer. Shopping at a farmers market is a wholly unique experience that benefits farmers, producers, and consumers directly by offering you more fresh locally grown products, more varieties, and more opportunities to learn about healthy eating. We have collected over 30 fresh and healthy recipes from around the country. Enjoy! Why should you shop at your Local Farmers Market? Farmers markets provide fresh and healthy foods when other sources aren't as easily accessed. Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn about foods grown in your area and supporting your local farmers market strengthens your community. Fresh fruits and vegetables are full of antioxidants and phytonutrients. Freshly picked ripe food is at its peak in flavor and nutrition. Introduce Farmers Market Recipes into your diet today! Scroll Up & Grab Your Copy NOW!

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