

# Spring Bounty

Holiday parties and family gatherings and potlucks, oh my! We all tend to indulge through the winter months, but with spring approaching take some time to check out a Farmer's Market. Planning meals around fresh, local produce will help you out of your cold weather rut and into lighter fare that your body will thank you for!



## Why shop at a farmers' market?

You might be wondering what makes a farmers' market so special and if there really is any benefit in shopping there as opposed to anywhere else.

Some benefits:

- Better for your health
- Pesticide and chemical-free
- Less fossil fuels used in transport which means less pollution and damage to the environment
- Keeps local farmers in business

In order to be able to comfortably afford produce from farmers' markets, consider budgeting in other less essential areas. Try not to cut corners when it comes to what you and your family eat. Vote with your dollar. The more people who shop at farmers' markets, the more affordable their wares will become.

## Where is the closest farmers' market?

Edison's farmers' market is located on 925 Amboy Avenue. The market is open from June 26<sup>th</sup> until September 25<sup>th</sup> on Sundays from 8am to 2pm. Vouchers are available to Edison Residents ages 60+ who meet income eligibility requirements. For more information, call the Edison Senior Center at (732) 248-7345.

