

## Tips for the Farmers Market

- Bring your own reusable bags.
- Dress for the weather. Don't forget your sunblock, hat, or umbrella.
- Come early to get the freshest produce and best selection.
- Bring cash. Use exact change when possible.
- Don't be afraid to ask questions. Most vendors are happy to tell you about what they're selling.
- Learn about growing seasons so you'll know in advance what should be available at the market.
- Don't be afraid to try new things.



## Do you need a license to sell at a Farmers Market?

You **may not need** a license from South Central Public Health District (SCPHD) if you are selling uncut fruit and vegetables, nuts in the shell, jams and jellies, or baked goods that don't have a cream filling.

You may **need** a food permit from SCPHD or other official documentation if you are selling potentially hazardous foods, such as: meat products, dairy, seafood, cooked vegetables, canned foods (except jams and jellies), raw seed sprouts, cut melons, garlic in oil mixtures, or salsa.



## Contact Information

For more information about food safety or farmers markets licensing, go to:  
[www.phd5.idaho.gov](http://www.phd5.idaho.gov)

Or contact:

- The Food Program Manager:  
**Melody Bowyer**  
737-5909  
[mbowyer@phd5.idaho.gov](mailto:mbowyer@phd5.idaho.gov)
- Your local Environmental Health Specialist.

Download the Idaho  
Farmers Market  
Manual at  
[www.agri.idaho.gov](http://www.agri.idaho.gov)



# Farmers Market Pocket Guide



 South Central  
Public Health District  
Prevent. Promote. Protect.

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## Food Safety

- Thoroughly wash all produce before eating.
- Check that meat and dairy products are kept cold in a cooler or refrigerator and are from an approved source before buying.
- Place meats and produce in separate bags so meat juices don't contaminate fruits and vegetables.
- Go directly home from the market or keep a cooler in your car. Don't leave perishable items sitting in the heat.



## Always Wash Produce

- Wash your hands before working with produce.
- Wash produce thoroughly before you use it, not when you bring it home. Washing produce before storage causes it to spoil faster.
- Rinse under clean, running water.
- Rinse produce even when the peel is removed—like on melons or citrus fruits.
- Don't use soap or detergent.
- Rub briskly—scrubbing with a clean brush or hands.
- Dry with a clean cloth or paper towel.



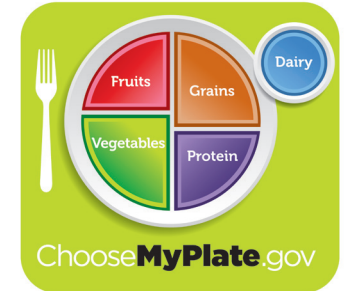
## How to Store Produce

- Some produce—like nectarines, peaches, plums—can be ripened on the counter.
- Most other produce is best kept in a refrigerator.
- Keep fruits and vegetables in separate crisper drawers. Fruits give off gases which shorten the life of vegetables, and some vegetables give off odors that are absorbed by fruits.
- Refrigerate produce in perforated plastic bags.
- Store meats below produce in your refrigerator to keep juices from dripping onto the produce.



## Eating Healthy

Farmers Markets offer a colorful variety of locally grown fruits and vegetables to help you and your family eat right and stay healthy. Try them all!



- Make half your plate fruits and vegetables every day.
- Make at least half your grains whole.
- Choose low-fat dairy products.
- Vary your protein choices.

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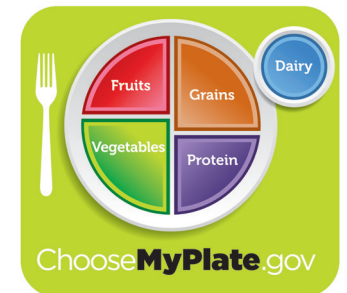
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