



Why Should You Buy From Local Farmers Markets?

1. Local produce tastes better and it's better for you

A recent study showed that fresh produce loses nutrients quickly. In a week-long (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality. Produce may have traveled surprisingly far to get to your grocery store. Food grown in your own community was probably picked within the past day or two. It is crisp, sweet and loaded with flavor.

2. Local food supports local farm families

Fewer than one million Americans now claim farming as their primary occupation (less than 1%). Farming is a vanishing lifestyle. And no wonder: the farmer today gets less than 10 cents of the retail food dollar. Local farmers who sell directly to consumers cut out the many middlemen and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.

3. Local food protects genetic diversity

In the modern industrial agriculture system, produce varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment. Shippers demand produce with a tough skin that can survive packing, transport, and a long shelf life in the store. In contrast, local farmers that sell direct to you or direct to your local restaurants and grocery stores grow a huge number of varieties selected because they have the best flavors, provide a long harvest season, and come in an array of eye-catching colors. Many varieties are heirlooms, passed down from generation to generation because they taste good.

4. Local food preserves open space, and supports a clean environment

As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops that prevent erosion and replace nutrients used by their crops. Cover crops also capture emissions and help combat global warming. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

5. Local food is about the future

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful and abundant food.

To Market We Go!



Austin Farmers' Market

Saturdays: 9:00am – 1:00pm
4th and Guadalupe
Wednesdays: 4:00pm – 8:00pm
46th and Lamar (The Triangle) in Austin

Barton Creek Farmers Market

Saturdays, 9:00am – 1:00pm
Barton Creek Square Mall

Bastrop 1832 Farmers' Market

Tuesdays: 2:30pm – 6:00pm
Saturdays: 10:00am – 2:00pm
1302 Chestnut St. in Bastrop

Bastrop Producers Market

Wednesdays, Thursdays and Fridays:
11:00am – 7:00pm
Saturdays and Sundays: 1:00pm – 6:00pm
977 Hwy 71 W. in Bastrop

Boggy Creek Farm

Wednesdays, Thursdays, Fridays and Saturday
8:00am – 1:00pm
3414 Lyons Road, Austin

Downtown Buda Farmers' Market

Every Saturday until October 30, 2013
9:00am–12:00pm
121 S. Main Street, Buda, TX

Cedar Park Farms to Market

Saturdays: 9:00am – 1:00pm
11200 Lakeline Mall Drive, Cedar Park

Central Texas Farmers' Market

Fridays: 3:00pm – 6:00pm
Marbridge Ranch Nursery
2310 Bliss Spillar in Manchaca

Elgin Farmers' Market

Tuesdays: 1:00pm – Sellout
410 N. Main Street in Elgin

Funkytonk Farmers' Market

Every Saturday, 9:00am–1:00pm
North Austin Trailer Yard (the NATY!)
1012 W. Anderson Lane at Hwy 183 and N.
Lamar. The market is in the parking lot of Hobby
Lobby and Planet Fitness.

Georgetown Farmers' Market

Thursdays: 3:30pm – 6:30pm
Georgetown Church of Christ Parking Lots, 1525
W. University Ave.

HOPE Farmers Market

Sundays, 11:00am–3:00pm
414 Waller St., E. 5th and Comal

Hutto Farmers Market

Saturday: 10:00am–1:00 pm
Hutto on Hwy 79 and Short Street,
next to the Wag-a-Bag.

Kyle Farmers' Market

First Saturday of the month
9:00am – 2:00pm
Historic City Square Park in Kyle

Lakeway Commons Farmers' Market

Sundays 9:00am – 1:00pm
620 and Lakeway Blvd. in Austin

Manor Farmers' Market

Wednesdays: 4:00pm – 7:00pm
Jennie Lane Park in Manor

Mueller Market

Sundays: 10:00am – 2:00pm
At the "Browning Hangar"
4550 Mueller Blvd., Austin

New Braunfels Farmers' Market

Fridays: 3:00pm – 6:00pm
May 23rd through December
205 S. Castell Ave. in New Braunfels

New Hope Farms to Market

Wednesdays: 4:00pm – 7:00pm
Rock United Methodist Church
2001 New Hope Drive

Pflugerville Farmers' Market

Tuesdays: 3:00pm – 7:00pm
901 Old Austin-Hutto Rd., Pflugerville

River Valley Farmers' Market

Saturdays: 9:00am–1:00pm
109 Depot at Main/Verterans Park in Elgin
Summer - Wednesdays; 4:00pm–7:00pm
In front of HEB in Elgin

Round Rock Farmers' Market

Saturdays, 9:00am – 12:00pm
Scott & White Hospital Parking Lots,
300 W. University Blvd, Round Rock

Sassy Pea Market & Farmer's Market

Monday–Friday, 8:00am–5:00pm
Closed for lunch 12:30pm–2:00pm
The Good Earth Day School
10820 E. Crystal Falls Parkway, Leander

SFC Farmers' Market

Downtown - Saturdays, 9:00am–1:00pm
4th & Guadalupe, Republic Square Park
Sunset Valley - Saturdays, 9:00am–1:00pm 3200
Jones Rd, Toney Burger Center
Triangle - Wednesdays, 3:00pm–7:00pm, 46th &
Lamar, The Triangle
East - Tuesdays 3:00pm – 7:00pm
2835 E. Martin Luther King Jr. Blvd.,
Corner of MLK and Miriam Ave.

Taylor Area Farmers' Market

Mondays, Wednesdays and Fridays:
3:00pm–6:00pm
5th Street and Main Street in Taylor

Smithville Farmers' Market

Thursdays: 1:00pm – Sellout
Main & First Street in Smithville

San Marcos Farmers' Market

Tuesdays: 3:00pm – 6:00pm
204 S. Edward Gary in San Marcos

South Austin Farmers' Market

Saturdays, 8:00am–1:00pm
The parking lot of El Gallo Restaurant
2910 South Congress

Sunset Valley Farmers' Market

Saturdays: 9:00am – 1:00pm
Back parking lot of Barton Creek Mall
in Austin

Taylor Area Farmers' Market

Mondays and Wednesdays:
3:30pm – 6:30pm
5th St. and Main St. in Taylor

Travis County Farmers' Market

7 Days a Week: 8:00am – 6:00pm
Spring through October 31
6701 Burnet Rd. in Austin

Wimberley Farmers' Market

Wednesdays: 3:00pm – 6:00pm
RR12 and River Rd. in Wimberley

