



"To get more bang for your buck, buy veggies with the tops still on. They tend to be cheaper (the more someone has to do to a product, the more it'll cost), and you can use the tops in salads, salsas and pestos."

**Jason Campbell**  
Mary Eddy's, Oklahoma City



"Take comfortable easy-to-carry bags with you. As you purchase items, put the denser, sturdier goods at the bottom and carefully place the more delicate ones on top."

**Chad Richard**  
Sauvage, Brooklyn



"Take cash—especially small bills. Many farmers accept cash only, and you don't want to be limited to the vendors with credit card machines."

**Elizabeth Blau**  
Blau + Associates,  
Las Vegas



"Always buy the heavy things last. No sense in starting off with a hefty case of parsnips!"

**Claire Welle**  
Otway, Brooklyn



"Farmers who sell only a few produce items are more likely to specialize in them, ensuring better quality."

**Bryce Gilmore**  
Barley Swine, Austin



"If you're buying herbs or greens, get them before the sun warms up. Once it gets high in the sky, the heat will cause them to soften and wilt."

**Sean McPaul**  
High Street on Hudson,  
New York City



# Chefs' FARMERS' MARKET TIPS

Pros from around the country share their best advice.

"Pick at least one item that is completely foreign to you. If you see someone else buying that same item, ask them how they plan to use it."

**April Robinson**  
Formerly of Butter Tapas,  
North Charleston, SC



"Keep an eye out for edible flowers in the spring. They have such interesting flavors and can be used as a garnish or as an integral part of a dish."

**Yosuke Machida**  
Chambers Eat + Drink,  
San Francisco



"Use your nose when choosing produce. Sometimes the ripest fruit is discovered by smell, not touch."

**John Creger**  
Spring & Varick, New York City



"Most farm stands have a 'seconds' bin of discounted fruit and vegetables that are bruised or blemished but are perfectly good for cooking. It's a great place to find extra-ripe ingredients for canning projects."

**Daniel Holzman**  
The Meatball Shop,  
New York City



"Make sure the produce was actually grown locally by the farmer who's selling it. Some vendors will resell items they didn't grow themselves in order to diversify their offerings."

**Isaac Bancaco**  
Ka'ana Kitchen,  
Maui, HI



"Try a few of the specialty items that are sold at the market. Farmers put a lot of love into products like honey and cheese, and these often get overlooked."

**Nina Compton**  
Compère Lapin,  
New Orleans



"Take a wheeled cart with you—or even your kid's big red wagon. This way you can go into full shopping mode without having to worry about carrying your purchases."

**Edouardo Jordan**  
JuneBaby, Seattle



"Ask if there is anything behind the scenes: Sometimes farmers will have a small amount of something cool and reserve it for those who are really interested."

**Jenn Louis**  
Ray, Portland, OR



## WHEN TO GO?

"The saying 'the early bird catches the worm' applies to the farmers' market. Get there **when it opens** and you'll get the best pick of produce for the day."

**Jovan Sage**  
The Farmer & The Larder, Brunswick, GA



"You may get the most variety in the morning, but for the best deals, wait until the **end of the day**, when the crowd has thinned but the farmers still have food to sell. Don't be afraid to haggle a bit!"

**Matt McClure**  
The Hive, Bentonville, AR

