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## **Buy Virginia Grown - Virginia Farmers' Markets**

### **Why shop at a Virginia farmers' market?**

Maximum freshness, optimal nutrition, flavor, variety, uniqueness and food safety are all reasons customers cite for why they shop at Virginia's farmers' markets. Since the products are grown nearby, farmers can wait to harvest them until taste and texture are at their peak. Then they transport their products a short distance up the road. The reduced time and mileage to market means every item maintains its fresh flavor and condition, and less energy is expended for transportation.

Each farmers' market offers a unique shopping opportunity, plus a chance to get acquainted with the people who grow and supply the food you're buying. You'll find that markets often offer special events, children's activities, cooking demonstrations, music and more. Many markets accept SNAP/EBT.

### **For more information...**

[Find your Local Virginia Farmers' Market](#)

[Virginia Grown Produce Availability Chart](#)

[Virginia Grown Coloring Book](#)

[Virginia Seafood -Availability Chart of Fresh Virginia Species](#)

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