Visit a local Farmer’s Market

Have you ever spent time browsing a local farmer’s market on a Saturday morning, or do you spend most of your time perusing grocery store shelves for your grocery items? Farmers markets are popping up all over the country, and there are great benefits to shopping at one. Here are 6 top reasons to check out a market near you!

1. Eat farm fresh! Unlike grocery store produce, farmer’s market produce is typically freshly picked the day you purchase it, so you can be sure that you’re buying the freshest items available. Even better, because it’s been harvested at peak ripeness, the flavor is rich and bright.

2. Reduce grocery costs. You might have heard that farmer’s markets are more expensive than traditional grocery stores, but surprisingly, many items are the same price or cheaper as the grocery store alternative. Now, most markets accept credit cards and SNAP and WIC benefits, so you don’t have to worry about having cash before you go.

3. Try unique items! The farmer’s market offers unique variations of produce, freshly baked breads and pastries, and farm-raised meat and eggs that are often unavailable in the grocery store. This makes the market a great place to get new recipe ideas or branch out of a grocery list rut.

4. Support the local economy. Did you know, most farmer’s market items are produced by small farms or makers within a 100-mile radius! Purchasing goods from the market supports family-owned farms and encourages local jobs.

5. Reduce environmental impact. Supermarkets receive produce delivered by trucks from hundreds of miles away whereas farmer’s market items travel a much shorter distance to reach the consumer, so purchasing items from the market conserves fossil fuels. Additionally, small farms produce less waste from pesticide and chemical fertilizer use.

6. Have fun! The farmer’s market is a great place to spend a Saturday morning or weekday afternoon. Most markets offer activities, entertainment or classes, and you can spend time trying new items or visiting with members of the community.

Atlanta has many great farmer’s market locations! Check out one near you!

Times subject to change; please check their site or call before you visit to verify hours.

- Freedom Farmers Market
  - Carter Center Library, 453 Freedom Parkway NE, Atlanta, GA 30306
  - Saturday, 9:00 am to 1:00 pm
- Piedmont Park Green Market
  - 12th Street and Piedmont Avenue NE Park Entrance
  - Saturday, 9:00 am to 1:00 pm
- Morningside Farmers Market
  - 1393 N. Highland Avenue, Atlanta, GA 30306
  - Saturday, 8:00 am to 11:30 am
- Grant Park Farmers Market
- 600 Cherokee Avenue SE, Atlanta GA
  - Sunday, 9:00 am to 1:00 pm
- East Atlanta Village Farmers Market
  - 572 Stokeswood Avenue, Atlanta GA
  - Thursday, 4:00 pm to 8:00 pm
- Decatur Farmers Market
  - 308 Clairemont Avenue, Atlanta, GA
  - Wednesday, 4:00 pm to 7:00 pm
  - Saturday, 9:00 am to 1:00 pm
- Ponce City Farmers Market
  - 675 Ponce De Leon Avenue NE, Atlanta, GA
  - Tuesday, 4:00 pm to 8:00 pm
- Peachtree Road Farmers Market
  - 2744 Peachtree Road NW, Atlanta GA
  - Saturday, 8:30 am to 12:00 pm
  - Wednesday, 4:30 pm to 8:00 pm
- Sandy Springs Farmers Market
  - 6100 Lake Forrest Drive, Sandy Springs, GA
  - 8:30 am to 12:00 pm
- Buford Highway Farmers Market
  - 5600 Buford Highway NE, Atlanta, GA
  - Daily 8:00 am to 10:00 pm
- Dekalb Farmers Market
  - 3000 East Ponce De Leon Avenue, Decatur, GA
  - Daily 9:00 am to 9:00 pm