



A visit to a local farmer's market is a wonderful experience. There is a huge array of summer fruits, local grown vegetables, fresh herbs, flowers and more!

What a way to support local growers and revamp the creative juices in your kitchen! Start with simple items that you know like potatoes, corn and tomatoes. Make a selection of fruit for treats. And try something new!

The fresh tomatoes are astounding - they are so ripe, juicy and delicious. Serve some of them sliced fresh with just a little oil, vinegar and black pepper. Or try this roasted marinara sauce:

Roasted Marinara Sauce:

Ingredients:

- 3 large, ripe tomatoes, cored, halved and seeded
- 1/2 onion, peeled and quartered
- 1/4 cup fresh chopped basil
- Dash granulated garlic
- Dash dried oregano
- 4 tablespoons grated Parmesan
- 1/4 teaspoon cracked black pepper

Directions:

1. Preheat your oven broiler.
2. Place tomatoes and onion skin side up in a large baking dish. Roast the vegetables under the broiler until skins turn very brown and blisters - about 10 minutes.
3. Place herbs and onions into a food processor; process briefly until basil is chopped fine then add the tomatoes and puree until almost smooth. Reheat to use with pasta.

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Why should you attend a farmer's market?

- A cheap family outing and fun event
- Some exercise and Vitamin D from walking around outside
- Learn more about produce
- Try new things
- Eat more fruits and vegetables
- Get items that are fresher, better tasting and naturally ripe
- Support local growers
- Great bargains on local seasonal produce

Here is what you should bring:

- Cash
- Hat/sunglasses
- Water - if it is hot outside you might get thirsty on your expedition
- Bug spray if there are mosquitoes near you
- A bag or box to carry your items home
- Cooler with ice in case you have other errands to run afterwards - some items like leafy lettuce and fresh herbs are more delicate and may not hold up that well in a hot car.

For More Information

To find a farmer's market near you, visit <http://www.localharvest.org>