

# **FAQs - HOW TO SHOP AT A FARMERS MARKET**

**If you're new to shopping at farmers markets, welcome!**

Candia Farmers Market provides an excellent source of fresh and local foods, and ANYONE can shop here! These FAQs will help prepare you for the unique experience of grocery shopping at a farmers market. Shopping at a farmers market might be different from what you are used to, but the differences are part of what makes the experience so great! Soon your fridge will be overflowing with delicious, local foods- and you won't believe how easy and affordable it was!

## **WHAT SHOULD I KNOW ABOUT MAKING MY MARKET GROCERY LIST?**

Candia Farmers Market supports vendors who sell seasonal produce. The availability of products depends not only on the time of year but also weather conditions and other variables of farming. To find out what seasonal produce may be available, [check out this seasonal availability chart from the NH Department of Agriculture](https://www.agriculture.nh.gov/publications-forms/documents/peak-harvest-guide.pdf). (please link to this site - <https://www.agriculture.nh.gov/publications-forms/documents/peak-harvest-guide.pdf>). You will also find various fresh meats (beef, pork, chicken, lamb, duck) eggs (chicken, duck, and quail), cheeses, raw milk, delicious baked goods, teas, coffee, breakfast foods, spices, honey, maple syrup, local craft beer and wine, dog treats, homemade soap, and artisan products.

## **CAN I USE MY CREDIT/DEBIT CARD TO SHOP AT A FARMERS MARKET?**

Most vendors at the Candia Farmers Market accept credit cards or payment services like Venmo or PayPal. Cash is always accepted and preferred by most vendors. Credit and Debit cards charge service fees to process payments, so it costs vendors money when you use them. There is an atm located a half mile from our location at Granite State Credit Union, 145 Raymond Road, Candia.

## **CAN I USE MY SNAP CARD TO SHOP AT A FARMERS MARKET?**

Candia Farmers Market is happy to announce that starting in 2023 we will be accepting SNAP EBT cards. Start at the Community Table in the center of the market where you can swipe your SNAP Card and you will be given tokens in \$1 increments for the amount you requested. Then you can take those tokens to the vendor booths and buy eligible food products. We will also be participating in the Market Match program which mean for every \$1 used from your SNAP account you will receive a FREE \$1 voucher to spend on fruits and vegetables.

## **CAN I BARTER WITH VENDORS AT THE FARMERS MARKET?**

Unlike a flea market, most vendors at a farmers market have set their prices based on what they feel is a fair price. Bartering is not a cultural norm at most farmers markets. You may see prices vary throughout the year, however, that is due to weather and availability.

## **ARE ALL PRODUCTS AT THE FARMERS MARKET ORGANIC?**

It depends on the vendor. You should talk to your farmer to become aware of the practices used to grow your food.

## **WHAT ATTRACTIONS ARE AT THE MARKET?**

We always have tons of great food options but aside from that we offer live music, kids activities, contests, demonstrations, free beer tasting, visits with farm animals, and other special events. Check our website or Facebook page for the latest updates.

### **DO I NEED TO BRING MY OWN BAGS?**

While you may see many customers at the market with their own bags and we encourage the use of these, however, this isn't a requirement to shop at the market. Reusable Candia Farmers Market bags are for sale for \$1.00 at the Community Table in the center of the market.

### **IS THE CANDIA FARMERS MARKET HANDICAP ACCESSIBLE?**

Yes! We are located on the grounds of the Smyth Public Library which is a flat grassy area with parking attached. There are no stairs to navigate.

### **ARE THERE BATHROOMS?**

Yes! Bathrooms are available inside the Smyth Public Library building.

### **MAY I BRING MY DOG TO THE MARKET?**

Yes, on a leash...if your dog is well behaved around people and other dogs and if you bring bags to clean up after your dog. You must always keep your dog away from food items for sale. We reserve the right to ask a dog owner to refrain from bringing a pet if we notice any problems.

### **IS THE FARMERS MARKET OPEN IN BAD WEATHER?**

Candia Farmers Market is open rain or shine.