

# YOUR GUIDE TO FOOD SAFETY at



Part of the fun of shopping at a farmers' markets is meeting the people who are actually involved in growing your food. Use our *Guide to Food Safety at Farmers' Markets* to ensure that the food you buy is grown safely and in a responsible manner. Read, learn, enjoy your shopping choices and eat more organic and conventional fruits and veggies!

## Know Your Farmer

- How long have they been farming?
- Where is the farm located?
- When were the fruits and veggies harvested?

## Be Clear About "Certified" Statements

- How long has your farm been certified organic?
- What does it take to become certified organic?
- Why is it important to be certified organic?
- Does "pesticide free" mean you don't spray anything at all on your crops?  
(Keep in mind the Environmental Protection Agency's definition of a "pesticide" is "any substance or mixture of substances (natural or synthetic) intended for preventing, destroying, repelling or mitigating any pests.)
- What do you do to control pests and diseases?  
(Listen for knowledgeable comments about the use beneficial insects, pheromone traps, crop rotation, irrigation management.)

## Food Safety First

- What food safety practices do you use on your farm?
- Do you test your irrigation water for safety?
- What type of fertilizers do you use?  
(Note that manure should be properly composted since raw manure can pose a food safety risk).
- Do you keep animals and livestock away from your fields?