**Let me introduce myself: I`m farmers market**  
 Farmers markets exist in almost every country of the world, they reflect customs and traditions of different cultures. Some of them are small and quiet, the others are busy, noisy and crowded. Choose the one you prefer best. After the harvesting farmers transform into the sellers and the farmers market is a place where you meet them. It s the best place to hunt for organic healthy food.  
  
**What is hidden behind the words “farmers market”**  
 What do we know about farmers market? If to ask any person what the farmers market is, their answer is going to be “A place to buy fruits and vegetables”. Well, yeah, but they are right only for 50%. Farmers market is place that lives its own life. When you come here you see actual people, who spent their time and efforts to grow all you can observe on their shelves. Farmers were thinking about the people, who are buying their goodies, they were worrying about the weather that could ruin the harvest and they did their best to protect vegetables and fruits from all sorts of disasters. These people really care about someone buying their harvest not only because of a profit, but because they put a piece of their soul in every single item on the shelf. Now, considering all these, do you still think it s a place where you can JUST buy food?  
  
  
**To buy or not to buy at farmers market**  
 Here is the story. You go and buy some apples in a store, put them in a fridge and for some reasons forget about them. In a week or two you finally find them sitting on the shelf. You are about to throw them away in a trash bin, but there is a miracle — your apples look like they were growing on a tree just a moment ago. Is it really a good thing though? Fresh vegetables and fruits ARE SUPPOSEED TO go bad pretty fast without certain conditions of storage. If they are not, something is obviously wrong with them.  
  
**Pros and cons of farmers market**  
**On a plus side**  
***Freshness:*** All food on a farmers market is fresh, grown on the nearby farm and transported to the closest market.  
***Quality:*** Farmers grow these veggies without using extremely powerful chemical minerals, fertilizers and supplements. In a store it is impossible to find a product without high content of such chemicals. Organically grown food is the main feature of farmers market.  
***Taste:*** Its nothing even to talk about, the taste is twice more rich. Not likely that someone is going to doubt that.  
***Variety:*** While in supermarket you have a choice of two-three kinds of the same product, at the farmers market its dozens of offers. You can find the bargain you want.  
***Communication:*** You can ask questions about things you are buying and get answers from first hands.  
  
**Disadvantages of buying at the farmers market**  
***Price:*** The price for food from the farms is usually a little higher, though in a matter of fact you are saving eventually. Why? Because eating healthy fresh food later you will have less health issues to worry about.  
***Working hours:*** Most of the farmers markets are open only till 3 or 4 pm. If it is a problem for you, the option is to find a couple of markets which work till 8-9 pm. OR you can take your family and go all together and enjoy spending time with them.  
  
  
**Additional offers for market lovers**  
 Besides fresh food you can also find jams, regional specialties, such as cheese, bread, spices, poultry, lamb, goat, eggs, milk, cream, ice cream, butter, cheese, honey syrup, jellies, sauces, mushrooms, flowers, wine, beer, breads and many others.  
 Farmers know how to have some fun, so different kinds of festivals are not a rare thing. Just check your local news or ask the seller you like at the market.