



# FARMER'S MARKETS

sensational, seasonal shopping



Visiting your local farmer's market can be a fun family outing; it is a great opportunity to spend time outside, go on a walk, pick out some seasonal produce, or try something new. Bringing kids with you to the farmers market is a great practice. "Letting children select produce, meet working food providers and try new fruits and vegetables can help them feel involved in meal planning and inspire healthier eating habits" (Cater, 2023).

## VANCOUVER FARMER'S MARKETS

**UBC**  
**JUNE - NOV**  
**SATURDAYS 10AM - 2PM**

**DOWNTOWN**  
**JUNE - OCT**  
**WEDNESDAYS 2PM - 6PM**

**RICHMOND**  
**MAY - NOV**  
**TUESDAYS 12PM - 4PM**

**BURNABY**  
**MAY - OCT**  
**SATURDAYS 9AM - 2PM**

### TIPS

You can use the Buy B.C. guide to navigate which fruits, vegetables, and herbs are grown locally and in which season. It is a great resource for grocery shopping anywhere, because fresh produce is more affordable and available when it is in season .





## Fruit Kebabs

### INGREDIENTS:

With this recipe, you can get a little creative and make it your own! Any fruit that you buy could be placed on skewers to make the kebabs. Some fruits you might find local to B.C this summer are:

- Berries, including blackberries, raspberries, strawberries and blueberries.
- Melons, including watermelon, honeydew and cantaloupe.
- Stone fruits such as peaches, plums, apricots and cherries

### INSTRUCTIONS:

- Wash fruit well
- Peel and chop the larger fruits to your desired size and shape.
  - using cookie cutters to make different shapes can add a fun twist
- Carefully slide fruit onto the skewer in the desired order



Here is a resource called "The B.C Farmer's Market Trail." It can help you locate a farmer's market wherever you may be in B.C this summer. Visiting a market can be something fun to do at home or when exploring some place new.  
<https://bcfarmersmarkettrail.com/>



## RESOURCES:

### BuyBC Seasonal Foods Guide:

<https://buybc.gov.bc.ca/app/uploads/sites/386/2020/10/Seasonal-Chart.pdf>

### Melinda Cater, MS, RD Talks about Farmer's Markets:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/health-benefits-of-farmers-markets>

### Other recipes to try:

<https://www.parentmap.com/article/kid-friendly-seasonal-farmers-market-recipes>