Food is fuel for our mind and body and we run best on good fuel. Examples of premium fuel include fruits, vegetables, beans and whole grains. Fiber, vitamins, and minerals are essential nutrients that help promote overall health and are found in these food items. The U.S. Department of Agriculture and the U.S. Department of Health and Human Service’s 2012 Dietary Guidelines recommend making ½ of our plate fiber-rich fruits and vegetables. In addition, the American Institute for Cancer Research recommends filling our plates 2/3 full of a variety of anti-oxidant rich fruits, vegetables, whole grains, and beans to reduce the risk of cancer.

Now that we know some key foods that we should eat to promote health, let’s explore where we can buy these items.

Farmer’s Markets are a great place to shop for fresh, local produce as well as other ingredients, such as natural meats, eggs, salsas, and baked breads. Another perk about farmer’s markets is the fact that their produce is at peak quality, perfectly ripe and in season. Their products change with the seasons and allow us a chance to experience variety while shopping for this season’s crops.

You can check out the USDA’s website called Know Your Farmer Know Your Food which can be found at www.usda.gov/knowyourfarmer. The goals of the site are to “support local farmers, strengthen rural communities, promote healthy eating and protect natural resources.”

**Farmer’s Markets in Tucson:**

Marana Farm Stand  
12375 N. Heritage Park Drive  
Mondays 4-7pm

Community Food Bank Farmer’s Market  
3003 S. Country Club Road  
Tuesdays 8am-noon

Downtown Farmer’s and Crafts Market  
101 N. Stone Avenue  
Wednesdays 8am-2pm

Santa Cruz Farmer’s Market  
100 S. Avenida del Convento  
Thursdays 3-6pm(winter), 4-7pm(summer)
Broadway Village Farmer’s Market  
2926 E. Broadway Blvd.  
Fridays 9am-2pm(winter), 8am-1pm(summer)

El Presidio Mercado  
El Presidio Park, 160 W. Alameda Street  
Fridays 10am-4pm

St. Phillips Plaza Farmer’s Market  
4380 N. Campbell Ave.  
Saturdays and Sundays 9am-1pm(winter), 8am-noon(summer)

Civano Farmer’s and Artisans Market  
5301 S. Houghton Road  
Sundays 10am-2pm

Plaza Palomino Farmer’s Market  
2970 N. Swan Road  
Saturdays 9am-2pm

Rincon Valley Farmer’s Market  
12500 E. Old Spanish Trail  
Saturdays 9am-2pm(winter), 8am-1pm(summer)

For current information on Farmer’s Markets in Tucson check out:  
http://www.visittucson.org/visitor/culinary/farmersmarkets

**Farmer’s Markets in Phoenix:**

Downtown Phoenix Public Market  
721 N. Central Ave.  
Wednesdays 4-8pm  
Saturdays 8am-noon

Town and Country Market  
2021 E. Camelback Road  
Wednesdays 10am-2pm

Roadrunner Farmer’s Market  
3502 E. Cactus Road  
Saturdays 8am-1pm

For current information on Farmer’s Markets in Phoenix check out:  
http://phoenix.org/farmers-markets/

Megan Meyer, UA Nutritional Sciences student  
Jodi Charvoz, MEd, RD  
05/2012
Farmer's Markets in Sierra Vista:

Sierra Vista Farmer’s Market  
Thursdays: NW corner of Wilcox and Carmichael  
10am-2pm  
Saturdays: SE corner of Charleston Road and Hwy 90 Bypass  
10am-2pm

Farmer's Markets in Nogales:

For information about Farmer’s Markets in Santa Cruz County check out:  
http://www.americantowns.com/az/nogales-local-food

Farmer's Markets in Flagstaff:

Flagstaff Community Market  
211 W. Aspen Ave.  
Sundays 8am-noon (May 27-Oct 14)  
Wednesdays 4-7pm (June 27-September 5)

Farmer's Markets in Safford:

Safford Farmer’s Market  
Parking lot of the Graham County Chamber of Commerce near Firth Park  
Tuesdays and Saturdays 7:30-11am

There are several Farmer’s Markets in Wilcox, AZ which is relatively close to Safford  
For current information on Farmer’s Markets in Wilcox check out:  
http://www.visittucson.org/visitor/culinary/farmersmarkets

Farmer’s Markets in Kingman:

Kingman’s Farmer’s Market  
101 E. Beale Street  
Sundays 8-11am (May 27-Oct 14)