



**"We have neglected the truth
that a good farmer is a craftsman
of the highest order,
a kind of artist."**

~ Wendell Berry



If you live in a four-season location, people are probably talking about spring. As if nature has a mainline to our minds, the burst and buzz of bud and bug brings energy to our language and enlivens our outlook.

Along with an increase in my landscape design activity, I look forward each spring to the return of abundant, fresh produce to my plate, with the reopening of my local farmers markets.

With that in mind, I bring you
**5 awesome, new reasons
to shop at a nearby farmers market!**

1

Job satisfaction.

Even though my landscape design work is often at the mercy of Mother Nature, no one endures the seasons quite like a [market farmer](#)

In winter, they're ordering materials, fixing equipment, tending greenhouses, raising animals. Once the growing season kicks in, they're planting fields, planting fields again, wrangling explosions of weeds, insects, and plant diseases, all while maintaining a rigorous harvesting schedule. Oh, and then there's the selling part.

All this to put food on the table.

Got a job that allows you to control how often you bond with nature?
Planning a vacation this spring? Or summer? Or fall?

Be grateful.



Photo credit: James Allan

2

They're not just for food.

Time is a hot commodity.

We're full-on busy. Too busy, really.

Scheduling priorities don't always include time to be among friends, or to make new ones. But, what if weekly provisioning could double as a social opportunity?

Unlike a trip to the regular grocery store, a farmers market visit brings with it the chance to see friends, and to mingle with those who, like you, felt strongly enough about their food choices to get themselves to a farmers market to shop.

Great food *and* a sense of belonging. Win!



Market shoppers at the [St. Michaels Farmers Market](#)

Photo credit: Freshfarm Markets

3

Last minute gift giving solved!

Get the kids, or the grandkids, out of the house - as a gift to a weary parent.

Bring the honoree, and let him or her choose something delightful. Or several somethings. You won't have to pay for shipping, so you can splurge.

Buy the ingredients for a special meal for your sweetie. Recipes are often part of the market's offerings, with farmers and shoppers eager to offer guidance.

Added bonus: It's a gift to you, too. And you sure can't say that about an online Amazon excursion!



Photo credits: Jaime Windon, The Blonde Photographer



4

Save on supplements.

Many [medical professionals](#) agree that the best source for vitamins and minerals is from *real food*. Make the farmers market a regular part of your meal planning and ditch the expensive multi-vitamin.

You'll also get the added benefit of a bit of controlled sun exposure, which boosts Vitamin D levels.

Naturally.



Photo credit: Freshfarm Markets

5

Nourish Your Inner Artist

Many of my sculptures start out as purchases from the farmers market.

Bloggers, writers, photographers, and fine artists find fodder in the arrays of vegetables, fruits, hand crafted farm products and farmers that come in weekly.

Have a hankering to bring your musical talent into the limelight? Markets are often eager to offer performances by live musicians.

Whatever your chosen direction,
a farmers market is ripe with possibilities for inspiration.



Modeled after an onion I brought home from a summer market.
Onion Bonded Marble and Acrylic Paint 7.5" x 12" x 6.5"



Photo credit: Jaime Windon, The Blonde Photographer



Apple Cast Bronze 8" x 4.5" x 6"

I love fruits and vegetables and I'm always happy to help interested clients with their vegetable garden designs. But, a part-time, home gardener can't match the expertise and abundance available at a farmers market. I know I'll be spending lots of time at mine this season!

Happy Spring!

A handwritten signature in brown ink, appearing to read 'Jan Kirsh'.

p.s. [April is National Gardening Month](#)
...an added reason to become a market enthusiast!

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