

Discover Wisconsin Farmers' Markets

Discover Wisconsin Farmer's Markets are a guided tour through Green Bay's local farmers market. The tour helps shoppers feel more comfortable shopping at the market, talking to vendors, and using food assistance benefits to purchase fresh produce. Educators will also help buyers' select healthy food at a fair price for themselves and their family.

Lessons: Each lesson is approximately 45-60 minutes long.

1. Why Shop at Farmers' Markets
2. At the Market
3. Seasonal Availability
4. Paying at the Market
5. MyPlate
6. Storing and Keeping
7. Freezing Fruits and Vegetables
8. Canning Fruits and Vegetables
9. How much do I Need?
10. Meal Time Tips for Families
11. Kids in the Kitchen
12. Eat Your Greens
13. Kitchen Equipment- The Basics