

Farm to Table: Exploring the Locally Sourced Food at my Local Saturday Market

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Nothing brings out the people of Vancouver quite like a sunny day, or a Saturday market. Luckily for the locals, this past Saturday combined both, which provided Vancouver with an experience that was truly the best of both worlds. The market displayed a diverse selection of goods ranging from locally sourced food, to handmade soaps and lotions, as well as a vast display of local artwork, and craftsmanship. With that being said, attending your local Saturday market can be a very beneficial experience if you are looking to enhance your diet with fresh, nutritious foods.

One of the more obvious benefits of attending a local Saturday market, would be the access you have to all the locally sourced produce. The fruits, vegetables, meats, and other foods available at the market are always harvested at the perfect time, and are brought directly to the market. This farm-to-table journey means that the produce is able to retain more of the nutrients and flavors, in comparison to the produce that has gone through more extensive processing. For anyone focusing on nutrition, this means that your meals will not only taste better, but they will also be packed with more of the important vitamins and minerals that fuel our bodies. In addition, local markets encourage seasonal eating. Seasonal produce is more likely to be at the peak of its supply, and its abundance can lead to lower costs. Eating seasonally also aligns with the dietary needs that occur naturally within our bodies, so the markets produce will always provide the right nutrients at the right times of the year. Lastly, shopping at these markets can support the local economy. Money spent here fuels the livelihoods of local farmers and artisans, which can help with community growth and sustainability. Choosing to make a habit out of attending your local Saturday market offers numerous benefits. It is a wholesome activity that nourishes the body, supports the community, and respects the planet. Next time time you find

yourself with a free weekend, consider checking out your town's local Saturday Market. (Word  
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