Hello Fresh Food Fans!

Earlier this week, while scrolling through social media, I saw a post by a friend lamenting the poor quality of a recent produce purchase from the supermarket. Rotten romaine. Been there. We've all experienced the disappointment of fuzzy strawberries and wrinkly tomatoes.



I LOVE supermarkets and I'm grateful that we can find almost everything our palettes desire year round. But the tradeoff for that convenience is freshness. When food travels cross country or across continents, it's often picked early, kept cold, and stored in the dark. Perishable products such as lettuce, tomatoes and berries don't always survive the journey unscathed.

What I do during the market season is shop at supermarkets for the products I can't get in Maine, such as oranges, lemons, and bananas. Everything else, I buy at our farmers market.



When you buy produce from one of our vendors, you know it was picked within 24 hours, if not that morning. That means your lettuce will always be fresh, your berries juicy and your tomatoes wrinkle-free.

--Amy

P. S. *Seasonal Shopper Discount Cards are coming back this week! Ask a vendor for yours!*