



# Greening Princeton Farmers' Market

*How to be a successful shopper!*  
*By Lara Peterman '08*

- 1) **Greet the vendor** when you arrive at his or her table. Ask questions about what you are buying and the way it was produced. Were the sheep raised on grass or grain? What is the best way to prepare a certain cut of meat? What types of cheeses go well with apples? With pears? What breed of chicken produces your eggs? These interactions help establish a relationship with your producers and tell you more about how best to prepare the products you purchase. It will also help you decide what to buy the next time you come!
- 2) **Come with an idea of what you want to buy.** Since the vendors sell seasonal local produce and their selections may vary from week to week, it may be difficult to come with a shopping list. However, come knowing what variety of produce you are looking for and how much you need. For example, are you looking for a sandwich cheese or a party cheese? A salad vegetable or a cooking vegetable? Each of the vendors has a website where you can find out what's in season and other information about their products. Links to these websites can be found at [www.princeton.edu/greening/market](http://www.princeton.edu/greening/market).
- 3) **Line up along the tables where possible.** Forming a line around the front of the table, instead of away from it, will enable you to see the selection and make your choices while waiting for your turn.
- 4) **Bring a reusable bag.** While many of the vendors will supply plastic bags, bringing your own reusable cloth or other bag is much more environmentally friendly and will make carrying your purchases home a lot easier. Carrying one bag is much simpler than juggling several.
- 5) **Bring a cooler or insulated bag** if you plan on buying items that need to be kept refrigerated such as meats, poultry, and cheeses.