One of the many problems with supermarkets is you cannot usually buy local produce and the money spent at the supermarket does not stay in the local community. One of the best ways to eat healthily and support your local community is to shop at farmer's markets. Most farmer's markets only sell seasonal produce and it is usually at an honest price. If you haven't been to a farmer's market, you might be surprised at the whole range of products you can purchase - you have the obvious fruit, vegetables, but you can also purchase locally reared meats, local dairy products, local honey, wines, beers and a whole range of other locally produce goods.

Many people are unsure where their nearest farmer's market, and when it is held. If you are living in the US and you'd like to know when and where your local farmer's markets are held, just click the link below, fill in your zipcode and it will list all of your local farmer's markets for you.

[Find Out Where Your Nearest Farmer's Market Is Located](http://knowledgeweighsnothing.com)