

What's in 12 Storage 12 How Long Season 12 Tips 12 Will it Last?

The Overland Park Farmers' Market Guide is brought to you by MyHealthKC in partnership with AdventHealth, proud sponsor of the Overland Park Farmers' Market. MyHealthKC is committed to supporting healthy living in Kansas City by empowering our community with health and wellness resources.

For more information, visit MyHealthKC.com.

Some photos in this guide provided by Jason Ebberts of TBL Photography.







The Overland Park Farmers' Market has brought farm-fresh food to Downtown Overland Park for more than 30 years. It's been named the "Best Farmers' Market in Kansas" by Cooking Light® magazine and Tripping.com. Patrons can interact with local farmers, listen to live music, and enjoy the surrounding shops and restaurants of Downtown Overland Park.

Where:

7950 Marty St. Overland Park, KS 66204

(Near 80th and Metcalf)

Tips:

Arrive before 10 a.m. Vendors with popular food products, like eggs and meat, sell out quickly.

Bring cash. Not all vendors can accept cards.

Bring a shopping bag or two.

Bring a cooler to store items if you plan on hanging out for a while.

Coffee and pastries are available for purchase on-site.

The Clock Tower Plaza includes a splash pad for kids. Bring a swimsuit or change of clothes for the little ones.

When:

Saturday mornings

April - September: 7 a.m. - 1 p.m. October & November: 8 a.m. - 1 p.m.

Wednesday mornings

May - October: 7:30 a.m. - 1 p.m.

Things to know:

No pets allowed, except service animals

Payment options include:

Cash (accepted by all vendors)

Credit/debit cards

Debit card tokens

EBT/SNAP Program*

Senior Vouchers Program*

*For every dollar spent, customers earn an extra dollar to spend on fresh fruits and vegetables, up to \$25 (Double Up Food Bucks Kansas City).





VENDOR INFORMATION

Current Vendors

Vendors rotate weekly and seasonally. Depending on the season, you'll find different vendors selling different items. See a current list of available vendors here.

Look for the Label

All vendors are required to label themselves according to the following guidelines:

USDA-Certified Organically Grown: Grown by a USDA-Certified Organic farm.

Homegrown: Planted, raised and harvested by the farm vendor on their farm or property.

Locally Purchased: Purchased by the farm vendor directly from a farmer who has planted, raised and harvested the produce within a 150-mile radius of the Kansas City metro area.

Regionally Purchased: Purchased by the farm vendor directly from a farmer or auction house within a 250-mile radius of the Kansas City metro area.

Warehouse: Purchased by the farm vendor from a wholesale supplier and/or the produce is outside a 250-mile radius of the Kansas City metro area.





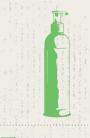
See what else the market has to offer:











Meat beef, bison, tamb, pork, poultry









PLANTS & SUCCULENTS



BAKED GOODS



Howers











OIL & VINEGAR



JAMS & JELLIES













Spring

Asparagus Arugula Beets Broccoli

CARROTS

Did you know?

Carrots support healthy skin and boost the immune system.

Carrots

Collards

Green onion

Kale

Lettuce

Mushrooms

Mustard greens

Peas

Radishes

Rhubarb

Spinach

Sprouts

Strawberries

Turnips

Mid-Summer

Apples

Apricots

Beets

Blackberries

Broccoli

Cabbage

Chard

Corn

Green beans

Green onions

Kale

Lima beans

Mushrooms

Okra



Did you know?

Apples contain malic acid, which helps dissolve stains on teeth.

Peas

Peppers

Potatoes

Radishes

Strawberries



WHAT'S IN SEASON

Late Summer

Apples Basil

Beets

Blackberries

Broccoli

Cantaloupe

Cucumbers

Eggplant

Green beans

Melons

Peaches

Plums



CUCUMBERS

Did you know?

You can use cucumber slices to remove streaks on faucets.



Potatoes

Radishes

Summer squash

Tomatoes

Strawberries

Sweet corn

Swiss chard

Zucchini

Fall

Apples

Basil

Beets

Broccoli

Cabbage



MELONS

Did you know?

Almost all parts of melon are used in traditional Chinese medicine.



Carrots

Cucumbers

Eggplant

Green beans

Melons

Pears

Peppers

Pumpkins

Radishes

Spinach

Squash

Sweet corn

Sweet potatoes

Turnips

Winter squash







How long will it last in my fridge?

Unlike conventional produce, organic produce isn't treated with harsh chemicals or preservatives, making it a healthier option for a clean-eating lifestyle. However, because organic produce isn't treated, it will spoil faster than conventional produce. The good news is that by purchasing your produce at the Overland Park Farmers' Market, you're able to get the freshest produce possible. Check out the following page to see how long your favorite fruits and veggies will last.

Storage Tips (organic & no preservatives):

- 1. You could steam your veggies within the first three days to kill bacteria, allowing you to store them slightly longer.
- 2. Store squash and root veggies in a cool, dry place (but not the refrigerator).
- 3. Store berries in a single layer wrapped in a paper towel to make them last longer.
- 4. Store leafy greens in damp paper towels and allow them to breathe. Don't crush under other produce.
- 5. Keep these at room temp in a basket or woven container so air can circulate: apples, citrus fruit, potatoes, onions, avocados, tomatoes.
- 6. When in doubt, ask! The best benefit in buying local is that you get to interact with the farmers and growers, who are experts on how to store their items.
- 7. For meats, freeze when you get home and thaw in the fridge 1 day prior to cooking.

Clean Eating Basics:

- Farm fresh eggs
- Grass-fed meats
- Salad greens
- Organic fruit





1-2 Days

Artichokes

Asparagus

Avocados

Beans

Blackberries

Broccoli

Cherries

Corn

Mushrooms



Storing Tip:

Fresh corn should be enjoyed within 1-2 days for the best flavor.

Mustard Greens

Okra

Raspberries

Strawberries

Watercress

3-5 Days

Arugula

Bananas

Broccoli Rabe

Cantaloupe

Collard Greens

Cucumbers

Eggplant

Grapes

Honeydew Melon

Lettuce

Mango

Nectarines

Papaya

Peaches

Pineapple

Yellow Squash

Zucchini

6-7 Days

Apricots

Bell Peppers

Blueberries

Brussels Sprouts

KALE

Storing Tip:

Don't wash or cut kale until you're ready to use it.



Cauliflower

Grapefruit

Jalapenos

Kale

Kiwi

Lemons & Limes

Oranges

Pears

Spinach

Tomatoes

Watermelon

7+ Days

Acorn Squash

Apples

Beets

Butternut Squash

Cabbage

Carrots

Celery

Cranberries

Garlic

Onions

Pomegranates

Potatoes

Pumpkin

Radishes

Shallots

Squash

Sweet

Potatoes

Tomatillos

Turnips





Eat Fresh. Buy Local.

SUPPORT KCFARMERS

