Tampa Bay Markets

2016 MARKET SHOPPER’S GUIDE TO BUYING FARM FRESH

LOCALLY FARmed | IMPORTED & CONVENTIONAL | HYDROponic | aQUAPONIC | NON GMO | CERTIFIED ORGANIC
We recommend these 3 STEPS

✅ Check out our Market Shopper’s Guide to buying farm fresh before you visit the market!

✅ When shopping talk to the vendor and ask them how they grow and/or where the food comes from!

✅ Tell the vendors what you want to buy. They might be able to supply you with something they don’t have if you request it.

*Showing continued support for local farmers that are available to you will help increase their sales and productivity. It will also help to draw more farmers to the markets you visit!
# Market Shopper’s Guide

**Tampa Bay Markets 2016**

## OPTIONS FOR YOU!

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**Locally Farmed**

**Imported and/or Conventional**

**Hydroponic or Aquaponic**

**Non GMO Options**

**Certified Organic Options**
2016 Options for You!

Tampa Bay Markets
Shopper’s Guide
Definitions

Locally Farmed
Food that is grown within 100 miles. * Most farms in Florida are located outside the 100 mile radius of Tampa Bay.

Imported and/or Conventional
Food that is grown using conventional methods that may or may not be pesticide or GMO free and is grown outside the 100 mile radius and is imported.

Hydroponic or Aquaponic
Hydroponics Food is grown using mineral nutrient solutions, in water, with or without soil. Aquaponics, refers to any system that combines conventional aquaculture (raising aquatic animals such as snails, fish, crayfish or prawns in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment.

Non GMO Options
Food that is grown without using Genetically Modified Organism seeds to reproduce.

Certified Organic Options
Food that has been grown organically without the use of synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives) and that has been officially inspected through the United States Department of Agriculture and is certified as Organic.

Know What You’re Buying!

Conventionally Grown
Organic
GMO

4011
Four digit code starting with 3 or 4

94129
Five digit code starting with 9

83137
Five digit code starting with 8