Farmers' Markets: Great Source for Local Produce

One of the fastest growing segments of fresh fruit and vegetable sales in Mississippi, as in the rest of the country, is direct marketing.

As opposed to selling wholesale, direct marketing is when a producer sells his or her produce directly to the consumer. This can be via on-farm retail sales, roadside stands, community supported agriculture (CSAs), buying clubs, pick-your-own farms, or farmers' markets.

At the end of the 2013 season, Mississippi had 81 farmers' markets. This number represents a sharp increase from just 10 years earlier when there were barely a dozen markets statewide. Nearly every county in the state has a market, and there are even a few with two or more.

The prevalence of so many farmers' markets in Mississippi is great for consumers because they don't have to travel very far to find high-quality, locally grown produce. It's good for growers, too, because it gives them more opportunities to sell their produce. In addition to selling at the closest farmers' market to the farm, many growers stagger their selling days by using two or more markets every week.





Farmers' Markets Are a Win-Win-Win

Farmers' markets, as well as other forms of direct marketing, are a winning proposition for the grower, the consumer, and the community in which they operate.

The advantage of direct marketing for the grower is that the retail sales price received is much higher than the wholesale price at which they would otherwise sell their products. By selling directly to the ultimate consumer, producers avoid the cost of handlers and resellers.

Farmers' markets, along with other direct marketing techniques, are also a great benefit to the consumer. Produce has spent less time in transportation from the farm to the consumer, so it is much fresher and likely to be richer in vitamins. Most vendors harvest their produce the day before or the morning of the market. Also, prices are often lower at farmers' markets than in grocery stores, so consumers can sometimes save money while buying higher-quality produce.

In addition, shopping locally supports your local farmers and has a local economic impact by keeping the dollars circulating within your own community rather than losing them to corporations in other states or countries. According to a 2009 study at Mississippi State University that collected data on 26 farmers' markets, total sales by vendors totaled \$1.4 million that year. Extrapolating to the 81 markets currently in business, that total sales volume is estimated to be more than \$4 million.

In addition to the farmer, consumer, and community benefits, buying local decreases "food miles," or the distance food is transported across the country or from other countries. Reducing food miles is good for the environment because it reduces energy consumption and pollution from fossil fuels used in transportation.

Another less tangible benefit of farmers' markets is that consumers can build relationships with the people who grow their food. This helps consumers to get a better picture of how their food is grown, what inputs are used, and whether good agricultural practices (GAPs) are followed.

What Is Local?

"Locally grown" has been a common catch phrase since the early 2000s. People who demonstrate a preference for locally grown food have been referred to as "locavores" since about 2005. But what exactly does local mean in this context?

Local produce might be interpreted to be those fruits and vegetables grown within your own town or county. However, local often means produce from within a specified radius, such as 50 or 100 miles from your point of reference.

Some people use local to refer to anything grown within their state, which may be more than 100 miles away. On the other hand, the specified distance definition above may include farms that are located in neighboring states, yet still within the mileage being used.

At the far extreme are definitions used by major grocery store chains. Some of them consider 500 or even 1,000 miles from the store to be local, and some even call any produce grown in the United States local. This definition may be too broad for most applications.

Congress passed H.R. 2419, the Food, Conservation, and Energy Act of 2008, which includes this definition of local: (I) the locality or region in which the final product is marketed, so that the total distance that the product is transported is less than 400 miles from the origin of the product; or (II) the state in which the product is produced. (See http://thomas.loc.gov/cgi-bin/query/z?c110:h2419:)

For practical purposes, most farmers' markets require produce to be locally grown and consider that to be within the same county or neighboring counties. Including surrounding counties is often important since there may not be enough local growers within the county to support a farmers' market on their own.

The Cost of Eating Right

An Economic Research Service (ERS) study in 2004 concluded that a consumer could meet the recommendation of three servings of fruits and four servings of vegetables per day for 64 cents, which is about 12 percent of the average amount spent on food per person. The study is available at http://www.ers.usda.gov/publications/aib-agricultural-information-bulletin/aib792-4.aspx#.UuwOR_aH9m9.

According to nutrition studies, Americans do not even come close to the recommended amount of fruits and vegetables in their diets. One of the barriers may be the perceived higher cost of fresh produce compared to convenience, packaged foods.

Actually, although fruits and vegetables may be a dollar to several dollars per pound, each pound provides several *servings*. Therefore, the ERS analysis demonstrated that *servings* of fruit ranged from 11 cents (watermelons and apples) to 66 cents (blackberries); vegetables cost from 6 cents (Irish potatoes) to 53 cents (asparagus) *per serving*. For example, although a pound of peaches may cost a dollar, it provides 4½ servings, which comes to 22 cents per serving.

More than half of all fruits and vegetables were estimated to cost less than 25 cents per serving; 86 percent of all vegetables and 78 percent of all fruits cost less than 50 cents per serving.

Where Are Mississippi's Farmers' Markets?

Following is a list of all the farmers' markets that operated in Mississippi in 2013, sorted by county. The indication of "certified" in this list means that the farmers' market has been certified by the Mississippi Department of Agriculture and Commerce as a market with Mississippi farmers selling Mississippi-grown produce.

Adams County

Natchez Farmers' Market CERTIFIED

199 St Catherine Street Natchez, MS 39120 Contact: Helen Brooks (601) 442-4648

Alcorn County

Green Market

Corinth Depot Corinth, MS 38834 Contact: Karen Beth Martin (662) 287-8300 http://www.corinthgreenmarket.net/

Corinth Farmers' Market

Shiloh Road Corinth, MS 38834 Contact: Patrick Poindexter (662) 286-7755

Corinth Farmers' Market #2

Fulton Drive (next to American Legion building) Corinth, MS 38834 Contact: Patrick Poindexter (662) 286-7756

Amite County

Amite County Farmers' Market

Cotton Gin in Liberty Liberty, MS 39645 Contact: Juanita Bates (225) 235-8279

Attala County

Attala County Farmers' Market CERTIFIED

450 Hwy 12 E (intersection of 12 & 35) Kosciusko, MS 39090 Contact: Kenneth Georgia (662) 312-2891

Bolivar County

Cleveland Farmers' Market

The Alley Downtown Cleveland Cleveland, MS 38732 Contact: Michelle Johansen (662) 719-9595 www.clevelandfarmersmarket.com

Calhoun County

Bruce Farmers' Market CERTIFIED

Public Square Bruce, MS 38915 Contact: Becky Wright (662) 983-2222

Calhoun City Farmers' Market

East Side of Square P.O. Box 64 Calhoun City, MS 38916 Contact: Connie Caviness (662) 628-6990

Carroll County

Crossroads Farmers' Market CERTIFIED

15426 MS Hwy 17 Coila, MS 38923 Contact: Alonzo Lewis II (662) 237-6062

Vaiden Farmers' Market CERTIFIED

Vaiden High School Vo-Tech Building Vaiden, MS 39176 Contact: Jan Maddox (662) 289-4125

Chickasaw County

Okolona Farmers' Market

Mini Park on Main Street Okolona, MS 38860 Contact: Gary Moore (662) 255-1736

Choctaw County

Choctaw County Farmers' Market

Corner of Main and Commerce Streets Ackerman, MS 39735 Contact: Juli Hughes (662) 285-6337

Clay County

West Point Farmers' Market CERTIFIED

1251 Highway 45 South Alternate West Point, MS 39773 Contact: Cynthia Wilson (662) 494-5121

Copiah County

Crystal Springs Farmers' Market

West Railroad Avenue Crystal Springs, MS 39059 Contact: Dr. Rick Snyder (601) 892-3731

The Downtown Market

204 East Georgetown Street Crystal Springs, MS 39059 Contact: Mary Dell McCoy or Casey Kitchens (601) 927-1533 or (601) 497-1044

Copiah County Farmers' Market CERTIFIED

201 Downing Street Hazlehurst, MS 39083 Contact: David Yowell (769) 232-2657

Covington County

Krickets Market CERTIFIED

2849 Hwy 49 Collins, MS 39428 Contact: Linda Counts (601) 765-8064

Desoto County

Hernando Farmers' Market CERTIFIED

2535 Highway 51 South Hernando, MS 38632 Contact: Shelly Johnstone (662) 429-9092 www.cityofhernando.org/ farmersmarket

Olive Branch Farmers' Market CERTIFIED

6900 Highland Street Olive Branch, MS 38654 Contact: Dee Dee Erfurdt (662) 893-0888 www.olivebrancholdtowne.org

Southaven Farmers' Market

Corner of Hwy 51 and Stateline Rd Southaven, MS 38671 Contact: Joann Force (662) 342-6114

Forrest County

East Jerusalem Farmers' Market 1009 Rebecca Street (East Park) Hattiesburg, MS 39401

Contact: Sylvia Forster (601) 582-0909 or (601) 606-8785 http://paffpetal.com/farmersmarket

Downtown Hattiesburg Farmers' Market

Town Square Park
Downtown Hattiesburg
Hattiesburg, MS 39401
Contact: Anna Cagle
(601) 527-6141
www.hattiesburgfarmersmarket.com

Forrest County Farmers' Market

Corinne Street Hattiesburg, MS 39401 Contact: Tawnya Crockett (601) 583-9954 or (601) 545-6083

USM Hattiesburg

Outside USM Baptist Student Union Hattiesburg, MS 39401 Contact: Susan Bone (601) 266-5655

Greene County

Greene Co. Farmers' Market CERTIFIED

Hwy 63 North Leaksville, MS 39451 Contact: Dewayne Smith (601) 394-8763

Grenada County

Grenada Farmers' Market CERTIFIED

Sunset Drive Grenada Shopping Center Grenada, MS 38901 Contact: Leslie Moss (662) 226-7608

Hancock County

Our New Farmers' Market

628 Hwy 90 (under water tower) Waveland, MS 39576 Contact: Janice Shaw (228) 860-8620

Harrison County

Charles R. Hedgewood Biloxi Farmers' Market

Underneath I-110 overpass and Howard Avenue P.O. Box 775 Biloxi, MS 39530 Contact: Tina Cowart (228) 435-6281 http://www.biloxi.ms.us/pr/ Programs/Farmers_Market.asp

D'Iberville Farmers' Market

10383 Automall Parkway D'Iberville, MS 39540 Contact: Patty Ewing (228) 392-9734

Gulfport Harbor Market CERTIFIED

1070 23rd Avenue Gulfport, MS 39501 (228) 257-2496

City of Gulfport Farmers' Market

1300 21st Avenue Gulfport, MS 39501 Contact: Brittany Dyess (228) 860-4444

Long Beach Farmers' Market CERTIFIED

126 Jeff Davis Avenue (Bankhouse Coffee, downtown Long Beach) Long Beach, MS 39560 Contact: Dita McCarthy (228) 234-8732 https://www.facebook.com/ longbeachfarmersmarket

The Pass Market CERTIFIED

103 Fleits Street War Memorial Park Pass Christian, MS 39503 Contact: Joe Buckley (228) 297-3040

Hinds County

Fresh at Five CERTIFIED

Downtown on Jefferson Street Clinton, MS 39060 Contact: Tara Lytal (601) 924-5472 www.mainstreetclintonms.com

Jump Start Jackson Fall Farmers' Market

Battlefield Park (intersection of Hwy 80 and Terry Road) Jackson, MS 39204 Contact: Jammie Collins (601) 898-0000

Mississippi Farmers' Market CERTIFIED

929 High Street Jackson, MS 39202 Contact: Frank Malta (601) 354-6573 www.msfarmersmarket.com

Holmes County

Lexington Farmers' Market

112 Spring Street Lexington, MS 39095 Contact: Marcus Stone (662) 834-1261

Itawamba County

Itawamba Farmers' Market

Cypress Pavilion (ICC campus) Fulton, MS 38843 Contact: Homer Wilson (662) 862-3201

Jackson County

Ocean Springs Fresh Market CERTIFIED

L&N Depot 1000 Washington Avenue Ocean Springs, MS 39564 Contact: Diane Claughton (228) 257-2496 www.oceanspringsfreshmarket.com

Jackson County Farmers' Market

Jackson County Fairgrounds Pascagoula, MS 39568 Contact: Jim Hart (228) 762-6043

Pascagoula Farmers' Market

Victory Lot on Pascagoula Street (north of Pascagoula Public Library) Pascagoula, MS 39567 Contact: Jen Dearman (228) 938-6639

Jones County

Downtown Laurel Farmers' Market

Corner of Front and Oak Streets Laurel, MS 39440 Contact: Juli Hollifield (601) 433-3255

Lafayette County

Oxford City Market CERTIFIED

2650 West Oxford Loop Oxford, MS 38655 Contact: Katie Morrison (662) 832-7257 www.oxfordcitymarket.com

Mid-Town Farmers' Market CERTIFIED

Mid-Town Shopping Plaza Oxford, MS 38655 Contact: Aileen Bost (662) 234-3425 www.mtfarmersmarket.com

Lauderdale County

Earth's Bounty Farmers' Market

Singing Breakman Park Meridian, MS 39301 Contact: Debbie Delshad (601) 693-7480 www.meridianmainstreet.com

Meridian Area Farmers' Market CERTIFIED

Underpass (Front Street) Meridian, MS 39301 Contact: Ronnie Chatham (601) 644-3698

Lee County

Tupelo Farmers' Market CERTIFIED

South Springs Street at Railroad Tupelo, MS 38804 Contact: Carl Brandenburg (662) 841-6598 or (662) 891-6139 www.tupelomainstreet.com

Leflore County

Downtown Greenwood Farmers' Market CERTIFIED

Corner of Howard and Johnson Streets Greenwood, MS 38935 Contact: Glen Stevens (662) 897-0017 https://www.facebook.com/ greenwoodfarmersmarket

Lincoln County

Brookhaven Farmers' Market CERTIFIED

Downtown Brookhaven in Railroad Park 301 South First Street, Room 201 Brookhaven, MS 39601 Contact: Rebecca Bates (601) 835-3460

Lowndes County

Hitching Lot Farmers' Market

Corner of Second Avenue and Second Street North Columbus, MS 39701 Contact: Katherine Munson (662) 328-6305 www.hitchinglotfarmersmarket.com

Madison County

Canton Farmers' Market CERTIFIED

100 Depot Drive (The Depot) Canton, MS 39046 Contact: Jordan Hillman (601) 859-5816 http://canton-mississippi.com/ farmersmarket Livingston Farmers' Market Corner of Hwy 463 and Hwy 22 Madison, MS 39110 Contact: Walt Bowie (601) 707-7789

Marion County

Pearl River Market

229 Second Street Downtown Columbia, MS 39429 Contact: Lori Watts (601) 736-1170

Marshall County

Holly Springs Farmers' Market

Memphis Street (Historical Town Square) Holly Springs, MS 38635 Contact: Lemon Phelps (662) 252-3541

Neshoba County

Choctaw Farmers' Market

Blackjack Road (Horticulture Training Facility) Choctaw, MS 39350 Contact: Gilbert Thompson (601) 656-2070

Neshoba County Farmers' Market CERTIFIED

Highway 16 East (behind Farm Bureau office) Philadelphia, MS 39350 Contact: Harvin Hudson (601) 656-4602

Noxubee County

Noxubee County Farmers' Market CERTIFIED

16295 Highway 45 Macon, MS 39341 Contact: John Williams (662) 726-9929 or (662) 549-1721

Oktibbeha County

Maben Farmers' Market

In the lot by the post office Maben, MS 39750 Contact: Jane Collins (662) 263-8458

Starkville Community Market CERTIFIED

Corner of Jackson and Lampkin Streets Starkville, MS 39759 Contact: Jennifer Prather (662) 323-3322 visit.starkville.org/market

Panola County

Square Market

Downtown Square Batesville, MS 38606 Contact: Coleen Clark or Mary Troxler (662) 578-1148 or (662) 563-3126 www.panolacounty.com

Pike County

Magnolia Farmers' Market

Downtown along the railroad Magnolia, MS 39652 Contact: James Harris (601) 341-5340

McComb Farmers' Market CERTIFIED

212 Railroad Blvd (across Front Street from Cabose Restaurant) McComb, MS 39648 Contact: Sonya Lowery (601) 684-8599

Prentiss County

Prentiss County Farmers' Market

2301 North Second Street Booneville, MS 38829 Contact: Buddy Smith (662) 728-3946

Quitman County

Quitman County Farmers' Market

Roadside Park
Marks, MS 38646
Contact: Michael Anthony
(662) 822-3374

Scott County

Farmers' Market

403 Hill Street Forest, MS 39074

Stone County

Stone County Farmers' Market

Hudson's Farm Supply parking lot 735 Hall Street Wiggins, MS 39577 Contact: Brad Jones (601) 928-5286

Sunflower County

Indianola Open Air Market CERTIFIED

112 Martin Luther King Indianola, MS 38751 Contact: Maggie Barnes (662) 299-0018

Tate County

Tate County Farmers' Market CERTIFIED

451 Norfleet Drive Senatobia, MS 38668 Contact: Shelli Benton (662) 562-4274 or (662) 209-0477

Tippah County

Main Street Farmers' Market

102 N Main Street Ripley, MS 38663 Contact: Libbi Bryant-Bennett (662) 512-0226

Tishomingo County

Bear Creek Farmers' Market

P.O. Box 816 CC Shook Park Belmont, MS 38827 Contact: Mike Neighbors (662) 660-4274

Iuka Farmers' Market CERTIFIED

Between the old jail and Walmart Iuka, MS 38852 Contact: Danny Owen (662) 413-7016

Union County

Biscuits and Jam

112 Fairgrounds Circle New Albany, MS 38652 Contact: Stanley Wise (662) 534-1916

Walthall County

Tylertown Farmers' Market CERTIFIED

116 South Railroad Avenue Tylertown, MS 39667 Contact: Sonya Lowery (601) 684-8599

Warren County

Vicksburg Farmers' Market CERTIFIED

Corner of Jackson and Washington Streets (downtown Vicksburg) Vicksburg, MS 39180 Contact: Herschel Hale (601) 801-3513 www.vicksburgfarmersmarket.org

Washington County

Greenville Farmers' Market

783 Washington Avenue (corner of Washington Ave & North Street) Greenville, MS 38701 Contact: Betty Lynn Cameron (662) 378-3121 Fax (662) 378-3966 http://www.mainstreetgreenville.com/greenville-farmers-market.html

Leland Farmers' Market

Hwy 82 West Leland, MS 38756 Contact: Robert Neill (662) 686-2687

Wilkinson County

Woodville Farmers' Market

Courthouse Square Woodville, MS 39669 Contact: Monique Wagner (601) 888-7690 Winston County

Winston County Farmers' Market CERTIFIED

Louisville Coliseum Louisville, MS 39339 Contact: Jean Hopper (662) 773-8264 Yalobusha County

Water Valley Main Street Farmers' Market

Railroad Park (Main Street) Water Valley, MS 38965 Contact: Mickey Howley (662) 473-6767 Yazoo County

Yazoo Farmers' Market CERTIFIED

417 North Main Yazoo City, MS Contact: Phyllis Haynes (662) 590-5415

Note: This list is current as of January 1, 2014. See http://www.mdac.state.ms.us/departments/ms_farmers_market/farmers-markets-in-mississippi.asp for updates.

For More Information

MSU Extension has several additional publications related to farmers' markets. They are available from your local Extension office or as free, downloadable files from MSUcares.com.

M1434 Organizing a Farmers' Market http://msucares.com/pubs/misc/m1434.pdf

P2444 Greens Production for Farmers' Markets http://msucares.com/pubs/publications/p2444.pdf

P2582 Economic Impact of Farmers' Markets in Mississippi http://msucares.com/pubs/publications/p2582.pdf

Construction Plan 6380 Farm Market Walk-In Refrigerator http://msucares.com/pubs/plans/6380.pdf

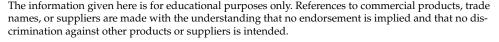
IS1794 Specialty Cut Flower Production: Meet the Markets http://msucares.com/pubs/infosheets/is1794.pdf

MAFES Bulletin 1140 Market Potential for "Mississippi Grown" Cut Flowers http://msucares.com/pubs/bulletins/b1140.pdf

IS1893 Electronic Marketplaces: How to "Net" Your Customers http://msucares.com/pubs/infosheets/is1893.pdf

More farmers' market information on MSUcares.com: http://msucares.com/crops/market/index.html

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