

Get Fresh with a Farmer

Your local Farmer's Market can be a great place to get fresh, seasonal, organic produce. And of course a fun part of the experience is having the chance to meet local farmers—the folks who are actually growing your food. But be wary; don't assume that everyone selling produce at the farmer's market is a local farmer, or that everything sold at the market is grown organically or is truly local. The term is wide open to interpretation, with anywhere from 50 to 500 miles away being considered acceptable.

We believe our best customers are educated customers—especially when it comes to organics. That's why we are providing this Free Guide to help you **Ask the Right Questions** to ensure that the food you buy is grown locally, safely and in a responsible manner.

When it comes to our organic produce, you can find answers to these important questions and more on our website at NevadaFreshPak.com. Or feel free to contact us anytime.

We hope you'll be as **Passionate About Produce** as we are! Ask questions and learn more.

Know Your Farmer

- ✓ How long have you been farming?
- ✓ Where is your farm located?
- ✓ When were your fruits and veggies harvested?

Be Clear About "Certified" Statements

- ✓ How long has your farm been certified organic?
- ✓ What does it take to become certified organic?
- ✓ Why is it important to be certified organic?
- ✓ Does "pesticide free" mean you don't spray anything at all on your crops?
(Keep in mind the Environmental Protection Agency's definition of a "pesticide" is "any substance or mixture of substances (natural or synthetic) intended for preventing, destroying, repelling or mitigating any pests.")
- ✓ What do you do to control pests and diseases?
(Listen for knowledgeable comments about the use beneficial insects, pheromone traps, crop rotation, irrigation management.)

Food Safety First

- ✓ What food safety practices do you use on your farm?
- ✓ Do you test your irrigation water for safety?
- ✓ What type of fertilizers do you use?
(Note that manure should be properly composted since raw manure can pose a food safety risk.)
- ✓ Do you keep animals and livestock away from your fields?



Fresh from
our family farm
in Yerington, Nevada
nevadafreshpak.com

