Eating locally grown and raised foods not only provides you with the freshest foods available, but also strengthens local economies by keeping money within your community and strengthening local food systems. This helps preserve farmland and supports local food businesses, which in turn enable fresh food to be available year-round. Eating local foods also reduces the carbon footprint associated with transporting and marketing foods that have traveled many miles to get to you. Not to mention, locally grown and raised foods taste better! Local foods are grown and raised to suit the growing conditions of your region, providing a unique flavor that is not available in foods grown in different climates. Eating local foods will also help support your local farmers and help build sustainable, resilient food systems that support our local economies and ecosystems.

For your convenience, a map of farmers' markets in Herkimer County is included at the end of this guide. The map includes information on farmers' markets located in Herkimer County where in-season produce is typically available. The map also includes information on farmers' markets located in Herkimer County that offer locally grown meats, dairy, eggs, and other fresh foods. The map also includes information on farmers' markets located in Herkimer County that offer locally grown meats, dairy, eggs, and other fresh foods. The map also includes information on farmers' markets located in Herkimer County that offer locally grown meats, dairy, eggs, and other fresh foods. The map also includes information on farmers' markets located in Herkimer County that offer locally grown meats, dairy, eggs, and other fresh foods.