

## Mayo Clinic Minute

### Benefits of Eating Local

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	An abundance of produce is what you'll find at farmers markets during harvest time.
<b>Jen Welper</b>	"Lots of great tomatoes, peppers."
<b>Jen Welper</b>	"The variety gives you a little bit more variety, or something a little bit more entertaining to the palate, but it also gives you different nutrients."
<b>Vivien Williams</b>	Mayo Clinic wellness Chef Jen Welper says a big benefit of buying from local growers is freshness.
<b>Jen Welper Wellness chef Mayo Clinic</b>	"They are picked, they are put on a truck; they're driven to the farmers markets, they're sold."
<b>Jen Welper</b>	"You just want to be able to have a connection with your food. TO be able to see it, and to be able to inspect it, and make sure it's what you want to put in your body."
<b>Vivien Williams</b>	There's not a big difference in nutritional value between the fruits and veggies you buy in the produce aisle in stores versus farmers markets, but ...
<b>Jen Welper</b>	... "It's always good to know that the vegetables haven't traveled very far to get to your hands to get to your kitchen."
<b>Vivien Williams</b>	It's also nice to know the people who put the time and effort into growing foods for your table.
<b>Jen Welper</b>	"You kind of put a face to the farmer and see who is growing your vegetables."
<b>Vivien Williams</b>	And, by buying local, you're supporting your local economy.

**Vivien Williams**

For the Mayo Clinic News Network, I'm  
Vivien Williams.