

# Words Used At Farmers Markets

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## **Organically-Grown/Certified Organic:**

These fruits and vegetables are grown without chemicals. Farmers can only use the word **organic** if they follow strict rules. Their farms are reviewed every year.



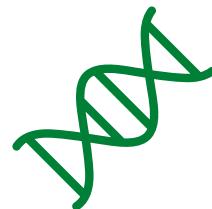
## **Certified Naturally Grown:**

Certified Naturally Grown (**CNG**) products are grown following organic practices. CNG is for small farmers. There is less paperwork and cost for the farmers.



## **No Spray/Pesticide-Free:**

No spray or pesticide-free means that no pesticides, herbicides, or fungicides have been put on the growing fruits and vegetables.



## **Genetically Modified Organisms (GMOs):**

A **GMO** is a plant whose genetic makeup has been changed in a lab. This may be done to keep it fresh longer or make it a different color.



## **Heirloom:**

Heirloom fruits and vegetables are also called farmers' varieties or traditional varieties. They are usually full of flavor. Farmers have passed the seeds down through generations.



## **Vine-Ripened/Tree-Ripened:**

These words are used for fruits and vegetables that have been allowed to fully ripen on the vine or tree before it is picked.

## **Locally Grown:**

These words describe produce that is grown within a certain area. This area can be defined by distance, state border, or regional boundaries.



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