

Words Used At Farmers Markets



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.



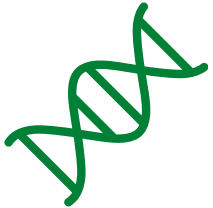
Certified Naturally Grown:

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.



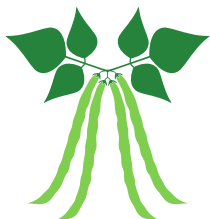
Genetically Modified Organisms (GMOs):

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.

