

MERCAT DE LA CONCEPCIO

Going to a new market can be intimidating without knowing a brief run down on what to expect. There's a lot of thought that goes into each consumer decision regarding price, nutrition, quantity, quality, etc. The answers to some of these frequently asked questions are intended to educate and inform to make for a more relaxed market trip.

FAQ's

How accessible is this [market](#)?

- Very! There are 4 entrances to the market
- There is a ramp entrance from Carrer de d'Arago
- There is an elevator from the main floor to the basement supermarket

Do I have to speak Spanish/Catalan to shop here?

- While knowing the language is a clear advantage, it is not necessary
- Some of the market stands have signs in English
- Many of the vendors can communicate with you regardless of the language barrier

Which fruits and vegetables can I purchase from this market?

- A LOT! Be sure to ask the vendors which products are in season and locally grown
- List of some of the fruits: bananas, pears, figs, watermelons, pineapples, honeydew, peaches, cherries, grapes, strawberries, oranges, kiwi, papaya, cantaloupe, mangos
- List of some of the veggies: tomatoes, potatoes, onions, cucumbers, zucchini, eggplant, corn, lettuce, celery, green beans, arugula, peppers, leeks, cauliflower, beets, squash, garlic
- If you're overwhelmed with the variety of the same fruit or veggie, simply ask the vendor for recommendations based on your needs

How do I know what cuts of meat to buy?

- Ask the vendor or look for a sign posted near the meat vendors
- Refer to the sign found at this market in the photos below

How can I find the whole grain options that are available?

- Look out for "integrales" meaning "whole grain" on the packaging
- Also look for "alto en fibra" meaning "high in fiber" which may also indicate whole grain



: A) The Carrer d'Arago entrance to La Concepció



: B) This diagram from the [Catalonian Gov.](#) promotes different cuts of lamb and their health benefits

Where can I find the nutritional values?

- Some packages have the label on the front to inform consumers of calories, fat, saturated fat, sugar, and salt
- Others are listed on the side of the product with a more extensive description (fibers, carbs, fats, sugars, protein, salt, etc.)

Are the market vendors pressuring to make a purchase?

- No, if they're reaching out to you it seems to be more to help you rather than make a sale

How do I know if a fruit juice is actually good for me?

- Look out for "100%" on the front of the juice. Some will show percentages like 40% fruta and you should avoid these
- Look for phrases like
 - Sin colorantes
 - Sin conservantes
 - Sin azucares añadidos
 - Bajo en calorías

How expensive is produce and meat/fish?

- This is dependent on the vendors
- The range for fruits and veggies was 1.98 – 7.80 per kilo
- The range for meats/fish was 2.50 – 95.00 per kilo

Is the market accommodating of dietary restrictions?

- YES! The market has many lactose free, dairy free, gluten free, and vegan options for packaged products that are easy to identify

Is there any etiquette I should be aware of before heading to this market?

- Don't touch the vendor's fruit, they will choose it for you
- Bring your own bags to shop
- Pay the vendors at their stand at time of purchase with cash. Card can be used downstairs at the supermarket

We hope your market experience is fun and informative and provides an opportunity to engage with local vendors and their Mediterranean diet/lifestyle.



F) Many cereals advertise having whole grains and fiber content



D) A contrast of high and low sugar juices



E) Accessible ramp into market



C) Friendly reminder not to touch produce