Why shop at your local farmers market?

Easy to find. There are both national and local farmers market directories available on-line.

Use your SNAP and WIC benefits. Most farmers markets (and/or their vendors) accept federal nutrition assistance benefits. Some even offer matching programs to double your SNAP benefits.

Try a new fruit or vegetable! Farmers Markets offer great variety and unique produce and herb options.

Enjoy tasty, healthy produce. Freshly picked, ripe produce is at its peak in flavor and nutrition. Find seasonality guides on-line.

Get good recommendations on ways to prepare products. Just ask your farmers and fellow market goers about the best way to prepare a dish featuring products from the farmers market!

Find foods that align with MyPlate guidelines. Pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your fresh and healthy plate.

Get your kids involved in healthy eating. Let them choose something new to try and have them help prepare a meal or snack.

Strengthen your community. Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.

Supports your local farmers and keeps the money you spend closer to your neighborhood.

Source: Adapted from Nutrition.gov.



Buy Local Challenge Week: July 18—26 National Farmers Market Week: August 2—8



Visit pgcountyfarmfun.com for updates!

The only grassroots organization of its kind in the state, University of Maryland Extension (UME) applies land-grant university knowledge and research to solve practical problems for Maryland citizens.

Our Mission: Increase economic prosperity, improve the environment, and enhance quality of life. University of Maryland Extension's programs affect the lives of people throughout the state-in urban, suburban and rural communities.



Solutions in your community

University of Maryland Extension, Prince George's County 6707 Groveton Drive, Clinton, MD 20735

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2015 PRINCE GEORGE'S COUNTY FARMERS MARKETS



Photo credit: Karl Gary Photography

From the farm to your plate ...

Bowie Farmers Market 🌽 🍅 🜽

Sundays: 8am—noon, May 17- October 25 Bowie H.S. Parking Lot, 15200 Annapolis Rd. 301-809-3078 (Matt Corley)

bowiefarmersmarket.org

Branch Avenue in Bloom Farmers Market

Saturdays: 9am-2pm, April 25- November 21 Iverson Mall Parking Lot, 3737 Branch Avenue 301-702-2250 (Fleming Thomas) branchavenueinbloom.org

Cheverly Community Market / 6

Alternate Saturdays: 8am-noon, May 30-October 24 Holiday Markets: 8am- 12pm, Nov. 21 & Dec. 12 6401 Forest Road 646-621-6968 (Kim Nemire) cheverlycommunitymarket.com

5211 Paint Branch Parkway (Wells rink/Linson swimming pool parking lot) 301-399-5485 (Phil Miller) facebook.com/CollegeParkFarmersMarket

Downtown College Park Farmers Market *P*

Sundays: 10am-2pm, April 12- November 22 4500 Knox Road- FREE parking on Sundays in garage next to City Hall 240-487-3543 (Michael Stiefvater) downtowncollegepark.org

Glenn Dale Farmers Market / 1986 Saturdays: 9am-1:30pm, May 2-November 21 Marietta Mansion, 5626 Bell Station Road 301-806-0111 (Donny Oluokun) facebook.com/GlennDaleFarmersMarket

Greenbelt Farmers Market 🧪 🍎 🍅 🛴 Sundays: 10 am-2pm, May 10- November 22 Holiday Market: December 6 25 Crescent Rd (Municipal Bldg Parking Lot) 240-476-8769 (Nancy Solomon) greenbeltfarmersmarket.org

Hollywood Farmers Market 🧪 🌶 🥦 🍅 🔑 Saturdays: 9am-1pm, April 25- December 19 9801 Rhode Island Avenue, College Park 301-659-6295 (Fazlul Kabir) hollywoodmarket.org

Hvattsville Farmers Market 🧪 🌢 🍅 🔑 Tuesdays: 3pm-7pm, June 2- September 29 3799 East-West Highway (Redeemer Lutheran Church lot) 301-985-5000 (Ellarose Preston) hyattsville.org/farmersmarket

Laurel Farmers Market & Bazaar 🗡 🍅 Thursdays: 9am-2pm, June 4- October 29 378 Main Street, Laurel 301-483-0838 (Maureen Rogers) facebook.com/groups/LaurelMarket

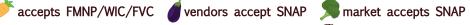
MedStar Southern MD Hospital Ctr Farmers Market

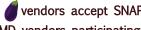
Alt Wednesdays: 12pm-4pm, June 3- September 23 7503 Surratts Road, Clinton 301-877-4399 (Charmaine Smalley)

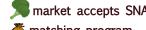
Our Local Bounty: 🌽 🍅 🔑 St. Thomas Church Farmers Market Saturdays: 8am-12pm, June 6- September 26 14300 St. Thomas Church Road, Upper Marlboro 301-627-8469 (Jeff Colburn) stthomascroom.org/ourlocalbounty

Riverdale Park Farmers Market 🧪 🦈 👛 🔑 🍊 Thursdays: 3pm-7pm, April 2- March 31 Winter market indoors (January - March) Queensbury Rd & Rhode Island Ave (MARC station parking lot) 301-586-5973 (Jim Coleman) rpfm.org

FOR THE MOST UP TO DATE INFORMATION. VISIT WWW.PGCOUNTYFARMFUN.COM.







producer only So. MD vendors participating matching program (i.e. MD Market Money)

Roots & Stems Farmers Market / 1 at National Church of God Saturdays: 9am-2pm, May 2 - October 31 6700 Bock Road, Fort Washington

301-910-8076 (Phyllicia Hatton)

Roots & Stems Farmers Market at WSSC / 19 Wednesdays: 11am- 3pm, May 13 - October 28 14501 Sweitzer Lane, Laurel 301-910-8076 (Phyllicia Hatton)

Southern Maryland Regional Farmers Market *Agriculture Wholesale Auction*

Plants & Flowers: 10am, Saturdays & 2pm, Wednesdays, April 25– June 6
Produce: 7pm, Thursdays, June 11– October 26 Produce & Pumpkins: 7pm, Mondays & Thursdays, September 14- October 26 Hay/Straw: 12pm, 1st & 3rd Saturdays, Nov- April 11701 Crain Highway (Route 301), Cheltenham 301-372-1066 (Kris Williams) smrfm.webs.com

The Farmers Market at Maryland / 🍅 🔑 Wednesdays: 11am-3pm, March 25- November 18 Cole Student Activities Building, Univ of Maryland (Take Campus Drive Entrance) 240-305-6485 (Larry Tumlin) farmersmarket.umd.edu

Up on the Hill Flea & Farmers Market 🥕 🕯 🔑 Saturdays & Sundays: 8:30am— 4:30pm, April 11- November 7 3100 Branch Avenue, Temple Hills 202-476-9029 (Barry Carey) fleamarketdcmetro.com

USDA (Beltsville) Farmers Market / a 🍅 Thursdays: 9:30am-2pm, May 7- October 29 5601 Sunnyside Avenue George Washington Carver Center (Parking Lot B) 301-504-1776 (Carletha McGriff)



