HOW TO SHOP AT A FARMERS MARKET:

1. Arrive at the market when it first opens for the best selection.

2. If you are using your food stamp (SNAP EBT), credit or debit card, go to the Fresh Access tent first to buy tokens.

3. When using cash, farmers appreciate small bills and change.

4. Ask farmers questions! They like to share recipes, cooking, and storage tips.

5. Don’t ask farmers to change the price.

6. You can always ask for help at the Fresh Access tent.

QUESTIONS BEFORE YOU GO?
CONTACT JUST HARVEST
phone: (412) 431-8960 x110
email: averylh@justharvest.org

FIND YOUR NEAREST
Fresh ACCESS FARMERS MARKET

Farmer Markets

BELLEVUE WEDNESDAYS 3pm-7pm | Jan 15 - Oct 28
Bayne Park; 34 N Balph (bus: 13,16)

BLOOMFIELD SATURDAYS 9am-1pm | May 9 - Nov 21
5050 Liberty (bus: 54, 64, 86, 87)

CARRICK WEDNESDAYS 3pm-7pm | Jun 3 - Nov 25
1529 Brownsville (bus: 51, 51L)

DOWNTOWN SUNDAYS 10am-2pm | May 17 - Oct 35
1201 Waterfront (1, 86, 87, 88, 91)

EAST LIBERTY MONDAYS 3pm-7pm | Jun 13 - Nov 25
Garland Parklet Lot: N. Euclid (bus: 71A-C, 74-75, 77, 82, 86, 87, 88, 89)

FOREST HILLS THURSDAYS 4pm-7pm | Mar 22 - Oct 30
1840 Ardmore (bus: 69, P69, P76)

GREEN TREE FRIDAYS 4pm-7pm | Jun 25 - Oct 29
905 Greentree

HILL DISTRICT 2ND & 4TH SATURDAYS | Jul - Oct
TBD

HOMEWOOD SATURDAYS 10am-2pm | Jun 13 - TBD
7240 Frankstown (bus: 74, 77, 86)

LAWRENCEVILLE TUESDAYS 4pm-7pm | Jun 2 - Oct 27
Arsenal Park: 40th & Butler (bus: 54, 64, 88, 91, 93)

NORTH SIDE FRIDAYS 3pm-7pm | Jun 12 - Oct 30
Allegheny Commons Park: E. Ohio & Cedar (bus: 1, 2, 4, 6, 7, 8, 11, 12, 15, 17, 54)

SQUIRREL HILL SUNDAYS 9am-1pm | Jun 7 - Nov 22
Between Beacon & Bartlett, behind Murray (bus: 61, 64, 65, 74)

SWISSVALE SATURDAYS 9am-1pm | Jun 6 - Oct 31
Municipal parking lot on Washington near Noble (bus: 59, 61B, 71, P71)

WILKINSBURG THURSDAYS 4pm-7pm | Jun 18 - Aug 27
700 block of Penn (bus: 67, 69, 71D, 79, 86, P12, P16, P67, P71, P78)

Farm Stands (via Grow Pittsburgh)

BRADDOCK BRADDOCK FARMS

SUNDAYS 9am-2pm | May 2 - Oct
WEDNESDAYS 3:30pm-6:30pm | Jun 3 - Oct
Braddock and 10th (bus: 618)

POINT BREEZE SHILOH FARMS

THURSDAYS 2pm-6pm | Jun 25 - Oct
Thomas & Homewood (bus: P1)

WILKINSBURG GARDEN DREAMS

THURSDAYS 3pm-6pm | May 2 - Oct
806 Holland (bus: 67, 69, 71D, 79, 86, P12, P16, P67, P71, P78)

These dates and locations are subject to change. Please check our website at justharvest.org/fresh-access before you go.

CONTACT

Phone: (412) 431-8960 x110
Email: averylh@justharvest.org

16 Terminal Way, Pgh, PA 15219
(412) 431-8960 | justharvest.org/fresh-access
HOW TO USE YOUR FOOD STAMP (ACCESS), CREDIT OR DEBIT CARD TO SHOP AT THE FARMERS MARKET:

1. Go to the Just Harvest tent and look for the staff member in charge.

2. Use your card to purchase as many $0.50 or $1 tokens as you like. These tokens will act as cash at the market.

3. Use your tokens at any farm stand that displays a sign stating “EBT/Credit/Debit Tokens Accepted Here!”

For every $2 you spend in food stamps get an extra $2 to spend on fruits & veggies!

WHAT’S IN SEASON AT THE FARMERS MARKET?

<table>
<thead>
<tr>
<th>Fruits and vegetables</th>
<th>Bread</th>
<th>Meat, fish, poultry</th>
<th>Dairy products</th>
<th>Maple and honey products</th>
<th>Seeds and plants that produce food</th>
<th>Baked goods that are wrapped and intended for home consumption</th>
<th>Jams, pickles, sauces and other prepared foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans, green</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nectarines, Plums</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash, summer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash, winter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fresh Access is a program of JUST HARVEST

WHAT YOU CAN BUY WITH YOUR FOOD STAMP TOKENS:

- Fruits and vegetables
- Bread
- Meat, fish, poultry
- Dairy products
- Maple and honey products
- Seeds and plants that produce food
- Baked goods that are wrapped and intended for home consumption
- Jams, pickles, sauces and other prepared foods

WHAT TO DO WITH LEFTOVER TOKENS:

- You can keep tokens and use them next time you shop at any Fresh Access market. They are good all season!
- Unused tokens can also be returned at the Fresh Access tent and refunded onto your SNAP EBT card.