

MARKET LOCATIONS

Boulder County Farmers Markets

BOULDER

Located on 13th Street, between Arapahoe Ave. and Canyon Blvd.

Saturdays from 8 a.m. to 2 p.m.

First Saturday in April through the third Saturday in November.

Parking is FREE in all public garages.

Wednesdays from 4 to 8 p.m.

First Wednesday in May through the first Wednesday in October.

LAFAYETTE

Located on E. Simpson St. between Iowa Ave. and Michigan Ave.

Thursdays from 4 p.m. to 8 p.m.

First Thursday in June through the fourth Thursday in September.

LONGMONT

Located at the Boulder County Fairgrounds, 9595 Nelson Rd.

Saturdays from 8 a.m. to 1 p.m.

First Saturday in April through the third Saturday in November.

Winter Market: 1st Saturday and Sunday of December 9 a.m. to 3 p.m.

FOR MORE INFORMATION

about Boulder County Farmers Markets visit www.bcfm.org or call 303.910.2236.

HEALTHY CHOICES!



HEALTHY FAMILIES!

EAT IN SEASON!

Check the market often for your favorite fruits and vegetables.

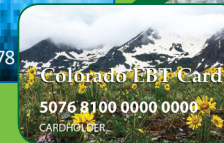


MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
			apples			
		apricots				
asparagus		beets				
		broccoli				
		cabbage				
		cantaloupe				
		carrots				
		cauliflower				
		celery				
	chard					
	cherries					
		cucumbers				
		eggplant				
		green beans				
herbs						
		honeydew				
lettuce (leaf and head)						
onions						
		peaches				
		pears				
		peppers				
pinto beans (all year)						
		plums				
		potatoes				
		pumpkins				
		raspberries				
rhubarb						
spinach						
		summer squash				
		strawberries				
		sweet corn				
		tomatoes				
					watermelon	
					winter squash	

GET MORE
at the

FARMERS
MARKET

Get more with your SNAP and WIC benefits when you shop at the Boulder, Lafayette, and Longmont farmers markets.



Buying your fruits and vegetables at the Boulder County Farmers Markets can help you and your family stay healthy. In fact, many farmers go to great lengths to grow the most nutritious produce possible.

LOCALLY GROWN PRODUCE IS HEALTHIER

Freshly picked, in-season produce is at its peak in flavor and nutrition. As soon as fruits and vegetables are picked they start to lose some of their vitamins. The fruits and vegetables from the farmers market ripen on the plant rather than in the store, so they keep their healthy vitamins longer.

LOCALLY GROWN PRODUCE SUPPORTS LOCAL FAMILIES

Buying from the local farmers market helps to support small family farmers. Buying directly from farmers reduces costs to them and helps them to continue growing healthy, nutritious food for our community. And supporting local farmers supports our local economy and environment.

TIPS FOR THE MARKET



RIDE YOUR BIKE!



RIDE THE BUS!



BRING YOUR OWN BAGS!
AND PLEASE REMEMBER TO
LEAVE YOUR PETS AT HOME.



GET MORE FRESH FOOD AT THE FARMERS MARKET

HOW IT WORKS

If you're enrolled in food assistance (SNAP) or WIC you can get more at the Boulder, Lafayette, and Longmont farmers markets. Just start your visit at the orange information tent at the market.

SNAP Participants

Swipe your EBT card at the information tent to get SNAP bucks to purchase SNAP-eligible foods anywhere in the market. For every dollar you withdraw from your SNAP account you will receive an equal amount of Double Up Bucks, which can be used to buy fresh fruits and vegetables up to \$20 per visit (\$40 at the market in Boulder).

WIC Participants

If you're enrolled in WIC you can receive farmers market bucks to buy fruits, vegetables, meat, eggs, and cheese. Just show your eWIC card with this year's sticker at the information tent to receive your WIC bucks (while supplies last). Contact your WIC office if you haven't received a sticker for this year.



RECIPES

Check out these websites for quick and easy recipes to help stretch your SNAP budget with fresh fruits and vegetables.

CookingMatters.org/recipes: Low-cost recipes that are also available on their app.

WhatsCooking.fns.usda.gov: SNAP-specific recipes, including the price for each meal.

LEARN MORE

To see if you qualify for food assistance or to apply, call 303.441.1000 or visit BoulderCountyFoodAssistance.org.

To find out more about WIC and if you qualify, visit BoulderCountyWIC.org or call 303.413.7520.

To learn more about Double Up Food Bucks and WIC at the Farmers Market, call 303.441.1564 or visit BoulderCountyDoubleUp.org.

Double Up Food Bucks is a LiveWell Colorado collaboration.



BoulderCountyDoubleUp.org



**DOUBLE UP
FOOD BUCKS™**