Farmers’ Market Cookbook

What’s in Season?
Updated guide to Maryland Farmers’ Markets

Enjoy a colorful variety of local fresh foods

What’s Cooking?
19 new recipes for great seasonal meals

2016
Parents of children ages 3-5

Text4HealthyTots
is a nutrition and physical activity text message program for parents with children ages 3-5. You will receive 1-2 messages each week with tips on:

- Healthy meals and recipes
- Cooking and eating together
- Picky eaters
- Activities for the whole family

Sample text messages:

- Children like to choose their own foods to eat. Offer 2-3 healthy foods to eat at mealtime. Give your child control by letting them put food on their own plate.

- Your child loves being active with you. Take them outside for a walk around the neighborhood. Have your child look for different shapes and colors when you walk.

- Kids are more likely to try new foods when they get to pick them out. Visit the farmers market this weekend and let them choose a new fruit or veggie to try.

Sign Up Now!
Visit: www.text4healthytots.com/cook
or Text COOK to 30644
Eating different and colorful fruits and vegetables can help keep your body healthy and strong. Fruits and vegetables have nutrients that can help fight some cancers and prevent heart disease. The nutrients give the fruits and vegetables their bright colors. The bright colors are nice to look at but also provide lots of nutrition to your body. Try to eat a variety of colors every day.

**Red** – beets, cherries, peppers, strawberries, tomatoes, and watermelon

**Orange/Yellow** – cantaloupe, carrots, mangoes, peaches, sweet peppers, sweet potatoes, and summer squash

**Green** – avocados, asparagus, broccoli, cucumbers, leafy greens (like kale, lettuce, and spinach), and zucchini

**Blue/Purple** – blueberries, plums, grapes, purple cabbage, and raisins

**White** – bananas, cauliflower, mushrooms, onions, and pears

Farmers’ Markets are a good way to find colorful and fresh produce. Use your Farmers’ Market Nutrition Program (FMNP) checks, WIC Fruit & Vegetable (FVC) checks, or your SNAP card to buy new and different fruits and vegetables each month. Consider buying enough fresh produce so that you can freeze some to use later in the year. Try a new recipe in this book to help you get started—many can be made using fresh or frozen fruits and vegetables.

The Farmers’ Market Mobile Site is better than ever—use it to find a farmers’ market near you:

farmersmarketfinder.UB1.co

See page 24 for details.

**See you at the Market!**

- your friends at WIC
don’t rush your baby’s birth day

Your baby needs at least 39 weeks to grow and develop before she is born. If your pregnancy is healthy, wait for labor to begin on its own.

marchofdimes.org/39weeks
Use your WIC Fruit & Vegetable Checks (FVC) and Farmers’ Market Nutrition Program (FMNP) checks at the Farmers’ Market

It’s easy, just follow these 3 simple steps!

1. Pick out the fruits and vegetables that you want to buy.

2. Tell the farmer you are paying with your WIC FVC or FMNP check.

3. Sign your check and give it to the farmer along with your WIC Identification Folder.

WIC FVC Reminder
Be sure to look for the first date to spend and last date to spend on your WIC FVC check.

Spend your FMNP checks at the Farmers’ Market anytime from June 1 to November 30.
What’s in Season?
A month-by-month guide for buying fresh fruits and vegetables

April
- Asparagus
- Cucumbers
- Lettuces
- Mushrooms
- Tomatoes
- Turnips

May
- Asparagus
- Broccoli
- Cauliflower
- Cucumbers
- Green Beans
- Green Peas
- Greens
- Lettuces
- Mushrooms
- Onions
- Radishes
- Strawberries
- Tomatoes
- Turnips

June
- Apricots
- Asparagus
- Blueberries
- Broccoli
- Cabbage
- Cauliflower
- Cherries
- Corn
- Cucumbers
- Green Beans
- Green Peas
- Greens
- Lettuces
- Mushrooms
- Onions
- Potatoes
- Radishes
- Raspberries
- Strawberries
- Summer Squash
- Tomatoes
- Turnips

July
- Apricots
- Beets
- Black Berries
- Black-eyed Peas
- Blueberries
- Carrots
- Cherries
- Corn
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Greens
- Lettuces
- Lima Beans
- Melons
- Mushrooms
- Nectarines
- Okra
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Raspberries
- Summer Squash
- Tomatoes
- Winter Squash

August
- Apples
- Beets
- Blackberries
- Black-eyed Peas
- Blueberries
- Carrots
- Corn
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Greens
- Lettuces
- Lima Beans
- Melons
- Mushrooms
- Nectarines
- Okra
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Pumpkins
- Raspberries
- Summer Squash
- Sweet Potatoes
- Tomatoes
- Turnips
- Winter Squash

September
- Apples
- Beets
- Blackberries
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Greens
- Lettuces
- Lima Beans
- Mushrooms
- Melons
- Okra
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Pumpkins
- Raspberries
- Summer Squash
- Sweet Potatoes
- Tomatoes
- Turnips
- Winter Squash
**How many fruits and vegetables should you try to eat each day?**

<table>
<thead>
<tr>
<th></th>
<th>Child (2-3 years)</th>
<th>Child (4-5 years)</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td>1 cup</td>
<td>1 - 1 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>

* Offer these amounts to your children and let them decide how much to eat.  

**How much is a half (1/2) cup portion?**

<table>
<thead>
<tr>
<th><strong>Fruits</strong></th>
<th>1/2 cup serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1/2 of a large apple (3 1/2” diameter)</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1 wedge (1/8 of a medium melon)</td>
</tr>
<tr>
<td>Green Grapes</td>
<td>16 seedless grapes</td>
</tr>
<tr>
<td>Peach</td>
<td>1 small (2” diameter)</td>
</tr>
<tr>
<td>Strawberry</td>
<td>4 whole large berries</td>
</tr>
<tr>
<td>Watermelon</td>
<td>6 melon balls</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vegetables</strong></th>
<th>1/2 cup serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>1 1/2 spears (5” long)</td>
</tr>
<tr>
<td>Celery</td>
<td>1 large stalk</td>
</tr>
<tr>
<td>Corn</td>
<td>1 small ear (6” long)</td>
</tr>
<tr>
<td>Lettuce &amp; Greens</td>
<td>1 cup, shredded raw</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>1/2 large baked (2 1/2” diameter)</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 small raw (2 1/4” diameter)</td>
</tr>
</tbody>
</table>

**Source:** choosemyplate.gov
PREGNANT & SMOKING?

The Maryland Tobacco Quitline is here to help. Call today!

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Earn gift cards* for calling while pregnant and after your baby is born

*While supplies last
**Vegetable Dippers**

4 servings

**Ingredients**

1. medium potato, peeled and grated
2. medium carrots, grated
3. cup broccoli, finely chopped
4. cup cauliflower, finely chopped
5. cup spinach
6. teaspoon bouillion powder
7. eggs, beaten
8. cup flour

**Directions**

1. Preheat oven to 375 degrees.
2. Coat a baking sheet with cooking spray and set aside.
3. In a large bowl, combine vegetables.
4. Mix in bouillion, egg, and flour.
5. Spoon mixture into hands and form individual patties. Add additional egg and flour if vegetables are not binding together to form patties.
6. Place on baking sheet and bake for 15 minutes on each side.
7. Serve immediately.
8. Refrigerate leftovers.


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**Portobello Pizzas**

4 servings

**Ingredients**

1. large Portobello mushrooms about 4 inches wide, washed and stems removed
2. cup spaghetti sauce or pizza sauce
3. cup shredded cheese, such as mozzarella
4. teaspoon dried herbs, such as oregano
5. cup cooked and crumbled sausage (optional)
6. Thin sliced bell pepper or onion

**Directions**

1. Preheat toaster oven or oven to 450 degrees. Place rack on lowest oven position.
2. If using sausage, cook according to directions on package.
3. Place mushrooms on oven pan, round side up.
4. Cook mushrooms for 15 minutes or until soft and giving off beads of liquid.
5. Carefully remove from oven.
6. Flip mushrooms.
7. Sprinkle each mushroom with remaining ingredients, in this order: optional sausage, sauce, cheese, optional pepper or onion slices, herbs.
8. Cook mushrooms for 10-15 minutes more or until cheese is melted and bubbly.

Recipe available at EatFresh.org; recipe created by Leah’s Pantry.
Need health insurance?
You may be able to get free or lower cost coverage.
Learn more at marylandhealthconnection.gov
The Farmers’ Market season is the perfect time to try different flavor combinations of fruits and vegetables. Add a protein and turn it into a satisfying meal!

1. **Start with 1–2 cups of crisp greens**
   - Kale
   - Romaine Lettuce
   - Spinach
   - Spring Mix

2. **Add ½ cup or more fresh vegetables**
   - Beets
   - Broccoli
   - Carrots
   - Cucumber
   - Green Onion
   - Peppers
   - Red Onion
   - Mushrooms
   - Tomato

   **and/or seasonal fruits**
   - Apples
   - Dried Cranberries
   - Grapes
   - Oranges
   - Raisins
   - Strawberries

3. **Pick 2–3 ounces of protein**
   - Beans
   - Chicken
   - Hard-Boiled Eggs
   - Fish
   - Shrimp
   - Steak
   - Tofu

4. **Top with flavor or crunch**
   (1–2 tablespoons only)
   - Cheese
   - Nuts or Seeds

5. **Toss with your favorite salad dressing**
   (optional)
Spring is a great time to enjoy fresh, in-season fruits and vegetables! In the spring, leafy greens and strawberries are in season and you will find they taste the best and cost less.

Salads are simple, delicious and easy to make when you are short on time. Salads are also a great dish that kids can help to prepare! Invite kids to help wash, cut, and chop the fruits and veggies. Try this Fruit and Spring Greens Salad for a simple and tasty dish your family will love!

**Fruit and Spring Greens Salad**

**SERVINGS: 8**  
**SERVING SIZE: 1 CUP**

**Ingredients:**

- 4 cups spinach or salad greens  
- 1 cup strawberries or orange segments  
- 1/2 cup nuts, chopped  
- 2 Tablespoons lemon juice  
- 2 Tablespoons vegetable oil  
- 1 Tablespoon honey  
- Salt and pepper to taste

Follow our blog and find more great recipes!  
eatsmartmd.blogspot.com
Gather all the ingredients and follow these 6 easy steps!

1. Wash and dry the greens and cut any tough stems off the spinach.
2. Wash and slice the strawberries.
3. Mix spinach or salad greens, fruit, and nuts together in a large bowl.
4. Squeeze the lemon juice into a small bowl. Add vegetable oil and honey and mix well.
5. Pour the dressing on top of the salad and mix.
6. Season to taste with salt and pepper. Enjoy!
Corn and Black Bean Salad  
8 servings

**Ingredients**
- 2 15-ounce cans black beans, rinsed and drained
- 2 cups corn kernels
- ⅔ cup red bell pepper, seeded and chopped
- ⅔ cup orange bell pepper, seeded and chopped
- ¾ cup white sweet onion, finely chopped
- 1 large fresh tomato, chopped
- 2 small jalapeno peppers, seeded and finely minced
- ½ cup fresh cilantro or parsley, finely chopped
- ¼ cup fresh lime juice
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ cup olive oil

**Directions**
1. Place all ingredients in a large bowl.
2. Gently mix well.
3. Chill and serve.

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Fruit Crisp  
6 servings

**Ingredients**
- 10 ounces frozen or fresh blueberries
- 10 ounces frozen or fresh peaches, sliced
- ¼ cup apple juice

**Topping**
- ½ cup almonds
- ½ cup oats
- 1 cup pitted dates
- ½ teaspoon cinnamon
- 2 tablespoons apple juice
- ¼ cup pecan, chopped

**Directions**
1. Preheat the oven to 300 degrees.
2. Place blueberries in the bottom of an 8-inch square baking dish.
3. Place peaches on top of blueberries.
4. Drizzle ¼ cup apple juice over fruit.
5. In a food processor, puree almonds, oats, dates, and cinnamon. After 1 minute, add apple juice and continue to puree.
6. Evenly spread mixture over fruit and top with pecans.
7. Bake uncovered for about 40-45 minutes.
8. Cut into 6 pieces. Serve warm or allow to cool.

**Note:** If you are using frozen fruit, make sure it is completely thawed and drained of excess water.

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What's Cooking?
SUMMER
Maryland WIC
Farmers Market Gazpacho

4 servings

Ingredients

2 cucumbers, diced into ¼ inch pieces
3 red bell peppers, seeded and diced into ¼ inch pieces
3 green peppers, seeded and diced into ¼ inch pieces
4 celery stalks, diced into ¼ inch pieces
2 tomatoes, diced into ¼ inch pieces
1 medium onion, diced into ¼ inch pieces
2 lemons
2 cups tomato juice, low-sodium
3 garlic cloves, minced
1 tablespoon ground cumin
1 cup fresh cilantro, chopped
Salt and pepper to taste, optional

Directions

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt and pepper (optional) and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Garnished with some reserved chopped veggies or cilantro.
   Serve cold.

Johnson and Wales University and Rhode Island Department of Health WIC Program, Veggin’ Out Recipe Book.
Summer in Maryland is zucchini and yellow squash season. From July through September, summer squash is plentiful at the farmers’ market. Summer squash is close in shape to a cucumber. Summer squash is different from winter squash because summer squash only grows when the weather is warm. Enjoy the mild taste of summer squash raw in salads, or dipped in hummus, or stir-fried, roasted, or grilled.

Visit a farmers’ market near you and choose a variety of fresh produce to make healthy family meals and snacks. You can also buy fresh, local produce at the grocery store during the spring, summer and fall months.

Summer Squash Medley

SERVINGS: 8
SERVING SIZE: 1 CUP

Ingredients:

1 Tablespoon vegetable oil
1 or 2 small yellow summer squash
1 or 2 small zucchini
1 small onion
1/4 teaspoon garlic powder
Salt and pepper to taste
1 can (14.5 ounces) Italian tomatoes
or 2 fresh tomatoes
Grated parmesan cheese

Follow our blog and find more great recipes!
eatsmartmd.blogspot.com
Gather all the ingredients and follow these 6 easy steps!

1. Wash the summer squash, zucchini, and tomatoes.

2. Chop summer squash, zucchini, onion, and tomatoes.

3. In a large skillet, add 1 Tablespoon cooking oil. Begin to heat the oil.

4. To heated oil, add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often. Add tomatoes and simmer 5 minutes.

5. Season with ¼ teaspoon garlic powder. Add salt and pepper to taste.

6. Serve warm, topped with parmesan cheese.
**Chocolate Strawberry French Toast**

**Chef Randy Emert • Detroit, Mich.**

Serves 4, 1 piece of toast per serving  
Prep time: 15 minutes • Cook time: 15–20 minutes

**Ingredients**
- 8 medium strawberries  
- 3 Tablespoons unsweetened cocoa powder  
- 2 Tablespoons sugar  
- 1 large egg  
- ½ cup low-fat milk  
- 1 teaspoon ground cinnamon  
- Non-stick cooking spray  
- 4 slices whole wheat bread

**Directions**
2. In a small bowl, whisk cocoa powder and sugar together with a fork. Set aside.
3. In a second small bowl, beat egg with a fork until well blended. Add milk and cinnamon to egg. Beat about 1 minute more.
5. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating.
6. Repeat steps 5 and 6 until each piece of bread has been cooked.
7. Top each piece of bread with 3 Tablespoons sliced strawberries. Dust generously with cocoa mixture.

Learn more at [CookingMatters.org](http://CookingMatters.org)

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**Tuna Boats**

Serves 4, ½ cucumber and 6 ounces filling per serving  
Prep time: 15 minutes • Cook time: None

**Ingredients**
- 2 large cucumbers  
- 1 lemon  
- 2 green onions  
- 1 (6-ounce) can low-sodium tuna, packed in water  
- 1 (15½-ounce) can white beans  
- 1 Tablespoon canola oil  
- 1 Tablespoon Dijon or country mustard  
- ½ teaspoon salt  
- ¼ teaspoon ground black pepper

**Directions**
1. Rinse cucumbers. Peel off skin every ¼-inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.
Spicy White Bean Dip

Serves 6, ¼ cup per serving
Prep time: 15 minutes • Cook time: None

Ingredients
2 cloves garlic
1 (15½-ounce) can cannellini beans
½ bunch fresh parsley
¼ cup water
1 Tablespoon canola oil
¼ teaspoon salt
½ teaspoon ground black pepper
Pinch of cayenne pepper

Directions
1. Peel and mince garlic cloves.
2. Drain and rinse cannellini beans.
3. Rinse and chop parsley.
4. In a blender, add garlic, cannellini beans, water, canola oil, salt, ground black pepper, and cayenne pepper. Blend until smooth.
5. Transfer dip to medium bowl. Top with parsley and stir.

Fall Vegetable Salad

Chef Rachel Duboff • Seattle, Wash.
Serves 8, 1 cup per serving
Prep time: 20 minutes • Cook time: 10–50 minutes

Directions
1. Cook grains following package directions. Transfer to a large bowl. Prepare rest of salad while you let grains cool completely.
2. Rinse fennel, greens, beet, and apple.
3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
5. Peel and cut beet into ¼-inch cubes. Cut apple into ¼-inch cubes.
6. Peel and mince garlic.
7. If using, crumble cheese or cut into ¼-inch cubes.
8. In a small skillet over medium-low heat, add nuts. Cook until fragrant, 3–5 minutes. Transfer to a small bowl to cool.
10. Add vinegar, minced garlic, and mustard to lemon juice. Whisk with fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
11. When grains are cool, add fennel, greens, beet, and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.

Ingredients
1 cup barley, whole grain couscous, or quinoa
1 medium bulb fennel
1 bunch hearty greens, such as kale, chard, collard greens, or beet greens
1 small beet
1 medium firm apple
1 clove garlic
½ cup nuts, such as pecans, almonds, or walnuts
1 medium lemon
¾ cup cider vinegar
1 Tablespoon Dijon mustard
¼ cup canola oil
¼ teaspoon salt
¼ teaspoon ground black pepper

Optional Ingredients
2 ounces cheese, such as blue, goat, or cheddar
Get three **FREE** messages a week to guide you through your pregnancy and baby’s first year. Text4baby delivers tips and info—through text messages and a free app—covering a wide range of pregnancy and baby health topics, including safety, immunizations, nutrition, safe sleep, developmental milestones and more. You can also get free appointment reminders. Simply text **REMIND** (or **CITA** for Spanish) to **511411** and enter your appointment date and time.

Text4baby is a free service of ZERO TO THREE and Voxiva. Text **STOP** to discontinue service or **HELP** for technical help. Visit [www.text4baby.org](http://www.text4baby.org).

Please find our Privacy Policy & Terms and Conditions here [text4b.org/101](http://text4b.org/101).
Holiday Roasted Butternut Squash

Chef Kelly Lucarelli • Portland, Ore.
Serves 6, ¼ cup per serving
Prep time: 10 minutes • Cook time: 40 minutes

**Directions**
1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¼-inch even size cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Apple Wraps

Virginia Cooperative Extension
Serves 4, ½ wrap per serving
Prep time: 15 minutes • Cook time: None

**Ingredients**
- 1 large apple
- 2 medium, ripe bananas
- 2 Tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

**Directions**
1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in refrigerator until ready to serve, up to 24 hours.
Let’s talk about the best way to keep your baby healthy!

Vaccines protect your baby from serious diseases like whooping cough and measles. Make sure your baby is up-to-date with vaccinations by age 2!

Immunization. Power to Protect.

For more reasons to vaccinate, talk to your child’s doctor or go to www.cdc.gov/vaccines or call 1-800-CDC-INFO.
Veggie Quesadillas

Servings: 4
Serving Size: ½ quesadilla

Ingredients:
1 small zucchini, washed and chopped
½ broccoli head, washed and chopped
1 red bell pepper, washed, seeded and chopped
1 small onion, peeled and chopped
1 carrot, scrubbed and shredded
4-8 inch whole wheat tortillas
½ cup low-fat cheddar cheese, shredded
½ cup salsa
Cooking oil spray

Directions:
1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5 with remaining tortillas.
7. Cut each quesadilla in half. Serve with salsa.

For more recipes: www.eatsmart.umd.edu

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland’s Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at https://mydhrbenefits.dhr.state.md.us/.
FRIENDS, FREE MEALS AND FUN!

MEET UP AND EAT UP!
For youth 18 years old and under

• Call 211 to ask for the closest summer meals site
• Text FOOD to 877-877
• Go to MDSummerMeals.org for a location near you
Spaghetti Squash
8 servings

Ingredients
1 whole spaghetti squash

Topping ingredients as you choose:
• Season the squash with a little salt and pepper or try nutmeg, onion or garlic powder.
• Top with your favorite pasta sauce.
• Try sautéed mushrooms, onions or other veggies.
• Add a sprinkling of cheese.

Directions
1. Wash the skin and cut squash in half lengthwise, crosswise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
2. Remove seeds and stringy fibers with a spoon.
3. Cook squash in oven. The squash flesh should be easily pierced by a fork when done. Choose a baking temperature between 350 to 425 degrees. Line a baking dish with foil for easier clean up.
   • For a “roasted” flavor, rub cut edges with a little vegetable oil (optional), place cut side down in the pan and bake uncovered.
   • For a “steamed” texture, add ½ cup water to the pan and cover with foil.
4. Check for doneness after about 40 minutes. Larger squash and lower oven temperatures may take longer to cook. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
5. Let sit for 10 minutes or until squash is cool enough to handle. Use a fork to gently scrape the inside of the squash to make spaghetti-like strands.
6. Add topping of your choice.
7. Refrigerate leftovers within 2 hours.

Turkey Cranberry Quesadilla
1 serving

Ingredients
1 8-inch whole wheat tortilla
2 Tablespoons shredded mozzarella cheese
2 Tablespoons cranberry sauce or dried cranberries
2 Tablespoons cooked turkey, chopped or shredded
1/3 cup spinach
Cooking oil spray

Directions
1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey and spinach, then fold the tortilla in half over the filling.
2. Lightly spray medium skillet with cooking spray. Heat over medium heat (300 degrees in an electric skillet), then place tortilla in the skillet. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
3. Refrigerate leftovers within 2 hours.
NEED HELP FINDING A MARKET TO SPEND YOUR FARMERS’ MARKET NUTRITION PROGRAM CHECKS?

For market locations, shopping tips, recipes, seasonal charts and more, try our new Farmers’ Market FINDER

JUST SCAN THIS QR CODE WITH YOUR CELL PHONE OR GO TO FARMERSMARKETFINDER.UB1.CO

Do you sometimes forget to use your FMNP checks before they expire? Sign up to receive monthly text message reminders by texting MDOA to phone number 80464. This service is available to the first 1,000 people who text in, so don’t delay!
Italian Veggie Soup

**12 servings**

**Ingredients**

1. pound lean ground meat (15% fat) (turkey, chicken or beef)
2. cup diced onion
3. cup sliced celery
4. cup sliced or diced carrots
5. cup sliced or chopped cabbage
6. can (15 ounces) kidney beans, drained and rinsed
7. cans (15 ounces each) tomato pieces with liquid
8. can (15 ounces) tomato sauce
9. can (15 ounces) cut green beans, drained and rinsed
10. cup whole kernel corn, frozen or canned and drained
11. cups water
12. teaspoons or 3 cubes low sodium beef, chicken or vegetable bouillon
13. teaspoon garlic powder or 4 cloves, crushed
14. teaspoon dried parsley
15. teaspoon dried oregano leaf
16. teaspoon dried sweet basil leaf
17. teaspoon pepper
18. cup small macaroni (optional)

**Directions**

1. In a skillet over medium-high heat (350 degrees in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat. Add to soup pan.
2. In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Add to soup pan.
3. Add all the remaining ingredients to soup pan.
4. Bring to a boil. Lower heat, cover and simmer about 30 minutes.
5. Refrigerate leftovers within 2 hours.

Green Smoothie

**1 serving**

**Ingredients**

1. large handful of raw greens such as spinach or kale
2. medium banana
3. cup other fresh or frozen fruit, chopped

**Directions**

1. Place all ingredients in a blender in the order listed.
2. Blend until smooth and creamy. Add a water if desired for a thinner smoothie.

Recipe available at EatFresh.org; recipe created by Leah’s Pantry
ALLEGANY COUNTY

Canal Place Farmers’ Market
13 Canal Place, Cumberland
Saturday: 9:30am – 2pm, Jun 3 to Oct 11
FMNP, FVC & SNAP — Matching Program

Downtown Cumberland
100 Baltimore St., Cumberland
Thursday: 9:30am – 2pm, May 26 to Oct 13
FMNP, FVC & SNAP — Matching Program

Frostburg
20 S. Water St., Frostburg
Friday: 9:30am – 1pm, May 27 to Oct 23
FMNP, FVC & SNAP — Matching Program

LaVale
1262 Vocke Rd., LaVale
Tuesday: 9:30am – 2pm, May 31 to Oct 18
FMNP, FVC & SNAP — Matching Program

Western Maryland Regional Health Center
12500 Willow Brook Rd., Cumberland
Wednesday: 2pm – 5pm, Jun 15 to Oct 12
FMNP, FVC & SNAP

ANNE ARUNDEL COUNTY

Annapolis FRESHFARM Market
Donner Parking Lot, Compromise St., Annapolis
Sunday: 8:30am – noon, May 1 to Nov 20
FMNP, FVC & SNAP

Anne Arundel County
Riva Rd. & Harry S. Truman Pkwy., Annapolis
Tuesday: 7am – noon, May 24 to Oct 25
Saturday: 7am – noon, Apr 2 to Dec 24
Sunday: 10am – 2pm, Apr 2 to Dec 18
FMNP & FVC

Anne Arundel Medical Center
2001 Medical Pkwy., Annapolis
Sajak Pavilion
Friday: 10:30am – 1:30pm, Jun 3 to Oct 28
FMNP & FVC

Arundel Preserve Farmers’ Market
7789 Arundel Mills Blvd., Hanover
Saturday: 10am – 2pm, Jun 5 to Sep 25
FMNP & FVC

Crofton Farmers’ Market
Crofton Country Club, 1691 Crofton Pkwy., Crofton
Wednesday: 3pm – 7pm, May 11 to Oct 26
FMNP & FVC

Fort Meade Farmers’ Market
Route 175 and Llewellyn Ave., Fort Meade
Wednesday: 10am – 2pm, May 18 to Oct 12
FMNP & FVC

MD Department of Natural Resources
580 Taylor Ave., Annapolis
Thursday: 3pm – 6pm, Jun 2 to Aug 25
FMNP & FVC

Piney Orchard Market Association
2400 Stream Valley Dr., Odenton
Wednesday: 2pm – 6:30pm, Jun 1 to Nov 23
FMNP & FVC

Severna Park Farmers’ Market
Ritchie Hwy. & Jones Station Rd., Severna Park
Saturday: 8am – noon, Apr 30 to Oct 29
severnaparkfarmersmarket.com
FMNP & FVC

BALTIMORE CITY

32nd Street/Waverly
400 block of E. 32nd St., Baltimore
Saturday: 7am – noon, year-round
32ndstreetmarket.org
FMNP, FVC & SNAP — Matching Program

Baltimore Market & Bazaar
Saratoga and Holliday St., Baltimore
Sunday: 6am – noon, Apr 17 to Dec 18
promotionandarts.org
FMNP, FVC & SNAP

BMI Farmers’ Market
1415 Key Hwy., Baltimore
Baltimore Museum of Industry
Saturday: 9am – 1pm, May 7 to Nov 26
the bmi.org
FMNP & FVC

Druid Hill Farmers’ Market
3100 Swann Dr., Baltimore
Wednesday: 3:30pm – 7:30pm, Jun 1 to Sep 28
druihillpark.org
FMNP, FVC & SNAP — Matching Program

Federal Hill Farmers’ Market
809 Light St., Baltimore
Saturday: 1:30pm – 4pm, Jan 9 to Dec 18
lightstreetchurch.org/2015/21/farmers-market/
FMNP & FVC

Fell’s Point Farmers’ Market
800 S. Broadway, Baltimore
Saturday: 7:30am – 12:30pm, Apr 30 to Nov 19
fellspointfarmersmarket.com
FMNP, FVC & SNAP

Govanstowne Farmers’ Market
5104 York Rd., Baltimore
Wednesday: 3pm – 7pm, Jun 1 to Sep 28
govansmarket.org
FMNP, FVC & SNAP — Matching Program

All markets may not be listed. For more information about markets — online: marylandfma.org — or mobile phone: farmersmarketfinder.ub1.co

FMNP Farmers’ Market Nutrition Program FVC WIC Fruit & Vegetable Check SNAP Supplemental Nutrition Assistance Program Matching Program Maryland Market Money
Hampden Farmers’ Market
850 W. 36th St., Baltimore
Saturday: 9am – 1pm, May 7 to Nov 19
hampdenfarmersmarket.weebly.com
FMNP, FVC & SNAP

Park Heights Community Farmers’ Market
5201 Park Heights Ave., Baltimore
Wednesday: 9am – 2:30pm, Jun 1 to Nov 23
phcha.org/farmers_market.html
FMNP, FVC & SNAP — Matching Program

Pigtown Community Farmers’ Market
1798 Washington Blvd., Baltimore
Thursday: 3pm – 7pm, Jun 2 to Oct 6
pigtowncommunityfarmersmarket.com
FMNP, FVC & SNAP

Pratt Street Farmers’ Market
101 E. Pratt St., Baltimore
Thursday: 11am – 2pm, May 5 to Oct 27
www.godowntownbaltimore.com/events
FMNP & FVC

State Center Community Farmers’ Market
300 W. Preston St., Baltimore
Wednesday: 10am – 2 pm, May 4 to Nov 23
FMNP, FVC & SNAP — Matching Program

The Johns Hopkins Hospital Farmers’ Market
550 N. Broadway, Baltimore
Thursday: 10am – 2pm, Apr 21 to Oct 27
FMNP, FVC & SNAP — Matching Program

Tuesday Market in Lauraville
4500 Harford Rd., Baltimore
Tuesday: 4pm – 8pm, Jun 7 to Sep 27
FMNP & FVC

University Farmers’ Market
Plaza Park, Paca St. & Baltimore St., Baltimore
Tuesday: 10am – 2:30pm, May 24 to Nov 22
http://www.umm.edu/green/farmers_market.htm
FMNP, FVC & SNAP — Matching Program

The Johns Hopkins Hospital Farmers’ Market
550 N. Broadway, Baltimore
Thursday: 10am – 2pm, Apr 21 to Oct 27
FMNP, FVC & SNAP — Matching Program

Tuesday Market in Lauraville
4500 Harford Rd., Baltimore
Tuesday: 4pm – 8pm, Jun 7 to Sep 27
FMNP & FVC

University Farmers’ Market
Plaza Park, Paca St. & Baltimore St., Baltimore
Tuesday: 10am – 2:30pm, May 24 to Nov 22
http://www.umm.edu/green/farmers_market.htm
FMNP, FVC & SNAP — Matching Program

Village Farmers’ Market
4501 Edmonson Ave., Baltimore
Saturday: 8am – noon, Jun 18 to Nov 1
FMNP, FVC & SNAP

Village of Cross Keys Farmers’ Market
5100 Falls Rd., Baltimore
Tuesday: 10am – 2pm, Jun 14 to Nov 1
www.crosskeysfarmersmarket.com
FMNP & FVC

Baltimore County

Boordy Vineyards - Good Life Thursdays
12820 Long Green Pike, Hydes
Thursday: 3pm – 7pm, May 5 to Sep 29
FMNP & FVC

Catonsville
5820 Edmondson Ave., Catonsville
Wednesday: 10am – 1pm, May 4 to Nov 23
catonsvillefarmersmarket.com
FMNP, FVC & SNAP — Matching Program

Catonsville Sunday Farmers’ Market
730 Frederick Rd., Catonsville
Sunday: 10am – 1:30 pm, May 1 to Nov 20
catonsville.org/events/farmersmarket.php
FMNP & FVC

Dundalk Farmers’ Market
44 Shipping Place, Dundalk
Saturday: 7am – 12:30pm, Jun 18 to Oct 28
FMNP, FVC & SNAP

Eastpoint Farmers’ Market
7839 Eastern Ave., Baltimore
Wednesday: 9am – 2pm, Jun 8 to Oct 26
FMNP & FVC

Hereford Farmers’ Market
17004 York Rd., Parkton
Saturday: 9am – noon, May 7 to Oct 29
herefordfarmmarket.com
FMNP, FVC & SNAP

Kenilworth Farmers’ Market
798 Kenilworth Dr., Towson
Tuesday: 3:30pm – 6:30pm, Apr 19 to Nov 22
thekenilworthmarket.com
FMNP, FVC & SNAP — Matching Program

Maryland State Fairgrounds
2200 York Rd., Timonium
Wednesday: 10am – 1pm, Jun 1 to Oct 29
baltimorecountyfarmersmarket.com
FMNP, FVC & SNAP

Pikesville Farmers’ Market
1700 Reisterstown Rd., Pikesville
Tuesday: 2pm – 6pm, May 3 to Oct 25
pikesvillechamber.org/pages/FarmersMarket
FMNP & FVC

Randallstown
8604 Liberty Rd., Randallstown
Wednesday: 1pm – 5pm, Jun 15 to Oct 26
FMNP & FVC
Towson Farmers’ Market
17 Alleghany Ave., Towson
**Thursday:** 11am - 3pm, Jun 9 to Nov 17
FMNP & FVC

CALVERT COUNTY
Calvert County - Barstow
140 Calvert Fair Dr., Prince Frederick
Calvert County Fairgrounds
**Saturday:** 7:30am - noon, May 7 to Nov 19
FMNP & FVC

Calvert County - Prince Frederick
130 Hospital Rd., Prince Frederick
Calvert County Fairgrounds
**Tuesday:** 3pm - 7pm, May 10 to Nov 22
FMNP & FVC

Calvert County - Solomons
Solomons Island Rd, Prince Frederick
Parking lot adjacent to Riverwalk
**Thursday:** 3pm - 6:30pm, May 12 to Nov 17
calvertag.com
FMNP & FVC

North Beach Friday Night Market
9036 Bay Ave., North Beach
**Friday:** 6pm - 9pm, Jun 18 to Oct 1
FMNP & FVC

CAROLINE COUNTY
Downtown Denton Farmers’ Market
3rd and Market St., Denton
**Saturday:** 5pm - 8pm, May 13 to Sep 5
FMNP & FVC

Federalsburg Downtown Farmers’ Market
123 N. Main St., Federalsburg
**Saturday:** 8am - 1pm, Apr 2 to Nov 15
FMNP & FVC

St. Luke’s Farmers’ Market
100 S. Fifth Ave., Denton
**Tuesday:** 8:30am - 1:30pm, Jul 7 to Oct 25
FMNP & FVC

CARROLL COUNTY
Carroll County
700 Agriculture Center Dr., Westminster
Carroll County Agriculture Center

Saturday: 8am - 2pm, Mar 26 to Dec 17
carrollcountyfarmersmarket.com
FMNP & FVC

Downtown Westminster Farmers’ Market
Railroad Ave. (MD27) & Emerald Hill Ln., Westminster
**Saturday:** 8am - noon, May 14 to Nov 15
westminsterfarmfresh.com
FMNP & FVC

Hampstead Market
1341 N. Main St., Hampstead
**Saturday:** 8:30am - noon, Jun 4 to Oct 1
hampsteadfarmersmarket.com
FMNP & FVC

Mount Airy
3 North Main St., Mount Airy
**Wednesday:** 3pm - 7pm, Jun 1 to Sep 7
mountairymainstreet.org
FMNP & FVC

Sykesville Farmers’ Market
731 Oklahoma Ave., Sykesville
**Sunday:** 9am - 1pm, May 15 to Oct 30
sykesvillemainstreet.com/farmersmarket
FMNP & FVC

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Lead-Free Maryland Kids
Lead Has No Boundaries

A blood lead test is the only sure way to know your child is growing and developing without lead in their body. Talk with your child’s doctor about a blood lead test.

If you or your health care provider have questions about lead, lead testing, sources of lead, or what to do about your child’s blood lead test results, we can help.

Call us toll-free: 1-866-703-3266
E-mail us: Dhmh.envhealth@Maryland.gov
http://phpa.dhmh.maryland.gov/OEHFP/EH/Pages/Lead.aspx
Taneytown
226 E. Baltimore St., Taneytown
Saturday: 9am - noon, Jun 11 to Sep 27
FMNP & FVC

Cecil County

Cecil County Farmers' Market - North East
North East United Methodist Church, 308 S. Main St., North East
Friday: 2pm - 6pm, May 6 to Oct 28
FMNP & FVC

Perryville Market
259 Broad St., Perryville
Lower Ferry Park
Friday: 3pm - 7pm, May 6 to Oct 28
perryvillemd.org

FMNP & FVC

Town of Elkton Farmers' Market
50 Howard St., Elkton
Thursday: 2pm - 6pm, Apr 7 to Oct 31
Friday: 2pm - 6pm, Apr 8 to Oct 31
Saturday: 8am - noon, Apr 2 to Oct 31
elkton.org

FMNP & FVC

Charles County

La Plata Farmers’ Market
209 Washington Ave. , La Plata
Saturday: 8am - 3pm, Apr 2 to Sep 3
Wednesday: 8am - 3pm, Apr 2 to Sep 3
FMNP & FVC

Waldorf
10400 O’Donnell Place St., St. Charles
Saturday: 9am – 1pm, May 7 to Nov 19
Wednesday: 1pm – 3pm, May 11 to Nov 23
FMNP, FVC & SNAP

Dorchester County

Cambridge Main Street
Long Wharf Park, Cambridge
505 Poplar St.
Thursday: 3pm – 6pm, May 5 to Oct 15
cambridgemainstreet.com
FMNP & FVC

Frederick County

Brunswick Farmers’ Market
100 S. Maple Ave., MARC Train Station, Knoxville
Saturday: 9am – noon, May 21 to Sep 24
brunswickfoodforest.org
FMNP, FVC & SNAP

Emmitsburg
302 South Seton Ave., Emmitsburg
Friday: 3pm – 6:30pm, Jun 24 to Sep 23
FMNP, FVC & SNAP

Everedy Square & Shab Row
East & East Church St., Frederick
Thursday: 3pm – 6pm, Jun 2 to Oct 27
f Frederickfarmfresh.com
FMNP & FVC

Frederick City Market
331 N Market St., Frederick
Sunday: 9am – 1pm, May 15 to Nov 20
FMNP, FVC & SNAP

Grace Community Church Farmers’ Market
9380 Butterfly Lane, Frederick
Friday: 3pm – 6pm, May 20 to Nov 14
FMNP, FVC & SNAP

NCI at Frederick
549 Sulton St., Frederick
Tuesday: 11am – 1:30pm, May 10 to Oct 25
ncifrederick.cancer.gov/programs/general/farmersmarket/
FMNP & FVC

The Great Frederick Fair Farmers’ Market
797 E. Patrick St., Frederick
Saturday: 8am – 2pm, year-round
thegreatfrederickfair.com/farmers-market/
FMNP & FVC

Thurmont Main Street
South Center St., Thurmont
The Municipal Parking Lot
Saturday: 9am – noon, Jun 4 to Sep 24
Thurmont.com
FMNP & FVC

Urbana Farmers’ Market
9020 Amelung St., Frederick
Sunday: noon – 3pm, May 15 to Oct 5
theurbanalibraryfarmersmarket.com
FMNP & FVC

West Frederick
800 Oak St., Frederick
Saturday: 10am – 1pm, May 7 to Nov 19
FMNP & FVC

YMCA of Frederick Co.
1000 N. Market St., Frederick
Tuesday: 3:30pm – 6:30pm, May 31 to Nov 11
FMNP & FVC

Garrett County

Mountain Fresh - Oakland
5 Town Park Ln., Oakland
Saturday: 10am – 1pm, Jun 4 to Oct 29
Wednesday: 10am – 1pm, Jun 8 to Oct 26
MountainFresh.org
FMNP & FVC

Harford County

Bel Air
2 S. Bond St., Bel Air
Saturday: 7am – 11am, Apr 9 to Dec 17
belairfarmersmarket.com
FMNP & FVC

Edgewood Farmers’ Market
Intersection of Edgewood Rd., (SR755) & Old Edgewood Rd.
Thursday: 3pm – 6pm, May 15 to Oct 4
FMNP & FVC

Havre de Grace Farmers’ Market
Pennington Ave. between Washington St. & Union Ave., Havre de Grace
Saturday: 9am – 12pm, May 7 to Nov 17
havredegracefarmersmarket.com
FMNP & FVC

Howard County

East Columbia
6600 Cradlerock Way, Columbia
Thursday: 2pm – 6pm, May 5 to Nov 17
FMNP & FVC

Ellicott City Old Town Market
100 Main St., Ellicott City
Saturday: 9am – 1pm, May 14 to Oct 30
ellicottcityoldtownmarket.com
FMNP & FVC

Glenwood Community
2350 Rt. 97, Cooksville
Saturday: 9am – 1pm, May 14 to Oct 29
FMNP & FVC

General Hospital
5755 Cedar Ln., Columbia
Friday: 11:30am – 4:30pm, May 6 to Oct 28
howardcountyfarmersmarket.com
FMNP & FVC

Maple Lawn
8191 Westside Blvd., Fulton
Saturday: 9am – 1pm, May 7 to Oct 29
howardcountyfarmersmarket.com
FMNP, FVC & SNAP
Miller Library
9421 Frederick Rd., Ellicott City
Wednesday: 2pm - 6pm, May 4 to Nov 16
howardcountyfarmersmarkets.com
FMNP, FVC & SNAP

Oakland Mills
5851 Robert Oliver Pl., Columbia
Sunday: 9am - 1pm, May 8 to Nov 20
howardcountyfarmersmarket.com
FMNP & FVC

KENT COUNTY
Chester Row Farmers’ Market
Park Row at the Fountain Park, Chestertown
Saturday: 8am - noon, year-round
FMNP & FVC

MONTGOMERY COUNTY
Bethesda Central Farmers’ Market
7600 Arlington Rd., Bethesda
Sunday: 9am - 1pm, year-round
CentralFarmMarkets.com
FMNP & FVC

Bethesda-Farm Women’s Market
7155 Wisconsin Ave., Bethesda
Wednesday: 8am - 4pm, year-round
farmwomensmarket.com
FMNP & FVC

Clarksburg
23315 Frederick Rd., Clarksburg
Sunday: 10am - 1pm, Jun 5 to Oct 30
FMNP, FVC & SNAP

Crossroads
1021 University Blvd, Takoma Park
Wednesday: 11am - 3pm, Jun 1 to Nov 16
crossroadscommunityfoodnetwork.org
FMNP, FVC & SNAP — Matching Program

Damascus FFA
25921 Ridge Rd., Damascus
Damascus High School
Thursday: 3:30pm - 7:30pm, May 12 to Oct 13
FMNP & FVC

Dawson’s
225 N Washington St., Rockville
Wednesday: 11am - 2pm, May 4 to Sep 28
dawsonsmarket.com
FMNP & FVC

Downtown Silver Spring FRESHFARM Market
911 Ellsworth Dr., Silver Spring
Saturday: 9am - 1pm, year-round
fmm.ofg
FMNP, FVC & SNAP — Matching Program

Farmers’ Market at River Hill
12165 Clarksville Pike, Clarksville
Saturday: 9am - 1pm, May 14 to Nov 5
riverhillfarmersmarket.com
FMNP & FVC

Friday on the Commons
19701 Fisher Ave., Poolesville
Whalen Commons
Friday: 6pm - 9pm, Jun 17 to Aug 26
poolesvillemd.gov
FMNP & FVC

Fulks Corner Market
Rt. 355 & Fulks Corner Ave., Gaithersburg
Thursday: 12:30pm - 6pm, May 5 to Nov 17
gaithersburgmd.gov/leisure/markets/farmers-markets
FMNP & FVC

Kensington Farmers’ Market
3701 Howard St., Kensington
Saturday: 9am - 1pm, year-round
explorekensington.com/farmers-market/
FMNP & FVC

Main Street Farmers’ & Artists’ Market
301 Main St., Gaithersburg
Saturday: 9am - 2pm, year-round
gaithersburgmd.gov/leisure/markets/farmers-markets
FMNP & FVC

Montgomery Village Farmers’ Market
9801 Centerway Rd., Montgomery Village
Saturday: 9am - 1pm, Jun 4 to Oct 29
mvfarmersmarket.com
FMNP & FVC

Olney Farmers’ and Artists’ Market
2801 Olney Sandy Spring Rd., Olney
Sunday: 9am - 1pm, May 8 to Nov 6
olneyfarmersmarket.org
FMNP, FVC & SNAP

Pike Central Farm Market
11561 Old Georgetown Rd., Rockville
Saturday: 9am - 1:30pm, April 30 to Nov 19
CentralFarmMarkets.com
FMNP & FVC

Maryland Kids In Safety Seats has answers!

Helpline: 800-370-SEAT
E-mail: dhmh.kiss@maryland.gov
Website: www.mdkiss.org
KISS Skype: MDKISS2
Potomac Village
9908 S. Glen Rd., Potomac
Thursday: 2pm - 6:30pm, May 5 to Nov 17
potomacvillagefarmersmarket.net
FMNP, FVC & SNAP — Matching Program

Rockville
Rt. 28 & Monroe St., Rockville
Parking Lot
Saturday: 9am - 1pm, May 14 to Nov 19
rockvillemd.gov/farmers
FMNP, FVC & SNAP — Matching Program

Shady Grove
9601 Broschart Rd., Rockville
Johns Hopkins University Montgomery Co.
Wednesday: 11am - 2pm, May 4 to Oct 26
shadygrovemarket.org
FMNP, FVC & SNAP — Matching Program

Takoma Park
Laurel Ave., Takoma Park
Between Carroll Ave. & Eastern Ave.
Sunday: 10am - 2pm, year-round
takomaparkmarket.com
FMNP, FVC & SNAP — Matching Program

PRINCE GEORGE'S COUNTY
Bowie
15200 Annapolis Rd., Bowie
Sunday: 8am – noon, May 15 to Oct 30
cityofbowie.org/farmersmarket
FMNP & FVC

Cheverly Community Market
6401 Forest Rd., Cheverly
Saturday: 8am – noon, Jun 4 to Oct 22
cheverlycommunitymarket.com
FMNP, FVC & SNAP

College Park Farmers' Market
5211 Paint Branch Pkwy., College Park
Saturday: 7am – noon, April 30 to Nov 19
farmwomensmarket.com
FMNP & FVC

Downtown College Park
4500 Knox Rd., College Park
Sunday: 10am – 2pm, Apr 24 to Nov 20
downtowncollegeparkmarket.org
FMNP, FVC & SNAP — Matching Program

Farmers' Market at Maryland
University of Maryland
1115 Eppler Recreation Center, College Park
Wednesday: 11am - 3pm, Mar 23 to Nov 16
farmersmarket.umd.edu
FMNP & FVC

Glenn Dale Farmers' Market
11901 Glenn Dale Blvd., Glenn Dale
Saturday: 9am – 1pm, May 7 to Nov 19
FMNP & FVC

Greenbelt
25 Crescent Rd., Greenbelt
Greenbelt Municipal Bldg. Park Lot
Sunday: 10am – 2pm, May 8 to Dec 4
greenbeltfarmersmarket.org
FMNP, FVC & SNAP

Hollywood Farmers' Market
9801 Rhode Island Ave., College Park
Saturday: 9am – 1pm, Apr 23 to Nov 19
hollywoodmarket.org
FMNP & FVC

Hyattsville
3799 East-West Hwy., Hyattsville
Redeemer Lutheran Church Parking Lot
Tuesday: 3pm – 7pm, Jun 7 to Sep 27
hyattsville.org/591/Farmers-Market
FMNP, FVC & SNAP

Laurel Farmer's Market and Bazaar
378 Main St., Laurel
Thursday: 9am – 2pm, Jun 2 to Oct 27
FMNP & FVC

MedStar Southern Maryland Hospital Center
7503 Surratts Rd., Clinton
Wednesday: noon – 4pm, Jun 1 to Sep 21
FMNP & FVC

Everyone deserves a healthy relationship.
We can help.
THE NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-SAFE (7233)

Old Town Bowie
13090 9th St., Bowie
Old Town Bowie – Town Green Park
Wednesday: 3pm – 7pm, May 11 to Oct 12
FMNP & FVC

Our Local Bounty St. Thomas Church Farmers’ Market
14300 St. Thomas Church Rd., Upper Marlboro
Saturday: 8am - noon, Jun 4 to Sep 24
stthomascroom.org/ourlocalbounty
FMNP & FVC

Port Towns Farmers’ Mercado
4521 Kenilworth Ave., Bladensburg
Saturday: 11am - 3pm, Jun 4 to Sep 24
ecityfarms.org/food/ptfm/
FMNP, FVC & SNAP

Riverdale Park
4650 Queensbury Rd., Riverdale Park
Thursday: 3pm – 7pm, year-round
FMNP, FVC & SNAP

USDA Beltsville
5601 Sunny Side Ave., Beltsville
Parking Lot B
Thursday: 10am – 2pm, Apr 28 to Oct 27
FMNP & FVC

PRINCESS ANNE COUNTY
Princess Anne Shore Fresh Growers Farmers’ Market
30451 Prince William St., Princess Anne
Thursday: 3pm – 6pm, Jun 2 to Oct 27
FMNP & FVC

QUEEN ANNE'S COUNTY
Centreville Farmers’ Market
Lawyers Row, Centreville
Wednesday: 2pm – 6pm, Apr 20 to Oct 19
Saturday: 9am – 1pm, Apr 23 to Oct 22
FMNP & FVC

Kent Island
830 Romancoke Rd., Stevensville
Thursday: 3:30pm – 6:30pm, year-round
kentislandfarmersmarket.com
FMNP & FVC

ST. MARY'S COUNTY
California
22810 Three Notch Rd., California
Saturday: 9am – 2pm, Apr 23 to Nov 19
FMNP & FVC
<table>
<thead>
<tr>
<th><strong>Home Grown Farm Market</strong></th>
<th><strong>Meritus Medical Center</strong></th>
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</thead>
<tbody>
<tr>
<td>21078 Three Notch Rd., Lexington Park</td>
<td>11116 Medical Campus Rd., Hagerstown</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 9am – 1pm, Mar 26 to Nov 19</td>
<td><strong>Tuesday:</strong> 2pm – 5pm, Apr 30 to Oct 31</td>
</tr>
<tr>
<td>homegrownfarmmarket.webs.com</td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>FMNP, FVC &amp; SNAP – Matching Program</strong></td>
<td><strong>FMNP &amp; FVC</strong></td>
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<thead>
<tr>
<th><strong>North St. Mary’s County</strong></th>
<th><strong>Washington County</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>37600 New Market Rd., Charlotte Hall</td>
<td>11003 Robinwood Dr., Hagerstown</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 8am – 6pm, Mar 26 to Nov 19</td>
<td><strong>Elks Lodge No. 378</strong></td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>Wednesday:</strong> 3pm – 6pm, May 18 to Sep 29</td>
</tr>
<tr>
<td><strong>Saturday Slack Market at Jubilee Farm</strong></td>
<td><strong>Washingtoncountyfarmersmarket.com</strong></td>
</tr>
<tr>
<td>19680 Pear Hill Rd., Leonardtown</td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>Saturday:</strong> noon – 6pm, Jun 4 to Nov 19</td>
<td><strong>WICOMICO COUNTY</strong></td>
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<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>Camden Avenue</strong></td>
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<thead>
<tr>
<th><strong>Sotterley Farmer’s Market</strong></th>
<th><strong>Salisbury Shore Fresh Farmers’ Market</strong></th>
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<tbody>
<tr>
<td>44300 Sotterley Ln., Hollywood</td>
<td>300 E. Market St., Salisbury</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 8am – 1pm, May 28 to Sep 24</td>
<td><strong>Saturday:</strong> 8am – 1pm, May 7 to Nov 19</td>
</tr>
<tr>
<td>sotterleyplantation.com/farmers-market-sotterley-plantation.htm</td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>Salisbury Shore Fresh Farmers’ Market</strong></td>
</tr>
<tr>
<td><strong>Saturday:</strong> 8am – 1pm, May 7 to Nov 19</td>
<td><strong>300 Moss Lane, Salisbury</strong></td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>Wednesday:</strong> 3pm – 6pm, Jun 11 to Nov 23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TALBOT COUNTY</strong></th>
<th><strong>WORCESTER COUNTY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easton</strong></td>
<td><strong>Downtown Berlin @ the Firehouse</strong></td>
</tr>
<tr>
<td>100 N. Harrison St. Parking Lot, Easton</td>
<td>214 Harrison Ave., Berlin</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 8am – 1pm, Apr 16 to Dec 17</td>
<td><strong>Wednesday:</strong> 3pm – 6pm, Jun 8 to Aug 24</td>
</tr>
<tr>
<td>avalonfoundation.org/easton-farmers-market</td>
<td><strong>Friday:</strong> 10am – 3pm, Apr 8 to Dec 31</td>
</tr>
<tr>
<td><strong>FMNP, FVC &amp; SNAP</strong></td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>St. Michaels FRESHFARM Market</strong></td>
<td><strong>Ocean City</strong></td>
</tr>
<tr>
<td>208 N. Talbot St., St. Michael’s</td>
<td>142nd St. &amp; Coastal Hwy., Ocean City</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 8:30am – 11:30am, Apr 16 to Oct 22</td>
<td>Phillips Seafood extended parking lot</td>
</tr>
<tr>
<td>ffm.org</td>
<td><strong>Sunday:</strong> 8am – 1pm, May 1 to Oct 9</td>
</tr>
<tr>
<td><strong>FMNP, FVC &amp; SNAP</strong></td>
<td><strong>Tuesday:</strong> 8am – 1pm, May 3 to Oct 9</td>
</tr>
<tr>
<td><strong>WASHINGTON COUNTY</strong></td>
<td><strong>Thursday:</strong> 8am – 1pm, May 5 to Oct 9</td>
</tr>
<tr>
<td><strong>Boonsboro Farmers Market</strong></td>
<td><strong>Saturday:</strong> 8am – 1pm, May 7 to Oct 9</td>
</tr>
<tr>
<td>Park Drive, Shafer Park, Boonsboro</td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>Tuesday:</strong> 4pm – 7pm, May 3 to Oct 25</td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>Hagerstown Historic City Farmers’ Market</strong></td>
<td><strong>Ocean City</strong></td>
</tr>
<tr>
<td>25 W. Church St., Hagerstown</td>
<td>142nd St. &amp; Coastal Hwy., Ocean City</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 5am – noon, year-round</td>
<td><strong>Phillips Seafood extended parking lot</strong></td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>Sunday:</strong> 8am – 1pm, May 1 to Oct 9</td>
</tr>
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<thead>
<tr>
<th><strong>Ocean Pines</strong></th>
<th><strong>West Ocean City</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>239 Ocean Pkwy., Berlin</td>
<td><strong>11741 Ocean Gateway, Ocean City</strong></td>
</tr>
<tr>
<td><strong>White Horse Park</strong></td>
<td><strong>Thursday:</strong> 3pm – 6pm, May 27 to Sep 1</td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td><strong>Snow Hill</strong></td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
<tr>
<td>209 W. Green St., Snow Hill</td>
<td><strong>Thursday:</strong> noon – 5pm, May 5 to Sep 29</td>
</tr>
<tr>
<td><strong>FMNP &amp; FVC</strong></td>
<td><strong>FMNP &amp; FVC</strong></td>
</tr>
</tbody>
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2. **fax:** (202) 690-7442; or
3. **email:** program.intake@usda.gov.

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