

Why shop at your local farmers' market??

Farmers markets are easy to find. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed.

SNAP and WIC cards are accepted at most farmers markets.

You can try a new fruit or vegetable! Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.

Farmers often have good recommendations on ways to prepare their products.

Buy foods and see how they fit with ChooseMyPlate.gov. Create a healthy plate with goodies from your local farmers market. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.

Farmers markets can be important anchors for vibrant communities. Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Supporting your local farmers market strengthens your community.

It's a great way to get your kids involved. Let them pick out something new to try, then they can help prepare a meal or snack.

Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood. You can help new and/or smaller farmers be successful and save farmland in your area.

Freshly picked ripe food is at its peak in flavor and nutrition. Stop by your local farmers market today, learn where your food comes from, and enjoy some delicious and nutritious food.

Source: Nutrition.gov

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UNIVERSITY OF MARYLAND EXTENSION

Solutions in your community

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2014 Prince George's County Farmers Markets



From the farm to your plate...

Bowie Farmers Market

Bowie H.S. Parking Lot, 15200 Annapolis Rd.
301-809-3078 (Matt Corley)
8am-noon, Sundays, May 18-October 26

Branch Avenue in Bloom Farmers Market

Iverson Mall Parking Lot, 3737 Branch Avenue
301-702-2250 (Fleming Thomas)
9am-2pm, Saturdays, April 19-November 23

Capitol Heights Farmers Market

1472 Addison Rd South (Walker Mill Sq Shopping Ctr)
703-642-5030 (Nazir Bhagat)
10am-3pm, Saturdays & Wednesdays, May 3-Nov 22

Cheverly Community Market

6401 Forest Road
www.cheverlycommunitymarket.com
646-621-6968 (Kim Nemire)
8am-noon, every other Saturday, May 31-October 25
Holiday Markets: 8am-12pm, Nov. 22nd & Dec. 13th

College Park Farmers Market

5211 Paint Branch Parkway
(Wells-Linson swimming pool parking lot)
301-399-5485 (Phil Miller)
7am-noon, Saturdays, May 3-November 22

Downtown College Park Farmers Market

4500 Knox Road
240-487-3543 (Michael Stiefvater)
www.downtowncollegepark.org
10am-2pm, Sundays, April 27- November 23

The Farmers Market at Maryland

Front Entrance, Cole Field House, Univ of Maryland
202-487-6493 (Robert Schubert)
11am-3pm, Wednesdays, April 23- November 19

Frank & Gail's Farmers Market

378 Main Street, Laurel
301-483-0838 (Laurie Blitz)
9am-2pm, Thursdays, June 5-October 30

Freedom Farmers Market

10905 Livingston Road, Fort Washington
301- 203-0619 (Amina Jones-Law)
12pm-7pm, Fridays, June 13-October 17

Glenn Dale Farmers Market

Marietta Mansion, 5626 Bell Station Road
301-806-0111 (Donny Oluokun)
9am-1:30pm, Saturdays, May 3-November 22

Greenbelt Farmers Market

25 Crescent Rd (Greenbelt Municipal Bldg Parking Lot)
www.greenbeltfarmersmarket.org
240-476-8769 (Nancy Solomon)
10 am-2pm, Sundays, May 11-November 23
Holiday Market: December 7

Hollywood Farmers Market

9803 Rhode Island Avenue, College Park
301-659-6205 (Janis Opelt)
www.hollywoodmarket.org
9am-1pm, Saturdays, April 26-November 22

Hyattsville Farmers Market

3505 Hamilton Street
301-985-5021 (Cheryl Everhart)
2pm-6pm, Tuesdays, June 10-October 28

MedStar Southern MD Hospital Ctr Farmers Market

7503 Surratts Road, Clinton
301-877-4399 (Charmaine Smalley)
12pm-4pm, Wednesdays, May 21-October 29

Montpelier Farmers Market

1720 North Crain Highway, Upper Marlboro
410-320-0464 (Samantha Meinhardt)
www.montpelierfarms.com
9am-1pm, Saturdays, May 3- November 1

All county farmers markets welcome Farmers Market Nutrition Program (FMNP) WIC and Seniors Coupons & Fruit and Vegetable Checks (FVCs)!

Riverdale Park Farmers Market

Queensbury Road (MARC station parking lot)
301-586-5973 (Jim Coleman)
www.rpfarmersmarket.org
3pm-7pm, Thursdays, April 3-November 20

Roots & Stems Farmers Market

Tucker Road Athletic Complex, 1770 Tucker Road, Fort Washington
301-910-8076 (Phyllicia Hatton)
8:30am-1pm, Saturdays, June 21 - October 25

Route 1 Farmers Market & Bazaar

4100 Rhode Island Avenue, Brentwood
301-864-3860 (Carole Bernard)
4 pm-8pm, First Friday of Each Month, June 6-Nov 1
8am-2pm, Saturdays, June 7-November 2

St. Thomas Church Farmers Market

14300 St. Thomas Church Road, Upper Marlboro
301-627-8469 (Jeff Colburn)
www.stthomascroom.org
8am-12pm, Saturdays, June 7-September 27

**Southern Maryland Regional Farmers Market
*Agriculture Wholesale Auction***

11701 Crain Highway (Route 301), Cheltenham
301-372-1066 (Kris Williams)
www.smrfm.webs.com
Plants & Flowers: 2pm, Wednesdays & 10am, Saturdays, late-April to mid-June
Produce: 7pm, Thursdays, mid-June to late-October
Hay/Straw: 12pm, 1st & 3rd Saturdays, Nov-April

Suitland Farmers Market

Suitland Road & Shadyside Avenue
301-669-0777 (Sylvia Quinton)
3pm-7pm, Tuesdays, May 13 – November 4

USDA (Beltsville) Farmers Market

5601 Sunnyside Ave. (Parking Lot B)
301-504-1776 (Carletha McGriff)
10am-2pm, Thursdays, May 1-October 30