

Farmers' Market

COOKBOOK

What's
in Season?

page 4

Updated
guide to
Maryland
FARMERS'
MARKETS

page 26

Enjoy
a colorful
variety of
local fresh
foods

What's Cooking?

19 new recipes for great
seasonal meals

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

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.dhrs.state.md.us/>.

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A Rainbow of Flavor

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

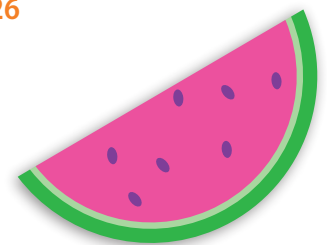


Use your WIC FVC and FMNP checks at the farmers' market.
page 3

Buy Maryland fruits and vegetables in season.
page 4

Find a farmers' markets near you that accepts FMNP and FVC checks and SNAP cards.

Be sure to find out if your market participates in a Matching Program—this may be the best reason to decide where you will shop.
page 26



Maryland WIC

1-800-242-4942 www.mdwic.org





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

march of dimes
healthy babies are worth the wait®



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS



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.



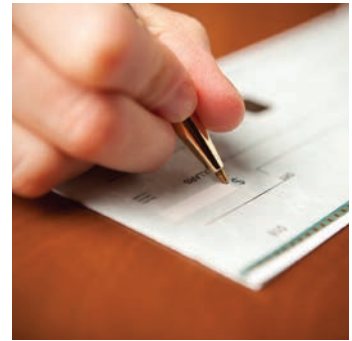
2

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.

| AGENCY | PARTICIPANT ID NO. | NAME OF PARTICIPANT (LAST, FIRST, M.I.) | CHECK NUMBER |
|---|--|---|--|
| 111101 | 200 708 439 | Test, Friday | 65730059 |
| FIRST DATE TO SPEND | July 04, 2013 | DATE REDEEMED | LAST DATE TO SPEND August 03, 2013 |
| CATEGORY: PG | | CASHIER FILL IN EXACT AMOUNT OF SALE | |
| TO BE USED FOR THESE ITEMS & QUANTITIES ONLY: | | DOLLARS | CENTS |
| 10 (Ten) dollars for Fruits and Vegetables | | \$ | |
| Also accepted by WIC Farmers | | | CHECKS NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR |
| Maryland WIC Program | Payable through FSNIC An Affiliate of Security State Bank Howard Lake, MN 55349 Account Number: 806619 | 75-1248/919 | SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY |
| | | X | VENDOR MUST DEPOSIT WITHIN 30 DAYS OF LAST DATE TO SPEND |

| Maryland 2016 Farmers' Market Nutrition Program | Account # 806629 | XXXXXX |
|---|-----------------------|----------------------------|
| Pay to the order of authorized Maryland Farmers' Market Vendor | 75-1248/919 | FIRST DATE OF USE: 6/01/16 |
| Farmer must deposit no later than December 5, 2016 | | LAST DATE OF USE: 11/30/16 |
| NOT VALID AT GROCERY STORES | | PAY EXACTLY \$ 5.00 |
| Good for the purchase of fresh, locally grown vegetables, fruits, and cut herbs from a FMNP Vendor. Any other use constitutes fraud. | | NO CHANGE GIVEN |
| FRESH LOCAL MARYLAND | STAMP AUTHORIZED FMNP | VENDOR NUMBER HERE |
| Check out our Farmers Market Finder site on your mobile phone at: http://farmersmarketfinder.org/ | | PARTICIPANT'S SIGNATURE |

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

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
 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
 Green Beans
 Green Peas
 Greens
 Lettuces
 Lima Beans
 Melons
 Mushrooms
 Nectarines
 Okra
 Onions
 Peaches
 Peppers
 Plums
 Potatoes
 Raspberries
 Summer Squash
 Tomatoes

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
 Raspberries
 Summer Squash
 Tomatoes
 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

OCTOBER



Apples
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Cucumbers
Greens
Lettuces
Mushrooms
Onions
Pumpkins
Radishes
Sweet Potatoes
Tomatoes
Turnips
Winter Squash

NOVEMBER



Apples
Broccoli
Brussel Sprouts
Cauliflower
Cucumbers
Greens
Lettuces
Mushrooms
Onions
Pumpkins
Radishes
Sweet Potatoes
Tomatoes
Turnips
Winter Squash

How many fruits and vegetables should you try to eat each day? *

| | Child (2-3 years) | Child (4-5 years) | Women |
|------------|-------------------|-------------------|------------|
| Fruits | 1 cup | 1 - 1 1/2 cups | 2 cups |
| Vegetables | 1 cup | 1 1/2 cups | 2 1/2 cups |

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

SOURCE: choosemyplate.gov

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

| Fruits | 1/2 cup serving | |
|------------------|--|---|
| Apple | 1/2 of a large apple (3 1/2" diameter) |  |
| Cantaloupe | 1 wedge (1/8 of a medium melon) |  |
| Green Grapes | 16 seedless grapes |  |
| Peach | 1 small (2" diameter) |  |
| Strawberry | 4 whole large berries |  |
| Watermelon | 6 melon balls |  |
| Vegetables | 1/2 cup serving | |
| Broccoli | 1 1/2 spears (5" long) |  |
| Celery | 1 large stalk |  |
| Corn | 1 small ear (6" long) |  |
| Lettuce & Greens | 1 cup, shredded raw |  |
| Sweet Potato | 1/2 large baked (2 1/2" diameter) |  |
| Tomatoes | 1 small raw (2 1/4" diameter) |  |

PREGNANT & SMOKING?



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is here to help. Call today!**

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*While supplies last



Maryland's SmokingStopsHere.com

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A tobacco-free life is just a phone call away

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**ALL SERVICES ARE
PRIVATE AND FREE**





Vegetable Dippers

4 servings

Ingredients

- 1 medium potato, peeled and grated
- ½ cup onion, diced
- 2 medium carrots, grated
- 1 cup broccoli, finely chopped
- 1 cup cauliflower, finely chopped
- 1 cup spinach, finely chopped
- 1 teaspoon bouillion powder
- 2 eggs, beaten
- ½ cup flour
- Cooking spray

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.

Northeast Vallet Health Corporation WIC Program,
Let's Cook with Fruits and Vegetables, page 18.



Portobello Pizzas

4 servings

Ingredients

- 4 large Portobello mushrooms about 4 inches wide, washed and stems removed
- ½ cup spaghetti sauce or pizza sauce
- 1 cup shredded cheese, such as mozzarella
- 1 teaspoon dried herbs, such as oregano
- ½ cup cooked and crumbled sausage (optional)
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

CONNECT WITH US



HOW TO

Make a Salad Into a Meal



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!



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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.
6. 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.

FruitsAndVeggiesMoreMatters.org
(Regal Ware Worldwide)



Corn and Black Bean Salad

8 servings

Ingredients

- 2 15-ounce cans black beans, rinsed and drained
- 2 cups corn kernels
- ¾ cup red bell pepper, seeded and chopped
- ¾ 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.

Produce for Better Health Foundation (PBH).

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



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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 $\frac{1}{4}$ teaspoon garlic powder. Add salt and pepper to taste.



6 Serve warm, topped with parmesan cheese.



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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

1. Rinse strawberries. Cut off leafy tops. Slice ⅛ -inch thick.
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.
4. Add milk and cinnamon to egg. Beat about 1 minute more.
5. Coat medium skillet with non-stick cooking spray. Heat over medium heat.
6. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating. Place quickly in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan.
7. Repeat steps 5 and 6 until each piece of bread has been cooked.
8. Top each piece of bread with 3 Tablespoons sliced strawberries. Dust generously with cocoa mixture.

Learn more at 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

Directions

1. Rinse cucumbers. Peel off skin every ¼ -inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
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.



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

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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
- ⅓ 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.

Learn more at CookingMatters.org

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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.
9. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.
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
- ¼ 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

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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.
2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
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.

Learn more at CookingMatters.org

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Holiday Roasted Butternut Squash

Chef Kelly Lucarelli • Portland, Ore.

Serves 6, ¾ 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 ¾-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.



Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- ½ Tablespoons maple syrup

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baby healthy!**

**Vaccines protect
your baby from
serious diseases
like whooping
cough and measles.
Make sure your
baby is up-to-date
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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

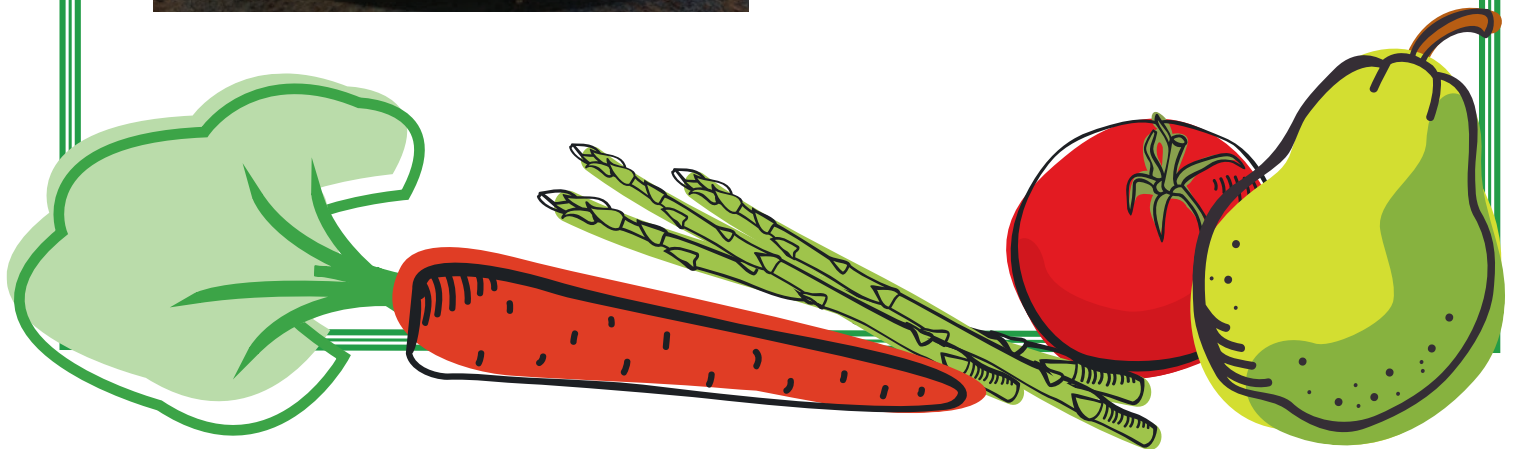
Ingredients:

- 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/>.



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For youth 18 years old and under

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- **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

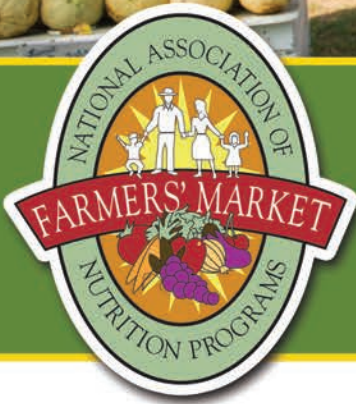


Directions

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.

Oregon State University Food Hero Campaign, www.FoodHero.org





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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)
- 1 cup diced onion
- ½ cup sliced celery
- 1 cup sliced or diced carrots
- 1½ cups sliced or chopped cabbage
- 1 can (15 ounces) kidney beans, drained and rinsed
- 2 cans (15 ounces each) tomato pieces with liquid
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) cut green beans, drained and rinsed
- 1 cup whole kernel corn, frozen or canned and drained
- 2 cups water
- 3 teaspoons or 3 cubes low sodium beef, chicken or vegetable bouillon
- 1 teaspoon garlic powder or 4 cloves, crushed
- 1 teaspoon dried parsley
- ½ teaspoon dried oregano leaf
- ½ teaspoon dried sweet basil leaf
- ¼ teaspoon pepper
- ½ 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
- ½ medium banana
- 1 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.





Maryland Farmers' Market Directory 2016

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 & SNAP

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

thebmi.org

FMNP & FVC

Druid Hill Farmers' Market

3100 Swann Dr., Baltimore

Wednesday: 3:30pm - 7:30pm, Jun 1 to Sep 28

druidhillpark.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

Village Farmers' Market

4501 Edmonson Ave., Baltimore

Saturday: 8am - noon, Jun 18 to Sep 30

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



If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers are important and can help Maryland a healthier place for mothers and babies.

For more information, please visit the PRAMS website at:
www.marylandprams.org



MARYLAND
PRAMS
Pregnancy Risk Assessment
Monitoring System
www.marylandprams.org

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

Feddersburg Downtown Farmers' Market

123 N. Main St., Feddersburg

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, Jun 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



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: Dhnh.envhealth@Maryland.gov

<http://phpa.dhnh.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
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 Sultan 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 & SNAP

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

Chestertown 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

frmm.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-](http://gaithersburgmd.gov/leisure/markets/farmers-markets)

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-](http://gaithersburgmd.gov/leisure/markets/farmers-markets)

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

Have questions about **Car Seat Safety??**



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 Eppley 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., Glen 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

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
ecocityfarms.org/food/ptfm/
FMNP, FVC & SNAP

Riverdale Park

4650 Queensbury Rd., Riverdale Park

Thursday: 3pm - 7pm, year-round
FMNP, FVC & SNAP

USDA Beltsville

5601 Sunnyside 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

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Home Grown Farm Market

21078 Three Notch Rd., Lexington Park
Saturday: 9am – 1pm, Mar 26 to Nov 19
homegrownfarmmarket.webs.com
FMNP, FVC & SNAP – Matching Program

North St. Mary's County

37600 New Market Rd., Charlotte Hall
Saturday: 8am – 6pm, Mar 26 to Nov 19
FMNP & FVC

Saturday Slack Market at Jubilee Farm

19680 Pear Hill Rd., Leonardtown
Saturday: noon – 6pm, Jun 4 to Nov 19
FMNP & FVC

Sotterley Farmer's Market

44300 Sotterley Ln., Hollywood
Saturday: 8am – 1pm, May 28 to Sep 24
sotterleyplantation.com/farmers-market-
sotterley-plantation.htm
FMNP & FVC

TALBOT COUNTY

Easton

100 N. Harrison St. Parking Lot, Easton
Saturday: 8am – 1pm, Apr 16 to Dec 17
Wednesday: 4pm – 7pm, Jul 6 to Aug 31
avalonfoundation.org/easton-farmers-market
FMNP, FVC & SNAP

St. Michaels FRESHFARM Market

208 N. Talbot St., St. Michael's
Saturday: 8:30am – 11:30 am, Apr 16 to Oct 22
ffm.org
FMNP, FVC & SNAP

WASHINGTON COUNTY

Boonsboro Farmers Market

Park Drive, Shafer Park, Boonsboro
Tuesday: 4pm – 7pm, May 3 to Oct 25
FMNP & FVC

Hagerstown Historic City Farmers' Market

25 W. Church St., Hagerstown
Saturday: 5am – noon, year-round
FMNP & FVC

Meritus Medical Center

11116 Medical Campus Rd., Hagerstown
Tuesday: 2pm – 5pm, Apr 30 to Oct 31
FMNP & FVC

Washington County

11003 Robinwood Dr., Hagerstown
Elks Lodge No. 378
Wednesday: 3pm – 6pm, May 18 to Sep 29
washingtoncountyfarmersmarket.com
FMNP & FVC

WICOMICO COUNTY

Camden Avenue

1401 Camden Ave., Salisbury
Thursday: 2:30pm – 5:30pm, year-round
CamdenAveFarmersMarket.com
FMNP, FVC & SNAP

Salisbury Shore Fresh Farmers' Market

300 E. Market St., Salisbury
Saturday: 8am – 1pm, May 7 to Nov 19
FMNP & FVC

Salisbury Shore Fresh Farmers' Market

300 Moss Lane, Salisbury
Wednesday: 3pm – 6pm, Jun 11 to Nov 23
FMNP & FVC

WORCESTER COUNTY

Downtown Berlin @ the Firehouse

214 Harrison Ave., Berlin
Wednesday: 3pm – 6pm, Jun 8 to Aug 24
Friday: 10am – 3pm, Apr 8 to Dec 31
FMNP & FVC

Ocean City

142nd St. & Coastal Hwy., Ocean City
Phillips Seafood extended parking lot
Sunday: 8am – 1pm, May 1 to Oct 9
Tuesday: 8am – 1pm, May 3 to Oct 9
Thursday: 8am – 1pm, May 5 to Oct 9
Saturday: 8am – 1pm, May 7 to Oct 9
FMNP & FVC

Ocean Pines

239 Ocean Pkwy., Berlin
White Horse Park
Saturday: 8am – 1pm, year-round
FMNP & FVC

Snow Hill

209 W. Green St., Snow Hill
Thursday: noon – 5pm, May 5 to Sep 29
FMNP & FVC

West Ocean City

11741 Ocean Gateway, Ocean City
Thursday: 3pm – 6pm, May 27 to Sep 1
FMNP & FVC

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary
for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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