

HOW TO SHOP AT A FARMERS MARKET:

1. Arrive at the market when it first opens for the best selection.
2. If you are using your food stamp (ACCESS), credit or debit card, go to the Fresh Access tent first to buy tokens.
3. When using cash, farmers appreciate small bills and change.
4. Ask farmers questions! They like to share recipes, cooking and storage tips.
5. Don't ask farmers to change the price.



Questions before you go?

Call Just Harvest at (412) 431-8960 x102

Or email emilys@justharvest.org

FIND YOUR NEAREST FRESH ACCESS FARMERS MARKET:

Beechview Thursday 3:30pm-7:30pm *(June-Oct)*
Broadway Ave & Hampshire St (by T: red)

Bloomfield Saturday 9am-1pm *(May-Nov)*
5050 Liberty Ave (bus: 54, 64, 86-87)

Carrick Wednesday 3:30pm-7:30pm *(June-Nov)*
Brownsville Rd & Parkfield St (bus: 51)

Downtown Friday 10am-2pm *(May-Nov)*
414 Grant St, City-County Bldg. (multiple buses, T)

East Liberty Monday 3:30pm-7:30pm *(May-Nov)*
Station St & N Euclid Ave (bus: 71A-C, 74-75, 77, 82, 86-89)

Lawrenceville Saturday 1pm-4pm *(June-Oct)*
5137 Butler St (bus: 87, 91, 93)

Market Square Thursday 10am-2pm *(May-Oct)*
Market St & Forbes Ave (multiple buses, T)

Moon Twp Wednesday 3:30pm-6:30pm *(June-Sep)*
1000 Beaver Grade Rd, Moon Twp Building

North Side Friday 3:30pm-7:30pm *(May-Nov)*
E Ohio St & Cedar Ave (bus: 1, 2, 4, 6-8, 11-12, 15, 17, 54)

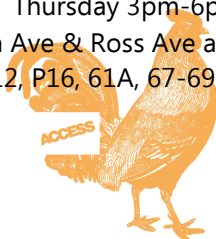
Peters Twp Wednesday 3pm-7pm *(May-Oct)*
St. David's Episcopal Church, 905 E McMurray Rd

South Side Tuesday 3:30pm-7:30pm *(May-Nov)*
E Carson St & 18th St (bus: 48, 51, 54, 81, 83)

Squirrel Hill Sunday 9am-1pm *(June-Nov)*
Between Beacon & Bartlett St, behind Murray Ave
(bus: 61A-D, 64-65, 74)

Swissvale Saturday 9am-1pm *(May-Nov)*
7421 Church St (bus: 59, 61A-B, 71, P7)

Wilkinsburg Thursday 3pm-6pm *(June-Nov)*
Between South Ave & Ross Ave at Wood St
(bus: P2, P7, P12, P16, 61A, 67-69, 71, 78-79, 86)



FreshACCESS

**USE YOUR FOOD STAMP (ACCESS),
CREDIT OR DEBIT CARD AT FRESH
ACCESS FARMERS MARKETS.**



ACTION AGAINST HUNGER

HOW TO USE YOUR FOOD STAMP (ACCESS), CREDIT OR DEBIT CARD TO SHOP AT THE FARMERS MARKET:



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

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

Get an extra \$2 to spend on fruits & veggies for every \$5 you spend in food stamps!



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



Major support for Fresh Access is provided by the US Department of Agriculture's Farmers Market Promotion Program.

WHAT'S IN SEASON AT THE FARMERS MARKET?

	May	June	July	Aug	Sep	Oct	Nov
Apples							
Beans, green							
Berries							
Broccoli							
Cabbage							
Carrots							
Corn							
Cucumbers							
Greens							
Lettuce							
Onions							
Melon							
Peaches, Nectarines, Plums							
Peppers							
Potatoes							
Squash, summer							
Squash, winter							
Strawberries							
Tomatoes							

Fresh Access is a program of

JUST HARVEST

16 Terminal Way, Pittsburgh PA 15219
(412) 431-8960
www.justharvest.org

WHAT YOU CAN BUY WITH YOUR FOOD STAMP TOKENS:

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



WHAT TO DO WITH LEFTOVER TOKENS:



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