

GetFresh

WIC AND SENIOR FARMERS' MARKET
NUTRITION PROGRAMS

2017 Buyer's Guide

- ✓ Locally Grown Food List
- ✓ Farmers' Market Locations
- ✓ GetFresh Program Instructions

Season Dates:

Get Fresh Program: June 1st - November 30th

Produce Plus Program: June 1st - September 30th

► **TRADUCCIÓN AL ESPAÑOL INCLUIDA**



This institution is an equal opportunity provider.

2017 Approved Locally Grown Food

Spend your GET FRESH checks before the program ends November 30th



VEGETABLES

Artichokes
Asparagus
Beans - Fresh (all)
Beets
Bok Choy (all)
Broccoli
Brussel Sprouts
Cabbage (all)
Carrots
Cassava Leaves
Cauliflower
Celeriac
Corn (all)
Cucumbers
Edible Gourds (all)
Eggplants
Fennel
Ginger (all)
Greens (all)
Jute Leaf
Jamma Jamma
Kohlrabi
Leeks
Lettuce (all)
Microgreens (all)
Mushrooms (all)
Okra
Onions (all)
Parsnips
Peas (all)
Peppers (all)
Potatoes (all)
Purslane
Radishes (all)
Rhubarb
Rutabagas
Squash (all)
Sunchokes
Tomatillos
Tomatoes
Turnip Roots & Greens

FRUITS

Apples (all)
Apricots
Berries (all)
Cherries (all)
Currants
Figs
Grapes (all)
Melons (all)
Nectarines (all)
Paw Paw
Peaches (all)
Pears (all)
Plums (all)
Quince

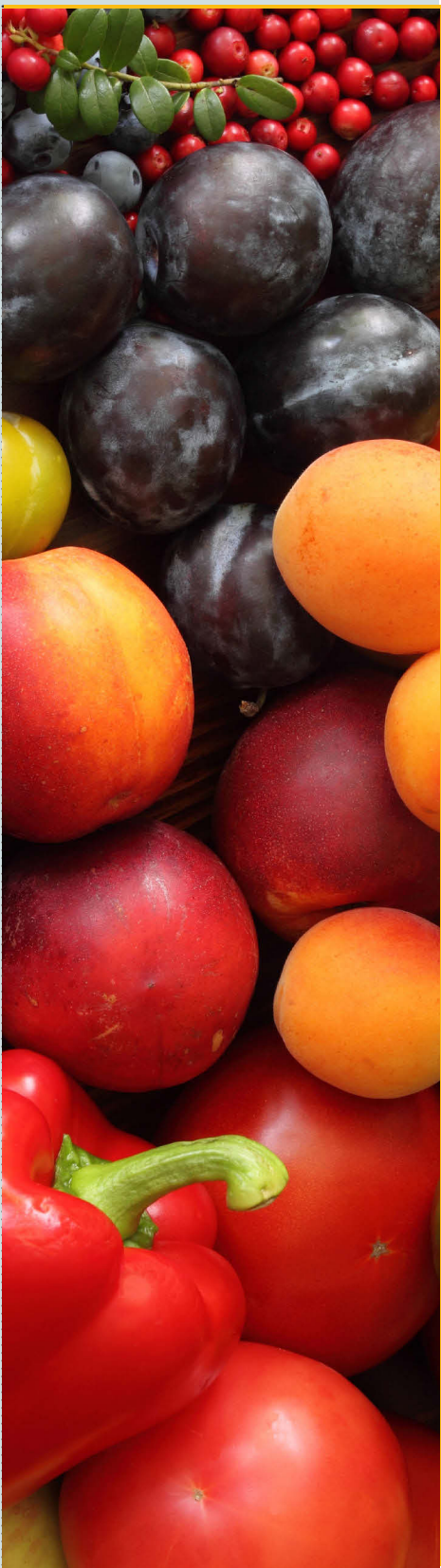
HERBS

Basil
Bay Laurel
Borage
Caraway
Catnip
Chervil
Chives
Cilantro
Dill
Garlic
Lemon Verbena
Lavender
Lemongrass
Lemon Balm
Lovage
Sweet Marjoram
Mint (all)
Nasturtium
Oregano
Parsley
Rosemary
Sage
Salad Burnet
Savory (all)
Sorrel
Tarragon
Thyme

all = all locally grown varieties

2017 Alimentos Aprobados por Programa

Gaste todos sus cheques de GET FRESH antes que el program termine Noviembre 30



VEGETALES

Alcachofa
Espárragos
Frijoles / Habichuelas (todos)
Remolachas
Col China (todos)
Brócoli (todos)
Coles De Bruselas
Repollo (todos)
Zanahorias
Hoyas De Yuca
Coliflor
Apio
Maiz/Elote (todos)
Pepinos
Calabazas Comestibles
Berenjenas
Hinojo
Jengibre (todos)
Vegetables De Hoja Verde (todos)
Hoya De Yute
Jamma Jamma
Colinabo
Puerros
Lechugas (todas)
Microgreens
Hongos / Setas
Quingombò
Cebollas (todas)
Chirivías
Arvejas (todas)
Pimientos / Chiles (todos)
Papas (todas)
Verdolagas
Rábanos (todos)
Ruibarbo
Colinabos
Calabazas (todas)
Aguaturma
Tomatillos
Tomates (todos)
Raíz de Nabo

FRUTAS

Manzanas (todas)
Albaricoques
Bayas (todas)
Cerezas (todas)
Grosellas
Higos
Uvas (todas)
Melones / Sandías (todos)
Nectarinas
Paw Paw
Duraznos (todas)
Peras (todas)
Ciruelas (todas)
Membrillo

HIERBAS

Albahaca
Laurel
Borraja
Alcaravea
Hierba Gatera
Perifollo
Cebollino
Cilantro
Eneldo
Ajo
Verbena De Limón
Lavanda
Hierba de Limón
Bálsamo de Limón
Levístico
Mejorana Dulce
Menta (todas)
Capuchina
Orégano
Perejil
Romero
Salvia
Burnet Ensalada
Ajedrea (todos)
Acerda
Estragón
Tomillo


todos = todas las variedades
cultivadas localmente

➤ = Approved GetFresh Farmers  = Produce Plus Program Distributor

MONDAY


No Markets

TUESDAY


Arcadia's Mobile Market at the Overlook at Oxen Run 
3700 Ninth St., SE
10:00AM - 12:00PM
May 23 – Oct. 31 | Ward 8

SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market Parkside Unity Health Clinic / Circle 7 
740 Kenilworth Ave., NE
3:00PM - 6:00PM
May 23 - Nov. 28 | Ward 7
SNAP | BONUS BUCKS


➤ Arcadia 's Mobile Market

Brookland Farmers' Market 
10th & Otis St., NE
4:00PM - 7:00PM
June 7th - Oct. 31 | Ward 5

➤ Licking Creek Bend Farm

Department of Transportation Farmers' Market
1200 New Jersey Ave., SE
10:00AM – 2:00PM
June 7 - Oct. 31 | Ward 6

➤ Orchard County Produce

Eastern Market 
225 7th St., SE
3:00PM - 7:00PM
Year-Round | Ward 6

➤ Budd's Creek Produce
➤ Mockingbird Hill Farm
➤ Walnut Hill

FRESHFARM Markets at City Center DC
1098 New York Ave., NW
11:00AM – 2:00PM
May 2 – Oct. 31 | Ward 2
SNAP | BONUS BUCKS

➤ Barajas Produce
➤ Black Rock Orchard

Hyattsville Farmers' Market
3799 East West Hwy
West Hyattsville, MD
3:00PM – 7:00PM
June 6 – Sep. 26
SNAP | BONUS BUCKS

➤ Apple Valley
➤ Knopp's Farm
➤ Norma's Produce


K Street Farm
111 K St., NW
1:00PM – 3:00PM
May 16 - Nov. 10 | Ward 2

➤ K Street Farm

Union Market
1309 Fifth St., NE
11:00AM - 8:00PM
Year-Round | Ward 5

➤ Almaala Farms


WEDNESDAY

Arcadia's Mobile Market at Children's National Health System WIC Site 
111 Michigan Ave., NW
11:00AM - 1:00PM
May 17 – Nov. 29 | Ward 1
SNAP | BONUS BUCKS


➤ Arcadia's Mobile Market

Arcadia's Mobile Market Common Good City Farm's Market at the Park at LeDroit 
Corner of 3rd St. & Elm St., NW
3:00PM - 6:00PM
May 17 – Nov. 29 | Ward 2
SNAP | BONUS BUCKS


➤ Arcadia's Mobile Market
➤ Common Good City Farm

Arcadia's Mobile Market at Hendley Elementary 
425 Chesapeake St., SE
3:00PM - 6:00PM
May 24 – Oct. 25 | Ward 8
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market at Wah Luck House 
800 Sixth St., NW
10:00AM - 1:00PM
May 24 – Oct. 25 | Ward 2
SNAP | BONUS BUCKS


➤ Arcadia's Mobile Market

Columbia Heights Farmers' Market 
14th St. & Park Rd., NW
4:00PM - 7:00PM
May 31 - Oct. 11 | Ward 5
SNAP | BONUS BUCKS

➤ 78 Acres
➤ Country Vittles from Critter Hill Farm
➤ Pleitez Produce
➤ Three Springs Fruit Farm

Crossroads Farmers Market
1021 University Blvd. & Anne St.
Takoma Park, MD
11:00AM – 3:00PM
May 31 - Dec. 27
SNAP | BONUS BUCKS

➤ Tuckeys Mountain Grown Fruit & Vegetables

DC Urban Greens Fort Dupont Urban Farm 
3779 Ely Place, SE
3:00PM - 5:00PM
May 13 - Oct. 15 | Ward 7
SNAP

➤ DC Urban Greens

FRESHFARM Markets at Foggy Bottom 
901 23rd St., NW
Apr. 5 – Nov. 22 | Ward 2
3:00PM - 7:00PM
SNAP | BONUS BUCKS

➤ Barajas Produce
➤ Dicot Farm
➤ Quaker Valley Orchards

Field of Greens Farmers' Market
3675 Ely Place, SE
5:00PM - 8:00PM
May -Sep. | Ward 7

➤ Field of Greens

Minnesota Avenue Farmers' Market
Minnesota Avenue Unity Clinic
3924 Minnesota Avenue NE
2:30PM - 5:30PM
May - November | Ward 7

➤ Approved farmer coming soon!

Rose Park Farmers' Market
26th & O St., NW
3:00PM – 7:00PM
May 3 - Oct. 25 | Ward 3

➤ Quaker Valley Orchards


Union Market
1309 Fifth St., NE
11:00AM - 8:00PM
Year-Round | Ward 5

➤ Almaala Farms


University of Maryland Market
1214 Cole Student Activities Building, UMD
College Park, MD 20742
11:00AM - 3:00PM
May 24 - Aug. 23

➤ Country Vittles from Critter Hill Farm
➤ McCleaf's Orchards


THURSDAY

Arcadia's Mobile Market at Community of Hope Conway Health Center / Bellevue Library 
115 Atlantic St., SW
3:00PM – 6:00PM
May 25 - Nov. 30 | Ward 7
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market at Congress Heights Senior Wellness Center 
3500 Martin Luther King Jr. Ave., SE
10:00AM - 12:00PM
May 18 - Nov. 30 | Ward 8
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market at Perry Street Preparatory Public Charter 
1800 Perry St., NE
3:00PM - 6:00PM
May 18 - Oct. 25 | Ward 5
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

FRESHFARM Markets at Penn Quarter
801 F St., NW
3:00PM – 7:00PM
Apr. 6 – Nov. 16 | Ward 2
SNAP | BONUS BUCKS

➤ Anchor Nursery
➤ Black Rock Orchard
➤ Endless Summer Harvest
➤ Gamer's Produce
➤ Mountain View Farm
➤ Toigo Orchards

FRESHFARM Markets by the White House
810 Vermont Ave., NW
between H & I St.
11:00AM - 2:00PM
Apr. 6 - Nov. 16 | Ward 2
SNAP | BONUS BUCKS

➤ Kuhn Orchards
➤ Pleitez Produce

K Street Farm
111 K St., NW
5:00PM - 7:00PM
May 16 - Nov. 10 | Ward 2

➤ K Street Farm

Minnesota Avenue Farmers' Market
Minnesota Ave - Benning Rd., NE
2:00PM - 5:00PM
May - November | Ward 7

➤ Pleitez Produce

Open Air Farmers' Market at RFK Stadium 
Benning Rd. & Oklahoma Ave., NE
Parking Lot # 6
7:00AM - 4:00PM
Year-Round | Ward 6
SNAP

➤ B&T Produce Trading as Miller Farm 1


Union Market
1309 Fifth St., NE
Year-Round | Ward 5
11:00AM - 8:00PM

➤ Almaala Farms

FRIDAY

Arcadia's Mobile Market at Barry Farm Recreation Center 
1230 Sumner Rd., SE
3:00PM - 5:00PM
May 19 - Oct. 27 | Ward 8
SNAP | BONUS BUCKS


➤ Arcadia's Mobile Market

Arcadia's Mobile Market at Deanwood Recreation Center 
1350 49th St., NE
10:00AM - 12:00PM
May 26 - Nov. 17 | Ward 5
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market at Edgewood Commons 
601 Edgewood St., NE
3:00PM - 5:00PM
May 26 - Nov. 17 | Ward 5
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Arcadia's Mobile Market at United Medical Center 
1310 Southern Ave., SE
10:00AM - 12:00PM
May 19 - Oct. 27 | Ward 8
SNAP | BONUS BUCKS

➤ Arcadia's Mobile Market

Capital Harvest on the Plaza (CHoP) Farmers' Market

1300 Pennsylvania Ave., NW
11:00AM - 3:00PM
May 19 - Nov. 10 | Ward 5
➤ BP Miller Farms
➤ Tuckey's Mountain Grown Fruit and Vegetable

Union Market
1309 Fifth St., NE
11:00AM - 8:00PM
Year-Round | Ward 5

➤ Almaala Farms


USDA Farmers' Market
12th & Independence Ave., SW
9:00AM - 2:00PM
May 5 - Oct. 27 | Ward 2

➤ Diaz Berries Vegetables
➤ Mock's Greenhouse


SATURDAY

14th & Kennedy St. Farmers' Market 
14th & Kennedy St., NW
9:00AM - 1:00PM
May 13 - Nov. 19 | Ward 1

➤ Gamer's Produce
➤ McCleaf's Orchard

14th & U Farmers' Market 
14th St. and U St., NW
9:00AM - 1:00PM
May 13 - Nov. 18 | Ward 1
SNAP | BONUS BUCKS

➤ Gamers Produce
➤ Kuhn's Orchards
➤ McCleaf's Orchard
➤ Mountain View Farm
➤ Truck Patch Farms

Adams Morgan Farmers' Market 
18th St. & Columbia Rd., NW
8:00AM - 1:00PM
June 1 - Dec. 30 | Ward 5

➤ Licking Creek Bend Farm

American Market
100 American Way
National Harbor, MD
10:00AM - 4:00PM
May 4 - Oct. 6

➤ BP Miller Farms

Brookland's Monroe Street Farmers' Market 

Arts Walk and Plaza at 716
Monroe St., NE
Apr. 22 - Dec. 9 | Ward 5
9:00AM - 1:00PM
SNAP | BONUS BUCKS


➤ 78 Acres

Cheverly Community Market
6401 Forest Road
Cheverly, MD
8:00AM - 12:00PM
June 3- Dec. 15
* open every other Saturday
SNAP | BONUS BUCKS


➤ Benny's Market

Columbia Heights Farmers' Market 
Civic Plaza at the intersection of 14th St. & Park Rd., NW
9:00AM - 1:00PM
April 22 - Dec. 9 | Ward 1
SNAP | BONUS BUCKS

➤ 78 Acres
➤ Country Vittles From Critter Hill Farm
➤ Pleitez Produce
➤ Three Springs Fruit Farm

DC Urban Greens Fort Dupont Urban Farm 
3779 Ely Place, SE
10:00AM - 12:00PM
May 13 - Oct. 15 | Ward 7
SNAP

➤ DC Urban Greens

Eastern Market 
225 7th St., SE
8:00AM - 5:00PM
Year-Round | Ward 6

➤ Gardeners Gourmet
➤ Knopp Farms
➤ Knopp's Farm on the Shore
➤ Long Meadow Farm
➤ Sunnyside Farm
➤ Walnut Hill Farm

East Capitol UDC Urban Farm Farmers' Market
5901 East Capitol St., SE
8:00AM - 1:00PM
May 28 - Nov. 20 | Ward 7


➤ East Capitol Urban Farm

FRESHFARM Downtown Silver Spring Market
890 Ellsworth Drive
Silver Spring, MD
9:00AM - 1:00PM
Year-Round
SNAP | BONUS BUCKS

➤ Barajas Produce
➤ Chicano Sol
➤ Gardener's Gourmet
➤ Koiner Produce
➤ Kuhn Orchards
➤ Mock's Greenhouse
➤ Quaker Valley Orchards
➤ Spiral Path Farm
➤ Spring Valley Farm & Orchard
➤ Three Springs Fruit Farm

FRESHFARM H St., NE Market 
800 13th St, NE
9:00AM - 12:30PM
Apr. 8 - Dec. 16 | Ward 6
SNAP | BONUS BUCKS

➤ Rainbow Hill Farm
➤ Richfield Farm
➤ Quaker Valley Orchard

FRESHFARM Mt. Vernon Triangle Market 
499 I St., NW
Silver Spring, MD
May 6 - Oct. 28
10:00AM - 2:00PM
SNAP | BONUS BUCKS


➤ Black Rock Orchard
➤ Chicano Sol
➤ Pleitez Produce

Garret Park Farmers' Market
4600 Waverly Ave.
Garrett Park, MD
9:00AM - 1:00PM
Year-Round
➤ Chicano Sol

Glover Park and Burleith Farmers' Market
1819 35th St. NW
9:00AM - 1:00PM
May 13 - Nov. 18 | Ward 3
SNAP | BONUS BUCKS
➤ Country Vittles From Critter Hill Farm
➤ Spring Valley Farm & Orchard
➤ Westmoreland

Hollywood Farmers' Market
9801 Rhode Island Ave.
College Park, MD
9:00AM - 1:00PM
Apr. 22 - Nov. 30

➤ Dicot Farm

Kenilworth - Parkside Farmers' Market 
750 Parkside Place, NE
9:00AM - 1:00PM
May 13 - Nov. 11 | Ward 7
SNAP | BONUS BUCKS

➤ Linda Vista Farm

➤ = Approved GetFresh Farmers  = Produce Plus Program Distributor

SATURDAY
continued..

Maret School Market
3000 Cathedral Ave., NW
8:30AM - 12:30PM
Year-Round | Ward 3

➤ **Twin Springs Fruit Farm**

Montgomery Village Farmers' Market
9801 Centerway Rd.
Montgomery Village, MD
9:00AM - 1:00PM
June 3 - October 28

➤ **Pleitez Produce**

Mount Pleasant Farmers' Market
Mt. Pleasant St. Plaza
9:00AM - 1:00PM
April 1 - Dec. 23 | Ward 1
SNAP | BONUS BUCKS

➤ **Earth Spring Farm**
➤ **Quaker Valley Orchards**
➤ **Reid's Orchard**
➤ **Richfield Farm**
➤ **Truck Patch Farms**

Open Air Farmers' Market at RFK Stadium
Benning Rd. & Oklahoma Ave., NE / Parking Lot # 6
7:00AM - 4:00PM
Year-Round | Ward 6

➤ **B-T Produce Trading as Miller Farm 1**
➤ **Ochoa Produce**
➤ **The Weaver Brothers**

Paint Branch Farmers' Market
5211 Paint Branch Rd.
College Park, MD
7:00AM - 12:00PM
May - October

➤ **Lynndale**
➤ **Miller Farms**

Petworth Farmers' Market
9th and Upshur St., NW
9:00AM - 1:00PM
May 6 - Nov. 18 | Ward 4
SNAP | BONUS BUCKS

➤ **Kuhn Orchards**
➤ **Open Book Farm**
➤ **Pleitez Produce**
➤ **Three Part Harmony**

Pike Central Farm Market
910 Rose Avenue
North Bethesda, MD
May 6 - Dec. 31
9:00AM - 1:00PM
SNAP | BONUS BUCKS
➤ **Mock's Greenhouse**

The Peoples Health Initiative at Potomac Gardens
1229 G St., SE
1:00PM - 4:00PM
June - Sept. | Ward 6
SNAP

➤ **Rainbow Hill Farm**

Rockville Farmers' Market
Rockville Town Center
Corner of Route 28 & Monroe St.
9:00AM - 1:00PM
May 13th - Nov. 18 | Ward 3
SNAP

➤ **Mock's Greenhouse**
➤ **Pleitez Produce**
➤ **Spiral Path Farm**

Union Market
1309 Fifth St., NE
11:00AM - 8:00PM
Year-Round | Ward 5
➤ **Almaala Farms**

Van Ness Farmers' Market
4340 Connecticut Ave., NW
8:00AM - 2:00PM
May 28th - Nov. 27 | Ward 3

➤ **Apple Valley**
➤ **G. Flores Produce**
➤ **Kings Produce**

Ward 8 Farmers' Market
3200 6th St. SE
10:00AM - 2:00PM
June 17 - Nov. | Ward 8
SNAP

➤ **Licking Creek Bend Farm**

SUNDAY

American Market
100 American Way
National Harbor, MD
10:00AM - 4:00PM
May 4 - Oct. 26
➤ **BP Miller Farms**

Bethesda Central Farm Market
7600 Arlington Rd. at Old Georgetown Rd. Bethesda, MD
9:00AM - 1:30PM
Apr. 2 - Dec. 12

➤ **Mock's Greenhouse**
➤ **Spiral Path Farm**

Bloomingdale Farmers' Market
1st and R St., NW
9:00AM - 1:00PM
May 7 - Nov. 19 | Ward 5
SNAP | BONUS BUCKS

➤ **Gamer's Produce**
➤ **Mountain View Farm**
➤ **Reid's Orchard**
➤ **Truck Patch Farms**

Eastern Market
225 7th St., SE
9:00AM - 5:00PM
Year-Round | Ward 6

➤ **Knopp Farm**
➤ **Knopp's Farm on the Shore**
➤ **Long Meadow Farm**

East Capitol Urban Farm Farmers' Market
5901 East Capitol St., SE
8:00AM - 1:00PM
May 27 - Nov. 20 | Ward 7

➤ **East Capitol Urban Farm**

Greenbelt Farmers' Market
25 Crescent Rd.
Greenbelt, MD
10:00AM - 2:00PM
May 14 - Nov. 19

➤ **Pleitez Produce**

FRESHFARM Capital Riverfront
200 M St., SE
10:00AM - 2:00PM
May 7 - Sept. 24 | Ward 6
SNAP | BONUS BUCKS

➤ **Barajas Produce**
➤ **Loblolly Organic Farm**
➤ **Mock's Greenhouse**
➤ **Kuhn Orchard's**
➤ **Rainbow Hill Farm**
➤ **Up Top Acres**

FRESHFARM Dupont Circle Market
1500 20th St., NW
8:30AM - 1:30PM
Year-Round | Ward 2
SNAP | BONUS BUCKS

➤ **AnchorNursery**
➤ **Black Rock Orchard**
➤ **Chicano Sol, LLC**
➤ **Endless Summer Harvest**
➤ **Gardeners Gourmet**
➤ **Quaker Valley Orchards**
➤ **Spring Valley Farm & Orchard**
➤ **The Farm at Sunnyside**
➤ **Toigo Orchards**
➤ **Tree and Leaf Farm**
➤ **Twin Springs Fruit Farm Inc.**

Olney Farmers' and Artists' Market
2801 Olney-Sandy Spring Rd.
Olney, MD
9:00AM - 1:00PM
May 14 - Nov. 5

➤ **Norma's Produce**
➤ **Pleitez Produce**

Palisades Farmers' Market
48th Place, NW
9:00AM - 1:00PM
Year-Round | Ward 3
SNAP | BONUS BUCKS

➤ **Gamer's Produce**
➤ **Kuhn Orchards**

Shaw Farmers' Market
925 Rhode Island Ave., NW
10:00AM - 2:00PM
May 14 - Oct. 29 | Ward 5
SNAP | BONUS BUCKS

➤ **Apple Valley**
➤ **Linda Vista Farm**
➤ **Spring Valley Farm & Orchard**
➤ **Three Springs Fruit Farm**

Tacoma Park Farmers' Market
6395 Laurel Avenue,
Takoma Park, MD
10:00AM - 2:00PM
Year-Round
SNAP

➤ **Black Rock Orchard**
➤ **Glenville Hollow Farms**

Union Market
1309 Fifth St., NE
11:00AM - 8:00PM
Year-Round | Ward 8

➤ **Almaala Farms**

Are you at the market and having problems finding a GetFresh farmer?

▶ Look for the GetFresh Poster at a farm stand.



▶ Find a farmer by using the WICShopper mobile app. Available at:



▶ Scan the QR code with your smartphone to find up-to-date market information.



▶ Go to the information tent or find a market representative.

▶ Call your WIC site or 1.800.345.1WIC for assistance.





Use your
benefits before
they expire.

Get Fresh Checks

Expire November 30th

Produce Plus Checks

Expire September 30th