

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 (SNAP EBT), 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.
6. You can always ask for help at the Fresh Access tent.



QUESTIONS BEFORE YOU GO?

CONTACT JUST HARVEST

phone: (412) 431-8960 x110

email: averylh@justharvest.org

FIND YOUR NEAREST

*Fresh*ACCESS FARMERS MARKET

FARMERS MARKETS

BELLEVUE WEDNESDAYS 3pm-7pm | *JUL 15-OCT 28*

Bayne Park: 34 N Balph (bus: 13,16)

BLOOMFIELD SATURDAYS 9am-1pm | *MAY 9-NOV 21*

5050 Liberty (bus: 54, 64, 86, 87)

CARRICK WEDNESDAYS 3pm-7pm | *JUN 3-NOV 25*

1529 Brownsville (bus: 51, 51L)

DOWNTOWN SUNDAYS 10am-2pm | *MAY 17-OCT 35*

1201 Waterfront (2, 86, 87, 88, 91)

EAST LIBERTY MONDAYS 3pm-7pm | *JUN 13-NOV 25*

Garland Parklet Lot: N. Euclid (bus: 71A-C, 74-75, 77, 82, 86, 87, 88, 89)

FOREST HILLS THURSDAYS 4pm-7pm | *MAY 22-OCT 30*

1840 Ardmore (bus: 69, P69, P76)

GREEN TREE FRIDAYS 4pm-7pm | *JUN 25-OCT 29*

905 Greentree

HILL DISTRICT 2ND & 4TH SATURDAYS | *JUL-OCT*

TBD

HOMWOOD SATURDAYS 10am-2pm | *JUN 13-TBD*

7240 Frankstown (bus: 74, 77, 86)

LAWRENCEVILLE TUESDAYS 4pm-7pm | *JUN 2-OCT 27*

Arsenal Park: 40th & Butler (bus: 54, 64, 88, 91, 93)

NORTH SIDE FRIDAYS 3pm-7pm | *JUN 12-OCT 30*

Allegheny Commons Park: E. Ohio & Cedar (bus: 1, 2, 4, 6, 7, 8, 11, 12, 15, 17, 54)

SQUIRREL HILL SUNDAYS 9am-1pm | *JUN 7-NOV 22*

Between Beacon & Bartlett, behind Murray (bus: 61, 64, 65, 74)

SWISSVALE SATURDAYS 9am-1pm | *JUN 6-OCT 31*

Municipal parking lot on Washington near Noble (bus: 59, 61B, 71, P71)

WILKINSBURG THURSDAYS 4pm-7pm | *JUN 18-AUG 27*

700 block of Penn (bus: 67, 69, 71D, 79, 86, P12, P16, P67, P71, P78,)

FARM STANDS (VIA GROW PITTSBURGH)

BRADDOCK BRADDOCK FARMS

SATURDAYS 9am-2pm | *MAY 2-OCT*

WEDNESDAYS 3:30pm-6:30pm | *JUN 3-OCT*

Braddock and 10th (bus: 61B)

POINT BREEZE SHILOH FARMS

THURSDAYS 2pm-6pm | *JUN 25-OCT*

Thomas & Homewood (bus: P1)

WILKINSBURG GARDEN DREAMS

THURSDAYS 3pm-6pm | *MAY 2-OCT*

806 Holland (bus: 67, 69, 71D, 79, 86, P12, P16, P67, P71, P78)

These dates and locations are subject to change. Please check our website at justharvest.org/fresh-access before you go.

*Fresh*ACCESS

USE YOUR FOOD STAMPS (SNAP EBT),
CREDIT OR DEBIT CARD AT
FRESH ACCESS FARMERS MARKETS.



ACTION AGAINST HUNGER

16 Terminal Way Pgh. PA 15219
(412) 431-8960 | justharvest.org/fresh-access

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.

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

For every \$2 you spend in food stamps get an extra \$2 to spend on fruits & veggies!



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

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 prepared foods



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 SNAP EBT card.