

At the FARMERS' MARKET

You'll find fruits and vegetables such as:

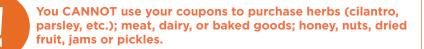
BEFORE YOU GO

Get your family excited about your next trip to the farmers' market!

- Some farmers' markets offer special events or activities your family might enjoy, like live music or arts and crafts. Try looking online for a calendar of events, or ask for one during your next visit to the market.
- Your friends and family would love to have some fun too! Invite others to join you for a full day of farmers' market fun.
- Stop by the library or search online for information to read to your children about fruits and veggies and how they are grown. Before you go to the farmers' market, sit down with your children and find a new recipe to try using fruits and vegetables you will find at the market.



- Look around the entire market and visit several vendors.
- Take your time to decide what to buy and think about how you can make the most out of your purchase.
- Remember that fresh fruits and vegetables won't stay fresh for long. Prevent food waste by buying smaller amounts of several items.
- The type of produce available changes throughout the season, so visit your local farmers' market often.
- Each coupon is worth \$5. If you buy less than the amount printed, farmers cannot give you change back.
- Treat coupons the same as you would cash. Lost or stolen coupons will not be replaced.
- Look for signs at the farmers' market that have the blue WIC coupon displayed on them.





WATERMELON



CAULIFLOWER



ASPARAGUS



POTATOES



ROMAINE LETTUCE



TOMATOES



GREEN BEANS



CABBAGE



CANTALOUPE



CUCUMBERS



BROCCOLI



ZUCCHINI, SQUASH



PEACHES, PLUMS, NECTARINES



SWEET CORN



PEPPERS



BLUEBERRIES, BLACKBERRIES

Ideas for Using Produce

SNACKS WITH DIPS

Add chopped parsley or cilantro and chives to plain yogurt and serve as a dip with radish slices, carrot strips, asparagus, broccoli and other fresh cut-up vegetables.

SOUPS AND STEWS

Root vegetables, finely chopped dark green vegetables, spring onions, chives and parsley add flavor, color and nutrients to homemade soups and stews.

HOMEMADE BABY FOOD

For babies between 6 and 9 months of age, steam and puree cauliflower, broccoli, beets, carrots, potatoes and other root vegetables. Peeled, pureed apricots or peaches are also great choices for first foods.

STIR-FRY DISHES

Chop chard, arugula, spinach or kale and add to stir-fry dishes.

Because they cook down so much, you can actually add several cups to one dish.

MAKE A SWEET TREAT

Fruits, like blueberries, cherries, and strawberries make a great topping on cereal, granola, or when mixed in with low-fat yogurt.

NEVADA FARMERS' MARKET LOCATIONS

RENO/SPARKS/TAHOE

Tamarack Junction Farmers' Market

13101 S. Virginia Street (Parking lot), Reno Saturdays, 9:00am-1:00pm

The Village Farmers' Market

1119 California Street (Corner of California & Booth), Reno Saturdays, 8:00am-1:00pm

Riverside Farmers' Market

925 Riverside Drive (McKinley Arts & Culture Center), Reno Thursdays, 4:00pm-8:00pm

Sparks Methodist Church Market

Sparks United Methodist Church 1231 Pyramid Way, Sparks Tuesdays, 8:00am-1:00pm

Incline Village Farmers' Market

Incline Village Library (Parking Lot) 845 Alder Avenue, Incline Village Thursdays, 3:00pm-6:00pm

CARSON CITY/CARSON VALLEY

Carson Farmers' Market

3rd & Curry Street, Carson City Saturdays, 8:30am-1:00pm

NORTHERN LOCATIONS

Sierra Chef Farmers' Market

Lampe Park, 1324 Waterloo Lane, Gardnerville Wednesdays, 9:00am-1:00pm

Minden Farmers' Market

1600 Esmeralda Avenue, Downtown Minden Tuesdays, 4:00-8:00pm

RURAL NEVADA

Custom Gardens Organic Farm

3701 Elm Street, Silver Springs By Appointment Only Phone: (775) 577-2069

The Center Street Farmers' Market

111 S. Taylor Street, Fallon Fridays, 4:00pm-8:00pm

Lattin Farms

1995 McLean Road, Fallon Saturdays, 8:00am-6:00pm

Fernley Farmers' Market

605 Silver Lace Boulevard, Fernley (Across from City Hall) Millenium Park Wednesdays, 3:00pm-7:00pm

Dayton Farmers' Market

Highway 50 & 2nd Avenue, Dayton Thursdays, 3:00pm-6:00pm

Hawthorne Farmers' Market

9th & E. Street, Hawthorne Every other Friday, 10:00am-2:00pm

Elko Family Farmers' Market

1st Saturday every month at the Elko IFA store, 8:00am-12:00pm 3rd Saturday every month at the Elko Sherman Station, 8:00am-12:00pm

Lamoille Farmers' Market

Lamoille Schoolhouse, Lamoille 1st Saturday of each month

Ely Farmers' Market

Renaissance Village, 400 Ely Street, Ely Saturdays, 10:00am-2:00pm

Winnemucca Farmers' Market

Riverview Park, Winnemucca Saturday, 10:00am-2:00pm

LAS VEGAS

Bruce Trenton Park

1600 N. Rampart Boulevard, Las Vegas Wednesdays, 2:00pm-8:00pm

Downtown Summerlin

1980 Festival Plaza Drive, Las Vegas Saturdays, 9:00am-2:00pm

Floyd Lamb Park

9200 Tule Spring Road, Las Vegas 3rd Saturday, 10:00am-2:00pm

Huckleberry Park

10325 Farm Road, Las Vegas Thursdays, 3:00pm-7:00pm

Skye Canyon Farmers' Market

10111 W Skye Canyon Park Drive, Las Vegas Thursdays, 2:00pm-8:00pm

SOUTHERN LOCATIONS

Silverton Casino

3333 W. Blue Diamond Road, Las Vegas Sundays, 9:00am-3:00pm

Vegas Roots Community Garden

715 N. Tonopath Drive, Las Vegas Tuesdays–Saturdays, 9:00am-2:00pm

Fresh52 Farmers' and Artisan Market

Sansone Park Place 9480 S. Eastern Avenue, Las Vegas Sundays, 8:30am-1:00pm

Downtown 3rd Farmers' Market

300 Casino Center Drive, Las Vegas Fridays, 9:00am-2:00pm

Gilcrease Orchard

7800 Tenaya Way, Las Vegas Tuesdays, Thursdays, Saturdays, 7:00am-12:00pm

HENDERSON

Water Street Market

240 Water Street, (In front of City Hall), Henderson Thursdays, 9:00am-2:00pm

Henderson Pavilion

200 S. Green Valley Parkway (S. Green Valley and Paseo Verde Parkway), Henderson Fridays, 9:00am-2:00pm

Galleria at Sunset

1300 W. Sunset (Inside on Bottom floor near Dillards), Henderson Fridays, 2:00pm-7:00pm

Fresh52 Farmers' and Artisan Market

Solista Park, 2000 Via Firenze, Henderson 2nd & 4th Saturdays, 9:00am-1:00pm

Dates are subject to change based on the growing season.

