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.

SHOPPING TIPS

• 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.

You CANNOT use your coupons to purchase herbs (cilantro, parsley, etc.); meat, dairy, or baked goods; honey, nuts, dried fruit, jams or pickles.

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.

At the FARMERS’ MARKET

You’ll find fruits and vegetables such as:

- WATERMELON
- CAULIFLOWER
- ASPARAGUS
- POTATOES
- ROMAINE LETTUCE
- TOMATOES
- GREEN BEANS
- CABBAGE
- CANTALOPE
- CUCUMBERS
- BROCCOLI
- ZUCCHINI, SQUASH
- PEACHES, PLUMS, NECTARINES
- SWEET CORN
- PEPPERS
- STRAWBERRIES, RASPBERRIES, BLUEBERRIES

At the farmers’ market you’ll find fruits and vegetables such as:

- CAULIFLOWER
- ZUCCHINI, SQUASH
- ROMAINE LETTUCE
- PEACHES, PLUMS, NECTARINES
- WATERMELON
**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

**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. Tonopah Drive, Las Vegas  
Tuesdays–Saturdays, 9:00am-2:00pm

**Fresh52 Farmers’ and Artisan Market**  
Solista Park, 2000 Via Firenze, Henderson  
2nd & 4th Saturdays, 9:00am-1:00pm

**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

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Dates are subject to change based on the growing season.

This institution is an equal opportunity provider.

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