

## Tips:

- Shop early when the farmers market first opens in order to get the freshest and best fruits and vegetables.
- Take a walk through and look at everything and check prices so that you can carefully select what you want to buy.
- Talk to the vendors about what they are selling. This can be very helpful as they may offer cooking tips and recipes.
- Bring tote bags or a backpack to carry your purchases. Bring a cooler to store meat and dairy products.

Amount Purchased	Number of Cups
Berries (1 pint)	2 cups
Cantaloupe (1 melon)	5½ cups
Beans, green (20 each)	1 cup
Broccoli (1 bunch)	7 cups
Cabbage (1 head)	12½ cups
Greens (1 pound)	9 cups
Okra (25 pods)	3 cups
Peppers (1 medium)	¾ cup
Squash (1 medium)	1½ cups
Tomatoes (1 medium)	½ cup

## Nutrition Facts:

- Eating a diet rich in fruits and vegetables may reduce the risk for many diseases like: type 2 diabetes, certain cancers, heart disease, and even kidney stones.
- When people think about vitamin C they often think about citrus fruits like oranges, grapefruits, and

lemons. Vitamin C can also be found in peppers, strawberries, broccoli, and tomatoes. Vitamin C helps to heal cuts and wounds and keeps gums healthy.

- Remember fruits and vegetables are a great way to add fiber to your diet. Fiber reduces constipation, aids in weight loss and lowers the risk for heart disease, diabetes and certain types of cancer.

## Some of the farmers markets accepting EBT cards:

Bentonville, Downtown Farmers Market  
Eureka Springs Farmers Market  
Fayetteville Farmers Market  
Huntsville, Madison County Farmers Market  
Jonesboro, ASU Farmers Market  
Lake Village, Mel's Farmers Market  
Little Rock, Carpenter's Produce  
North Little Rock, Certified Arkansas Farmers Market  
Paragould Farmers Market  
Pine Bluff, Carpenter's Produce  
Pine Bluff, Saracen Landing Farmers Market  
Russellville, Pope County Farmers Market  
Rogers Farmers Market  
Siloam Springs Farmers Market  
Springdale Farmers Market

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local County Extension office or the Department of Health and Human Services SNAP office.

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# Use Your EBT Card at Farmers Markets



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**A** sure sign that summer has come to Arkansas is in the many fresh fruits and tasty veggies that farmers bring to market. The markets are filled with stalls and truck beds brimming with Arkansas-grown crops, homemade jellies and jams, baked goods, meat and honey. Shopping at a farmers market is a fun way to get the healthy and delicious foods that your body needs. And now farmers markets are becoming more affordable to everyone by allowing SNAP recipients to use their EBT debit cards.

### To use EBT, credit, or debit cards:

- 1.** Check to make sure that the market you wish to shop at accepts EBT, credit, and debit cards.
- 2.** At the market look for the booth with a sign that states it is accepting EBT cards.
- 3.** At the booth you can use your EBT, credit, or debit card to purchase as many \$1 or \$5 tokens or vouchers as you want. These tokens will be like cash in the market for you to purchase food. In some cases, individual farmers might have their own card readers.

Note: You are only able to purchase food items with the EBT cards, tokens, or vouchers.

Farmers markets are not always open. In Arkansas they run from late April until October and they operate on different days of the week. To find a market nearest you go to [www.arkansasgrown.org](http://www.arkansasgrown.org) or call your county Extension office.

Fruits and vegetables cost less when they are in season. The list to the right shows when Arkansas grown produce is available.

Arkansas Grown	Season
Asparagus	April-May
Beans (Green)	June-Oct
Beets	April-May, Nov-Dec
Broccoli	May-July, Nov-Dec
Butter Beans	May-June, Nov-Jan
Cabbage	May-June, Nov
Carrots	May-June, Nov
Cauliflower	May
Chard	April, Nov-Dec
Collard Greens	Nov-May
Cucumbers	May-Oct
Eggplant	June-Oct
English Peas (Green)	April-May, Nov-Dec
Greens, Leafy	Oct
White Potatoes	May-July
Kale	March-April, Nov-Dec
Lettuce	April-July
Okra	June-Oct
Onions	May-June
Peppers	June-Oct
Pumpkin	September-Oct
Radish	March-June, Nov-Dec
Black-Eyed Peas	July-Oct
Spinach	March-April, Nov-Dec
Summer Squash	June-August
Sweet Corn	June-September
Sweet Potatoes	August-Oct
Tomatoes	May-Oct
Turnip Greens	Nov-April
Winter Squash	August-Oct, Nov-Dec
Apples	July-Oct
Blackberries	June-July
Blueberries	June-July
Cantaloupe	July-Oct
Grapes	July-August
Muscadines	August-Sept
Nectarines	July-August
Peaches	June-August
Plums	June-August
Raspberries	June
Strawberries	May
Watermelon	July-September