Why Buy Local?
- Enjoy great variety, exceptional taste, and freshness
- Strengthen our local economy
- Support family farms
- Improve your family’s health
- Local food is produced with fewer chemicals

Come Prepared
- Bring a shopping bag
- Most vendors do not accept credit/debit cards

Shopping
- Arrive early for best selection
- Walk through the whole market before making purchases
- Compare price, quality, and selection
- If looking for bargains, arrive just before closing time

Discover
- Sample different varieties of products
- Talk to farmers to learn how and where the food was grown
- Get preparation tips from the growers themselves

Redeeming your FMNP Coupons
- Coupons come in booklets of 5, each coupon is worth $4
- Coupons must be used in $4 increments. You cannot receive change
- If your purchase is not equal to $4, the farmer will add produce to equal $4
- Look for vendors with the FMNP poster, or ask if they accept FMNP
- Both Senior FMNP and WIC FMNP coupons are accepted by participating vendors
- Only fresh fruits and vegetables can be purchased with FMNP coupons

Using Food Stamps to Shop at Farmers’ Markets
- Visit the Market Manager to swipe your EBT card
- The Market Manager will give you wooden tokens in the amount of money you charge to your card
- Most tokens are $1 each, some are $5
- You cannot receive change for your tokens, so farmers will round the amount of product to equal whole dollars
- Look for vendors with EBT signs, or ask vendors if they accept EBT tokens
- Only approved products can be purchased: Vegetables, fruit, meats, eggs, cheese, dairy, processed food (jam, pickles, etc.), culinary herbs, & spices, mushrooms, baked goods/bread, maple syrup, honey, vegetable transplants, fruit trees
- Not allowed: ornamental plants, crafts, prepared foods

Central NY Farmers’ Markets
Chemung, Cortland, Tioga, Tompkins & Schuyler

Where FMNP Coupons and EBT SNAP Benefits are Accepted

Cornell Cooperative Extension of Tompkins County provides equal program and employment opportunities.
2017 Farmers’ Markets of South Central New York

Chemung County

Elmira/East Side
Location: 760 East W. st. next to Riverview Holiday Inn
Season: June 9 - October 13
Day: Friday 2:30-6:00 PM
Andy Fagan, 607-734-4543; agf1@cornell.edu

Elmira/Grove Park
Location: Grove Park, between W. aln Ave. and Grove St.
Season: June 5 - October 30
Day: Monday 3:00 PM - 6:00 PM
Matthew Glenn, 607-546-4535; maglenn_1999@yahoo.com

Elmira/Winsor Market
Location: Winsor Park on N. Main St. & W. Church St.
Season: June 1 - September 28
Day: Thursday 10:00 AM - 2:00 PM
Jennifer Herrick, 607-734-0341

Erie Farmers’ Market
Location: Erie Fire Dept. 1465 Breesport Rd (NYS Rt. 223)
Season: July 11 - September 26
Day: Tuesday 4:00 PM - 7:00 PM
Sherrie News, 607-333-4494

Van Etten
Location: G. Gee Street, across from the Dandy Mart
Season: June 1 - September 28
Day: Thursday 3:00 PM - 6:00 PM
Terry Carling, 607-589-7367

Cortland County

Cincinnatus
Location: Rural Services Pavilion/2704 Lwr. Cincinnatus Rd.
Season: May - November
Day: Saturday 9:00 AM - 12:00 PM
Joanne Brown, 607-863-3828; rursrvs@gmail.com

Cortland Downtown
Location: Main St. between Court & Orchard St.
Season: May 16 - October 31
Day: Tuesday and Saturday 8 AM - 2 PM
Joan Franklin, 607-749-3424

Homer
Location: Homer Village Green, 36 South Main Street
Season: Sat May - Oct; Wed May 31 - September 27
Day: Saturday 9:00 AM - 1:00 PM, Wed 4:30 - 7:00 PM
Bob Holdsworth, homernyfarmersmarket@gmail.com

Virgil
Location: Virgil Elementary School—1208 Church St.
Season: Late June-Mid Oct
Day: Saturday 9:00 AM - 12:00 PM
Chris Applegate, 607-835-6205 ninibob@frontiernet.net

Schuyler County

Montour Falls
Location: 300 W. Main St. in Montour Falls
Season: May 4 - October 26
Day: Thursday 4:00-7:00 PM
Roxanne Leyes, 607-535-7489; manager@montourfallsfarmersmarket.com

Watkins Glen
Location: Lafayette Park, between 4th and 5th Street; W inter market at 316 E 4th Street
Season: May 26 - Oct 27, W inter TBA
Day: Friday 3:00-7:00 PM, W inter TBA
Jylle Benson-Gauss, 607-227-1333; watkinsglenfarmersmarket@yahoo.com

Tioga County

Candor
Location: Candor Town Hall, Route 96
Season: June 1 - September 14
Day: Thursdays 3:30 PM - 6:30 PM
Carol Murphree, 607-972-5128; carol.murphree@gmail.com

Owego
Location: Rite Aid parking lot, corner of Main St. & Central Ave.
Season: June 13 - October 31
Day: Tuesday and Friday 9:00 AM - 1:00 PM
Find us on Facebook!
John Purdy, 607-642-8439; bradenson@msn.com

Owego Thursdays
Location: Front Street, Owego
Season: June 22 - October 5
Day: Thursday 4:00 PM - 7:00 PM
Teri Bishop, 607-972-7553; teribishop4@gmail.com

Spencer
Location: Across from Fire Dept on North Main Street
Season: June 3 - September 30
Day: Saturday 9:00 AM - 12:30 PM
Terry Carling, 607-589-7367; ttk56@yahoo.com

Tomkins County

Brooktondale
Location: Brooktondale Community Center, 522 Valley Rd.
Season: June 6 - September 26
Day: Tuesday 4:00 PM - 7:00 PM
Erin Barrett, brooktondalefarmersmarket@gmail.com

Freeville
Location: Old Freeville Firehouse
Season: June 18 - September
Day: Sunday 3:00 PM - 6:00 PM
717-381-5398; freevillepopupmarket@gmail.com

Congo Square Market
Location: Press Bay Alley, 118 W est Green Street
Season: May 5 - October 27
Day: Friday 4:00 PM - 8:00 PM
True, 607-220-7609

Dryden
Location: Dryden Agway, 59 W est Main Street
Season: June 17 - September 30
Day: Saturday 9am - 1pm
Kelly Ritter, 607-844-8663; adryden1@twcny.rr.com

Ithaca: Dewitt Park
Location: Dewitt Park, corner of Cayuga & Buffalo St.
Season: May 2 - October 24
Day: Tuesday 9:00 AM - 2:00 PM
Aaron Munzer, 607-273-7109; aaronmunzer@ithacamarket.com

Ithaca: East Hill Plaza
Location: East Hill Plaza, next to Rite Aid
Season: June 7 - October 25
Day: Wednesday 4:00 PM - 7:00 PM
Aaron Munzer, 607-273-7109; aaronmunzer@ithacamarket.com

Ithaca: Night Market
Location: 545 Third St. (off Rt. 13)
Season: June 29 - September 28
Day: Thursday 5:00 PM - 8:00 PM
Aaron Munzer, 607-273-7109; aaronmunzer@ithacamarket.com

Ithaca: Steamboat Landing
Location: 545 Third St. (off Rt. 13)
Season: Sat Apr 1 - Dec 16 and Sun May 7-Nov 26
Day: Saturday 9 AM - 3 PM (Apr-Oct), 10 AM - 2 PM (Nov-Dec) and Sunday 10 AM - 3 PM (May - Oct), 10AM - 2PM (November)
W inter Market at The Space at Greenstar Jan - March, Saturdays from 11AM - 2PM
Aaron Munzer, 607-273-7109; aaronmunzer@ithacamarket.com

Triphammer Market Day
Location: Triphammer Marketplace, 2255 N Triphammer Rd.
Season: May 5 - October 27
Day: Friday 8:00 AM - 1:00 PM
Bob Barnes 607-279-8081

Trumansburg Farmers Market
Location: Rtes. 227 & 96, Village Park near Post Office
Season: May 10 - October 25
Day: Wednesday 4:00 PM - 7:00 PM
Avi Miner, 607-227-5173; avram.miner@gmail.com