BUY LOCAL
Taste the Freshness!

When you purchase local foods you enjoy some of the freshest, best-tasting foods available. Plus, when you buy locally you support the local economy and help keep land in agriculture.

Many markets accept FMNP, WIC, senior coupons, and Just Say Yes.

Shopping Tips:
♦ Arrive early for best selection.
♦ Bring a re-useable shopping bag.
♦ Bring cash, WIC checks, senior and/or FMNP coupons. Most vendors don’t accept credit cards.
♦ If you are out for the day, bring a cooler.
♦ Talk to farmers to learn about their farm and their growing practices.
♦ Tell the vendors what you like and what you are looking for.
♦ Try different varieties and recipes.

For more information about Farmers’ Markets, Agriculture, Gardening, and Nutrition contact:
Cornell Cooperative Extension Tioga County
607-687-4020
56 Main Street, Owego, NY 13827
http://tioga.cce.cornell.edu/

Some markets in Tioga County have vendors who accept SNAP (EBT) benefits and participate in the Farmers’ Market Nutrition Program (FMNP) which provides coupons for WIC recipients and seniors over age sixty.

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*No EBT available at these markets