



Why Buy Local?

- Enjoy great variety, exceptional taste and freshness
- Strengthen our local economy
- Support family farms
- Improve your family's health
- Food is produced with fewer chemicals

Come Prepared

- Bring a shopping bag
- Bring cash, some vendors do not accept credit cards
- Bring your SNAP card if you have one

Shopping

- Walk through the whole market before making purchases
- Compare price, quality, and selection
- If looking for bargains, some farmers may provide discounts near the end of market

Discover

- Sample products
- Talk to farmers to learn how and where the food was grown
- Get preparation tips and recipes

Cornell Cooperative Extension of Tompkins County provides equal program and employment opportunities.

Using SNAP at Farmers Markets

What can I buy with SNAP Benefits?

- **Any food including:** fresh vegetables, fruit, meats, honey, cheese, maple syrup, dairy, eggs, baked goods, jams, jellies, mushrooms, juice, culinary herbs, pickled and processed food
- Seeds and plants used to grow foods
- **NOT ALLOWED:** Prepared foods, crafts, ornamental plants.

For more information:

- Department of Social Services (Food Stamp signup) **274-5201**
- Catholic Charities of Tompkins County **272-5062 ext 21**
- Cornell Cooperative Extension of Tompkins County **272-2292**
- Tompkins County WIC Program **274-6630**
- Tompkins County Office of the Aging **274-5482**
- For Transportation Options **2-1-1**

Cornell Cooperative Extension
Tompkins County

Updated July 2020

Tompkins
County Farmers
Markets
2020

Where FMNP
Coupons and
EBT SNAP
(food stamp)
Benefits are
Accepted



2020 Farmers Markets of Tompkins County

Markets	Accepts		Location	Season	Market Hours						
	EBT	FMNP Checks			M	Tu	We	Th	Fri	Sat	Sun
ITHACA											
Ithaca Farmers' Market Steamboat Landing Ithacamarket.com	pending	✓	545 Third St. Steamboat Landing (off Rt. 13) at Aldi's	Saturdays April –Dec Sundays May-Nov *Hours may change						9-1	10-2
Ithaca Farmers' Market Dewitt Park			Dewitt Park, corner of Cayuga & Buffalo St.	CLOSED UNTIL FURTHER NOTICE							
Ithaca Farmer's Market East Hill Plaza		✓	East Hill Plaza, next to Rite Aid	June—end of October			4-7				
Triphammer Market			Triphammer Mall Parking Lot, next to the Fish Truck	May - October					8-12		
Youth Farm Project Mobile Market <i>(sliding scale produce)</i>	pending	✓	McGraw House (221 S Geneva St.)			11-12:30					
	pending	✓	Pete's Grocery (805 W Buffalo St.)			3-5					
	pending	✓	Titus Towers (798 & 800 South St.)					12-1:30			
RURAL											
Brooktondale		✓	Brooktondale Community Center, 522 Valley Rd.	June - end of September					4-7		
Dryden			Dryden Agway, 59 West Main Street	Mid-June - end of September						9-1	
Freeville Farmers Market		✓	43 Main Street—Elementary School	June -September							12-3
Trumansburg	✓	✓	Village Park, Routes. 227 & 96, near Post Office	May 9- October 31			4-7				

All sites are open to the public. Please wear a mask and maintain a minimum of 6' distance between other folks. Please do not touch produce, but point to the thing you would like, and our staff will bag it for you!

Redeeming your FMNP Coupons

- **For fresh fruit and vegetables only.**
- WIC and Senior Coupons available in June and July.
- Can be used from July - end of November.
- Coupons come in booklets of 5, each coupon is worth \$4.
- Coupons must be used in \$4 increments. You cannot receive change.
- Look for produce vendors with the FMNP sign or ask vendors if they accept FMNP coupons.

Using EBT (SNAP Benefits) to Shop at Farmers' Market

- At markets that accept Snap Benefits, visit the Manager Booth to swipe your EBT card.
- The Manager will give you tokens in the amount of money swiped.
- Tokens can be redeemed at participating vendors. Vendors may have signs indicating if they accept tokens, or if not, ask if they are accepted.
- No change can be given for tokens, but farmers will round the amount of product you are purchasing to equal whole dollar amounts.
- Receive \$2 free in FreshConnect checks for every \$5 token purchased.
- Only approved products can be purchased (No hot food, alcohol, crafts, etc.). [Over for list] →