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
• Bring cash, credit/debit cards, and SNAP cards if you have one

Shopping
• Walk through the whole market before making purchases
• Compare price, quality, and selection

Discover
• Sample new products
• Talk to farmers to learn how and where the food was grown
• Get preparation tips and recipes from the farmers

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 SNAP Benefits to Shop at Farmers’ Markets
• Visit the Market Manager to swipe your EBT card
• The Manager will give you wooden tokens in the amount of money you charged 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 2020
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.
### Chemung County

**Elmira East Side**  
Location: 760 East Water St. next to Riverview Holiday Inn  
Season: Mid-June - Early October  
Day: Friday 3 - 6 PM  
Contact: Danielle Howie, 607-734-4453 ext 216; dhkh54@cornell.edu  
Vendors accept: FMNP

**Elmira Grove Park**  
Location: Grove Park, between Walnut Ave. and Grove St.  
Season: June - October  
Day: Monday 3 - 6 PM  
Contact: Matthew Glenn, 607-546-4535; maglenn_1999@yahoo.com  
Vendors accept FMNP

**Elmira Wisner Market**  
Location: Wisner Park on N. Main St. & W. Church St.  
Season: June - September  
Day: Thursday 10 AM - 2 PM  
Contact: Jennifer Herrick, 607-734-0341; info@elmiradowntown.com; wisnermarket.org  
Vendors accept FMNP, SNAP

**Chamberlain Acres Garden Center**  
Location: 824 Broadway, Elmira  
Season: year round  
Day: Sunday, 11 AM - 3 PM  
Contact: Glenn Miller, 607-737-1313; info@chamberlainacres.com

### Schuyler County

**Watkins Glen**  
Location: LaFayette Park, between 4th and 5th Street  
Season: June - October  
Day: Friday 3 - 7 PM  
Contact: Jylle Benson-Gauss, 607-227-1333; watkinsglenfarmersmarket@yahoo.com  
Vendors accept FMNP; possibly SNAP in future

**Sunset View Farmers Market**  
Location: 1618 County Road 15, Odessa  
Season: June - October  
Day: Thursday, 4 - 7 PM  
Contact: Carmella Hoffmann, 607-594-2095 or 857-5726; svfarmersmarket20@gmail.com  
Vendors accept FMNP

### Tioga County

**Candor**  
Location: Candor Town Hall Pavilion, Route 96  
Season: June 25 - September 3  
Day: Tuesdays 3:30 - 6:30 PM  
Contact: Maria Cole, 607-972-5058; froglegs1711@hotmail.com  
Vendors accept FMNP

**Owego**  
Location: Walgreen parking lot, corner Main St. & Central Ave.  
Season: June - October  
Day: Tuesday and Friday 9 AM - 1 PM  
Find us on Facebook!  
Contact: John Purdy, 607-642-8439; bradenson@msn.com  
Vendors accept FMNP

**Spencer**  
Location: Park across from Fire Dept., North Main Street  
Season: June - September  
Day: Saturday 9:00 AM - 12:30 PM  
Contact: Stephanie Haff, 607-589-7496; hoffs@yahoo.com  
Vendors accept FMNP

### Tompkins County

**Brooktondale**  
Location: Brooktondale Community Center, 522 Valley Rd.  
Season: Late June - October  
Day: Saturday 9 AM - 12:30 PM  
Contact: Chris Applegate, 607-835-6205; ninibob@frontiernet.net  
Vendors accept FMNP

**Homer - not operating in 2020**  
 Virgil  
Location: Hollenbeck’s Cider Mill, 1265 NY 392, Virgil  
Season: June - September  
Day: Thursday 4 PM - 7 PM  
Contact: Barbara Perrone, brooktondalefarmersmarket@gmail.com  
Vendors accept FMNP

**Dryden**  
Location: Dryden Agway, 59 West Main Street  
Season: Mid-June - end September  
Day: Saturday 9 AM - 1 PM  
Contact: Kelly Ritter, 607-844-8663; adryden1@twcny.rr.com

**Freeville**  
Location: Elementary School  
Season: June - September  
Day: Sunday 12 - 3 PM  
Contact: freevillepopupmarket@gmail.com

**Ithaca: East Hill Farmers Market**  
Location: East Hill near Walgreen  
Season: June - October  
Day: Wednesday 4 - 7 PM  
Contact: KellySauve 607-273-7109; kellysauve@ithacamarket.com  
Vendors Accept FMNP, SNAP once authorized

**Ithaca: Steamboat Landing**  
Location: 545 Third St. (off Rt. 13)  
Season: Sat April - December and Sun May - November  
Day: Saturday 9 AM - 3 PM; Sunday 10 AM - 3 PM  
Contact: KellySauve 607-273-7109; kellysauve@ithacamarket.com  
Vendors Accept FMNP, SNAP once authorized

**Ithaca: Tuesday Dewitt Park and Thursday Night Market at Steamboat Landing are not operating this season until further notice.**

**Triphammer Market: Lansing**  
Location: Triphammer Marketplace  
2255 N Triphammer Rd.  
Season: May - October  
Day: Friday 8 AM - 12 PM  
Contact: Mall manager, 607-273-6851 (best to go to market on Friday morning and look for manager)

**Trumansburg Farmers’ Market**  
Location: Rtes. 227 & 96  
Village Park near Post Office  
Season: Mid-May - October  
Day: Wednesday 4 - 7 PM  
Contact: Natalie Baris, 315-871-8856; tfm.mktmgr@gmail.com  
www.tburgfarmersmarket.com  
Vendors accept FMNP, SNAP