

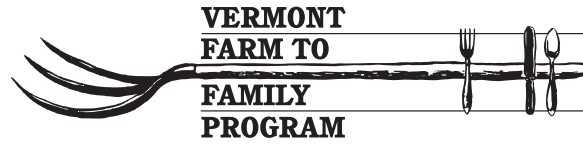
Make going to the farmers market a weekly family outing...

- ◆ Farmers markets are fun! Go with a friend or neighbor. Take your kids. Meet area farmers who grew the delicious foods sold at the market.
- ◆ Farmers markets are open rain or shine.
- ◆ Let your children help choose which fruits or vegetables to buy at the market. They are more apt to eat healthy and different foods if they picked them out.
- ◆ Be adventurous — try something new!
- ◆ Farmers like answering questions about the foods they grew, or suggesting ways to prepare or store fresh produce.
- ◆ Plan a family picnic. Include vegetables or fruits you got at the farmers market.

The Farm To Family Program is an equal opportunity provider. If you think you were discriminated against due to your race, color, national origin, age, sex or disability, please call 800-795-3272 (voice) or 202-720-6382 (TTY) or write to:

*Director, Office of Civil Rights
U. S. Department of Agriculture
1400 Independence Avenue, SW
Washington, DC 20250-9410*

Report any other type of complaint about the program to the market manager, the agency where you got coupons, or the Farm To Family coordinator at the Vermont Department for Children and Families, 103 South Main St., Waterbury VT 05671-1201 (802-241-2458)



2009 Information For Coupon Shoppers

Welcome to *Farm To Family!* It invites you to visit Vermont farmers markets, buy vegetables and fruit grown on nearby farms, and meet the folks who grew them. In this brochure, you will find...

- ◆ The program rules — how, where and when you may spend your Vermont Farm To Family coupons this year.
- ◆ *Harvest Calendar.* Foods have different growing seasons. Unusual weather also affects how well crops grow. Check to see when certain foods may be available.
- ◆ Tips about shopping for fresh produce at local farmers markets.
- ◆ A list of all markets authorized to accept *Farm To Family* coupons. Your coupons may be spent at any place on that list. At the markets, look for vendors with the yellow and blue Farm To Family sign.

Remember...

- ◆ **Your coupons expire October 31, 2009 and markets close before then.** On the back, find listings for the markets nearest you. Tape this list to the fridge to remind you what days and hours they are open, and when they will close for the season.

Coupon Rules & Tips for Shopping At Farmers' Markets

- ◆ **The coupons may only be spent at the places listed in this brochure.** They may not be used at any farm or roadside stands or at markets not on this list.
- ◆ **The coupons may only buy fresh fruits, fresh cut herbs and fresh vegetables** (also called produce). “Fresh” means just picked – uncooked and unprepared.
- ◆ Your **coupons may not be used to buy other foods**, such as cider, jam, honey, pickles, eggs, syrup, meat or bread. Federal rules also say the **coupons may not buy any produce grown in Canada.**
- ◆ Take some cash with you to the market. Each coupon is worth \$3 and **farmers are not allowed to give change for a coupon.** They will give you a coupon’s worth of produce, but if the food you want costs a little over \$3, it is better to pay the extra in cash than waste part of a coupon.
- ◆ The selection of fresh produce is best in the early part of the market day.
- ◆ Take a large bag, in case you buy from several different vendors at the market.
- ◆ Some growers have surplus produce at bargain prices after Labor Day. Buy extra tomatoes, corn or other vegetables to can, freeze or store for winter.
- ◆ Plan ahead. The selection of produce, markets and vendors shrinks as the end of the market season approaches. An early freeze may close a market early.
- ◆ Choose well-colored vegetables and fruits that are not too soft and not too hard. Ask the farmer if you have any questions about their produce.

HARVEST CALENDAR

Crop	June	July	Aug.	Sept.	Oct.
Apples			☼	☼☼	☼☼
Beans		☼☼	☼☼	☼☼	☼☼
Beets		☼	☼☼		
Blackberries		☼☼	☼☼	☼☼	
Blueberries		☼	☼☼	☼	
Broccoli			☼☼	☼☼	☼☼
Cabbage				☼☼	☼☼
Carrots			☼	☼☼	☼☼
Cauliflower		☼	☼☼	☼☼	☼☼
Corn			☼☼	☼☼	
Cucumbers		☼☼	☼☼	☼☼	
Eggplant		☼☼	☼☼	☼☼	
Lettuce	☼☼	☼☼	☼☼	☼☼	☼☼
Melons			☼☼	☼☼	☼
Onions		☼	☼☼	☼☼	☼
Peas	☼	☼☼			
Peppers		☼	☼☼	☼☼	☼
Potatoes			☼☼	☼☼	☼
Pumpkins			☼	☼☼	☼☼
Radishes	☼☼	☼☼	☼☼	☼☼	☼☼
Raspberries		☼☼	☼☼	☼☼	
Rhubarb	☼☼	☼☼			
Spinach	☼☼	☼☼	☼☼	☼☼	☼
Strawberries	☼	☼			
Summer Squash	☼☼	☼☼	☼☼	☼☼	☼
Swiss Chard		☼☼	☼☼	☼☼	☼☼
Tomatoes		☼☼	☼☼	☼☼	☼
Winter Squash				☼☼	☼☼
Other Vegetables	☼☼	☼☼	☼☼	☼☼	☼☼

- ◆ Eating five to nine servings of vegetables and fruits a day can lower your risk of heart disease and some types of cancer. They are a low-calorie way to add vitamins, minerals and fiber to your diet!

Farmers Markets Authorized To Accept Vermont Farm To Family Program Coupons in 2009

* *This market also accepts 3SquaresVT food benefits. Look for the EBT/debit card-scanning table.*

1. *BARRE: Granite Center Farmers Market. *Main Street (Route 302) on the green by City Hall.* Wednesdays, 3 – 7 pm (May 27 – Oct 14)

2. *BELLOWS FALLS Farmers Market. *Waypoint Center on Depot Street, by train station over bridge from Canal Street.* Fridays, 4 – 7 pm (May 15 – Oct 16) Closes at 6:30 in October.

3. *BENNINGTON: Walloomsac Farmers Market. *Bennington Station parking lot downtown by river. One block west of Route 7 on River Street, and one block north of Route 9 on Depot Street.* Tuesdays, 3:30 – 5:30 pm, and Saturdays, 10 am – 1 pm (May 9 – Oct 31)

4. BRADFORD Farmers Market. *Denny Park, Route 5 at north end of village.* Fridays, 3:30 – 6:30 pm (June 5 – Sept 25)

5. BRANDON Farmers Market. *Central Park, Route 7, middle of town.* Fridays, 9 am – 2 pm (May 22 – Oct 9) and 10 am – 4 pm on Saturday, Oct 10.

6. *BRATTLEBORO Area Farmers Market. Saturdays, 9 am – 2 pm (May 2 - Oct 31) *off Route 9 in West Brattleboro;* and Wednesdays, 10 am - 3 pm (June 17 – Oct 28) *in Co-op Plaza at One Main Street (Route 5).*

7. BRISTOL Farmers Market. *Village green on Route 17.* Wednesdays, 3 – 6 pm (June 10 – Oct 7) plus 9 – 12 am on three Saturdays (July 18, Aug 15, Sept 19)

8. *BURLINGTON Farmers Market. *In City Hall Park downtown.* Saturdays, 8:30 am – 1:30 pm (May 9 – Oct 31)

8. BURLINGTON: New North End Farmers Market. *Alliance Church on North Avenue at junction with Route 127.* Wednesdays, 3 – 6:30 pm (June 10 – Oct 7)

8. *BURLINGTON: Old North End Farmers Market. *6 Archibald Street, on green by HO Wheeler School.* Tuesdays, 3 – 6:30 pm (June 9 – Oct 27)

8. BURLINGTON South End Farmers Market. *On Flynn Avenue (turn at Route 7 light by Subaru dealer), on right just before railroad tracks.* Wednesdays, 3:30 – 6:30 pm (June 3 – Oct 14)

9. CHELSEA Farmers Market. *North Common in village, junction of Routes 113 and 110.* Wednesdays, 3 – 5:30 pm (May 20 – Oct 7)

10. CHESTER Farmers Market. *By Zacharys Pizza on Main Street (Routes 11 and 103).* Sundays, 11 am – 2 pm (May 24 – Oct 11)

11. CRAFTSBURY COMMON Farmers Market, *on green by Craftsbury Common post office. Follow signs to Sterling College.* Saturdays, 10 am – 1 pm (May 16 – Oct 10)

12. DANVILLE: Caledonia Farmers Market. *Route 2, on the green.* Wednesdays, 9 am – 1 pm (June 3 – Oct 14)

13. DORSET Farmers Market. *At H. N. Williams store, Route 30 just south of village.* Sundays, 10 am – 2 pm (May 24 – Oct 11)

14. ENOSBURG FALLS Farmers Market. *Lincoln Park, Route 105, center of town.* Wednesdays, 3 – 6 pm, and Saturdays, 9 am – 1 pm (May 30 – Oct 31)

15. FAIR HAVEN Farmers Market. *Route 22A, south end of village green.* Fridays, 3 – 6 pm (June 5 – Oct 23)

16. GRAND ISLE: Champlain Islands Farmers Market. *Route 2 at St. Joseph's Church, near A&B Beverage.* Saturdays, 10 am – 2 pm (June 6 – Oct 3)

17. HARDWICK Farmers Market. *Route 15, on green across from Ford and by Aubuchon Hardware.* Fridays, 3 – 6 pm (May 8 – Oct 16)

18. HIGHGATE Farmers Market. *Route 78, 4 miles north of I-89 exit 21, in Highgate Center park by municipal building.* Fridays, 3 – 6:30 pm (June 5 – Oct 16)

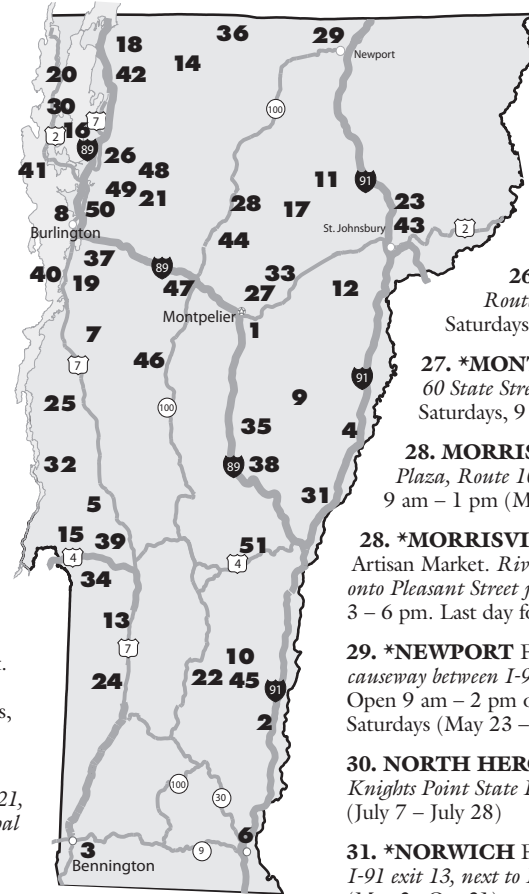
19. HINESBURG Farmers Market. *United Church, Route 116 in center of town.* Thursdays, 3:30 – 7 pm (June 4 – Sept 24)

20. ISLE LA MOTTE: Champlain Islands Farmers Market. *Meadow View, Main Street.* 4 – 7 pm on two Fridays, Aug 21 & Aug 28.

21. JERICHO: Mills Riverside Farmers Market. *Mills Riverside Park, Route 15 north of Mt. Mansfield Union High School.* Thursdays, 3 – 6:30 (June 11 – Sept 24)

22. LONDONDERRY: West River Farmers Market. *Route 100 by Mill Tavern near Route 11 junction.* Saturdays, 9 am – 1 pm (May 23 – Oct 10)

23. LYNDONVILLE: Lyndon Farmers Market. *Bandstand park, Route 5 across from White's Market.* Fridays, 3 – 7 pm (May 22 – Oct 16)



24. MANCHESTER CENTER: *Recreation area on Route 30, just north of village.* Thursdays, 3 – 6 pm (May 11 – Oct 15)

25. *MIDDLEBURY Farmers Market. *By the falls in Marbleworks shopping area downtown.* Open 9 am – 12:30 pm on Wednesdays (June 17 – Oct 14) and Saturdays (May 9 – Oct 31)

26. MILTON Grange Farmers Market. *Route 7, by high school just north of Hannafords.* Saturdays, 9:30 am – 1:30 pm (June 13 – Oct 10)

27. *MONTPELIER: Capital City Farmers Market. *60 State Street, across from court house downtown.* Saturdays, 9 am – 1 pm (May 2 – Oct 31)

28. MORRISVILLE Farmers Market. *Fairground Plaza, Route 100, in front of Hannafords.* Saturdays, 9 am – 1 pm (May 9 – Oct 10)

28. *MORRISVILLE: Lamoille Valley Year Round Farmers Artisan Market. *River Arts Center by municipal lot, first left onto Pleasant Street just north of blinking light.* Wednesdays, 3 – 6 pm. Last day for coupon use is October 28.

29. *NEWPORT Farmers Market. *Across from Wendy's on causeway between I-91 access road and Chamber of Commerce.* Open 9 am – 2 pm on Wednesdays (June 17 – Oct 14) and Saturdays (May 23 – Oct 17)

30. NORTH HERO: Champlain Islands Farmers Market. *Knights Point State Park, Route 2.* Tuesdays, 4 – 7 pm (July 7 – July 28)

31. *NORWICH Farmers Market. *Route 5, one mile south of I-91 exit 13, next to Fogg's Hardware.* Saturdays, 9 am – 1 pm (May 2 – Oct 31)

32. ORWELL VILLAGE Farmers Market. *On the green, center of town, Route 73.* Fridays, 3 – 6 pm (June 19 – Oct 2)

33. PLAINFIELD Farmers Market. *Near church just over bridge off Route 2 in village.* Sundays, 10 am – 2 pm (June 7 – Oct 4)

34. POULTNEY: Vermont Farmers Market. *Main Street, downtown.* Thursdays, 9 am – 2 pm (June 25 – Oct 8)

35. RANDOLPH Farmers Market. *Central Street next to Orange Southwest Supervisory Union office, Route 66.* Saturdays, 9 – 12 am (May 16 – Oct 17)

36. RICHFORD Farmers Market. *Peoples Bank lot, Main Street across from Mac's Market and Historical Society Museum on right before bridge.* Sats, 9 am – 1 pm (June 13 – Sept 26).

37. RICHMOND Farmers Market. *At Route 2 stoplight, turn toward Huntington. Market is on right just before bridge.* Fridays, 3 – 6:30 (June 5 – Oct 16).

38. ROYALTON Farmers Market. *Village green in South Royalton, off Route 14.* Thursdays, 3 – 6:30 (May 28 – Oct 8)

39. *RUTLAND: Downtown Market *in Depot Park by Walmart* combines Rutland County Farmers Market and Vermont Farmers Market. 9 am – 2 pm on Saturdays (May 9 – Oct 31) and 3 – 6 pm on Tuesdays (May 19 – Oct 13)

40. SHELBURNE Farmers Market. *Parade ground at Route 7 and Church Street junction.* Saturdays, 9 am – 1 pm (May 30 – Oct 10)

41. SOUTH HERO: Champlain Islands Farmers Market. *St. Rose Church, Route 2.* Wednesdays, 4 – 7 pm (June 3 – Oct 7) and at Apple Fest on South Street (Oct 10-11).

42. ST. ALBANS: Northwest Farmers Market. *Taylor Park, Main Street downtown.* Saturdays, 9 am – 2 pm (May 23 – Oct 31)

43. ST. JOHNSBURY: Caledonia Farmers Market. *Pearl Street, behind theater and Sir Anthony's Diner.* Saturdays, 9 am – 1 pm (May 16 – Oct 24)

44. STOWE Farmers Market. *By Red Barn Shops, on Mountain Road (Route 108) two miles from Route 100.* Sundays, 10:30 am – 3 pm (May 17 – Oct 18)

45. *TOWNSHEND Farmers Market. *On the common at Routes 30 & 35 junction.* Thursdays, 3:30 – 6:30 pm (June 4 – Oct 8)

46. WAITSFIELD Farmers Market. *On the green, Route 100 in the village.* Saturdays, 9 am – 1 pm (May 16 – Oct 17)

47. WATERBURY Farmers Market. *Rusty Parker Park, Route 2, by shopping center and train station.* Thursdays, 3 – 7 pm (May 21 – Oct 1)

48. WESTFORD Farmers Market. *Route 128, on the village common.* Fridays, 3:30 – 6:30 pm (June 12 – Oct 16)

49. WILLISTON Farmers Market. *Village green, Route 2, next to library.* Saturdays, 10 am – 2 pm (May 30 – Oct 10)

50. *WINOOSKI Farmers Market. *In front of Champlain Mill, near Routes 2-7-15 roundabout intersection.* Thursdays, 3:30 – 6:30 pm (June 4 – Oct 15)

51. WOODSTOCK: Mount Tom Farmers Market. *Route 12, one mile north of village.* Saturdays, 9:30 am – 12:30 pm (May 23 – Oct 17)