
Farmers Market Shopping Guide: Oregon and Washington



Farmers Market Shopping Tips

- **Veg Out:** Check out your price options at each farm stand. Focus on non-starchy vegetables in bulk for the best deal.
- **Plan:** Plan your meals and snacks for the week. Make a shopping list. Stick to your list to avoid food waste and meet your health goals.
- **Bring your own bags**
- **Keep it in Season:** Choose fruit and veggies that are in season. Ask the farmer or use one of the following websites:
 - <https://snaped.fns.usda.gov/seasonal-produce-guide>
 - <https://www.choosemyplate.gov/eathealthy/myplate-mystate/oregon>
 - <https://www.choosemyplate.gov/eathealthy/myplate-mystate/washington>
- **Shop early or late:** Early market visits help to avoid the crowd and allows you the best selection. Later hours gets you the best bargains at closing time.
- **Options other than Organic:** Small local farms may use fewer chemicals to grow their produce. Talk with the farmer about how their produce is grown.

National Farmers Market Directory

Use this tool to help you find the farmers markets closest to you

- <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

Search Near	Products Available	Payment Accepted	Market Location	Winter Markets	State Contacts
Search near ZIP: <input type="text"/>	Distance: <input type="text" value="20"/> miles	<input type="button" value="search"/>	<input type="button" value="clear"/>		Map Results
Info	MarketName	City	State		

Senior Farmers Market Nutrition Program (SFMNP)

This is a grant-based program meant to increase access to fruits, veggies, honey and herbs at local farmers markets for low-income seniors. Requirements include:

- Seniors (aged 60+ years), and
- Income of no more than 185% of the federal poverty income level.

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>



SNAP and Farmers Market

Most Oregon farmers markets accept Supplemental Nutrition Assistance Program [SNAP] benefits (also known as Food Stamps, Electronic Benefits Transfer [EBT] or Oregon Trail). Many also offer a matching program, which doubles SNAP dollars up to a certain amount. Ask at your local market if this is an option for you.

<https://oregonhunger.org/farmers-markets-snap/>

<http://wafarmersmarkets.org/ebt-match/>

<http://wafarmersmarkets.org/snap-wicfmnp/>

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