Farmers’ Market COOKBOOK

3 SIMPLE STEPS to eating more fruits & veggies page 12

Shop local! Maryland’s FARMERS’ MARKETS Directory page 26

Make a FRESH START Eat Maryland’s Best Clean, Fresh, Local

What’s Cooking? 18 new recipes you can bet the farm on! 2015
PREGNANT & SMOKING?

The Maryland Tobacco Quitline is here to help. Call today!

• Call Quit Coaches 24/7
• Get extra help online and by text message
• Earn gift cards* for calling while pregnant and after your baby is born

*While supplies last

1-800-784-8669

ALL SERVICES ARE PRIVATE AND FREE
Are you buying into the clean eating trend?
If you are shopping at your local farmers’ market, you are!

What is clean eating? The idea is simple: eating foods as close to their natural form as possible. It means eating fresh, nutritious food that is good for your health.

Today people are more interested than ever in what they eat and where their food comes from. Have you heard the saying “Know your farmer, know your food”?

Knowing your food is important and buying local food matters. When we shop at the farmers’ market, we not only eat healthier but we help our local farmers, our economy and our environment.

Why is local better?
Local food is fresher and healthier. It goes from farm to you so it loses fewer nutrients and less is spoiled.
Less fuel is used and fewer greenhouse gases are emitted because local food travels a shorter distance to you.
Less local food is wasted in distribution, warehousing and merchandising. Buying local foods makes our local economy stronger. When you spend your food dollars locally, you are creating local jobs by supporting family farms, local food processing and local distribution systems.
Shopping for local foods creates communities by connecting people with their farmers who bring them healthy local foods.

Farmers’ markets are great places to meet and connect with friends as well as farmers!

Shop local. Eat clean. Be healthy. Find the farmers’ market nearest you. Bring your WIC FVC checks, FMNP checks and SNAP cards.

See you at the market!
- Your friends at WIC
don’t rush your baby’s birth day

Your baby needs at least 39 weeks to grow and develop before she is born. If your pregnancy is healthy, wait for labor to begin on its own.

marchofdimes.com/39weeks
3 Easy Steps to use your WIC Fruit & Vegetable Checks (FVC) & Farmers’ Market Nutrition Program (FMNP) Checks at the Farmers’ Market

1. Pick out the fruits and vegetables that you want to buy.
2. Tell the farmer you are paying with your WIC FVC or FMNP check.
3. Sign your check and give it to the farmer along with your WIC Identification Folder.

WIC FVC Reminder
Be sure to look for the first date to spend and last date to spend on your WIC FVC check.

Spend your FMNP checks at the Farmers’ Market anytime from June 1 to November 30.
### When to buy
### Maryland Fruits and Vegetables

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**Choose produce in season**
for the best value and taste.
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Have you ever had gestational diabetes? If so, you could be at risk for type 2 diabetes.

You have the power to fight it! The first step is finding out if you’re at risk. Take a simple quiz at PowerToPreventDiabetes.org.

If you are at risk, the next step is to ask your doctor to test you for diabetes. Often, simple lifestyle changes can help you stop diabetes in its tracks.

Be your own hero... It’s easier than you think.

Power ToPreventDiabetes.org
Fresh Tomato Sauce
Makes: 6 servings

Ingredients
8 tomatoes (ripe)
1 tablespoon vegetable oil
1/2 cup onion (chopped)
1/2 cup green pepper (chopped)
1/4 cup carrot (thinly sliced, or shredded)
1/2 teaspoon oregano (dried)
1 teaspoon dried basil (dried)
2 teaspoons garlic (minced or 1/2 teaspoon garlic powder)
Pepper (to taste)
6 cups pasta (cooked)
6 tablespoons Parmesan cheese (grated)

Directions
1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Find more recipes at www.usda.gov/whatscooking
Fruit Slush
Makes: 4 servings

Ingredients
- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- 1 2/3 cups kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Directions
1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Spring Vegetable Saute
Makes: 4 servings

Ingredients
- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions
1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender – about 4 minutes more.
5. Serve immediately.
Roasted Herb Potatoes
Makes: 6 servings

Ingredients
Vegetable cooking spray
1 pound potatoes
(3 medium or 3 cups cubed)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt

Directions
1. Preheat the oven to 450 degrees.
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes.
4. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.
Spring has sprung and farmers’ markets have begun opening up all around Maryland filled with fresh in-season fruits and veggies. The great news is many of them now take WIC Fruit & Vegetable checks, the Farmers’ Market Nutrition Program checks and EBT cards, making them an affordable place to purchase fresh fruits and veggies for the whole family!

Spinach, kale and Swiss chard are some of the first crops to be harvested in Maryland. Pick up some fresh greens at your local farmers’ market and try this Simple Greens & Beans dish your family will love.

Here are some step by step instructions to help you master the recipe!

**Simple Greens & Beans**

**SERVES 6**

**Ingredients:**

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 2 (15.5 ounce) cans of white beans, rinsed and drained
- 6 cups fresh greens (such as spinach, Swiss chard, or kale), washed
- 2 Tablespoons fresh parsley or 1 Tablespoon dried parsley flakes
- Salt and pepper to taste

Follow our blog and find more great recipes! [eatsmartmd.blogspot.com](http://eatsmartmd.blogspot.com)
Follow these 6 easy steps!

1. Gather all your ingredients.

2. Measure, wash, and chop all ingredients. Rinse the beans to get rid of some of the sodium!

3. Heat oil over medium heat, adding chopped garlic and onion. Cook for 2 minutes.

4. Add beans and parsley and cook for 2 minutes.

5. Stir in greens and cook until just wilted.

6. Season to taste with salt and pepper and enjoy!
Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

1. Find out how many fruits and vegetables you need to eat every day.

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   These amounts are for less active people. To see the amounts needed by more active people, visit 5aday.gov.

2. Learn what 1 cup and 1/2 a cup look like.

   **EACH COUNTS AS 1 CUP**
   
   - 1 large orange
   - 1 large ear of corn
   - 1 large sweet potato

   **EACH COUNTS AS 1/2 CUP**
   
   - 16 grapes
   - 6 baby carrots
   - 4 large strawberries

For more examples, visit 5aday.gov.
See how you can add fruits and vegetables into your day as part of a healthy diet.

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TIPS

Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

For breakfast:
- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.

For snacks:
- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child’s backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for “fruit on a stick.”

For lunch and dinner:
- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.
Need health insurance?
You may be able to get free or lower cost coverage.
Learn more at marylandhealthconnection.gov
Chinese Veggies and Rice

Chef Kaspar Donier • Seattle, Wash.
Serves 4, 1½ cups per serving
Prep time: 25 minutes • Cook time: 25 minutes

Ingredients
1 cup brown rice
½ pound broccoli
2 medium celery stalks
1 medium carrot
1 small jalapeño or other chili pepper
1 clove garlic
6 ounces boneless chicken pieces or firm tofu
¼ cup low-sodium soy sauce
1 Tablespoon brown sugar
1 Tablespoon cornstarch
2 Tablespoons canola oil
½ teaspoon ground ginger

Directions
1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
8. Serve over warm brown rice.

The Works Pizza

Serves 8, 1 slice per serving
Prep time: 30 minutes • Cook time: 25 minutes

Ingredients
1 large onion
1 medium green bell pepper
1 medium red bell pepper
8 ounces button mushrooms
2 medium tomatoes
1 (6-ounce) block mozzarella cheese
1 Tablespoon canola oil
1 frozen or refrigerated whole wheat pizza dough, defrosted
Non-stick cooking spray
¼ teaspoon dried basil
¼ teaspoon dried oregano
1 (8-ounce) can tomato sauce, no salt added

Directions
1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes.
5. Transfer vegetables to a colander. Stir in tomatoes. Let sit 3–5 minutes to drain excess liquid.
6. While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
8. Mix dried basil and dried oregano into tomato sauce. Spread a layer of sauce across dough.
9. Sprinkle cheese evenly across dough. If using turkey pepperoni, add layer of slices now.
10. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10 minutes. Remove from oven.
11. Add vegetable mixture. Return to oven and bake until pizza is cooked through 5–10 minutes more. Remove from oven.
12. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.
Japanese Simmered Squash (Acorn no Umami)

Chef Yoshiko Shibayama • Seattle, Wash.
Serves 6, 2/3 cup per serving
Prep time: 5 minutes • Cook time: 15 minutes

Ingredients
1 medium acorn squash, about 2 pounds
2 cups water
2 Tablespoons brown sugar
2 Tablespoons low-sodium soy sauce

Directions
1. Rinse squash and cut in half. Scrape out seeds with a spoon. Cut squash along the creases and peel. Cut into slightly larger than bite-size pieces.
2. Cut a circle of aluminum foil that will fit just inside a large skillet. Cut 3 small slits in the middle of the circle. This will let steam escape as squash cooks.
3. In a large skillet, place squash. Add water and sprinkle with brown sugar. Bring to a boil over medium-high heat. Place the foil circle loosely on top of squash pieces. Cook until pieces are softened, about 7-10 minutes. Remove foil and pour soy sauce over squash. Replace foil and boil until liquid is almost gone, about 3-5 minutes more. Watch closely to be sure sauce does not burn.

Herb Roasted Chicken with Vegetables

Chef Ed Hinspetter • Providence, R.I.
Serves 9, 3 ounces cooked chicken and 1/2 cup vegetables per serving
Prep time: 25 minutes • Cook time: 55-60 minutes

Ingredients
3 pounds skinless chicken pieces
1/4 cup vegetables per serving
1/4 cup low-sodium soy sauce
2 Tablespoons brown sugar
2 cups water

Directions
1. Preheat oven to 375°F.
2. Rinse and peel carrots and onion. Peel garlic. Rinse and peel root veggie (if using potatoes, leave the skin on).
3. Cut onion into quarters. Cut each quarter in half. Chop garlic. Dice carrots and other root veggies into 1/2-inch pieces.
4. Rinse lemon and cut in half. In a large bowl, squeeze juice. Discard seeds.
5. Add vegetables, water, oil, oregano, basil, salt, and pepper to bowl. Toss to combine.
6. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave marinade in the bowl. Place baking sheet in oven. Bake for 10 minutes.
7. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature about 10 minutes.
8. Remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
9. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables every 15 minutes. Baste by pouring juices from the baking sheet over the chicken.
10. Serve immediately.
Broccoli Soup

Chef Alicia McCabe  •  Boston, Mass.
Serves 8, 1½ cups per serving
Prep time: 25 minutes • Cook time: 30 minutes

Ingredients
1 large onion
1 large potato
1 medium carrot
2 large broccoli crowns
1 medium stalk celery
1 clove garlic
½ teaspoons canola oil
1 whole bay leaf
1 cup low-fat milk
2 (14½-ounce) cans low-sodium chicken broth
1 ounce low-fat cheddar cheese
¾ teaspoon salt
¼ teaspoon ground black pepper

Directions
1. Rinse and peel onion, potato, and carrot. Rinse broccoli and celery. Peel garlic.
3. Grate cheese.
4. In a large pot over medium-high heat, heat oil. Add celery and onion. Cook until soft and lightly golden brown, about 6–8 minutes. Add garlic and stir. Cook about 30 seconds more.
5. Add potato, carrot, broccoli stems, bay leaf, milk, and broth to pot. Bring to a boil. Reduce heat and simmer until veggies are soft, about 15 minutes. Add broccoli florets in the last 10 minutes.
6. Remove and discard bay leaf. In a blender, puree about half the soup. Return blended soup to pot.
7. Add cheese, salt, and pepper. Simmer to melt the cheese, 2–3 minutes.

Fall Fruit Compote

Chef Peter Franklin  •  Boston, Mass.
Serves 8, 1 cup per serving
Prep time: 20 minutes  •  Cook time: 30 minutes

Ingredients
3 medium pears
2 medium apples
1 cup seedless grapes
1 cup raisins
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1¼ cups apple juice or cider
¾ cup water
2 Tablespoons cornstarch

Directions
1. Rinse pears, apples, and grapes. Do not peel fruit.
2. Remove core from pears and apples. Cut fruit into 1-inch pieces.
3. In a medium pot, add pears, apples, grapes, raisins, cinnamon, and nutmeg.
4. Add apple juice and water to pot to barely cover the fruit.
5. Bring fruit and juice to a boil. Reduce heat and simmer for 10–15 minutes. Remove from heat.
6. In a colander, strain the fruit over a small bowl, reserving the liquid.
7. Return the liquid to the pot. Add cornstarch. Cook on low to thicken slightly. Remove from stove and let cool.
8. Pour thickened juice mixture over fruit and stir. Cool and serve right away. Or, store in an air-tight container for up to 1 week.
Springtime at the Market

• Eat a rainbow this spring! Berries and leafy greens are in-season and can add extra color and nutrition to your meals.
• Herbs, onions, garlic, and scallions add fresh flavors to food without adding salt or fat.
• It’s easy to make half your plate fruits and vegetables when springtime salad veggies are in-season.

Make the most of your fruits and veggies!

Greens
Store in the refrigerator in sealed containers OR wrap in a damp paper towel in a plastic bag. Use within 1 week.
Add greens to pasta, rice, soups, or stir-fry.
Add greens to eggs or potatoes for breakfast.

Berries
Store in the refrigerator in an open container and use within 1 week.
Add berries to a spinach salad, yogurt, or pancakes.
Top frozen yogurt with cooked and cooled berries for a refreshing summer treat.

Garlic and Onions
Store in a cool, dry place for use within 2 weeks.

Scallions
Store in the refrigerator and use within 1 week.
Use onions and garlic as a base for sautéed vegetables or added to pasta.
Roast whole bulbs of garlic in the oven and spread on whole grain bread for garlic bread without added fat or salt.
Scallions and onions add great flavor to salads, eggs, or stir-fry.

Let’s go to the farmers’ market or grocery store together! The whole family can enjoy in-season fruits and vegetables. Try a new leafy green vegetable each week as a family. Let your children pick out their favorite leafy green at the market this spring!

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.
**Lentil, Mushroom, and Swiss Chard Soup**

**Makes:** 6 servings  
**Serving size:** 1 Cup  

**Ingredients:**  
1 tablespoon vegetable oil  
1 onion, chopped  
2 carrots, washed and chopped  
1 celery stalk, washed and chopped  
1 cup fresh or canned mushrooms, sliced  
1 cup dried lentils, rinsed  
8 cups low-sodium chicken or vegetable broth  
1 tablespoon Italian seasoning  
1 teaspoon garlic powder  
1 bunch Swiss chard leaves or 4 cups of spinach, washed and chopped  
Salt and pepper to taste

**Directions:**  
1. In a large pot over medium heat, add oil and cook onion, carrots, celery, and mushrooms for 5 minutes.  
2. Stir in lentils, broth, and spices.  
3. Cover the pot and reduce heat to low.  
4. Cook for 20-30 minutes until lentils are tender.  
5. Stir in chopped Swiss chard or spinach, and cook for 5 minutes.  
6. Divide soup into bowls.  

Serve with whole grain bread.

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**Breakfast Banana Split**

**Makes:** 2 servings  
**Serving size:** ½ banana

**Ingredients:**  
1 banana, peeled and cut in half  
1 cup low-fat yogurt  
½ cup whole grain cereal  
½ cup berries

**Directions:**  
1. In two small bowls, put 1 banana half in each bowl.  
2. Spoon yogurt equally over bananas.  
3. Sprinkle ½ cereal and ½ berries on top of each bowl.

Top with chopped nuts to add protein.

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To find a farmers’ market near you visit our “Locally Grown” section at [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)
Peaches, Plums, Nectarines

Ripen at room temperature. Then store in the refrigerator and use within 1 week.

Grab a piece of whole fruit for breakfast on the go.

Top low-fat frozen yogurt with fresh, sliced fruit for a cool summer dessert.

Tomatoes

Store tomatoes at room temperature and use within 1 week.

Add tomatoes to scrambled eggs and top with fresh salsa.

Stir-fry tomatoes with summer squash for a great side dish.

Peppers, Corn, Summer Squash

Store in the refrigerator and use within 2 weeks.

Combine fresh corn, tomatoes, and cooked beans to make a sweet and refreshing summer salad.

Add a rainbow of color and crunch to salads, quesadillas, and stir-fry with red, orange, and yellow pepper slices.

Melons

Ripen at room temperature. Then store in the refrigerator and use within 1 week. Wash melon before cutting and eating.

Add fresh, chopped melon to salads or salsa.

Blend fresh melon with ice for a cool fruit smoothie.

Keep sliced melon in the refrigerator for juicy grab-and-go snacks.

The whole family can shop at the farmers’ market or grocery store together! Summer squash, tomatoes, corn, peaches, plums, and melon make family meals healthy and colorful. Ask kids to choose a rainbow of fruits and veggies at the market this week.

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.
**SUMMER**

### Banana Berry Smoothie

Makes: 4 servings  
Serving size: 1 cup

**Ingredients:**
- 2 bananas
- 2 cups berries, washed
- 1 1/2 cups of low-fat yogurt, any flavor
- 1 cup orange juice
- 1/2 cup ice cubes

**Directions:**
1. Peel bananas, and break into large pieces.
2. Put bananas, berries, yogurt, orange juice and ice in blender.
3. Blend to combine. If smoothie seems too thick to pour easily, add more orange juice and blend again briefly.
4. Pour into 4 cups to serve.

Substitute your favorite low-fat yogurt flavor.  
Try raspberries or blackberries in this recipe.

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### Summer Stuffed Tomatoes

Makes: 8 servings  
Serving size: 1 tomato

**Ingredients:**
- 8 tomatoes, washed
- 2 peaches, washed, peeled, and chopped
- 3 cucumbers, washed, peeled, seeded, and chopped
- 2 ears of fresh corn kernels, washed, or 1 8.7-ounce can corn, rinsed and drained
- 3 tablespoons vegetable oil
- 2 tablespoons lemon or lime juice
- 1/2 teaspoon salt
- 1/2 cup basil leaves, chopped, or 1 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup basil leaves, chopped, or 1 teaspoon dried basil

**Directions:**
1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in refrigerator.
5. Divide equally and stuff in tomatoes.

This makes a great make-ahead vegetable for summer cook outs.

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To find a farmers’ market near you visit our “Locally Grown” section at [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)
Fall Harvest at the Market

Enjoy the flavors of fall. Apples, pears, squash, potatoes, cabbage, broccoli, and beets are some of the vegetables in season at this time of year.

- Add fall vegetables like turnips, pumpkin, and carrots to soups and casseroles.
- In the oven, roast vegetables like squash, parsnips, and sweet potatoes to bring out their naturally sweet flavor.

Take the whole family to choose apples at a local farm, farmers’ market, or grocery store. Many varieties of apples are available in the fall, let kids choose their favorite kind for lunch and snacks.

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

Pumpkin and Squash
Store in the refrigerator and use within 1 month.
Add cooked, pureed pumpkin to pancake, waffle, or muffin batter to boost nutrition and flavor.
Roast squash to bring out its sweet flavor. Serve with roasted meats or baked fish.

Carrots and Beets
Store in the refrigerator and use within 3 weeks.
Dip carrots in hummus for a healthy snack.
Slice raw or cooked beets and carrots on top of a green salad, or mix with fresh or canned orange segments and light salad dressing.

Cabbage, Broccoli, Cauliflower
Store in the refrigerator and use within 2 weeks.
Add shredded cabbage, in place of lettuce, to tacos, salads, and soups.
Serve raw broccoli and cauliflower with hummus or low-fat dip for a healthy, crunchy snack.

Apples and Pears
Store apples in the refrigerator and use within 3 weeks.
Ripen pears at room temperature, then refrigerate and use within 2 weeks.
Slice apples and serve with peanut butter or low-fat yogurt dip for a healthy on-the-go snack.
Top a green salad with chopped apples and pears.
Cook peeled, diced pears and apples on the stove with water or 100% fruit juice to make fruit sauce.
Carrot and Oatmeal Cookies

Makes: 48 cookies  
Serving size: 1 cookie

Ingredients:
1 cup carrots, peeled and grated  
½ cup honey  
¼ cup vegetable oil  
¼ cup applesauce  
1 teaspoon vanilla extract, opt.  
2 eggs  
1 cup oats  
1 cup flour  
2 teaspoons baking powder  
½ teaspoon salt  
1 cup raisins  
½ cup nuts, chopped  
2 teaspoons pumpkin pie spice or cinnamon  
Cooking oil spray

Directions:
1. Preheat oven to 375 degrees.
2. Spray baking sheets with cooking oil spray.
3. In a mixing bowl, stir together honey, oil, applesauce, vanilla, if used, and eggs.
4. In a medium bowl, mix the oats, flour, baking powder, pumpkin pie spice or cinnamon, and salt.
5. Add the dry oat mixture to the egg mixture and stir to combine.
6. Add the carrots, nuts, and raisins and stir to combine.
7. Drop one tablespoon of batter for each cookie onto baking pan.
8. Bake for 15-18 minutes until golden brown.

Use whole wheat flour to boost nutrition.

Baked Apples and Sweet Potatoes

Makes: 10 servings  
Serving size: 1 cup

Ingredients:
3 apples, washed  
5 sweet potatoes, washed  
Cooking oil spray  
1 15-ounce can of pineapple chunks, packed in 100% juice  
¼ cup brown sugar

Directions:
1. In large pot, cook whole unpeeled potatoes in boiling water until tender.
2. Drain potatoes, cool, peel, and cut into thick slices.
3. Peel apples and slice.
4. Preheat oven to 325 degrees.
5. Spray a large baking dish with vegetable oil spray.
6. Layer sweet potatoes, apples, pineapple, and brown sugar in baking dish.
7. Cover with foil.
8. Bake for 45 minutes.

Sweet potatoes are a great source of vitamin A.

Contains honey. Do not serve to children under the age of 1.

To find a farmers’ market near you visit our “Locally Grown” section at www.eatsmart.umd.edu
Text4baby comes to you, making it easy to get important health information. Get three FREE text messages per week directly to your cell phone to help you through pregnancy and baby’s first year. Messages are personalized to your due date or baby’s birthday. Topics cover prenatal care, breastfeeding, nutrition, baby’s development, safety and more.

**Signing up is easy!** Text **BABY** (**BEBE** en Español) to **511411**

Text STOP to stop or HELP for technical help. Visit text4baby.org for more information.
Storing Fresh Fruits and Vegetables for Best Flavor

**Store in the refrigerator**

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Berries</td>
</tr>
<tr>
<td>(more than 7 days)</td>
<td>Cherries</td>
</tr>
<tr>
<td>Apricots</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Asian pears</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Berries</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Cherries</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Cut Fruit</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Figs</td>
<td>Carrots</td>
</tr>
<tr>
<td>Grapes</td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Cut Vegetables</td>
</tr>
<tr>
<td></td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td>Green Onions</td>
</tr>
<tr>
<td></td>
<td>Herbs (not basil)</td>
</tr>
<tr>
<td></td>
<td>Leafy Vegetables</td>
</tr>
<tr>
<td></td>
<td>Leeks</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Radishes</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Sprouts</td>
</tr>
<tr>
<td></td>
<td>Summer Squashes</td>
</tr>
<tr>
<td></td>
<td>Sweet Corn</td>
</tr>
</tbody>
</table>

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

**Ripen on the counter first, then refrigerate**

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Peaches</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Pears</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Plums</td>
<td>Carrots</td>
</tr>
<tr>
<td>Plumcots</td>
<td>Cauliflower</td>
</tr>
</tbody>
</table>

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

**Store only at room temperature**

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Berries</td>
</tr>
<tr>
<td>(fewer than 7 days)</td>
<td>Cherries</td>
</tr>
<tr>
<td>Bananas</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Citrus fruits</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Melons</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Papayas</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Persimmons</td>
<td>Carrots</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Plantain</td>
<td>Celery</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Cut Vegetables</td>
</tr>
<tr>
<td>Ginger</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Garlic*</td>
<td>Green Onions</td>
</tr>
<tr>
<td>Peppers†</td>
<td>Herbs (not basil)</td>
</tr>
<tr>
<td>Peaches*</td>
<td>Leafy Vegetables</td>
</tr>
<tr>
<td>Potatoes*</td>
<td>Leeks</td>
</tr>
<tr>
<td>Pumpkins</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Onions*</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Sweet Potatoes*</td>
<td>Peas</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Radishes</td>
</tr>
<tr>
<td>Winter Squashes</td>
<td>Spinach</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Winter Squashes</td>
<td>Summer Squashes</td>
</tr>
</tbody>
</table>

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

**Cleaning Your Produce**

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature’s natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled “ready-to-eat,” “washed,” or “triple washed” need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org)

Source: UC Davis Postharvest Technology

© 2012 Produce for Better Health Foundation.
ALLEGANY COUNTY

Downtown Cumberland
Baltimore St., Cumberland
Thursday: 9am - 2pm, May to Oct
FMNP, FVC & SNAP
Matching Program

Downtown Cumberland
Canal Place, Cumberland
Saturday: 9:30am - 2pm, Jun to Oct
FMNP, FVC & SNAP

Frostburg
20 S. Water St., Frostburg
Friday: 9am - 1pm, May to Oct
FMNP, FVC & SNAP

LaVale
1262 Vocke Rd., Cumberland
Tuesday: 9am - 2pm, Jun to Oct
FMNP, FVC & SNAP

Western Maryland Regional Health Center
3500 Willow Brook Rd., Cumberland
Wednesday: 2pm - 5pm, Jul to Oct
FMNP, FVC & SNAP
Matching Program

ANNE ARUNDEL COUNTY

Anne Arundel Medical Center
2001 Medical Pkwy., Annapolis
Lower Level South Tower
Friday: 10am - 2pm, Jun to Oct
FMNP & FVC

MD Department of Natural Resources (DNR)
580 Taylor Ave., Annapolis
Thursday: 3pm - 6pm, Jun to Sep
FMNP & FVC

Piney Orchard Market Association
2400 Stream Valley Dr., Odenton
Wednesday: 2pm - 6pm, Jun to Nov
FMNP & FVC

Severna Park
Ritchie Hwy. & Jones Station Rd., Arnold
Park-n-Ride
Saturday: 8am - noon, Apr to Oct
severnaparkfarmersmarket.com
FMNP & FVC

Baltimore City

32nd Street/Waverly
400 E. 32nd St., Baltimore
Saturday: 7am - noon, Jan to Dec
32ndstreetmarket.org
FMNP, FVC & SNAP
Matching Program

Baltimore Market & Bazaar
Saratoga and Holliday St., Baltimore
Sunday: 7am - noon, Apr to Dec
promotionandarts.org
FMNP, FVC & SNAP
Matching Program

BMI Market
1415 Key Hwy., Baltimore
Baltimore Museum of Industry
Saturday: 9am - 1pm, May to Oct
thebmi.org
FMNP & FVC

Govanstowne Market
5104 York Rd., Baltimore
Wednesday: 3pm - 7pm, Jun to Sep
govansmarket.org
FMNP, FVC & SNAP
Matching Program

Park Heights Community
5201 Park Heights Ave., Baltimore
Wednesday: 9am - 2pm, Jun to Nov
phcha.org/farmersmarket.php
FMNP, FVC & SNAP
Matching Program

All markets may not be listed. Market information is as of March 27, 2015. For additional or up-to-date information about markets please visit: www.marylandfma.org or ask your local WIC clinic.
Pratt Street
100 Light St., Baltimore
Thursday: 11am - 2pm, May to Sep
godowntownbaltimore.com
FMNP & FVC

Tuesday Market in Lauraville
4500 Harford Rd., Baltimore
Tuesday: 4pm - 8pm, Jun to Sep
lauravillefarmersmarket.blogspot.com
FMNP & FVC

Baltimore County

Maryland State Fairgrounds
2200 York Rd., Timonium
Wednesday: 10am - 1pm, Jun to Oct
baltimorecountyfarmersmarket.com
FMNP, FVC & SNAP

Catonsville
5820 Edmondson Ave., Catonsville
Wednesday: 10am - 1pm, May to Nov
FMNP, FVC & SNAP
Matching Program

Catonsville Sunday
730 Frederick Rd., Catonsville
Sunday: 10am - 1pm, May to Nov
catonsville.org/events/farmersmarket
FMNP & FVC

Hereford
17004 York Rd., Parkton
Saturday: 9am - noon, May to Oct
herefordfarmmarket.com
FMNP & FVC

Kenilworth
800 Kenilworth Dr., Towson
Tuesday: 3pm - 6pm, May to Nov
thekenilworthmarket.com
FMNP, FVC & SNAP
Matching Program

Pikesville
1700 Reisterstown Rd., Pikesville
Tuesday: 2pm - 6pm, May to Oct
pikesvillechamber.org/pages/FarmersMarket
FMNP & FVC

Randallstown
8604 Liberty Rd., Randallstown
Wednesday: 1pm - 5pm, Jun to Oct
FMNP & FVC

Matchmaking Program

Reisterstown
360 Main St., Reisterstown
Sunday: 10am - 1pm, Jun to Oct
cslcmd.org
FMNP, FVC & SNAP

Calvert County

Calvert County - Barstow
140 Calvert Fair Dr., Barstow
Calvert County Fairgrounds
Saturday: 7am - noon, May to Nov
calvertag.com
FMNP & FVC

Calvert County - Barstow
140 Calvert Fair Dr., Barstow
Calvert County Fairgrounds
Tuesday: 1pm - 5pm, May to Nov
calvertag.com
FMNP & FVC

Calvert County - Solomons
Solomons Island Rd, Solomons
Parking lot adjacent to Riverwalk
Thursday: 4pm - 8pm, May to Nov
calvertag.com
FMNP & FVC

North Beach Friday Night Market
9023 Bay Ave., North Beach
Friday: 6pm - 9pm, May to Oct
FMNP & FVC

Carroll County

Carroll County
700 Agriculture Dr., Westminster
Carroll County Agriculture Center
Saturday: 8am - 2pm, Mar to Dec
carrollcountyfarmersmarket.com
FMNP & FVC

Hampstead Market
1341 N. Main St., Hampstead
Saturday: 9am - noon, Jun to Sep
hampsteadfarmersmarket.com
FMNP & FVC

Mount Airy
3 North Main St., Mount Airy
Wednesday: 3pm - 6pm, May to Sep
mountairymainstreet.org
FMNP & FVC

Taneytown
226 E. Baltimore St., Taneytown
Wednesday: 4pm - 7pm, Jun to Sep
FMNP & FVC
<table>
<thead>
<tr>
<th><strong>CECIL COUNTY</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Perryville Market</strong></td>
</tr>
<tr>
<td>Broad St. &amp; Roundhouse Dr., Perryville</td>
</tr>
<tr>
<td>Lower Ferry Park</td>
</tr>
<tr>
<td><strong>Friday:</strong> 3pm – 7pm, May to Oct</td>
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<tr>
<td>perryvillemd.org</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
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<tr>
<th><strong>CHARLES COUNTY</strong></th>
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<tbody>
<tr>
<td><strong>Waldorf</strong></td>
</tr>
<tr>
<td>O’Donnell Lake Dr., Waldorf</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 9am – 1pm, May to Nov</td>
</tr>
<tr>
<td>FMNP, FVC &amp; SNAP</td>
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<tr>
<td>Matching Program</td>
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</tbody>
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<thead>
<tr>
<th><strong>DORCHESTER COUNTY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cambridge Main Street</strong></td>
</tr>
<tr>
<td>Long Wharf Park, Cambridge</td>
</tr>
<tr>
<td>At the end of historic High St.</td>
</tr>
<tr>
<td><strong>Thursday:</strong> 3pm – 6pm, 7-May to 15-Oct</td>
</tr>
<tr>
<td>cambridgemainstreet.com</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
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</tbody>
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<thead>
<tr>
<th><strong>FREDERICK COUNTY</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Emmitsburg</strong></td>
</tr>
<tr>
<td>300A South Seton Ave., Emmitsburg</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 3pm – 6pm, Jun to Sep</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
</tr>
<tr>
<td><strong>Everedy Square &amp; Shab Row</strong></td>
</tr>
<tr>
<td>East &amp; East Church St., Frederick</td>
</tr>
<tr>
<td><strong>Thursday:</strong> 3pm – 6pm, Jun to Oct</td>
</tr>
<tr>
<td>frederickfarmfresh.com</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
</tr>
<tr>
<td><strong>Frederick City Market</strong></td>
</tr>
<tr>
<td>331 N Market St., Frederick</td>
</tr>
<tr>
<td><strong>Sunday:</strong> 9am – 1pm, May to Oct</td>
</tr>
<tr>
<td>frederickfarmfresh.com</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
</tr>
<tr>
<td><strong>NCI at Frederick</strong></td>
</tr>
<tr>
<td>549 Sultan St., Frederick</td>
</tr>
<tr>
<td><strong>Tuesday:</strong> 11am – 1pm, 2-Jun to 27-Oct</td>
</tr>
<tr>
<td>ncifrederick.cancer.gov</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
</tr>
<tr>
<td><strong>Thurmont Main Street</strong></td>
</tr>
<tr>
<td>South Center St., Thurmont</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 9am – noon, Jun to Sep</td>
</tr>
<tr>
<td>Thurmont.com</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
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</tbody>
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<thead>
<tr>
<th><strong>GARRETT COUNTY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mountain Fresh - Oakland</strong></td>
</tr>
<tr>
<td>5 Town Park Ln., Oakland</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 10am – 1pm, Jun to Oct</td>
</tr>
<tr>
<td>MountainFresh.org</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
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</tbody>
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<thead>
<tr>
<th><strong>HARFORD COUNTY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bel Air</strong></td>
</tr>
<tr>
<td>2 S. Bond St., Bel Air</td>
</tr>
<tr>
<td><strong>Saturday:</strong> 7am – 11am, Apr to Nov</td>
</tr>
<tr>
<td>belairfarmersmarket.com</td>
</tr>
<tr>
<td>FMNP &amp; FVC</td>
</tr>
</tbody>
</table>

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**Super Summer**

Make your summer SUPER with:

- **Summer activities, camps and meals** for kids and teens up to age 18
- **Summer programming** for your child
- **Healthy, free meals** for kids and teens up to age 18 in your neighborhood
- **Up-to-date information** on summer events throughout Baltimore

---

Find summer activities for kids in Baltimore City

bmoresupersummer.org or dial 211
Has Your Newborn Baby’s Hearing Been Screened?

1. Your newborn baby should receive a hearing screening by 1 month of age.
2. Hearing status should be determined by 3 months of age.
3. If a hearing concern is identified, call by 6 months of age to enroll your baby in early intervention services.

For information about the newborn hearing screening process, call 1-800-633-1316.
For information about early intervention services, call 1-800-535-0182.

This message is from The Maryland Early Hearing Detection and Intervention Program

Prevention and Health Promotion Administration
Office for Genetics and People with Special Health Care Needs

Sickle Cell Disease Follow Up Program

Do you, or someone you know, have Sickle Cell?
Were you, or they, not born in Maryland and in between the ages of 0-18 years old?
Are you, or they, looking for information regarding Sickle Cell Disease, treatment recommendations, immunization schedules, resource lists and any other information regarding Sickle Cell Disease?
Would you, or they, wish to receive more information about our long-term follow up program?

To contact the Sickle Cell Follow Up Program,
please call 410-767-6737 or visit
http://phpa.dhmh.maryland.gov/genetics/SitePages/Sickle_Followup_Program
Bethesda-Farm Women’s Market
7155 Wisconsin Ave., Bethesda
**Wednesday:** 7am - 4pm, Jan to Dec
**Saturday:** 7am - 4pm, Jan to Dec
farmwomensmarket.com
FMNP & FVC

Clarksburg
23315 Frederick Rd., Clarksburg
**Sunday:** 10am - 1pm, Jun to Oct
clarksburgfarmersmarket.com
FMNP, FVC & SNAP

Crossroads
Anne St. @ 1021 University Blvd, Takoma Park
**Wednesday:** 11am - 3pm, Jun to Nov
crossroadscommunityfoodnetwork.org
FMNP, FVC & SNAP
Matching Program

Damascus FFA
25921 Ridge Rd., Damascus
**Thursday:** 3pm - 6pm, May to Oct
FMNP, FVC & SNAP

Dawson’s
225 N Washington St., Rockville
**Wednesday:** 11am - 2pm, May to Sep
dawsonsmarket.com
FMNP & FVC

Friday on the Commons
19701 Fisher Ave., Poolesville
**Whalen Commons**
**Friday:** 6pm - 9pm, Jun to Aug
poolesvillemd.gov
FMNP & FVC

Fulks Corner Market
Rt. 355 & Fulks Corner Ave., Gaithersburg
**Thursday:** noon - 6pm, May to Nov
gaithersburgmd.gov/leisure/markets/farmers-markets
FMNP, FVC & SNAP

Main Street Pavilion
301 Main St., Gaithersburg
**Saturday:** 9am - 2pm, Jan to Dec
gaithersburgmd.gov/leisure/markets/farmers-markets
FMNP, FVC & SNAP

Olney
2805 Olney Sandy Spring Rd., Olney
**Sunday:** 9am - 1pm, May to Nov
olneyfarmersmarket.org
FMNP & FVC

Potomac Village
9908 S. Glen Rd., Potomac
**Thursday:** 2pm - 6pm, May to Nov
potomacvillagefarmersmarket.net
FMNP, FVC & SNAP
Matching Program

Rockville
Rt. 28 & Monroe St., Rockville
**Jury Parking Lot**
**Saturday:** 9am - 1pm, May to Nov
rockvillemd.gov/farmers
FMNP, FVC & SNAP
Matching Program

Shady Grove
9601 Medical Center Dr., Rockville
**Johns Hopkins University Montgomery Co.**
**Wednesday:** 11am - 2pm, May to Oct
shadygrovemarket.org
FMNP, FVC & SNAP
Matching Program

Takoma Park
Laurel Ave., Takoma Park
Between Carroll Ave. & Eastern Ave.
**Sunday:** 10am - 2pm, Jan to Dec
takomaparkmarket.com
FMNP, FVC & SNAP
Matching Program

**PRINCE GEORGE’S COUNTY**

Bowie
15200 Annapolis Rd., Bowie
**Sunday:** 8am - noon, May to Oct
cityofbowie.org/farmersmarket
FMNP & FVC

Cheverly Community Market
6401 Forest Rd., Cheverly
**Saturday:** 8am - noon, May to Dec
cheverlycommunitymarket.com
FMNP, FVC & SNAP
Matching Program

Downtown College Park
4500 Knox Rd., College Park
**Sunday:** 10am - 2pm, Apr to Nov
downtowncollegeparkmarket.org
FMNP & FVC

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Have questions about Car Seat Safety??

What’s the law about Car Seats?
Where can I get a car seat for my child?
Is there a seat check near me?

What’s the best car seat for my baby?

Maryland Kids In Safety Seats has answers!

Helpline: 800-370-SEAT
E-mail: dhmh.kiss@maryland.gov
Website: www.mdkiss.org
KISS Skype: MDKISS2

Maryland Department of Health and Mental Hygiene
Maryland KISS
Maryland Highway Safety Office
### Farmers’ Market at Maryland
Cole Student Activities Building, College Park Campus Dr. Entrance
**Wednesday:** 11am – 3pm, Mar to Nov farmersmarket.umd.edu FMNP & FVC

### Greenbelt
25 Crescent Rd., Greenbelt
Greenbelt Municipal Bldg. Park Lot
**Sunday:** 10am – 2pm, May to Nov greenbeltfarmersmarket.org FMNP & FVC

### Hyattsville
3799 East-West Hwy., Hyattsville
Redeemer Lutheran Church Parking Lot
**Tuesday:** 3pm – 7pm, Jun to Sep hyattsville.org/591/Farmers-Market FMNP, FVC & SNAP

### Laurel Farmer’s Market and Bazaar
378 Main St., Laurel
**Thursday:** 9am – 2pm, Jun to Oct FMNP & FVC

### Old Town Bowie
4911 Somerset Rd., Bowie
**Wednesday:** 3pm – 7pm, May to Oct freshvistafarmersmarkets.com/otbowie FMNP, FVC & SNAP

### Riverdale Park
4650 Queensbury Rd., Riverdale Park
**Thursday:** 3pm – 7pm, Apr – Mar rpfm.org FMNP, FVC & SNAP Matching Program

### USDA Beltsville
5601 Sunny Side Ave., Beltsville
Parking Lot B
**Thursday:** 10am – 2pm, May to Oct GWCC.CustomerServices@dm.usda.gov FMNP & FVC

### Queen Anne’s County
Kent Island
830 Romancoke Rd., Stevensville
**Thursday:** 3pm – 6pm, Jan to Dec kentislandfarmersmarket.com FMNP & FVC

### St. Mary’s County

#### California (“BAE”)
22810 Three Notch Rd., California
**Saturday:** 9am – 1pm, Apr to Nov FMNP, FVC & SNAP

#### California
Town Creek Dr., California
**Saturday:** 9am – 1pm, Apr to Nov FMNP & FVC

#### North St. Mary’s County
37600 New Market Rd., Charlotte Hall
**Saturday:** 8am – 6pm, Mar to Nov
**Friday:** 8am – 6pm, Mar to Nov FMNP & FVC

### Talbot County

#### Easton
N. Harrison St. Parking Lot, Easton
**Saturday:** 8am – 1pm, Apr to Dec
**Wednesday:** 4pm – 7pm, Apr to Dec avalonfoundation.org/easton-farmers-market FMNP & FVC

### Washington County

#### Historic City
25 W. Church St., Hagerstown
**Saturday:** 8am – noon, Jan to Dec hagerstownmarket.org FMNP & FVC

#### Meritus Medical Center
11110 Medical Campus Rd., Hagerstown
**Tuesday:** 10am – 2pm, May to Sep FMNP & FVC

#### Washington County
1063 Robinwood Dr., Hagerstown
Elks Lodge No. 378
**Wednesday:** 3pm – 6pm, May to Oct FMNP, FVC & SNAP

### Wicomico County

#### Camden Avenue
1401 Camden Ave., Salisbury
**Thursday:** 2pm – 5pm, Jan to Dec CamdenAveFarmersMarket.com FMNP & FVC

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### Need resources for your child with SPECIAL needs?
Visit the Children And Youth With Special Health Care Needs Resource Locator at:
http://specialneeds.dhmh.maryland.gov/

The Resource Locator is an online database that includes:

- Over 800 available easy to search resources
- Interactive maps and directions to each resource
- Ability to be accessed in over 50 languages
- Being 508 Compliant for those with visual impairments
- Resources for Respite Care, Education, Family Support Services, Financial Assistance, Home Care Services, Medical/Dental Care, Mental and Behavioral Health Care, Therapeutic Services, Transportation, and Transition.

Or call: (800) 638-8864
Shore Fresh Growers
Market St. & Poplar Hill, Salisbury
Municipal Parking Lot 16
Thursday: 3pm – 6pm, May to Nov
Saturday: 8am – 1pm, May
FMNP & FVC

Worcester County
Downtown Berlin @ the Firehouse
Harrison Ave., Berlin
Friday: 10am – 3pm, Apr to Dec
Wednesday: 3pm – 6pm, Jun to Aug
DBFM.com
FMNP, FVC & SNAP

Ocean City
142nd St. & Coastal Hwy., Ocean City
Phillips Seafood extended parking lot
Sunday: 8am – 1pm, May to Oct
Saturday: 8am – 1pm, May to Oct
FMNP & FVC

Ocean Pines
239 Ocean Pkwy., Ocean Pines
White Horse Park
Saturday: 8am – 1pm, Jan to Dec
oceanpines.org/farmersmaarket
FMNP, FVC & SNAP

Snow Hill
210 W. Green St., Snow Hill
Thursday: noon – 5pm, May to Sep
FMNP & FVC

West Ocean City
8816 Stephen Decatur Hwy., Berlin
Saturday: 8am – noon, Apr to Nov
FMNP & FVC

Maryland Women, Infants and Children Program | 1-800-242-4942 | www.mdwic.org

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Read with your child for 15 minutes every day. Awaken a world of wonder!

Spending Time with Family Is a Wise Investment.

The Family Tree is dedicated to preventing child abuse and neglect in Maryland by building healthy families.

For help call the 24-Hour Parenting HelpLine: 1.800.243.7337

To get involved, visit: www.familytreemd.org

Share your pictures with us on social media: #15forfamilies
Have you made your appointment?

www.mdwic.org