

GUÍA DE MERCADO 2023

PROGRAMAS DE INCENTIVOS PARA PRODUCTOS DE MERCADOS AGRÍCOLAS



Programa de Nutrición para Mercados Agrícolas de WIC (FMNP) • FMNP para Personas Mayores • Produce Plus

ABOUT YOUR FARMERS MARKET BENEFITS



PRODUCE PLUS &
SENIOR FMNP

- COMPRAR:** Frutas y verduras frescas cultivadas localmente, hierbas cortadas (miel solo para Beneficios para Mercados Agrícolas de Personas Mayores)
- CUÁNDO:** 1 de junio al 30 de noviembre
- DÓNDE:** Mercados agrícolas y puestos de granja enumerados en esta guía
- CÓMO:** Utiliza tu Tarjeta de Beneficios de Productos o Número de Lealtad (código de 12 dígitos en la parte posterior de la tarjeta bajo el código de barras) y canjéalo directamente con el agricultor para comprar



WIC FMNP

- COMPRAR:** Frutas y verduras frescas cultivadas localmente, hierbas cortadas (miel solo para Beneficios para Mercados Agrícolas de Personas Mayores)
- CUÁNDO:** 1 de junio al 30 de noviembre
- DÓNDE:** Mercados agrícolas y puestos de granja enumerados en esta guía
- CÓMO:** Utiliza tu Código QR de FMNP de WIC en el mercado y canjéalo directamente con el agricultor para comprar

TODOS LOS MERCADOS DE DC ENUMERADOS EN ESTA GUÍA ACEPTAN BENEFICIOS DE WIC Y FMNP PARA PERSONAS MAYORES, Y PRODUCE PLUS



DC | HEALTH



QUÉ HACER EN EL MERCADO AGRÍCOLA O PUESTO DE GRANJA

BUSCA EL CARTEL

- Solo los agricultores autorizados pueden aceptar tus beneficios de mercado agrícola
- Busca el letrero **Autorizado del Programa de Incentivos para Productos** en el mercado



OBTÉN MÁS EN EL MERCADO

- **Pregunta al agricultor o al personal del mercado** sobre el uso de otros tipos de pago (como efectivo, tarjeta de crédito, SNAP, FreshMatch, etc.) con tus beneficios de mercado agrícola
- **Algunos mercados ofrecen incentivos adicionales** cuando gastas tus beneficios; consulta con el personal del mercado para obtener más información.
- **No es necesario mostrar ninguna forma de identificación** al usar tus beneficios de mercado agrícola.

¿PREGUNTAS?



Llama al 202-299-3775



CONSULTA EL MAPA INTERACTIVO DE TODAS LAS UBICACIONES EN DC:

<https://www.freshfarm.org/produceplus/locations>

*Verifica en línea la información más actualizada de la Guía de Mercado.

CÓMO USAR ESTA GUÍA

Por favor, consulta el ejemplo a continuación para obtener consejos sobre cómo leer las listas de mercados en esta guía. Los mercados están listados por Ward 1-8, luego por día (sábado-viernes), y luego alfabéticamente por nombre.

LISTED BY WARD: 1-8	WARD 1 FARMERS MARKETS
NAME	14 & U Farmers Market
LOCATION	2000 14th St NW
HOURS BY DAY OF THE WEEK	Sat, 9 AM-1 PM
OPERATION BY MONTH	June-Nov 18
WEBSITE (IF AVAILABLE)	Marketsandmore.info
TRANSPORTATION INFORMATION	\$ M GR YL COLUMBIA HEIGHTS 90, 96, 52, 54, 59
AUTHORIZED FARMERS	PARTICIPATING FARMS Garner's Produce • McCleaf's Orchard • Shenandoah Seasonal







Produce Plus está financiado por DC Health y gestionado por FRESHFARM. Produce Plus proporciona productos frescos cultivados localmente a los residentes de Washington, DC, con acceso limitado a alimentos frescos y saludables. Produce Plus funciona desde principios de junio hasta finales de noviembre de cada año.

WARD 1 FARMERS MARKETS

14 & U Farmers Market

2000 14th St NW
Sat, 9 AM–1 PM
June–Nov 18
Marketsandmore.info




   COLUMBIA HEIGHTS
 90, 96, 52, 54, 59

PARTICIPATING FARMS

Garner's Produce • McCleaf's Orchard
• Shenandoah Seasonal

Adams Morgan Farmers Market

Unity Park, Euclid St and
Columbia Rd NW
Sat, 8:30 AM–1 PM
May 6–Dec 23
lickingcreekbendfarm.com





  WOODLEY PARK
 42, 43, 90, 96, L2

PARTICIPATING FARMS

Licking Creek Bend

FRESHFARM Columbia Heights Farmers Market (Saturday)

Park Road NW and 14th St NW
Sat, 10 AM–1 PM (Jan–March)
Sat, 9 AM–1 PM (April–Dec)
Freshfarm.org





   COLUMBIA HEIGHTS
 52, 54, 59

PARTICIPATING FARMS

78 Acres • Pleitez Produce

Mt. Pleasant Farmers Market

3200 Mount Pleasant St NW
Sat, 10 AM–1 PM (Jan–March)
Sat, 9 AM–1 PM (April–Dec)
facebook.com/MtPFarMar

   COLUMBIA HEIGHTS
 42, 43, H2, H8, S2, S9

PARTICIPATING FARMS

Earth Spring Farm • Quaker Valley
Orchard • Reid's Orchard • Richfield
Farm • Truck Patch Farms

Common Good City Farm

300 V St NW
Wed, 3:30 PM–6:30 PM
May 3–Oct 25
commongoodcityfarm.org





   SHAW/ HOWARD U
 G2, 70, 90

PARTICIPATING FARMS

Common Good City Farm

FRESHFARM Columbia Heights Farmers Market (Wednesday)

Park Road NW and 14th St NW
Wed, 3 PM–7 PM
May 3–Nov 22
freshfarm.org

   COLUMBIA HEIGHTS
 52, 54, 59




PARTICIPATING FARMS

Mickley's Orchard • Pleitez Produce

WARD 2 FARMERS MARKETS

FRESHFARM Dupont Circle Farmers Market

1600 20th St NW
Sun, 8:30 AM–1:30 PM (Jan–Dec)
Freshfarm.org









  DUPONT CIRCLE
 42, N2, N4, N6, D6

PARTICIPATING FARMS

Anchor Nursery • Black Rock Orchard
• Chicano Sol • Dodo Farms • Deep
Roots Farm • Gardeners Gourmet •
Garner's Produce • New Morning Farm
• Pleitez Produce • Potomac Vegetable
Farms • Quaker Valley Orchards •
Shenandoah Seasonal • Spring Valley
Farm • Toigo Orchards • Twin Springs
Fruit Farm

FRESHFARM CityCenter Farmers Market

1098 New York Ave NW
Tues, 11 AM–2 PM
June 1–Oct 31
Freshfarm.org

    GALLERY PL-CHINATOWN
   MCPHERSON SQUARE
 G8, X2, 63, S2

PARTICIPATING FARMS

Barajas Produce • Mickley's Orchard

FRESHFARM Foggy Bottom Farmers Market

23rd St & I St NW
Wed, 2 PM–6 PM (Jan–March)
Wed, 3 PM–7 PM (April–Dec)
Freshfarm.org

    FOGGY BOTTOM-GWU
 32, 33, 36

PARTICIPATING FARMS

Barajas Produce • Quaker Valley
Orchards

WARD 2 FARMERS MARKETS

Rose Park Farmers Market

26th St NW and O St NW

Wed, 3–7 PM

May 3–Oct 25

Roseparkdc.org

P **G2**

PARTICIPATING FARMS

Anchor Nursery • Quaker Valley Orchard

Arcadia Market-Chinatown

800 6th Street NW

(Wah Luck House)

Thurs, 10 AM–1 PM

June 1–Dec 21

Arcadiafood.org

\$ GALLERY PL-CHINATOWN

80, X2, P6, 70, 74

PARTICIPATING FARMS

Arcadia

FRESHFARM By The White House Farmers Market

810 Vermont Ave NW

Thurs, 11 AM–2 PM

April–Nov 16

Freshfarm.org

\$ FARRAGUT NORTH

MCPHERSON SQUARE

G11, 3Y, 32, D6, S2, X2

PARTICIPATING FARMS

Fraziers Fruit Farm • Dreaming Out Loud - The Farm at Kelly Miller

FRESHFARM Penn Quarter Farmers Market

801 F St NW

Thurs, 3 PM–7 PM

April–Nov 16

Freshfarm.org

\$ GALLERY PL-CHINATOWN

METRO CENTER

X9, D6, 70, 74

PARTICIPATING FARMS

Anchor Nursery • Barajas Produce

WARD 3 FARMERS MARKETS

FRESHFARM Cleveland Park Market

3426 Connecticut Ave NW

Sat, 9 AM–1 PM

May 13–Dec 16

Freshfarm.org

\$ CLEVELAND PARK **96**

PARTICIPATING FARMS

Garners Produce • Kuhn Orchards

Maret Schools Farmers Market

3000 Cathedral Ave NW

Sat, 9 AM–1 PM (Jan–Dec)

twinspringsfruitfarm.com/market-schedule

P CLEVELAND PARK **96**

PARTICIPATING FARMS

Twin Springs Fruit Farm

Van Ness Farmers Market

4200 Connecticut Ave NW

(in front of UDC Student Center)

Sat, 9 AM–1 PM

April–Nov 18

sites.google.com/view/

udcvannessfarmersmarket/home

VAN NESS-UDC **L2**

PARTICIPATING FARMS

Flores Produce

Palisades Farmers Market

48th Pl & MacArthur Blvd NW

Sun, 9 AM–1 PM (Jan–Dec)

http://palisadesfarmersmarket.com

P **D6**

PARTICIPATING FARMS

Fajardo Produce • Garners Produce • Kuhn Orchards

Sheridan School Farmers Market

4400 36th St NW

Tues, 3 PM–7 PM (Jun 6–Sept 26)

Sat, 8 AM–1 PM (April–Dec 19)

newmorningfarm.net

P VAN NESS-UDC **L2**

PARTICIPATING FARMS

New Morning Farm

WARD 4 FARMERS MARKETS

FRESHFARM Petworth Farmers Market

9th St & Upshur St NW

Sat, 9 AM–1 PM

May–Nov 18

Freshfarm.org

  GEORGIA AVE-PETWORTH

 60, 70, 79

PARTICIPATING FARMS

Fajardo Produce • Kuhn Orchards •
Open Book Farm • Owl's Nest Farm

FRESHFARM Uptown Farmers Market


5501 Colorado Ave NW,

14th & Kennedy St NW

Sat, 9 AM–1 PM

May–Nov 18

Freshfarm.org

 E4, 52, 54, D34

PARTICIPATING FARMS

McCleaf's Orchard • Zamora Produce

WARD 5 FARMERS MARKETS

FRESHFARM Monroe St Farmers Market

Brookland Arts Walk & Plaza


716 Monroe St NE

Sat, 10 AM–1 PM (Jan–March)

Sat, 9 AM–1 PM (April–Dec)

Freshfarm.org

  BROOKLAND-CUA

 80, G8, H2, H4

PARTICIPATING FARMS

78 Acres • G & B Diaz Farm • Zamora
Produce

Bloomington Farmers Market

100 R St NW

Sun, 9 AM–1 PM

June–Dec 17

Marketsandmore.info

 90, 92

PARTICIPATING FARMS

Garner's Produce • Reid's Orchard •
Shenandoah Seasonal

Brookland Farmers Market

10th & Otis St NE

Tue, 4 PM–7 PM

May–Dec 23

Lickingcreekbendfarm.com

  BROOKLAND-CUA

 80, G8, H2, H4

PARTICIPATING FARMS

Licking Creek Bend


Arcadia Market-Edgewood

Edgewood St NE & Evarts St NE

Fri, 3 PM–6 PM

June 2–Dec 22

Arcadiafood.org

  RHODE ISLAND AVE-

BRENTWOOD  D8, G8

PARTICIPATING FARMS

Arcadia

NoMa Farmers Market

227 Harry Thomas Way NE,

Althea Tanner Park

Thurs, 4 PM–8 PM

May 4–Oct 19

  NOMA-GALLAUDET

 90, 92, P6

PARTICIPATING FARMS

Ashton Farms

WARD 6 FARMERS MARKETS

Eastern Market


225 7th St SE

Sat, 9 AM–3:30 PM (Jan–Dec)

Sun, 9 AM–3:30 PM (Jan–Dec)

Easternmarket-dc.org

    EASTERN MARKET

 90, 92

PARTICIPATING FARMS

Ashton Farms • Gardeners Gourmet
• Knopp Farms • Knopp Farms on the Shore

Farmers Market SW

4th St & M St SW

Sat, 9 AM–1 PM

April–Nov 25

Marketswdc.com

  WATERFRONT

 74, P6, 74, 612

PARTICIPATING FARMS

Ashton Farms • Ochoa Produce




FRESHFARM H St Farmers Market

800 13th St NE

Sat, 9 AM–1 PM

April–Dec 23

Freshfarm.org

  X2  H/BENNING LINE

PARTICIPATING FARMS

Deep Roots Farm • Quaker Valley Orchards • Richfield Farm

FRESHFARM Mt. Vernon Triangle Farmers Market

4th & I St NW

Sat, 9 AM–1 PM (Jan–Dec)

Freshfarm.org

  220, 240, 260, D4, P6

PARTICIPATING FARMS

Black Rock Orchard • Pleitez Produce

Half St Farmers Market

1250 Half Street SE

Sat, 9 AM–1:30 PM

May–Dec 16

centralfarmmarkets.com/half-street

  NAVY YARD-BALLPARK

 612, P6, V4, 735, 850

PARTICIPATING FARMS

Toigo Orchards

Watkins Farm Stand

1300 E St SE

Wed, 3–7 PM

June 6–Oct 25

deeprootsfarm.us/markets

    POTOMAC AVE  32, 36

PARTICIPATING FARMS

Deep Roots Farm

WARD 7 FARMERS MARKETS

Arcadia Market–Deanwood

48th St NE & Minnesota Ave NE

(Rec Center)

Sat, 10 AM–1 PM

June 3–Dec 23

Arcadiafood.org

    DEANWOOD

 R12, U7, V14, W4

PARTICIPATING FARMS

Arcadia

Arcadia Market–Fort Dupont

4403 Bowen Rd SE

Sat, 10 AM–1 PM

June 3–Dec 23

Arcadiafood.org

   F14, S35, V7, W4, S35

PARTICIPATING FARMS

Arcadia

Arcadia Market–Parkside/ Mayfair

650 Kenilworth Ter NE

Wed, 3 PM–6 PM

June 7–Dec 20

Arcadiafood.org

    MINNESOTA AVE  U7

PARTICIPATING FARMS

Arcadia

Dreaming Out Loud's Kelly Miller Market

301 49th St NE

Sat, 10 AM–2 PM

June 3–Nov 18

<https://dreamingoutloud.org/>

   U5, U6

PARTICIPATING FARMS

Dreaming Out Loud - The Farm at Kelly Miller

FRESHFARM Cesar Chavez Farm Stand

700 Parkside Pl NE

Sat, 9 AM–1 PM

June 3–Nov 18

Freshfarm.org

    MINNESOTA AVE  U7

PARTICIPATING FARMS

Barajas Produce

FRESHFARM Kenilworth Rec Center Farm Stand

4321 Ord St NE

Sat, 9 AM–1 PM

June 3–Nov 18

Freshfarm.org

PARTICIPATING FARMS

Barajas Produce

WARD 7 FARMERS MARKETS

FRESHFARM Minnesota Ave Farmers Market

322 40th St NE (East River Park Shopping Mall)

Thurs, 1 PM–4 PM

June 1–Nov 16

Freshfarm.org

\$ P   MINNESOTA AVE

 V7, V8, U5, U6, U7

PARTICIPATING FARMS

Pleitez Produce

Williams' Market at RFK Stadium

Oklahoma Ave & Benning Rd NE (Parking Lot No. 6)

Sat, 8 AM–3 PM

Jun 3–Dec 23

P  X2  H/BENNING LINE

PARTICIPATING FARMS

Miller Farms • Weaver Brother

WARD 8 FARMERS MARKETS

C.R.I.S.P Market at THEARC Farm

1901 Mississippi Ave SE

Sat, 10 AM–1 PM

June 3 – Nov 11

bbardc.org/csa/

\$ P   SOUTHERN AVE

 W1, W2, W3, 32

PARTICIPATING FARMS

THEARC Farm

FRESHFARM Anacostia Community Museum Farm Stand

1901 Fort Pl SE

Sat, 9 AM–1 PM

April–Nov 18

Freshfarm.org

\$ P  W2, W3

PARTICIPATING FARMS

Barajas Produce

Ward 8 Farmers' Market (Soul of the City)

Martin Luther King Avenue SE & Elm Street SE

The Barns at St. Elizabeth's

East Campus (Red Lot)

Sat, 10 AM – 2 PM

June 3–Oct 7

Ward8farmersmarket.org

\$ P  A2, A4, A6, A7, A8, W2, W3

PARTICIPATING FARMS

Harvest to Health

Arcadia Market–Bellevue


115 Atlantic St SW

(Bellevue Library)

Wed, 3 PM–6 PM

June 7–Dec 20

Arcadiafood.org

\$ P  A4, W1, A8

PARTICIPATING FARMS

Arcadia

Arcadia Market–Anacostia


1500 Galen St SE

(Unity Health Care)

Thurs, 3 PM–6 PM

June 1–Dec 21

Arcadiafood.org

\$ P  B2, V2, W8

PARTICIPATING FARMS

Arcadia

Arcadia Market–Oxon Run

Wheeler Rd SE & Valley Ave SE

Fri, 3 PM–6 PM

June 2–Dec 22

Arcadiafood.org

\$ P  W2, W3, Q6, Q7, W1

PARTICIPATING FARMS

Arcadia

SCAN FOR RECIPE IDEAS

<https://www.freshfarm.org/recipes>



MARYLAND FARMERS MARKETS

WIC & SENIOR FMNP ONLY

Bethesda United Church of Christ Farmers Market

Fernwood & Democracy Blvd,
Bethesda, MD
Thurs & Sat, 9 AM–1 PM (Jan–Dec)
Twinspringsfruitfarm.com

PARTICIPATING FARMS

Twin Springs Fruit Farm

Cheverly Community Market

6401 Forest Rd, Cheverly, MD
Every Other Saturday, 8 AM–12 PM
May–Nov
Cheverlycommunitymarket.org

PARTICIPATING FARMS

Benny's Fruit Market (WIC FMNP only)

Bethesda Central Farm Market

7600 Arlington Rd, Bethesda, MD
Sun, 9 AM – 1:30 PM (Jan–Dec)
centralfarmmarkets.com/
bethesda

PARTICIPATING FARMS

Benny's Fruit Market (WIC FMNP only)
• Toigo Orchards

FRESHFARM Downtown Silver Spring Farmers Market

1 Veterans Pl, Silver Spring, MD
Sat, 9 AM–1 PM (Jan–Dec)
freshfarm.org

PARTICIPATING FARMS

Barajas Produce LLC • Dodo Farms
• Spring Valley Farm & Orchard •
Quaker Valley Orchard • Three Springs
Fruit Farm

New Morning Farm

Taylor Street at Brookville Rd
Chevy Chase, MD
Sat, 8 AM–1 PM (May–Nov)
newmorningfarm.net/markets

PARTICIPATING FARMS

New Morning Farm

Pike Central Farm Market

910 Rose Ave, N. Bethesda, MD
Sat, 9 AM–1:30 PM
Apr–Dec
centralfarmmarkets.com/pike

PARTICIPATING FARMS

Toigo Orchards

Greenbelt Farmers Market

25 Crescent Rd, Greenbelt, MD
Sun, 10 AM–2 PM
May–Nov
Greenbeltfarmersmarket.org

PARTICIPATING FARMS

Three Springs Fruit Farm

Takoma Park Farmers Market

6931 Laurel Ave, Takoma Park, MD
Sun, 10 AM–2 PM (Jan–Dec)
Takomaparkmarket.com

PARTICIPATING FARMS

Black Rock Orchard • Fajardo Produce
Farm • Potomac Vegetable Farm •
Toigo Orchards • Twin Springs Fruit
Farm • Waterpenny Farm

Crossroads Farmers Market

Ann St at University Blvd East,
Takoma Park, MD
Wed, 10:30 AM–2:30 PM
Apr–Nov
crossroadscommunityfoodnetwork.
org/farmers-market

PARTICIPATING FARMS

Potomac Vegetable Farms • Tuckey's
Mountain Grown (WIC FMNP only)

Casey Farmers' Market

810 South Frederick Ave,
Gaithersburg, MD
Thurs, 11 AM–2:30 PM
May–Nov
gaithersburgmd.gov/recreation/
farmers-markets

PARTICIPATING FARMS

Tuckey's Mountain Grown
(WIC FMNP only)

**SCAN FOR MORE INFO
ABOUT DC WIC**

<https://www.dcwic.org/fmnp>

