

2023 年市集指南

農夫市集農產品激勵計劃



WIC 農夫市集營養計劃 (FMNP) • 長者計劃(FMNP) • 蔬果+計劃(Produce Plus)

ABOUT YOUR FARMERS MARKET BENEFITS



蔬果+計劃(Produce Plus)
和長者計劃(FMNP)

購買: 新鮮、在地種植的蔬果、香料 (蜂蜜僅限供應給長者計劃)

時間: 6月1日至11月30日

地點: 本指南中列出的農夫市集和農場攤位

使用方式: 直接使用您的Produce Plus福利卡或卡號 (福利卡背面條形碼下的 12 位代碼) 並直接向農夫攤主兌換



WIC 農夫市集營養計劃
(FMNP)

购买: 新鲜、在地种植的蔬果、香料 (蜂蜜仅限供应给长者计划)

时间: 6月1日至11月30日

地点: 本指南中列出的农夫市集和农场摊位

使用方式: 在市集使用您的 WIC FMNP 二維碼並直接向農夫攤主兌換

本指南中列出的所有 DC 市場均接受 WIC 和長者計劃(FMNP)福利及蔬果+計畫(Produce Plus)



DC | HEALTH



在农夫市集或农场摊位上该怎么做

寻找海报

- 只有获得授权的农夫才能接受您的农夫市集福利
- 请在市场上寻找“授权农产品激励计划”标志



在市集上获得更多福利

- 询问农夫或市场工作人员如何使用其他支付方式(如现金、信用卡、SNAP、FreshMatch 等)来搭配您的农夫市集福利
- 有些市集在您使用福利时会提供额外奖励, 请问市场工作人员以了解更多信息!
- 使用农夫市集福利时, 您无需出示任何形式的身份证件。

有疑问?

请致电 202-299-3775



查看华盛顿特区所有市集地点(交互式地图):

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

*请在网上查看最新公布的市集信息。

如何使用本指南

请参阅下面的范本来了解如何阅读本指南中的市场列表。市场首先按 1-8 区排列, 然后按开市日(週六至週五)排列, 最后按字母顺序排列。

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 計劃由哥倫比亞特區衛生署資助並由 FRESHFARM 管理。Produce Plus 提供新鮮、在地種植的蔬果給平常難以取得新鮮蔬果的哥倫比亞特區居民。Produce Plus 每年從 6 月初開始到 11 月底結束。

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
deeproofsfarm.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>

