

Farmers' Market Finds on a Dime!

Shopping is a pleasure rather than a chore at the farmers' market. You can find fresh and seasonal (spring, summer, fall) fruits and vegetables. Also, at the Farmers' Market, you support your community by buying local and in season!



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Buying Farm Fresh Foods Is a "SNAP" at Farmers' Markets

SNAP (Supplemental Nutrition Assistance Program) benefits are easy to use at farmer's markets. Depending on the market, use the SNAP electronic benefit transfer (EBT) for purchases.

Forty (40) Tennessee's farmers' markets now work with SNAP EBT. Buying locally grown produce (fruits and vegetables) in Tennessee is putting more dollars into farmer's pockets while helping people maximize their access to fresh food.

At these markets, signs identify farmers who accept SNAP benefits. Each market has different ways to use SNAP benefits.



adapted from: <https://www.tn.gov/agriculture/news/2018/8/9/snap-at-farmers-markets.html>



Did You Know?

Farmer's markets also allow you the opportunity to attend free seasonal cooking demonstrations. For the next cooking demonstration, Call your local farmer's market for the schedule. Make it a family affair and take the kids with you!



Try the Pick Tennessee Mobile App!

The Pick Tennessee mobile app helps you live locally on the go! Use this easy app to find the farms, farmers' markets, foods, and fun wherever you are. Search the app by item, by region of the state, or by season.

This free mobile app keeps track of your favorites and links you to seasonal recipes, handy tips, and fun facts as well as the full Pick Tennessee Products website, www.picktnproducts.org.

adapted from: <https://www.tn.gov/agriculture/news/2018/8/9/snap-at-farmers-markets.html>

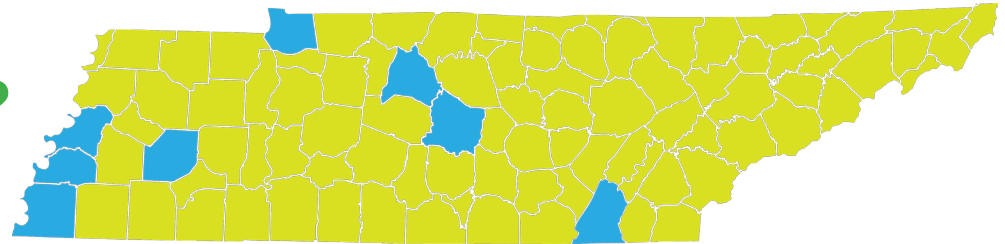
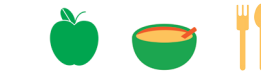
Download the Pick Tennessee Mobile App Today!





Where can I buy local, seasonal produce?

Look at this list of Farmer's Markets that accept SNAP benefits in Tennessee. You can find many seasonal and local foods at your local farmers' market.



Shelby County

- **Agricenter International Farmers Market**
7777 Walnut Grove, Memphis, TN 38120
- **Bartlett Station Farmers Market**
2969 Elmore Park Rd., Bartlet, TN 38134
- **Cooper-Young Community Farmers Market**
1000 South Cooper Street, Memphis, TN 38104
- **Farm Park Farmers Market**
C.O. Franklin Park, Germantown, TN 38138
- **Landmark Farmers Market**
2489 Carnes Avenue, Memphis, TN 38114
- **Memphis Farmers Market**
G.E. Patterson and South Main Street, Memphis, TN 38103
- **Millington Farmers Market**
5152 Easley Street, Millington, TN 38053
- **Overton Park Community Farmers Market**
389 East Parkway, Memphis, TN 38112
- **South Memphis Farmers Market**
1400 Mississippi Boulevard, Memphis, TN 38106

Lauderdale County

- **Ripley Downtown Farmers Market**
134 North Jefferson Street, Suit 3, Ripley, TN 38063

Tipton County

- **Court Square Farmers Market**
117 North Main, Covington, TN 38019

Madison County

- **West Tennessee Farmers Market**
91 New Market Street, Jackson, TN 38301

Hamilton County

- **Brainerd Farmers Market at Grace Episcopal**
20 Belvoir Avenue, Chattanooga, TN 37411
- **Chattanooga Market**
1826 Carter Street, Chattanooga, TN 37408
- **Collegedale Market**
4950 Swinyar Dr., Collegedale, TN 37363
- **Lookout Farmers Market**
900 North Sanctuary Rd., Chattanooga, TN 37421
- **Main Street Farmers Market**
325 East Main Street, Chattanooga, TN 37408
- **Ooltewah Farmers Market**
5829 Main Street, Ooltewah, TN 37363
- **St. Albans Hixson Market**
7514 Hixson Pike, Hixson, TN 37343

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Visit picktnproducts.org/listview/farmers-market for specific dates and times.

Davidson County

- **12 South Farmers Market**
3000 Granny White Pike, Nashville, TN 37204
- **Amqui Station Farmers Market**
303 Madison Street, Madison, TN 37115
- **East Nashville Farmers Market**
511 Woodland Street, Nashville, TN 37206
- **Farmin in the Hall**
451 Hogan Road, Nashville, TN 37220
- **Hip Donelson Farmers Market**
3130 McGavock Pick, Nashville, TN 37214
- **Madison Church Farmers Market**
106 Gallatin Pike North, Madison, TN 37115
- **Nashville Farmers Market**
900 Rosa L. Parks Boulevard, Nashville, TN 37208
- **Nashville Farmers Market at VUMC**
2211 Garland Avenue, Nashville, TN 37212
- **Richland Park Farmers Market**
4711 Charlotte Avenue, Nashville, TN 37209
- **St. George's Farmers Market**
4715 Harding Road, Nashville, TN 37205
- **The Bellevue Farmers Market**
684 Colice Jeanne Road, Nashville, TN 37221

Rutherford County

- **LaVergne Farmers Market**
294 Sand Hill Road, La Vergne, TN 37086
- **Lascassas Farmers Market**
7684 Barlow Lane, Lascassas, TN 37085
- **Main Street Saturday Market of Murfreesboro**
Public Square of Murfreesboro, Murfreesboro, TN 37130
- **Rutherford County Farmers Market**
315 John R. Rice Boulevard, Murfreesboro, TN 37129
- **Smyrna Depot Farmers Market**
98 Front Street-Historic Train Depot, Smyrna, TN 37167
- **Stones River Market**
301 South Spring Street, Murfreesboro, TN 37130

adapted from: picktnproducts.org/listview/farmers-market.html

What does your Tennessee plate look like?
Take a picture of your plate and hashtag #MyPlateMyState

SHARE WITH US



#tsusnaped



#tsusnaped

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Word Scramble: What's in Season in Our Region?

Seasonal foods like fruits and vegetables are tastier, fresher, and more healthy than fruits and vegetables you may eat out of season. Can you unscramble the fruits or vegetable in each month?



Asparagus

Broccoli

Okra

Watermelon

Calliflower

Kale

Zucchini

Blueberries

Cantaloupe

April

CBLORCIO

LUFIAWOREC

RSEEEUBLBI

May

KAOR

SPGRSUAAA

AEKL

June

INCUCHZI

ONEMARWETL

POLUTACAEN

To see the full-sized in-season produce calendar for Tennessee, visit [farmflavor.com/tennessee/whats-growing-tennessee-produce-calendar](https://www.farmflavor.com/tennessee/whats-growing-tennessee-produce-calendar).

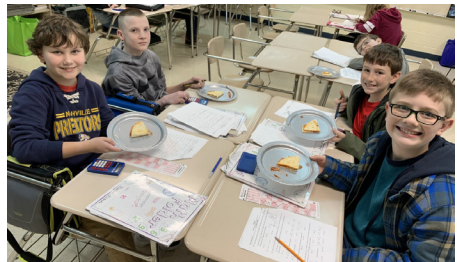
adapted from: https://www.picknproducts.org/food/growing_season.html | [produceforkids.com](https://www.produceforkids.com)

Answers: APRIL: Broccoli, Cauliflower, Blueberries | MAY: Okra, Asparagus, Kale | JUNE: Zucchini, Watermelon, Cantaloupe



Participants In Action

Sensational job! Keep It Up!



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