MARKET DETAILS
Nederland Farmers Market

EAT IN SEASON!
Check the market often for your favorite fruits and vegetables.

Sundays 10 a.m. to 2 p.m.
Starting on Sunday, May 20, then the second Sunday of each month through October

LOCATION
Guercio Memorial Ball Field
151 East Street

OFFERINGS
Live music, prepared foods, cottage foods, fresh local produce, artisanal goods, body & home goods

CONTACT
Facebook: NederlandFarmersMarket
Instagram: nederlandfarmersmarket
Twitter: @NedFarmMarket
Email: nederlandfarmersmarket@gmail.com

DOUBLE UP
at the
FARMERS MARKET

Double your SNAP benefits when you shop at the Nederland Farmers Market.

HEALTHY CHOICES!
HEALTHY FAMILIES!
Buying your fruits and vegetables at the Nederland Farmers Market can help you and your family stay healthy. In fact, many farmers go to great lengths to grow the most nutritious produce possible.

**LOCALLY GROWN PRODUCE IS HEALTHIER**

Freshly picked, in-season produce is at its peak in flavor and nutrition. As soon as fruits and vegetables are picked they start to lose some of their vitamins. The fruits and vegetables from the farmers market ripen on the plant rather than in the store, so they keep their healthy vitamins longer.

**LOCALLY GROWN PRODUCE SUPPORTS LOCAL FAMILIES**

Buying from the local farmers market helps to support small family farmers. Buying directly from farmers reduces costs to them and helps them to continue growing healthy, nutritious food for our community. And supporting local farmers supports our local economy and environment.

**TIPS FOR THE MARKET**

- **RIDE YOUR BIKE!**
- **RIDE THE BUS!**
- **BRING YOUR OWN BAGS!**
- **TRAINED DOGS ALLOWED WITH LEASH.**

**DOUBLING SNAP AT THE FARMERS MARKET**

**HOW IT WORKS**

If you’re enrolled in food assistance (SNAP) you can use your EBT card at the Nederland Farmers Market to get SNAP bucks to purchase SNAP-eligible foods anywhere in the market. And for every dollar you withdraw from your SNAP account, you will receive an equal amount of Double Up Bucks, which can be used to buy fresh fruits and vegetables.

**BUY $1 >> GET $1 UPTO $20**

**ENJOY THE MARKET**

Bring a blanket/chairs and picnic in the park.
Live music at every Market.
Market runs rain or shine. Come prepared for afternoon showers.
We’re Zero Waste! Use the recycling and compost bins and take your trash with you.
Many vendors do not accept credit cards.

**RECIPES**

Check out these websites for quick and easy recipes to help stretch your SNAP budget with fresh fruits and vegetables.

- [CookingMatters.org/recipes](CookingMatters.org/recipes): Low-cost recipes that are also available on their app.

**LEARN MORE**

To see if you qualify for food assistance or to apply, call 303.441.1000 or visit BoulderCountyFoodAssistance.org.

To find out more about WIC and if you qualify, visit BoulderCountyWIC.org or call 303.413.7520.

To learn more about Double Up Food Bucks and SNAP at the Farmers Market, call 303.441.1564 or visit BoulderCountyDoubleUp.org.

Double Up Food Bucks is a LiveWell Colorado collaboration.