

Farmers' Market Welcomes Oregon Trail Card Shoppers!

Do you like strawberries, cherries, goat cheese, summer squash, lettuce, snap peas, basil? We've got them.



Now you can use your Oregon Trail food stamp card to purchase these and other seasonal, Oregon-grown foods at a farmers' market near you.

Spend your food stamp dollars on delicious fruits, vegetables, cheeses, meats, seafood, bread and more. Or, buy fruit, vegetable, and herb plants and plant starts to grow your own food at home.

Where and When:

Be a penny-wise Farmers' Market shopper!

- 1) Buy in bulk and freeze or preserve produce.
- 2) Shop like a chef. If the item's appearance isn't important—such as when you're buying tomatoes for a sauce—ask if the grower if "seconds" are available.
- 3) If you shop late in the day, ask if growers will negotiate on their prices for items in high season. For example, strawberries in June.



For more information on farmers' markets in Oregon, visit www.oregonfarmersmarkets.org.

For more information on applying for food stamps, call 1-800-SAFENET (723-3638).

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