

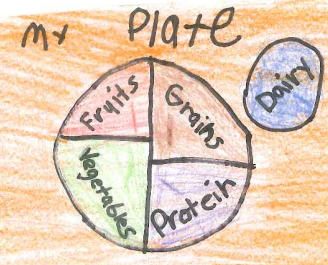


Arlington Farmers Markets



Reasons to go to the Farmers market

- nearby
- Help local farmers
- music or entertainment
- Fresher food
- good food YUM!
- No chemicals
- Organic



Eat my plate because it has all the food groups you need to have a healthy diet and keep you strong.

Eat The Rainbow

- Red: Strawberries, Heart
- Orange: Carrots, Healthy eyes
- Yellow: Corn, Don't get sick
- Green: Spinach, Vitamins, and eyes
- Blue: Blueberries, helps memory
- Purple: Grapes, healthy skin
- White: Onions, helps memory

Top 3 things to buy all season long	April - May	June - July	July - August	August - September	October - November	December - March
onions, asparagus, strawberries	blackberries, blueberries, Green beans	peaches, sweet corn, cantaloupe	watermelon, egg plant, pumpkins	broccoli, potato, cabbage	herbs, sweet potato, greens, spinach	

TIPS

- ✓ Bring reusable bags
- ✓ Make a shopping list
- ✓ Check the website

• types of vendors?
• dogs allowed?
• SNAP benefits?

Ways to Pay

credit cards: VISA, Tokens

cash: \$10 SNAP = Get \$10 extra market money

To find out more visit this website or scan this QR code!

<https://topics.arlingtonva.us/Farmers-Markets/>

Arlington Courthouse
N. Courthouse Rd. and N. 14th St.
Saturdays 9AM-noon (Jan-Mar)
8AM-noon (Apr-Dec)

FARMER MARKET Locations

lubber run
Barrett elementary school
4401 N. Henderson RD.
Saturdays 8AM-NOON (April-Nov)

Ways to Get to the Farmers Market

Car

bike

Bus

Metro

- Ballston
- Clarendon
- Courthouse
- Crystal City
- Rosslyn

Walking if it is in your neighborhood

Arlington Mill
909 S. Dinwiddie St.
Saturday 9AM-1PM (MAY - OCTOBER)

Columbia Pike
Pike Park, Columbia Pike and Southland Water Rec. Ctr.
Sundays 9AM-1PM (year-round)

Marymount
2807 N. Glebe RD.
Saturdays, 9AM-1PM (May 21 - Nov 19)

Ballston
Welburn Square
901 St. Thursdays 3-7 PM
April 14 - Oct 27

Crystal City
1900 Crystal Drive
Tuesdays 3-7 PM (April 5 - Nov 22)

Rosslyn
Central place Plaza
1800 N. Lynn St.
Wednesday 2:30 PM - 6:30 PM (May 9 - Oct 31)

Clarendon
Clarendon Metro station
Wednesday 3 PM - 7 PM
April - Dec

Fairlington
3308 S. Stafford St
Sundays, 9AM-1PM (April 11 - Nov 22)

Westover
Westover library
1644 N. McKinley RD.
(Sunday 8AM-NOON) (May - Nov) (Sunday 9AM-1PM) (Dec - April)

This flyer brought to you by:
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2nd grade class
Campbell Elementary