

Double Up Partners



Eat in season!

Check the market often for your favorite fruits and vegetables.

May	June	July	Aug	Sept	Oct	Nov
			Apples			
		Apricots				
Asparagus		Beets				
		Broccoli				
		Cabbage				
		Cantaloupe				
		Carrots				
		Cauliflower				
		Celery				
Chard						
Cherries						
		Cucumbers				
		Eggplant				
		Green Beans				
Herbs						
			Honeydew			
Lettuce (leaf and head)						
Onions						
		Peaches				
		Pears				
		Peppers				
Pinto Beans (all year)						
		Plums				
		Potatoes				
		Pumpkins				
		Raspberries				
Rhubarb						
Spinach						
		Summer Squash				
		Strawberries				
		Sweet Corn				
		Tomatoes				
				Watermelon		
				Winter Squash		



Double Up Food Bucks



Have SNAP?

Double Your Food Dollars!
Get More Fruits and Veggies!



**BOULDER COUNTY
PUBLIC HEALTH**
Opportunity for a Healthy Life

At Participating Farmers Markets



- 1** Buy SNAP bucks with your SNAP EBT card at the farmers market info booth. These bucks can be used to buy any SNAP-eligible item.
- 2** Get matching Double Up Food Bucks. These bucks can be used to purchase more vegetables and fruits.
- 3** Shop. Look for vendors who accept SNAP and Double Up Food Bucks.

Boulder Farmers Market

13th St, between Arapahoe Ave & Canyon Blvd
Saturdays 8 a.m. to 2 p.m.
1st Sat in April - 3rd Sat in November
Wednesdays 3:30 to 7:30 p.m.
1st Wed in May - 1st Wed in October
bcfm.org/food-access

Longmont Farmers Market

Boulder County Fairgrounds, 9595 Nelson Rd
Saturdays 8 a.m. to 1 p.m.
1st Sat in April - 3rd Sat in November
Winter Market: 9 a.m. to 3 p.m.
1st Sat & Sun of December
bcfm.org/food-access

Louisville Farmers Market

824 Front St
Saturdays 9 a.m. to 1 p.m.
2nd Sat in May - 2nd Sat in October
realfarmersmarketco.com/louisville-farmers-market

Nederland Farmers Market

80 E. Second St
Every other Sunday 10 a.m. to 2 p.m.
May - October
nederlandfarmersmarket.org

Lafayette Farmers Market

Public Rd between Cleveland St & Geneseo
Sundays 9 a.m. to 1 p.m.
1st Sun in May - last Sun in October
lafayettefm.com



At Participating Farm Stands

- 1** Buy fresh vegetables and fruit with your SNAP EBT card.
- 2** Get 50% off your produce purchase when you pay with your EBT card.
- 3** Shop for fresh produce every time the farm stand is open or sign up for a weekly produce box with a CSA share.

Growing Gardens: Boulder

1630 Hawthorn Ave
Wednesdays 3:30 to 6:30 p.m.
Last Wed in May - 3rd Wed in November
growinggardens.org

Growing Gardens: Longmont

950 Lashley St
Thursdays 4 to 6 p.m.
2nd Thur in July - 3rd Thur in October
growinggardens.org

Jack's Solar Garden

Sprout City Farms: Longmont

8102 N. 95th St
Sign up for a weekly CSA
(community supported agriculture) box.
20 weeks July - October
sproutcityfarms.org



Recipes

Check out these websites for easy recipes that feature local, seasonal produce

boco.org/FarmersMarketCookbook
boco.org/FarmtoECERecipes

Learn More

To see if you qualify for food assistance or to apply, call **303.441.1000** or visit **BoulderCountyFoodAssistance.org**
To learn more about Double Up Food Bucks, call **303.441.1564** or visit **boco.org/doubleup** or **doubleupcolorado.org**

Double Up Food Bucks is a Nourish Colorado collaboration.

