

# 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™

# 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](http://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](http://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](http://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](http://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](http://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](http://growinggardens.org)

## Growing Gardens: Longmont

950 Lashley St  
Wednesdays 4 to 6:30 p.m.  
1st Wed in July - 3rd Wed in October  
[growinggardens.org](http://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](http://sproutcityfarms.org)



## Recipes

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

[boco.org/FarmersMarketCookbook](http://boco.org/FarmersMarketCookbook)  
[boco.org/FarmtoECERecipes](http://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.

