

# CHƯƠNG TRÌNH DINH DƯỠNG THỊ TRƯỜNG CỦA WIC VÀ NÔNG DÂN (FMNP)

& SẢN XUẤT TĂNG CƯỜNG PRODUCE PLUS (PP)

## Hướng Dẫn Thị Trường Năm 2022

### VỀ QUYỀN LỢI THỊ TRƯỜNG NÔNG DÂN CỦA BẠN

#### PRODUCE PLUS (PP)

- **Mua:** Trái cây tươi và rau, trồng tại địa phương
- **Khi nào:** Từ 1.6 đến 30.9.2022
- **Ở đâu:** Các gian hàng nông trại được liệt kê trong hướng dẫn này (chỉ ở DC)
- **Cách thức:** Sử dụng thẻ PP, số điện thoại của người tham gia, hoặc số khách hàng thân thiết (mã số 12 chữ số ở mặt sau của thẻ quyền lợi).

#### WIC & NGƯỜI CAO NIÊN CHI PHIẾU

##### SENIOR FMNP CHECK

- **Mua:** Trái cây tươi tại địa phương, rau và thảo mộc (mật ong - chỉ người cao niên)
- **When:** Từ 1.6 đến 30.11.2022
- **Where:** Các gian hàng nông trại được liệt kê trong hướng dẫn này
- **Cách thức:** Mang chi phiếu ra chợ (chắc chắn đã ký tên!) và đối chứng trực tiếp với nông dân trong quá trình mua.

**\*Tất cả các chợ có trong danh sách này đều nhận WIC và Senior FMNP checks & Produce Plus\***

### LÀM GÌ Ở CHỢ TRANG TRẠI

#### TÌM CÁC TỜ QUẢNG CÁO

- Chỉ những nông dân được uỷ quyền chấp nhận lợi ích thị trường nông dân của bạn.
- Tìm các tờ Authorized Farmer or PP Accepted Here:



#### TỐI ĐA HOÁ \$

- Hỏi nông dân hoặc nhân viên trang trại về việc sử dụng các loại thanh toán khác (như tiền mặt, thẻ tín dụng, SNAP, tiền thưởng) với lợi ích chợ trang trại.
- Một số chợ tăng gấp đôi giá trị WIC và cao niên chi phiếu Senior FMNP checks!

#### THẮC MẮC ?

Gọi số **202-299-3775**

The institution is an equal opportunity provider.

#### ĐẶT MUA CỦA

- Bạn không cần xuất trình ID hoặc thư mục WIC khi sử dụng lợi ích của thị trường nông dân.
- Nếu sử dụng kiểm tra WIC hoặc chi phiếu, cao cấp phải được ký tên.

**BẢN ĐỒ TƯƠNG TÁC CỦA CÁC VỊ TRÍ THỊ TRƯỜNG DC**

[tinyurl.com/dcmarkets2022](https://tinyurl.com/dcmarkets2022)



## WARD 1

### 14 & U Farmers Market

2000 14<sup>th</sup> St NW

Sat, 9 AM - 1 PM

April 30 - Nov 19

[marketsandmore.info](http://marketsandmore.info)

-  Garner's Produce
-  McCleaf's Orchard
-  Shenandoah Seasonal

### FRESHFARM Columbia Heights Farmers Market (Wednesday)

Park Road NW and 14th St NW

Wed, 4 - 7 PM

May 4 - Oct 12

[freshfarm.org](http://freshfarm.org)

-  Mickley's Orchard & Farm Market
-  Pleitez Produce

### NoMa Farmers Market

Althea Tanner Park

227 Harry Thomas Way NE

Thurs, 3 PM - 7 PM

April 5 - Sept 29

-  Ashton Farms

### Adams Morgan Farmers Market Unity Park

Euclid St and Columbia Rd

Sat, 8 AM - 1 PM

June 4 - Dec 24

[lickingcreekbendfarm.com](http://lickingcreekbendfarm.com)

-  Licking Creek Bend

### FRESHFARM Columbia Heights Farmers Market (Saturday)

Park Road NW and 14th St NW

Sat, 9 AM - 1 PM

April 2 - Dec 31

[freshfarm.org](http://freshfarm.org)

-  78 Acres
-  Pleitez Produce

### Common Good City Farm

300 V St NW

Wed, 3:30 - 6:30 PM

April 13 - Oct 26

[commongoodcityfarm.org](http://commongoodcityfarm.org)

-  Common Good City Farm

### Mt. Pleasant Farmers Market

3200 Mount Pleasant St NW

Sat, 9 AM - 1 PM

Jan 1 - Dec 31

[facebook.com/MtPFarMar](https://facebook.com/MtPFarMar)

-  Earth Spring Farm, Inc
-  Quaker Valley Orchard
-  Reid's Orchard
-  Richfield Farm
-  Truck Patch Farms

## WARD 2

### Arcadia Market - Chinatown

800 6<sup>th</sup> Street NW (Wah Luck House)

Thurs, 10 AM - 1 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

-   Arcadia

### FRESHFARM Penn Quarter Farmers Market

801 F Street NW

Thurs, 3 PM - 7 PM

April 7 - Nov 17

[freshfarm.org](http://freshfarm.org)

-  Anchor Nursery
-  Barajas Produce
-  Black Rock Orchard

### FRESHFARM by the White House Market

810 Vermont Ave NW

Thurs, 11 AM - 2 PM

May 5 - Nov 17

[freshfarm.org](http://freshfarm.org)

-  Pleitez Produce Farm

**FRESHFARM CityCenter Farmers Market**

1098 New York Ave NW

Tues, 11 AM - 2 PM

May 3 - Oct 25

[freshfarm.org](https://freshfarm.org)

-  Barajas Produce
-  Mickley's Orchard & Farm Market

**FRESHFARM Foggy Bottom Farmers Market**23<sup>rd</sup> St & I St NW

Wed, 3 - 7 PM

April 6 - Nov 23

[freshfarm.org](https://freshfarm.org)

-  Barajas Produce
-  Quaker Valley Orchards

**Rose Park Farmers Market**26<sup>th</sup> St NW and O St NW

Wed, 3 - 7 PM

May 4 - Aug 31

[roseparkdc.org](https://roseparkdc.org)

-  Anchor Nursery
-  Quaker Valley Orchard

**FRESHFARM Dupont Circle Farmers Market (Sunday)**1600 20<sup>th</sup> St NW

Sun, 8:30 AM - 1:30 PM

Jan 2 - Dec 18

[freshfarm.org](https://freshfarm.org)

-  Anchor Nursery
-  Black Rock Orchard
-  Chicano Sol
-  Dodo Farms
-  Deep Roots Farm (WIC & Senior FMNP ONLY)
-  Gardeners Gourmet
-  Garner's Produce
-  New Morning Farm
-  Pleitez Produce
-  Potomac Vegetable Farms
-  Quaker Valley Orchards
-  Shenandoah Seasonal
-  Spring Valley Farm
-  Toigo Orchards II
-  Twin Springs Fruit Farm

**Georgetown Farmers Market**

3700 O St NW (Georgetown University)

Wed, 11 AM - 4 PM

Sep 7 - Nov 16

[csa.dreamingoutloud.org](https://csa.dreamingoutloud.org)

-  The Farm at Kelly Miller

**WARD 3****Cleveland Park Farmers Market**

3426 Connecticut Ave NW

Sat, 9 AM - 1 PM

May 14 - Dec 17

[districtbridges.org](https://districtbridges.org)

-  Garners Produce
-  Kuhn Orchards

**Maret Schools Farmer's Market**

3000 Cathedral Ave NW

Sat, 9 AM - 1 PM

Jan 1 - Dec 31

-  Twin Springs Fruit Farm

**New Morning Farm (Saturday)**4400 36<sup>th</sup> St NW, Sheridan School

Sat, 8 AM - 1 PM

May 7, 2022 - March 21, 2023

[newmorningfarm.net](https://newmorningfarm.net)

-  New Morning Farm

**New Morning Farm (Tuesday)**4400 36<sup>th</sup> St NW, Sheridan School

Tues, 3 PM - 7 PM

Jun 6 - Sept 26

[newmorningfarm.net](http://newmorningfarm.net) New Morning Farm**Tìm kiếm dấu hiệu****Authorized Farmer khi ở chợ!****Palisades Farmers Market**48<sup>th</sup> Pl & MacArthur Blvd NW

Sun, 9 AM - 1 PM

Jan 1 - Dec 31

[palisadesfarmersmarket.com](http://palisadesfarmersmarket.com) Garners Produce Kuhn Orchards**Van Ness Farmers Market**

4200 Connecticut Ave NW (in front of UDC Student Center)

Sat, 8 AM - 2 PM

April 30 - Nov 26

[sites.google.com/view/udcvannewsfarmersmarket/home](https://sites.google.com/view/udcvannewsfarmersmarket/home) Gray Lane Farm Kings Produce**WARD 4****FRESHFARM Market at The Parks at Walter Reed**

1010 Butternut St NW

Sun, 10 AM - 1 PM

July 1 - Oct 31

[freshfarm.org](http://freshfarm.org) Mickley's Orchard**FRESHFARM Uptown Farmers Market**

5500 Colorado Ave NW

Sat, 9 AM - 1 PM

May 7 - Nov 19

[freshfarm.org](http://freshfarm.org) McCleaf's Orchard Zamora Produce**FRESHFARM Petworth Farmers Market**9<sup>th</sup> St & Upshur St NW

Sat, 9 AM - 1 PM

May - Nov

[freshfarm.org](http://freshfarm.org) Fajardo Produce Kuhn Orchards Open Book Farm Owl's Nest Farm**WARD 5****Arcadia Market - Edgewood**

Edgewood St NE &amp; Evarts St NE

Fri, 3 PM - 6 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)  Arcadia**Brookland Farmers Market**10<sup>th</sup> & Otis St NE

Tues, 4 - 7 PM

June 7 - Oct 25

[lickingcreekbendfarm.com](http://lickingcreekbendfarm.com) Licking Creek Bend**Mùa này có gì?**[seasonalfoodguide.org](http://seasonalfoodguide.org)**Bloomingdale Farmers Market**

100 R St NW

Sun, 9 AM - 1 PM

May 1 - Dec 18

[marketsandmore.info](http://marketsandmore.info) Garner's Produce Reid's Orchard Shenandoah Seasonal

**Để tiết kiệm thời gian ở chợ, ký tên WIC & chi phiếu cao niên Senior checks trước khi!**

**FRESHFARM Monroe St Farmers Market**

Brookland Arts Walk & Plaza  
716 Monroe St NE  
Sat, 9 AM - 1 PM  
April 2 - Dec 31  
[freshfarm.org](http://freshfarm.org)

-  78 Acres
-  G & B Diaz Farm
-  Zamora Produce

**Union Market**

1309 Fifth St NE  
Mon, Tues, Thurs, Fri, Sat, Sun,  
11 AM - 7 PM  
Jan 1 - Dec 31  
[unionmarketdc.com](http://unionmarketdc.com)

-  Almaala Farms (WIC & Senior FMNP ONLY)

## WARD 6

**Dreaming Out Loud Farmers Market**

80 M Street SE (WeWork)  
Wed, 11:30 AM - 2 PM  
June 8 - Nov 23  
[csa.dreamingoutloud.org](http://csa.dreamingoutloud.org)

-  The Farm at Kelly Miller

**Eastern Market [Sat]**

225 7<sup>th</sup> St SE  
Tues, 12 - 3 PM  
Sat, 9 AM - 4 PM  
Jan 1 - Dec 31  
[easternmarket-dc.org](http://easternmarket-dc.org)

-  Ashton Farms
-  Gardeners Gourmet
-  Knopp Farms

**Eastern Market [Sun]**

225 7<sup>th</sup> St SE  
Tues, 12 - 3 PM  
Sun, 9 AM - 4 PM  
Jan 1 - Dec 31  
[easternmarket-dc.org](http://easternmarket-dc.org)

-  Ashton Farms
-  Knopp Farms on the Shore

**FRESHFARM Mt. Vernon Triangle Farmers Market**

4<sup>th</sup> & I St NW  
Sat, 9 AM - 1 PM  
April 2 - Dec 31  
[freshfarm.org](http://freshfarm.org)

-  Black Rock Orchard
-  Pleitez Produce

**Farmers Market SW**

4<sup>th</sup> St & M St SW  
Sat, 9 AM - 1 PM  
April - Nov  
[marketswdc.com](http://marketswdc.com)  
 Ochoa Produce

**FRESHFARM at H St Farmers Market**

800 13<sup>th</sup> St NE  
Sat, 9 AM - 12:30 PM  
April 2 - Dec 24  
[freshfarm.org](http://freshfarm.org)

-  Deep Roots Farm (WIC & Senior FMNP ONLY)
-  Full Cellar Farm
-  Quaker Valley Orchards
-  Richfield Farm

**Watkins Farm Stand**

1300 E St SE  
Wed, 3 - 7 PM  
June 1 - Oct 26  
[deeprootsfarm.us/markets](http://deeprootsfarm.us/markets)

-  Deep Roots Farm (WIC & Senior FMNP ONLY)

## WARD 7

### Arcadia Market - Deanwood

48<sup>th</sup> St NE & Minnesota Ave NE  
(Rec Center)

Sat, 10 AM - 1 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### Arcadia Market - Parkside

650 Kenilworth Ter NE

Sat, 10 AM - 2 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### FRESHFARM Minnesota Ave Farmers Market

322 40<sup>th</sup> St NE (East River Park Shopping Mall)

Thurs, 1 PM - 4 PM

June 2 - Oct 27

[freshfarm.org](http://freshfarm.org)

 Pleitez Produce

### Williams' Market at RFK Stadium

Oklahoma Ave & Benning Rd NE  
(Parking Lot No. 6)

Sat, 7:30 AM - 3 PM

Jun 1 - Dec 19

 Miller Farms

 Weaver Brothers

### Arcadia Market - Fort Dupont

4403 Bowen Rd SE

Wed, 3 PM - 6 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### FRESHFARM Cesar Chavez Farmers Market

700 Parkside Pl NE

Sat, 9 AM - 1 PM

June 4 - Nov 19

[freshfarm.org](http://freshfarm.org)

 Barajas Produce

### Dreaming Out Loud

#### Kelly Miller Market

301 49<sup>th</sup> St NE (Kelly Miller Middle)

Sat, 9 AM - 1 PM

June 4 - Nov 19

[csa.dreamingoutloud.org](http://csa.dreamingoutloud.org)

 The Farm at Kelly Miller

### Arcadia Market - Mayfair

699 Kenilworth Terrace NE

Every Other Wed, 3 PM - 6 PM

May 19 - Nov 17

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### FRESHFARM Kenilworth Rec Center Farmers Market

4321 Ord St NE

Sat, 9 AM - 1 PM

June 4 - Nov 19

[freshfarm.org](http://freshfarm.org)

 Barajas Produce

### Only Natural Farm Stand

3935 Benning Road NE

Sat & Sun, 8 AM - 12 PM

June 1 - October 31

 Sankofa Student Farm

## WARD 8

### Arcadia Market – Anacostia

1500 Galen St SE (UHCr)

Thurs, 3 PM - 6 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### Arcadia Market - Bellevue

115 Atlantic St SW (Bellevue Library)

Wed, 3 PM - 6 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### Arcadia Market - Oxon Run

Wheeler Rd SE & Valley Ave SE

Fri, 3 PM - 6 PM

June 1 - Nov 20

[arcadiafood.org](http://arcadiafood.org)

  Arcadia

### Ward 8 Farmers' Market/ Soul of the City

Elm Street SE & Martin Luther King  
Avenue SE

St. Elizabeth's East Campus (Red  
Lot)

Sat, 10 AM - 1 PM

June 4 - Sept 30

[ward8farmersmarket.org](http://ward8farmersmarket.org)

 Harvest to Health

 Licking Creek Bend Farm

### C.R.I.S.P Market at THEARC Farm

1901 Mississippi Ave SE

Sat, 10 AM - 2 PM

June 5 - Nov 12

[bbardc.org/csa/](http://bbardc.org/csa/)

 THEARC Farm

*Thông tin ở một số chợ  
có thể thay đổi. Để  
chắc chắn nhớ kiểm tra  
các trang web để cập  
nhật về giờ giấc và  
người bán.*

## MARYLAND (WIC & SENIOR FMNP ONLY)

### Bethesda United Church of Christ Farmers Market

Fernwood & Democracy Blvd

Bethesda, MD

Thurs & Sat, 9 AM - 1 PM

Jan 1 - Dec 31

[twinspringsfruitfarm.com](http://twinspringsfruitfarm.com)

 Twin Springs Fruit Farm

### Bethesda Central Farm Market

7600 Arlington Rd

Bethesda, MD

Sun, 9:30 AM - 1:30 PM (Jan - Feb)

Sun, 9 AM - 1:30 PM (March - Dec)

[centralfarmmarkets.com/bethesda](http://centralfarmmarkets.com/bethesda)

 Mock's Greenhouse

 Toigo Orchards II

### Casey Farmers' Market

810 South Frederick Ave

Gaithersburg, MD

### Crossroads Farmers Market

Ann St at University Blvd East

Takoma Park, MD

Wed, 10:30 AM - 2:30 PM

Apr 27 - Nov 23

[crossroadscommunityfoodnetwork.org/farmers-market](http://crossroadscommunityfoodnetwork.org/farmers-market)

 Full Cellar Farm

 Potomac Vegetable Farms

 Tuckey's Mountain Grown

### FRESHFARM Downtown Silver Spring Farmers Market

1 Veterans Pl

Silver Spring, MD

Sat, 9 AM - 1 PM

Apr 2 - Dec 31

[freshfarm.org](http://freshfarm.org)

 Barajas Produce LLC

 Dodo Farms

### New Morning Farm

Taylor Street at Brookville Rd

Chevy Chase, MD

Sat, 8 AM - 1 PM

May - Nov

[newmorningfarm.net/markets](http://newmorningfarm.net/markets)

 New Morning Farm

### Pike Central Farm Market

910 Rose Ave, N. Bethesda, MD

Sat, 9 AM - 1:30 PM

Apr 30 - Dec 17

[centralfarmmarkets.com/pike](http://centralfarmmarkets.com/pike)

 Toigo Orchards II

### Potomac Village Farmers Market

9908 S Glen Rd

Potomac, MD

Thurs, 3 - 6:30 PM

May - Nov



Thurs, 11 AM - 2:30 PM  
[Casey Farmers Market Cont'd]  
May - Nov 17  
[gaithersburgmd.gov/recreation/farmers-markets](http://gaithersburgmd.gov/recreation/farmers-markets)

 Tuckey's Mountain Grown

**Cheverly Community Market**

6401 Forest Rd  
Cheverly, MD  
Every Other Saturday, 8 AM - 12 PM  
May 7 - Dec 10  
[cheverlycommunitymarket.org](http://cheverlycommunitymarket.org)

  Benny's Fruit Market

 Mock's Greenhouse

[Downtown Silver Spring Cont'd]

 Spring Valley Farm & Orchard

 Quaker Valley Orchard

 The Farm at Kelly Miller

 Three Springs Fruit Farm

**Greenbelt Farmers Market**

25 Crescent Rd  
Greenbelt, MD  
Sun, 10 AM - 2 PM  
May 2 - Nov 20

[greenbeltfarmersmarket.org](http://greenbeltfarmersmarket.org)

 Three Springs Fruit Farm

[potomacumc.org/potomac-village-farmers-market/](http://potomacumc.org/potomac-village-farmers-market/)

 Country Vittles Critter Hill

**Takoma Park Farmers Market**

6931 Laurel Ave,  
Takoma Park, MD  
Sun, 10 AM - 2 PM  
Jan 1 - Dec 31

[takomaparkmarket.com](http://takomaparkmarket.com)

 Black Rock Orchard

 Fajardo Produce Farm

 Glenville Hollow Farms

 Potomac Vegetable Farm

 Toigo Orchards II

 Twin Springs Fruit Farm

 Waterpenny Farm

Để biết thêm thông tin cập nhật về chương trình dinh dưỡng thị trường  
nông dân của WIC hãy truy cập vào:  
[dcwic.org/wic-farmer-s-market-program](http://dcwic.org/wic-farmer-s-market-program) or hay theo dõi trên mạng xã hội:  
@dcwic

Để biết các bản cập nhật của Produce Plus và nhiều hơn nữa hãy truy  
cập: [freshfarm.org/produceplus](http://freshfarm.org/produceplus) or hay theo dõi trên mạng xã hội:  
@FRESHFARMDC

Produce Plus được tài trợ bởi DC Health và quản lý bởi FRESHFARM.  
Produce Plus cung cấp các sản phẩm tươi trồng tại địa phương cho các  
cư dân Washington, DC với hạn chế tiếp cận với thực phẩm tươi, lành  
mạnh. Produce Plus kéo dài từ đầu tháng 6 đến cuối tháng 9 hàng năm.



