



Cover half your plate with **FRUITS and VEGETABLES!**

Use your Project Fresh coupons to buy Michigan fruits and vegetables:

Apples	Lettuce
Asparagus	Mushrooms
Beans	Onions
Beets	Parsley
Blackberries	Peaches
Blueberries	Pears
Broccoli	Peppers
Cabbage	Potatoes
Cantaloupe	Tomatoes
Carrots	Plums
Cauliflower	Pumpkin
Celery	Radishes
Cherries	Raspberries
Corn	Spinach
Cucumber	Squash
Currants	Strawberries
Elderberries	Watermelon
Grapes	Zucchini

You may *not* use coupons for the following:

Cheese	Milk
Cider	Nuts
Eggs	Preserves
Jam	Seafood
Jelly	Seeds
Meat	Spices
Maple Syrup	Breads



Use Your SNAP Bridge card at the Farmer's Market.

Look for the Market Master Booth at your weekly farmer's market. You can swipe your card there and receive tokens to spend at the market on SNAP-eligible foods and plants that provide food.



Double Up Food Bucks!

When you use your SNAP Bridge Card to shop for food at local farmer's markets, the amount of money you spend is **DOUBLED** with Double Up Food Bucks bonus tokens! \$20 can become \$40! Look for markets that offer Double-Up!



1-800-432-4121
nwhealth.org

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

USDA is an equal opportunity provider and employer.

Participating Farmers Markets and Farm Stands in Northwest Michigan



2017 Project FRESH

FARMERS MARKET NUTRITION PROGRAM

2017 PROJECT FRESH FARMERS FOR NORTHWEST MICHIGAN

ANTRIM COUNTY

BELLAIRE FARMER'S MARKET

102 Maple Street 231-350-8835
Open: Fri. 8am – 12pm

CENTRAL LAKE FARMERS MARKET

2475 N M-88 Highway
Open: Sat. 9 am – 1 pm



CHERRY STREET MARKET

(Kalkaska County)

301 W Mile Rd, Kalkaska
(231) 258-4946

Open: Mon. – Sat. 8am-9pm; Sun. 8am-8pm

FLYNN ORCHARDS

3728 Mancelona Rd. Mancelona
Call (231) 886-0416



KING ORCHARDS

Central Lake, 4620 N M-88
231-544-6479

Open: 9am-6pm Daily

-and-

Kewadin, 986 US Highway 31
Open: 9am – 6pm Daily

MANCELONA FARMER'S MARKET

At the Pavilion
Open: Thurs. 3pm – 7pm

EMMET COUNTY

BILL'S FARM MARKET

4450 E. Mitchell Rd. Petoskey
231-347-6735

Open: Mon.– Fri. 9am-6pm; Sat. 9am-5pm



BLISS GARDENS FARM

5322 Hill Rd. Harbor Springs
231-838-3859

Open: Mon. – Sat. 10am-3pm

BLISS FARMERS MARKET

Carp Lake
Pleasantview & Sturgeon Bay Trail Rd.
Open: Sat. 9 am – 1 pm

PELLSTON FARMERS MARKET

421 Stimson St.
Open Tues. 4:30 – 6:30pm



PEACEFUL PRODUCE

Carp Lake
3565 Elder Road
Open: Tues – Sat 9 am – 5 pm

OTSEGO COUNTY

GAYLORD FARMER'S ASSOCIATION

100 Court St, Under the Pavilion
Open: Wed. & Sat. 8am – 2pm



HARVEST MARKET

Harvest Market
Gaylord
1286 S. Otsego Ave. @ Tractor Supply Co.
Open: Tues. 4 pm-7 pm; Sat. 9 am-2 pm

CHARLEVOIX COUNTY

BOYNE CITY FARM MARKET

Downtown at Veteran's Park
Open: Wed. & Sat. 8am – 12pm



CHARLEVOIX FARMER'S MARKET

Bridge Street Downtown Charlevoix
Open: Thurs. 8am – 1pm



EAST JORDAN FARMER'S MARKET

85 Bridge St.
Open: Thurs. 8am – 12pm

KITELEY FARMS

03805 Brock Rd. Charlevoix 231-547-2318
Open: Daily 9am – 6pm

HOW TO USE PROJECT FRESH COUPONS

1. Bring your Project Fresh Coupons to the Farmers Market.
2. Look for farmers who display the yellow **PROJECT FRESH** sign. Coupons can be used only for fresh, **Michigan grown fruits and vegetables**.
3. The person who signs the coupons must be the same person or their proxy who signed the coupon booklet cover.
4. Choose produce from a participating farmer, then sign the front of the coupon by the "x" and give it to the farmer. **Coupons must be signed at the time of purchase.**
5. Farmers are not allowed to give change – so redeem for the full dollar amount. If you go over the coupon dollar amount, you must pay the difference.
6. Use all **PROJECT FRESH COUPONS BY October 31, 2017.**