



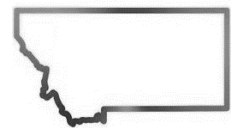
# A nutrition Fact Sheet



## Fresh from Montana: Stretching Your Dollar with Locally Grown Food

### Where to Purchase Locally Grown Food

- Farmers' markets
- Produce stands
- U-pick farms
- Some grocery stores



### Barriers and Benefits to Shopping at Farmers' Markets

#### Barriers

Prices - Prices may seem higher, but shoppers can save money at the farmers' market. In Montana, many markets accept SNAP or WIC, participate in the Senior Farmers' Market Nutrition Program, or participate in Double Bucks programs.

Convenience - Farmers' markets occur on only one or two days per week. Getting to the market and carrying the produce home can be a challenge. Bring totes, a backpack, and family members to lighten the load. If going weekly is a challenge, trade off weeks with a friend. Local farm stands may be open more often and accept SNAP EBT cards. Look for stands using the map here: <http://aeromt.org/abundant/>

Knowing What to Purchase – Checking off grocery list items is not always easy depending on the season. Use our produce swap guide to find out what to buy when certain items are not available.

#### Benefits

1. Seasonal, freshly picked produce is most flavorful.
2. Buying local food supports local farmers and the local economy and preserves local farmland.
3. Fresh fruits and vegetables are loaded with antioxidants and other valuable nutrients.
4. Farmers' markets are kid-friendly. Teach children about new fruits and vegetables.
5. Connect with your local farmers and catch up with your friends and neighbors.
6. Farmers often have great ideas for how to prepare their products.
7. Try something new! Some farmers sell lesser-known fruits and vegetables in many colors.
8. Many farmers' markets may participate in SNAP, WIC, and SFMNP.
9. Farmers' markets are easy to find! To locate a market near you, go to <http://agr.mt.gov/Farmers-Markets>

### How to Use Your EBT Card at Farmers' Markets

- At the market, look for the farmers' market information booth. This is where you will swipe your EBT card. The person that swipes your card will give you tokens to spend on food items throughout the market. You cannot receive change for the tokens.
- You cannot buy non-food items or prepared food with your EBT card. Look for vendor signs that say they accept EBT tokens.

# Seasonal Produce in Montana

The Seasonal Produce Chart shows many of the food items grown or raised in this state that are available throughout the four seasons. The chart indicates when fresh items may be available and does not reflect fruits or vegetables that are available after the harvest season due to canning, freezing, or dehydrating.

	<u>Winter</u> (Dec–Apr)	<u>Spring</u> (May–Jun)	<u>Summer</u> (Jul–Aug)	<u>Fall</u> (Sept–Nov)
Apples				X
Apricots			X	
Beets	X		X	X
Broccoli/Cauliflower		X		X
Carrots	X		X	X
Cabbage		X	X	X
Cantaloupe			X	X
Chard		X	X	X
Cherries/Raspberries/Strawberries			X	X
Corn			X	X
Cucumbers			X	
Garlic	(Cured)	(Scapes)	X	X
Green Beans			X	X
Herbs		X	X	X
Kale		X	X	X
Leeks				X
Lettuce/Spinach		X	X	X
Onions	X			X
Parsnips	X	X		
Peas		X	X	X
Pears				X
Peppers			X	X
Potatoes	X			X
Summer Squash			X	X
Tomatoes/Tomatillos			X	X
Winter Squash	X			X

Community Food and Agriculture Commission of Missoula County

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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