Support the local economy by going to farmers markets. The majority of the foods sold at farmers markets are obtained from local farms and farmers.

Nourish your community with affordable, locally grown, nutrient-rich foods this summer. Buying from farmers markets guarantees that you are purchasing fruits and vegetables at the peak of their growing season, which means that produce is at its freshest.
<table>
<thead>
<tr>
<th>Farmers Market</th>
<th>Ward</th>
<th>Nearest Hospital(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Good City Farm Market</td>
<td>1</td>
<td>HUH, CNH, MWHC, MNRH, VAMC</td>
</tr>
<tr>
<td>FRESHFARM Columbia Heights</td>
<td>1</td>
<td>CNH, MWHC, MNRH, VAMC</td>
</tr>
<tr>
<td>Rose Park Farmers Market</td>
<td>2</td>
<td>GWUH, MGUH</td>
</tr>
<tr>
<td>FRESHFARM Dupont Circle</td>
<td>2</td>
<td>GWUH, MGUH</td>
</tr>
<tr>
<td>FRESHFARM Penn Quarter</td>
<td>2</td>
<td>HUH</td>
</tr>
<tr>
<td>14th &amp; U Street Farmers Market</td>
<td>2</td>
<td>HUH, MWHC, MNRH, CNH, VAMC</td>
</tr>
<tr>
<td>Capital Area Food Bank Community Market</td>
<td>2</td>
<td>GWUH</td>
</tr>
<tr>
<td>Cleveland Park Farmers Market</td>
<td>3</td>
<td>PIW</td>
</tr>
<tr>
<td>Maret School Farmers Market</td>
<td>3</td>
<td>None</td>
</tr>
<tr>
<td>Palisades Farmers Market</td>
<td>3</td>
<td>MGUH, SMH, PIW</td>
</tr>
<tr>
<td>UDC Van Ness Farmers Market</td>
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</tr>
<tr>
<td>Chevy Chase Farmers Market</td>
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<td>PIW</td>
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<tr>
<td>FRESHFARM Uptown</td>
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</tr>
<tr>
<td>Petworth Community Market</td>
<td>4</td>
<td>MWHC, MNRH, CNH, VAMC</td>
</tr>
<tr>
<td>FRESHFARM Walter Reed</td>
<td>4</td>
<td>None</td>
</tr>
</tbody>
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<tbody>
<tr>
<td>Arcadia Mobile Market Edgewood</td>
<td>5</td>
<td>CNH, MWHC, MNRH, VAMC, HUH</td>
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<tr>
<td>FRESHFARM Monroe Street</td>
<td>5</td>
<td>MWHC, MNRH, CNH, VAMC</td>
</tr>
<tr>
<td>Eastern Market Farmers Market</td>
<td>6</td>
<td>BP Capitol Hill</td>
</tr>
<tr>
<td>Farmers Market SW</td>
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<td>None</td>
</tr>
<tr>
<td>FRESHFARM Mount Vernon</td>
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<tr>
<td>FRESHFARM Minnesota Avenue</td>
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<td>None</td>
</tr>
<tr>
<td>RFK Stadium Farmers Market</td>
<td>7</td>
<td>BP Capitol Hill</td>
</tr>
<tr>
<td>Arcadia Mobile Market Deanwood</td>
<td>7</td>
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</tr>
<tr>
<td>Arcadia Mobile Market Mayfair</td>
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<tr>
<td>FRESHFARM Kenilworth</td>
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<td>None</td>
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<tr>
<td>Arcadia Mobile Market Bellevue Library</td>
<td>8</td>
<td>BP Harborside, UMC, St. E</td>
</tr>
<tr>
<td>Arcadia Mobile Market Oxon Run</td>
<td>8</td>
<td>UMC, St. E</td>
</tr>
<tr>
<td>Ward 8 Farmers Market</td>
<td>8</td>
<td>St. E, UMC, BP National Harborside</td>
</tr>
</tbody>
</table>

**Hospital Key**

BP: BridgePoint Hospital  
CNH: Children’s National Hospital  
GWUH: The George Washington University Hospital  
HUH: Howard University Hospital  
MGUH: MedStar Georgetown University Hospital  
MNRH: MedStar National Rehabilitation Hospital  
MWHC: MedStar Washington Hospital Center  
PIW: Psychiatric Institution of Washington  
St. E: St. Elizabeths Hospital  
SMH: Sibley Memorial Hospital  
UMC: United Medical Center  
VAMC: Veterans Affairs Medical Center
FARMERS MARKETS

Eastern Market Farmers Market
225 7th St SE
Tuesdays, Noon - 4 pm

Arcadia Mobile Market Bellevue Library
115 Atlantic St SW
Wednesdays, 3 - 6 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Common Good City Farm Market
300 V St NW
Wednesdays, 3:30 - 6:30 pm

Fresh Farm Columbia Heights
14th St & Park Rd NW
Wednesday, 4 pm - 7 pm

Rosa Park Farmers Market
26th & P St NW
Wednesdays, 3 - 7 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

FRESHFARM Minnesota Ave
322 40th St NW
Thursdays, 1 - 4 pm

FRESHFARM Penn Quarter
801 F St NW
Thursdays, 3 - 7 pm

FRESHFARM Dupont Circle
20th Street NW, Between Mass & Connecticut Streets
Thursdays, 3 - 7 pm

RFK Stadium Farmers Market
Benning Rd & Oklahoma Ave
Thursdays, 7 am - 4 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Arcadia Mobile Market Edgewood
Edgewood St & Evarts St NE
Fridays, 3 - 6 pm

Arcadia Mobile Market Oxon Run
Wheeler Rd SE & Valley Ave SE
Fridays, 3 - 6 pm

14th & U St Farmers Market
1400 U St NW
Saturdays, 9 am - 1 pm

Arcadia Mobile Market Deanwood
48th St SE & Minnesota Ave NE NE
Saturdays, 10 am - 1 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Arcadia Mobile Market Mayfair
Kenilworth Terrace & Burnham Place NE
Saturdays, 10 am - 2 pm

Capital Area Food Bank Community Marketplace
L St NW
First Saturday of Month, 8 - 10 am

Chevy Chase Farmers Market
5701 Broad Branch Rd NW
Saturdays, 9 am - 1 pm

Cleveland Park Farmers Market
3400 Connecticut Ave NW
Saturdays, 9 am - 1 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Eastern Market Farmers Market
225 7th St SE & 200 Block of 7th St SE
Saturdays, 9 am - 3 pm

Farmers Market SW
424 M St SW
Saturdays, 9 am - 1 pm

FRESHFARM Columbia Heights
14th St & Park Rd NW
Saturdays, 9 am - 1 pm

FRESHFARM Kenilworth
4321 Ord St NE
Saturdays, 9 am - 1 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

FRESHFARM Mount Vernon
499 I St NW
Saturdays, 9 am - 1 pm

FRESHFARM Monroe St
716 The Arts Walk
Saturdays, 9 am - 1 pm

FRESHFARM Uptown
Colorado St & Kennedy St NW
Saturdays, 9 am - 1 pm

Maret School Farmers Market
3000 Cathedral Ave NW
Saturdays, 9 am - 1 pm

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Petworth Community Market
Upshur & 9th St NW
Saturdays, 9 am - 1 pm

UDC Van Ness Farmers Market
4200 Connecticut Ave NW
Saturdays, 9 am - 1 pm

RFK Stadium Farmers Market
Benning Rd & Oklahoma Ave
Saturdays, 7 am - 4 pm

Ward 8 Farmers Market
Barns at St. Elizabeths East (Red Lot) Elm St SE & MLK Ave SE
Saturdays, 10 am - 3 pm
Note: Shuttles are transporting from old to new site

Click the Name of the Farmers Market for Directions
FARMERS MARKETS

Eastern Market Farmers Market
200 Block of 7th St SE
Sundays, 9 am - 3 pm

FRESHFARM Dupont Circle
Massachusetts St & 20th St NW
Sundays, 8:30 am - 1:30 pm

FRESHFARM Walter Reed
6920 Georgia Ave NW
Sundays, 10 am - 1 pm

Palisades Farmers Market
48th Pl NW at MacArthur Boulevard NW
Sundays, 9 am - 1 pm

Click the Name of the Farmers Market for Directions
TOP 10 REASONS TO SHOP

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. To support your local farmers and economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get your kids involved.
5. Supporting local farmers strengthens the community.
6. Farmers markets offer foods that align with MyPlate Guidelines.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetable.
9. SNAP and WIC benefits are accepted at most markets.
10. Farmers markets are very easy to find.