What are Farmers' Markets? Farmers' Markets are open-air markets, usually open for a few hours at the same time and place every week, where local farmers sell directly to customers. At California farmers' markets, you can usually find fresh fruits and vegetables, bread, eggs, fish, herbs and much more.

Can I afford to buy fresh fruits and vegetables? Yes! A variety of fresh food you enjoy, and know how to prepare, is available in season, often at lower prices than at the supermarket.

Can I use my CalFresh EBT card at farmers' markets? Yes! Just bring your CalFresh EBT card with you when you shop at the farmers' market and ask at the market information booth how to use it. All markets listed on the back of this brochure will accept EBT cards for eligible foods.

How do I get CalFresh? Whether you are working or unemployed, have a large family or live alone, you (and your family) may be eligible to receive CalFresh. With your new EBT card, your CalFresh benefits can help you buy healthy food at local grocery stores and farmers' markets. Contact your county public assistance office to request a CalFresh application or learn how to apply.

For information on CalFresh, call: 707-553-5681 (Vallejo), 707-784-8050 (Fairfield) or 707-469-4500 (Vacaville)

***¿.Que* Son Los Mercados de Agricultores?** Los Mercados de Agricultores son mercados al aire libre, que normalmente abren durante unas pocas horas, ala misma hora y en el mismo lugar todas las semanas, y donde ~. los agricultores locales venden directamente a los clientes. En los mercados de agricultores usted podra encontrar normalmente frutas y vegetales frescos, pan, huevos, hierbas y mucho mas.

¿.Puedo Comprar Frutas y Vegetales Frescos Sin Pagar Demasiado? Si! Hay una variedad de alimentos frescos que a usted Ie gustan, y que sabe como preparar, que estan disponibles en temporada, muchas veces a precios mas bajos que en el supermercado.

¿Puedo Usar Mi Tarjeta Tarjeta de Transferencia Electronica de Beneficios (EBT) para CalFresh en Los Mercados De Agricultores? Si! Simplemente traiga con usted su tarjeta EBT para CalFresh cuando venga a comprar al mercado de agricultores, y pregunte en el puesto de informacion del mercado como usarla. Todos los mercados mencionados en el reverso de este folleto aceptan tarjetas EBT para determinados alimentos.

¿Como Consigo CalFresh? Ya sea que este trabajando o desempleado, que tenga una familia numerosa o viva solo, es posible que usted (y su familia) sean elegibles para recibir CalFresh. Con su nueva tarjeta EBT, los beneficios que ofrecen sus beneficios CalFresh Ie permitiran comprar alimentos mas saludables en las tiendas de comestibles locales y en los mercados de agricultores. Llame hoy a la oficina de asistencia publica en su condado y pida una solicitud de CalFresh o informacion sobre como solicitarlos.

Para informacion sobre CalFresh llame al:
707-553-5681 (Vallejo), 707-784-8050 (Fairfield) or
707-469-4500 (Vacaville)

1-800-949-FARM www.pcfma.com/solano

Ano ang Farmers' Markets? Ang Farmers' Markets ay “Pamilihang Bayan” na kadalasang bukas ng ilang oras sa takdang araw at lugar bawat linggo, kung saan ang mga lokal na magsasaka ay nagtitinda ng kanilang ani sa publiko. Sa California farmers' markets, makakakita ka ng mga sariwang prutas at gulay, tinapay, itlog, isda, sangkap sa pagluluto, at marami pang iba.

Abot-kaya ko bang bumili ng sariwang prutas at gulay? Oo! Ibat-ibang klase ng pagkain na gusto mo, at alam mung lutuin, ay mabibili mo sa tamang panahon at sa mababang presyo kaysa sa supermarket.

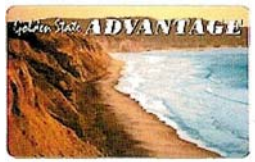
Maari ko bang gamitin ang aking CalFresh EBT card sa farmers' markets? Oo! Dalhin lamang ang iyong CalFresh EBT card sa farmers' market at magtanong sa "information booth" kung paano ito gamitin. Lahat ng pamilihan na nakalista sa likod ng paunawang ito ay tumatanggap ng CalFresh EBT cards sa naaayong mga pagkain.

Paano ako makakakuha ng CalFresh? Ikaw (at iyong pamilya) ay maaaring makapasang tumanggap ng CalFresh kahit na ikaw ay mayruong hanapbuhay o wala, may malaking pamilya o nag-iisa. Sa tulong ng iyong CalFresh at bagong EBT card, ikaw ay makakabili ng mga masustansiyang pagkain sa lokal na pamilihan at farmers' markets.

Para sa karagdagang kaalaman tungkol sa CalFresh, tumawag sa:
707-553-5681 (Vallejo), 707-784-8050 (Fairfield) or 707-469-4500 (Vacaville)

Solano County Farmers' Markets
Mercados de Agricultores en Solano County
Solano County Farmers' Markets

Benicia Thursday / Jueves/Huwebes	4:00 pm – 8:00 pm	1st St. between B & D St. April - October
Fairfield Thursday / Jueves/Huwebes	3:00 - 7:00 pm	Jefferson St & Texas St May - October
Kaiser Vallejo Friday/Viernes/Biyernes	10:00 am - 2:00 pm	975 Sereno Dr Year-round
Vacaville Saturday /*Sabado*/*Sabado*	8:00 am -12:00 pm	Main St & Parker St May - October
Vallejo Saturday /*Sabado*/*Sabado*	9:00 am - 1 :00 pm	Georgia & Main St Year-round



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