



Rx FARM FRESH PRODUCE PRESCRIPTION

PARTICIPATING MARKETS

For a complete and up-to-date list of current participating food outlets, please visit:

[asapconnections.org/
prescription](https://asapconnections.org/prescription)

VISITING THE FARMERS MARKET

TIPS FOR A SUCCESSFUL FARMERS MARKET VISIT:

- Make a loop. Walking around the market lets you see what's available and plan what you want to purchase.
- Talk to farmers. You can ask them what to do with an unfamiliar vegetable, how to store fresh produce to make it last the longest, or what the farm's growing practices are.
- Bring a friend. Meet up at the market to plan a fresh meal together.

WHAT WILL I FIND AT MARKET EACH WEEK?

Depending on the season, you'll find 20 to 50 vendors, including farmers and artisans, selling seasonal produce, meat, seafood, eggs, cheese, bread, baked goods, to-go foods and beverages, crafts, and more. Check ASAP's weekly Fresh at Farmers Markets report online at asapconnections.org or subscribe to the weekly newsletter to find out what's in season. You can also follow @ashevillecitymarket, @asapconnections, and individual farmers and farmers markets on social media for sneak peeks of the harvest.

HOW DOES THE PRESCRIPTION PROGRAM WORK?

Take your prescription card to the market information booth. Present your Unique Prescription Identification Number and receive Farm Fresh Bucks, which can be spent with any vendor for fruits and vegetables. Visit the market weekly to "refill" your prescription.

WHAT OTHER FORMS OF PAYMENT CAN I USE?

Vendors accept cash, debit, or credit. You can also use a SNAP/EBT card to purchase tokens at the market information booth, which can be spent with individual vendors. Asheville City Market matches SNAP dollars with an equal amount of Farm Fresh Bucks, which can be spent with any vendor for fruits and vegetables.

DO I NEED TO BRING MY OWN BAG?

Yes. It's easiest to carry your purchases with a reusable tote bag. Most vendors will also have plastic produce bags available.

DO ALL THE FARMERS GROW THE FOOD THEMSELVES?

Asheville City Market is a producer-only market, which means that all farm vendors grow or raise the products they are selling themselves. For non-farm vendors (such as prepared food, seafood, coffee), preference is given to products and foods prepared or processed locally or made with locally sourced ingredients.