## LOCAL FARMERS' MARKETS 2023 Mass.gov/massgrown



### WHAT IS THE SNAP MATCH PROGRAM?

If you are eligible for Supplemental Nutrition Assistance Program (SNAP) benefits, the SNAP Match program will double the value of your SNAP purchases.

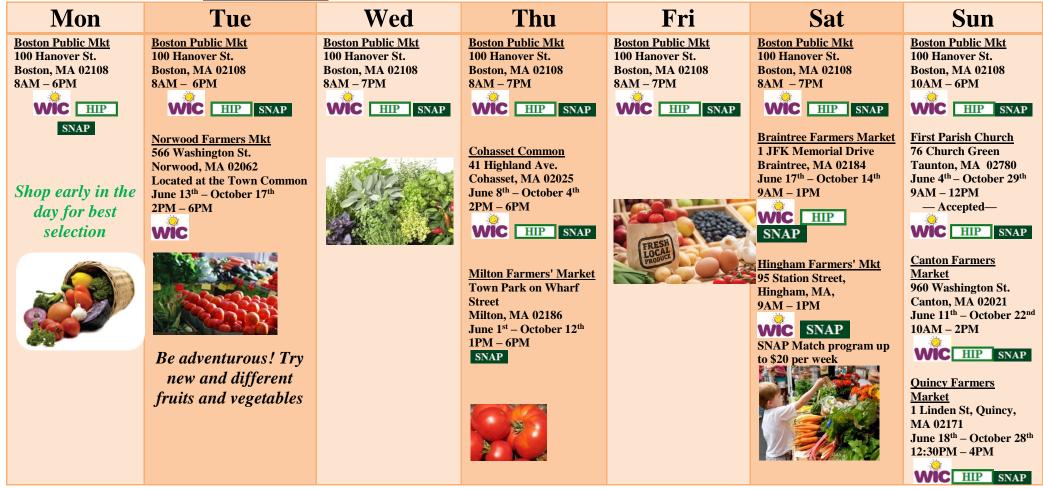
### WHY BY LOCALLY GROWN PRODUCE?

- Farmers' Market produce is picked ripe and sold that day, just hours off the vine (not days). You can taste the difference! 1.
- You can meet the farmers who grow your food, ask when it was picked, how it was grown. Kids love learning from the Farmers! 2.
- 3. You'll find unusual varieties of fruits and vegetables - those bred for flavor, not uniform in size, or ability to travel.
- Buying locally grown produce encourages regional farming. If farming were more widespread, we could save fuel and resources spent on long distance shipping and reduce our overdependence 4. on a handful of growing regions that may not be able to produce high yields indefinitely.
- 5. When produce is grown and purchased locally, the money remains in the community and stimulates the local economy.

You can find an expanded list of markets across the state at: www,mass.gov/massgrown

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# **BEYOND THE GREATER BROCKTON AREA**



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