

BEDFORD FARMERS MARKET

WASHINGTON AND CENTER STREETS
BEDFORD VA 24523

May 2 – October 7

TUESDAYS 3:00 PM – 6:00 PM
FRIDAYS 7:30 AM – 1:30 PM
Food Trucks 11:30 AM – 1:30 PM
1ST SATURDAYS 9:00 AM – 1:00 PM



Bedford Farmers Market provides our community with the freshest, locally grown and produced goods from farmers, producers, and craft vendors.

We support local agriculture and producers by providing a direct market for their products to our community.

Our farmers offer locally grown fresh eggs, meat, and poultry every week. Here is a sampling of the produce available in Virginia during our season from May to October.

DATES TO REMEMBER

May 2	Opening
May 5	Food Trucks Every Friday
May 6 1 ST SATURDAY	Saturday opening Employee Health and Fitness Herb/Greens Month VIRGINIA COOPERATE EXTENSION Kids cook off
June 3 1 ST SATURDAY	Men's Health Month National Egg day VCE &4H All about poo and eat some too Exhibit by D-Day foundation
July 1 1 ST SATURDAY	Celebrate America & Peach Festival
July 4	Independence Day at the Market – special market day events TBA
July 25	VIRGINIA COOPERATIVE EXTENSION Ratatouille
August 5 1 ST SATURDAY	Children's Eye Health and Safety Watermelon Month
August 18	VIRGINIA COOPERATIVE EXTENSION Peach And Tomato Salad
September 2 1 ST SATURDAY	Organic Harvest Market & Apple Month
September 12	VIRGINIA COOPERATIVE EXTENSION Apples
October 7 1 ST SATURDAY	Squash Month & Closing Market

	MAY	JUNE	JULY	AUG	SEPT	OCT
APPLES			x	x	x	x
ASIAN PEARS				x	x	x
ASPARAGUS	x					
BEETS	x	x	x	x	x	x
BLACKBERRIES		x	x	x		
BLUEBERRIES		x	x	x		
BROCCOLI					x	x
CABBAGE		x	x	x	x	x
CANTALOUPES			x	x		
CUCUMBERS		x	x	x	x	x
EGGPLANT			x	x	x	
GRAPES				x	x	
GREEN BEANS		x	x	x	x	x
GREENS/SPINACH	x	x				x
HERBS	x	x	x	x	x	x
NECTARINES			x	x		
ONIONS	x	x				
PEACHES			x	x		
PEPPERS			x	x	x	x
POTATOES		x	x		x	x
PUMPKINS					x	x
RASPBERRIES			x		x	x
SQUASH		x	x	x	x	x
STRAWBERRIES	x	x				
SWEET CORN			x	x		
SWEET POTATOES					x	x
TOMATOES			x	x	x	
WATERMELONS			x	x		

SOURCE: VIRGINIAGROWN.COM

Why Shop at the Bedford Farmers Market?

FRESHNESS – At the farmers market you will be purchasing food that is fresh and recently picked, sometimes even that day.

NUTRITION – Produce that is allowed to fully ripen before being picked and purchased within a short time from harvest is much more nutrient rich.

COMMUNITY – Farmers support local businesses and create jobs in our community. Supporting farmers helps our local economy to thrive.

ENVIRONMENTAL – Locally grown produce uses less fuel to transport, less packaging, less wasted on the way to market, and can be grown with fewer harmful chemicals.

COMPASSION – Donations allow us to offer matching SNAP funds. See the market manager for details on how to make your SNAP benefits go twice as far.



Supplemental Nutrition Assistance Program

BedfordFarmMarket@gmail.com • YMCA: 540-586-3483 • facebook.com/BedfordFarmersMarket

