

# መደብ አመጋግባ ዕዳጋ ሓረስቶት ንኢረጋውያን (Senior Farmers Market Nutrition Program)

ነቲ ናይ \$80 ናይ ሓገዝ ካርድኻ ኣብ'ቶም ኣብ ታሕቲ ተዘርዘሮም ዘለዉ ዕዳጋታት ሓረስቶት ተጠቐመሉ፣ እቶም ዝወጹ መደባትን መዓልቲን ዕድጋታት ዝተፈላለዩ ክኾኑ እዮም።  
ነቲ ዝርእ ዘሎ ምልክት ዝገበሩ/ዘለዎም ኣቕረብቲ ምህርቲ ረክቡ።



TI

## ዕዳጋታት ሓረስቶት (\* ን EBT/SNAP ዝቐበሉ ዕዳጋታት)

### Auburn International Farmers Market\*

1140 Auburn Way S (Les Gove Park)  
ሰንበት: 10 am (ንጉሆ) – 3 pm (ድሕሪ ሰዓት)፣ ሰኔ 4 – መስከረም 17  
[www.auburnfarmersmarket.org](http://www.auburnfarmersmarket.org)

### Ballard Farmers Market\*

5315 22<sup>nd</sup> Ave NW  
ሰንበት: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት)፣ ምሉእ ዓመት  
[www.sfmamarkets.com](http://www.sfmamarkets.com)

### Bellevue Farmers Market – Presbyterian Church\*

1717 Bellevue Way NE  
ሓሙስ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ጉንበት 18 – ጥቅምቲ 19  
[www.bellevuefarmersmarket.org](http://www.bellevuefarmersmarket.org)

### Burien Farmers Market\*

480 SW 152<sup>nd</sup> St (5<sup>th</sup> SW & 152<sup>nd</sup> St);  
ሓሙስ: 10 am (ንጉሆ) – 6 pm (ድሕሪ ሰዓት)፣ ጉንበት - ጥቅምቲ  
[www.discoverburien.org/events/event/burien-farmers-market](http://www.discoverburien.org/events/event/burien-farmers-market)

### Capitol Hill Farmers Market (Broadway-Seattle)\*

123 10<sup>th</sup> Ave E (Broadway Ave E & 10<sup>th</sup> Ave)  
ሰንበት: 11 am (ንጉሆ) – 3 pm (ድሕሪ ሰዓት)፣ ምሉእ ዓመት  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

### Carnation Farmers Market

31020 NE 40<sup>th</sup> St Red Barn Shelter at King County's Tolt-MacDonald Park  
ሰኔ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ሰኔ 6 – ነሐሴ 29  
[www.carnationfarmersmarket.org](http://www.carnationfarmersmarket.org)

### Columbia City Farmers Market (Seattle)\*

3500 S Edmunds St  
ረቡዕ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ጉንበት 3 – ጥቅምቲ 11  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

### Crossroads Bellevue Farmers Market\*

15600 NE 8<sup>th</sup> S  
ሰኔ: 12 pm (ድሕሪ ሰዓት) – 6 pm (ድሕሪ ሰዓት)፣ ሰኔ 6 – መስከረም 26  
[www.crossroadsbelleuve.com](http://www.crossroadsbelleuve.com)

### Delridge Farmers Market\*

9421 18<sup>th</sup> Ave SW  
ቀዳም: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት) ጉንበት 20 – ጥቅምቲ 28

### Des Moines Waterfront Farmers Market\*

22307 Dock Ave S  
ቀዳም: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት)፣ ሰኔ 3 – መስከረም 30  
[www.DMFM.org](http://www.DMFM.org)

### Duvall Farmers Market\*

16201 Main St NE (Taylor Landing)  
ሓሙስ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ጉንበት 4 – ጥቅምቲ 12 [www.duvallfarmersmarket.org](http://www.duvallfarmersmarket.org)

### Enumclaw Plateau Farmers Market

1600 First St  
ሓሙስ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ሰኔ 1 – መስከረም 28

### Federal Way Farmers Market\*

1928 S Commons (Commons Mall south parking)  
ቀዳም: 9 am (ንጉሆ) – 3 pm (ድሕሪ ሰዓት)፣ ጉንበት 13 – ጥቅምቲ 28  
[www.federalwayfarmersmarket.com](http://www.federalwayfarmersmarket.com)

### Issaquah Farmers Market

1730 10<sup>th</sup> Ave NW (Across the St. from Costco)  
ቀዳም: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት)፣ ጉንበት 5 – መስከረም 30  
[www.ci.issaquah.wa.us/index.aspx?nid=778](http://www.ci.issaquah.wa.us/index.aspx?nid=778)

### Juanita Friday Market

9703 NE Juanita Dr (West parking lot of JB Park)  
ዓርቢ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት)፣ ሰኔ 2 – መስከረም 29

### Kent Farmers Market (2 sites)

415 W Smith, Harrison, June 17 – Sept 9  
426 W Smith St (East Hill)\*  
ቀዳም: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት)፣ ሰኔ 17 – ነሐሴ 9

**Kirkland Wednesday Market\***

25 Lakeshore Plaza (Marina Park)  
ጊቡዕ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ሰነ 7 – መስከረም 27  
[www.kirklandmarket.org](http://www.kirklandmarket.org)

**Lake City Farmers Market (Seattle)\***

NE 125th St and 28th Ave NE  
ሐምስ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ሰነ 8 – ጥቅምቲ 5  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

**Lake Forest Park Farmers Market\***

17171 Bothell Way NE  
ሰንበት: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት) ጉንበት – ጥቅምቲ 16  
[www.thirdplacecommons.org](http://www.thirdplacecommons.org)

**Madrona Farmers Market (Seattle)\***

1126 Martin Luther King Jr Way (Grocery Outlet)  
ዓርቢ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ጉንበት 12 – ጥቅምቲ 27  
[www.sfmamarkets.com](http://www.sfmamarkets.com)

**Magnolia Farmers Market (Seattle)\***

2301 33<sup>rd</sup> Ave W (33<sup>rd</sup> W & W McGraw St)  
ቀዳም: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ሰነ 3 – ጥቅምቲ 14  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

**Maple Valley Farmers Market\***

25719 Maple Valley-Black Diamond Rd SE  
ቀዳም: 9 am (ንጉሆ) - 2 pm (ድሕሪ ሰዓት); ጉንበት 6 – ጥቅምቲ 28  
[www.maplevalleyfarmersmarket.org](http://www.maplevalleyfarmersmarket.org)

**Mercer Island Farmers Market**

7700 SE 32<sup>nd</sup> St  
ሰንበት: 10 am (ንጉሆ) – 3 pm (ድሕሪ ሰዓት); ሰነ 5 – መስከረም 25  
<https://www.mifarmersmarket.org/>

**North Bend Farmers Market\***

400 SE Orchard Dr (Si View Park)  
ሐምስ: 4 pm (ድሕሪ ሰዓት) – 8 pm (ድሕሪ ሰዓት); ሰነ 8 – መስከረም 7  
[www.siviewpark.org/farmers-market.phtml](http://www.siviewpark.org/farmers-market.phtml)

**Phinney Farmers Market\***

6761 Phinney Ave N (N 67<sup>th</sup> St & Phinney Ave N)  
ዓርቢ: 3 pm (ድሕሪ ሰዓት) – 7:30 pm (ድሕሪ ሰዓት); ሰነ 2 – መስከረም 29

**Pike Place Market\***

85 Pike St  
መዓልታዊ: 9 am (ንጉሆ) – 5 pm (ድሕሪ ሰዓት); ምሉእ ዓመት  
[www.pikeplacemarket.org](http://www.pikeplacemarket.org)

**Pike Place Market Express at South Lake Union\***

410 Terry Ave, B Plaza  
ሐምስ: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ሰነ 9 – መስከረም 29  
[www.pikeplacemarket.org](http://www.pikeplacemarket.org)

**Redmond Saturday Market**

9900 Willow Rd NE  
ቀዳም: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት) ጉንበት 13 – ጥቅምቲ 28  
[www.redmondsaturdaymarket.org](http://www.redmondsaturdaymarket.org)

**Renton Farmers Market\***

233 Burnett Ave S (Piazza Park)  
ሰሉስ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ሰነ 6 – መስከረም 27  
[www.rentonfarmersmarket.com](http://www.rentonfarmersmarket.com)

**Shoreline Farmers Market\***

18821 Aurora Ave N (192<sup>nd</sup> & Aurora Ave)  
ቀዳም: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ሰነ 3 – ጥቅምቲ 7  
[www.shorelinefarmersmarket.org](http://www.shorelinefarmersmarket.org)

**Tukwila Village Farmers Market\***

14350 Tukwila International Blvd  
ጊቡዕ: 4 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ሰነ 14 – ጥቅምቲ 18

**University District Farmers Market\***

5301 University Way NE  
ቀዳም: 9 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ዓመት ምሉእ  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

**Vashon Farmers Market\***

17519 Vashon Hwy SW  
ቀዳም: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ጉንበት 5 – ጥቅምቲ 30  
[www.vigavashon.org](http://www.vigavashon.org)

**Wallingford Farmers Market\***

4850 Meridian Ave N (Meridian Park)  
ጊቡዕ: 3 pm (ድሕሪ ሰዓት) – 7 pm (ድሕሪ ሰዓት); ጉንበት 24 – መስከረም 27  
[www.sfmamarkets.com](http://www.sfmamarkets.com)

**West Seattle Farmers Market\***

4400 SW Alaska St  
ሰንበት: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት); ምሉእ ዓመት  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)

**Pike Place Market Express - First Hill Market at Virginia Mason\***

1201 Terry Ave

ዓርቢ: 10 am (ንጉሆ) – 2 pm (ድሕሪ ሰዓት)፣ ሰኔ 2 – መስከረም 29

[www.pikeplacemarket.org](http://www.pikeplacemarket.org)

**Woodinville Farmers Market**

13205 NE 175<sup>th</sup> St (Schoolhouse District)

ቀዳም: 10 am (ንጉሆ) – 3 pm (ድሕሪ ሰዓት)፣ ጉንቦት 6 – መስከረም 30

[www.WoodinvilleFarmersMarket.com](http://www.WoodinvilleFarmersMarket.com)

**Queen Anne Farmers Market\***

1935 Queen Anne Ave N

ሐሙስ: 3 pm (ድሕሪ ሰዓት) – 7:30 pm (ድሕሪ ሰዓት)፣ ሰኔ 1 – ጥቅምቲ 12

ከምኡ ውጭ ቀዳም ጥቅምቲ 28

[www.qafma.net](http://www.qafma.net)

**Kenmore Farmers Market\***

6728 NE 181<sup>st</sup> St

ረቡዕ: 3 pm (ድሕሪ ሰዓት) – 7:00 pm (ድሕሪ ሰዓት)፣ ሰኔ 7- ነሐሴ 30

**ድካናት ሕርሻን ዕዳጋ ኣብ ደረት መገድን (Farm Stores and Roadside Stand)**

**Oxbow Farm & Conservation Center**

10819 Hwy 203

Carnation, WA 98014

ምሉእ ዓመት

ረቡዕ – ሐሙስ: 12:00 pm (ድሕሪ ሰዓት) – 4:00 pm (ድሕሪ ሰዓት)

ዓርቢ: 9:00 am (ንጉሆ) – 1:00 pm (ድሕሪ ሰዓት)

ቀዳም – ሰንበት: 10:00 am (ንጉሆ) – 4:00 pm (ድሕሪ ሰዓት)

**Tilth Alliance\***

Rainier Beach Urban Farm and Wetlands

5513 S Cloverdale St

Seattle, WA 98118

SFMNP Card/EBT/SNAP

ሐሙስ: 2 pm (ድሕሪ ሰዓት) – 6 pm (ድሕሪ ሰዓት)፣ ሰኔ 15 – መስከረም 28

[www.tilthalliance.org](http://www.tilthalliance.org)