

Local Foods, Lucas County

Connecting Farms, Health, and Community

SNAP Gardens

What is the SNAP Gardens program?

SNAP EBT benefits (food stamps) can be used to purchase food-producing plants and seeds (vegetables, herbs and fruits) for use in home or community gardens.

Where can I use my EBT card to purchase plants and seeds?

The following authorized SNAP retailers may sell food-producing plants or seeds in Lucas County:

- Toledo Farmers Market and satellite locations (seeds & plants) (419) 255-6765
525 Market St, Toledo, OH 43604
www.toledofarmersmarket.com
- Big Lots, Family Dollar, Dollar General, Dollartree, Food for Less, Kroger, Meijer, Save-a-Lot, Seaway Marketplace, Walmart grocery stores (call your local store for availability)

I have some plants or seeds, now what?

OSU Extension has a wealth of information to help gardeners.

- Lucas County Master Gardener Horticulture Hotline is available to answer your questions Monday, Wednesday & Friday, 10 am -1 pm.
419-578-6783, 5434 W. Bancroft Toledo, OH
Email: lucascountymastergardener@gmail.com
- OSU Extension's *Ohioline* provides Fact Sheets on food, gardening and so much more!
<http://ohioline.osu.edu>



What other resources are available?

You can find many books in the Toledo-Lucas County library system on gardening and cooking fruits and vegetables. Here are some suggested titles:

- *All New Square Foot Gardening*
by Mel Bartholomew
- *Beginner's Illustrated Guide to Gardening*
by Katie Elzer-Peters
- *Small Plot, High Yield Gardening : grow like a pro, save money, and eat well from your front (or back or side) yard 100% organic produce garden*
by Sal Gilbertie & Larry Sheehan
- *The Kitchen Garden Cookbook*
by Caroline Bretherton

What's Cooking USDA Mixing Bowl website has thousands of low-cost recipes for SNAP participants. www.whatscooking.fns.usda.gov

Contact your local extension office for more recipes and nutrition information:

OSU Extension Lucas County
One Government Center Suite 550
Toledo, OH 43604 419-213-2008
Email: saggese.1@osu.edu



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