

DOUBLE YOUR SNAP BENEFITS WITH



HOW IT WORKS

Recipes with FAB



Winter Vegetable Stew

(full recipe on back of card)

Step 1



Visit the EBT booth at your local
FAB market before you shop

Vaya a la caseta de SNAP al mercado
participante antes de comprar

Swipe your SNAP Card and
receive up to \$40 extra to buy
Florida-grown fruits and veggies



Step 2

Use su tarjeta de SNAP y recibe hasta \$40 más para
comprar en frutas y verduras cultivadas en Florida

Step 3



Buy fresh, local produce and
SNAP eligible items!

¡Compre productos locales frescos y
artículos elegibles para SNAP!

Fresh Access Bucks (FAB) is a statewide incentive program designed to encourage Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) recipients to redeem their benefits at farmers markets to purchase fresh, healthy foods directly from Florida farmers. Visit [freshaccessbucks.com](https://www.freshaccessbucks.com) to learn more.



RECIPE

Serves: 6

Steps

1. Combine oil or butter with red onion, carrot, potatoes, parsnips, and garlic in a large stock or soup pot.
2. Cook on medium heat until vegetables begin to turn brown and soft and potatoes are tender.
3. Add thyme, vegetable broth or water, and bring to a simmer. Continue to cook on low heat for 1 hour. No thyme? A bay leaf, or 1 tablespoon of dried rosemary make excellent substitutes!
4. Add spinach or leafy greens during the last 10 minutes, and season to taste.
5. Serve hot with sliced bread, or over barley or rice for a hearty, meat-free meal!

Chef Dana Johnson

Sugar Cubed • getsugarcubed.com

Bradenton Farmers Market • realizebradenton.com/farmers_market

Ingredients

1 large red onions, sliced thin	6 cups Vegetable broth or water
6 carrots, cut into ¼ in. thin slices	2 cups spinach, or other leafy green
2 large potatoes - yukon gold, white, or other baking potato, small cubed	2 tablespoons of olive oil or butter
4 parsnips, cut into ¼ in. thin slices	salt and pepper to taste
2 cloves garlic, minced	
3 thyme sprigs	

Add a can of white beans to make this a complete meal!