

Community Farms & Free Produce Markets

A Complete Resource List — Louisiana, All 50 States & National Networks

This list highlights community farms, urban gardens, food forests, gleaning networks, and mobile or pay-what-you-can markets that make fresh produce available to the public at free or very low cost. Louisiana is listed first, followed by every other state (plus Washington, DC) alphabetically, and nationwide networks at the end. Hours, locations, and program details change often — call or check each organization's website before visiting.

Key: **FREE** = no cost to the community member. **LOW-COST / PWYC** = reduced, sliding-scale, or pay-what-you-can pricing (often with a free option for SNAP/low-income participants) — not fully free for everyone.

LOUISIANA

Shreveport Green Urban Farm — Shreveport

LOW-COST

Community Market sells fresh produce for \$1/lb; periodic free giveaway events (seeds, produce, fruit trees) held at the Urban Farm and around the city.

Contact: shreveportgreen.org

The Shepherd's Market (Opening Doors) — Baton Rouge

FREE

Client-choice food pantry growing fresh produce on-site in the Shepherd's Garden for distribution to neighbors in need; one of the few client-choice pantries in the area with an evening shift.

Contact: shepherdsmarket.org

Sankofa Community Development Corporation — New Orleans (Lower 9th Ward)

LOW-COST

Fresh Start Market and Mobile Market bring affordable, healthy produce to food-insecure neighborhoods and seniors; also runs a food pantry alongside its market programs.

Contact: sankofanola.org

Grow Dat Youth Farm — New Orleans City Park

FREE (partner donation)

Youth-run urban farm that donates a share of its harvest through a Shared Harvest program to community partner organizations; also sells produce Saturdays at an on-site stand and Crescent City Farmers Market.

Contact: growdatyouthfarm.org

Second Harvest Food Bank Mobile Market — Greater New Orleans & Acadiana

LOW-COST

A market on wheels bringing affordable fresh produce, proteins, and dairy directly into communities; prices kept below retail and SNAP/EBT accepted, paired with nutrition education.

Contact: no-hunger.org/mobilemarket

Harmon Park Community Garden (Live Healthy Houma) — Houma

FREE (donated)

LSU AgCenter-led community garden where volunteer-grown produce is donated to local food pantries; also teaches residents to grow, cook, and preserve their own food.

Contact: LSU AgCenter, Terrebonne Parish office

TownFolk Community Garden — Lafayette

FREE



Neighborhood community garden providing free fresh fruit and vegetables to residents.

Contact: growacadiana.org directory

Tip: Louisiana's WIC Farmers Market Nutrition Program (FMNP) and Senior FMNP provide eligible participants with vouchers usable at approved farm stands statewide — see louisianawic.org for current sites and dates.

ALL OTHER STATES (A–Z) & WASHINGTON, DC

Alabama

Community Food Bank of Central Alabama — Mobile Pantries — Birmingham

FREE

Drive-up distributions across 12 central-AL counties including fresh produce, dry goods, meat, and dairy.

Contact: feedingal.org

Alaska

Grow North Farm — Anchorage

LOW-COST

Urban farm stand with produce grown and sold on-site; SNAP/WIC accepted with half-off produce for SNAP users.

Contact: anchorageandtrust.org/grow-north-farm

Arizona

Iskashitaa Refugee Network — Tucson

FREE

Year-round gleaning of backyard, farm, and campus produce distributed free to refugee families, food banks, and school meal programs.

Contact: iskashitaa.org

Arkansas

Arkansas Gleaning Project — statewide (HQ Little Rock)

FREE

Volunteers harvest leftover field and orchard crops; produce distributed free to food banks and pantries across all 75 counties.

Contact: arhungeralliance.org

California

Free Farm Stand (San Francisco) & L.A. Green Grounds (Los Angeles)

FREE

SF's Free Farm Stand gives away rescued and garden-grown produce every weekend in the Mission District; L.A. Green Grounds converts residential parkways into free, no-cost edible gardens.

Colorado

Denver Food Rescue — No Cost Grocery Programs — Denver

FREE

Recovers surplus fresh produce and delivers by e-bike to community-led no-cost groceries; no paperwork, no stigma.

Contact: denverfoodrescue.org

Connecticut

Real Food CT — Newtown (Fairfield, New Haven & Litchfield counties)

FREE

Operates two community farms and a gleaning/surplus-recovery program; farm produce donated free to food pantries.

Contact: realfoodct.org

Delaware

Food Bank of Delaware — Farm & Garden Program — Newark & Milford

FREE

Grows and distributes free fresh produce to families in need; funded in part by a paid CSA subscription.

Contact: fbd.org

Florida

CROS Ministries Gleaning Program — Lake Worth

FREE

State-contracted gleaning partner harvesting surplus crops distributed free through pantries across the Palm Beach/Treasure Coast area.

Contact: crosministries.org

Georgia

Urban Food Forest at Browns Mill — Atlanta

FREE

The nation's largest free food forest; anyone can walk in and pick produce at any time.

Hawaii

Aloha Harvest — Community Harvest Program — Honolulu (Oahu)

FREE

Staff and volunteers provide free harvest of excess produce from yards, gardens, and farms, donated to shelters and social-service agencies.

Contact: alohaharvest.org

Idaho

Inland Oasis (rebuilding the Backyard Harvest program) — Moscow

FREE

Re-launching a backyard-produce gleaning program after the original Backyard Harvest nonprofit closed; currently a program in rebuild, not yet at full scale.

Contact: inlandoasis.org

Illinois

Urban Growers Collective — Fresh Moves Mobile Market — Chicago

LOW-COST

A converted CTA bus bringing affordable produce to food-access areas, with SNAP/Link doubling and a \$10 first-time voucher.

Contact: urbangrowerscollective.org

Indiana

Bloomington Community Orchard — Bloomington

FREE

Volunteer-run, publicly owned free-harvest orchard where community members can pick fruit at no cost.

Contact: bloomingtoncommunityorchard.org

Iowa

Table to Table Free Produce Stands — Iowa City area

FREE

Rescues surplus produce from farms, gardens, and farmers markets and gives it away at pop-up free stands.

Contact: table2table.org

Kansas

Lawrence Fruit Tree Project / Lawrence Community Orchard — Lawrence

FREE

A one-acre food forest on county land; volunteers and passersby may harvest for free.

Kentucky

New Roots — Fresh Stop Markets — Louisville (8 locations)

LOW-COST

Income-based sliding-scale prepaid produce shares, from \$6 for SNAP participants up to \$40 full price; no one turned away for lack of resources.

Contact: newroots.org

Maine

Merrymeeting Gleaners & Healthy Acadia Downeast Gleaning Initiative — statewide

FREE

Gleaning networks; Merrymeeting's Sharing Tables let anyone anonymously take free produce.

Contact: healthyacadia.org

Maryland

Baltimore Free Farm — Baltimore

FREE

Volunteer collective with a community garden, urban food-forest pocket park, composting, and free food and seed distribution.

Contact: facebook.com/baltimorefreefarm

Massachusetts

Boston Area Gleaners — Acton (eastern/central MA)

FREE

Region's on-farm gleaning organization, harvesting surplus produce and distributing it free to hunger-relief agencies.

Contact: bostonareagleaners.org

Michigan

Cadillac Urban Gardens & Michigan Urban Farming Initiative — Detroit

FREE / PWYC

Cadillac Urban Gardens grows produce free with no take-home limit; MUFI distributes on a pay-what-you-can basis in the North End.

Contact: detroitagriculture.net; miufi.org

Minnesota

North Country Food Alliance — Produce for the People — St. Paul

FREE

Farmers-market vendors donate end-of-market surplus, distributed free to patrons at multiple St. Paul Farmers' Market sites.

Contact: ncfa-mn.org

Mississippi

Foot Print Farms — Jackson

FREE

Mississippi's largest urban farm; runs free produce-box distribution events statewide.

Missouri

After the Harvest — Kansas City

FREE

Gleaning network rescuing produce for community kitchens and pantries.

Contact: aftertheharvestkc.org

Montana

Land to Hand Montana — Kalispell/Flathead County

LOW-COST

Food-access programs including SNAP Double Dollars matching and free senior Farmers Market Nutrition Program coupon booklets.

Contact: landtohandmt.org

Nebraska

Lincoln Fresh (Food Bank of Lincoln) — Lincoln (20 sites)

FREE

Mobile produce truck traveling to 20 sites March–November; free fresh produce, no ID or questions asked.

Contact: lincolnfoodbank.org

Nevada

Zion Urban Farm — North Las Vegas

FREE

~1.5-acre urban farm serving up to 500 families a month with free, fresh produce in a food desert.

New Hampshire

NH Gleans & Willing Hands — statewide/Upper Valley

FREE

Gleaning networks delivering free surplus produce to pantries, shelters, and senior housing.

Contact: nhgleans.org; willinghands.org

New Jersey

America's Grow-a-Row — Pittstown

FREE

Grows and gleans produce delivered free to hunger-relief agencies; off-farm gleaning rescues produce from grocery stores seven days a week.

Contact: americasgrowarow.org

New Mexico

Food Is Free Albuquerque — Albuquerque

FREE

Gleaning and community-sharing network distributing free produce.

Contact: foodisfreeabq.org

New York

Brooklyn Botanic Garden Community Greening — Brooklyn

FREE

Free compost, native-plant giveaways, and hands-on urban gardening training for Brooklyn residents.

North Carolina

Asheville Free Food Forests — Asheville

FREE

Part of the early wave of public food forests; free fruit, nut, and vegetable harvesting for residents.

North Dakota

Great Plains Food Bank — Mobile Food Pantry — statewide (HQ Fargo)

FREE

Serves nearly 70 communities across ND and Clay County, MN each quarter with free drive-through distributions of fresh produce and groceries.

Contact: greatplainsfoodbank.org

Ohio

DeGraff Free Community Produce Stand — DeGraff

FREE

Pop-up-turned-permanent produce stand at New Beginnings Church, launched after DeGraff lost its only grocery store.

Oklahoma

Food on the Move — Tulsa

FREE

Free farmers-market-style grocery/produce distribution events, with a permanent Food Home and aquaponics urban farm in development.

Contact: facebook.com/foodonthemoveok

Oregon

Portland Community Gardens Network — Portland

FREE

50+ no-fee community garden plots citywide, with a seed-lending library open to residents.

Pennsylvania

The Gleaning Project of South Central Pennsylvania — Adams & Franklin counties

FREE

Gleaning network distributing free surplus produce to hunger-relief sites.

Contact: sccap.org

Rhode Island

Hope's Harvest (Farm Fresh Rhode Island) — Providence area, statewide

FREE

Gleaning network harvesting farm surplus for free distribution to food-access sites.

Contact: farmfreshri.org

South Carolina

Fields to Families — Charleston Lowcountry

FREE

Gleaning network connecting farms with volunteers to harvest and distribute free produce to agencies. (Reconfirm current contact details before visiting.)

South Dakota

Feeding South Dakota — Mobile Food Distribution — statewide

FREE

Free monthly drive-through grocery boxes with fresh/frozen produce, meat, and dairy (TEFAP guidelines apply).

Contact: feedingsouthdakota.org

Tennessee

Society of St. Andrew — Tennessee Gleaning — statewide

FREE

National gleaning network distributing free gleaned produce to agencies across the state.

Contact: endhunger.org

Texas

Food Is Free Project & Austin Community Food Forest — Austin

FREE

Austin turned a floodplain into a public community orchard; also the birthplace of the open-source Food Is Free front-yard garden movement.

Contact: foodisfreeproject.org

Utah

The Green Urban Lunch Box — Free Farm Stands & FruitShare — Salt Lake City/County

FREE

Free produce stands at county senior centers; FruitShare gleans backyard fruit trees for community distribution.

Contact: thegreenurbanlunchbox.com

Vermont

Salvation Farms / Vermont Gleaning Collective — Morrisville, statewide

FREE

Gleaning network harvesting farm seconds and distributing them free to charitable food sites.

Contact: salvationfarms.org

Virginia

Society of St. Andrew (national HQ) / Plenty — Big Island / Floyd

FREE

Gleaning networks distributing free produce statewide.

Contact: endhunger.org; plentylocal.org

Washington

Beacon Food Forest — Seattle

FREE

Pioneering public food forest on Parks land; free harvest for the community plus donations to local food banks.

Contact: beaconfoodforest.org

West Virginia

Grow Ohio Valley — Wheeling

LOW-COST

Urban farms and orchards plus a low-cost Mobile Farmers Market (SNAP/Double Up accepted) and a free "Farmacy" produce-prescription program for enrolled patients.

Contact: growov.org

Wisconsin

Kinship Community Food Center — Grow Urban Farm — Milwaukee

FREE

27,000-square-foot urban hoop-house farm producing thousands of pounds of organic produce given away free.

Contact: kinshipmke.org/grow

Wyoming

Food Bank of Wyoming — FRESH Express — statewide

FREE

Delivers free produce to 50+ Hunger Relief Partners; distributed 925,740 pounds of fresh produce in 2025.

Contact: wyomingfoodbank.org

Washington, DC

Common Good City Farm — Ledroit Park/Bloomingdale

LOW-COST

Runs a pay-what-you-can farm stand and work-trade produce program.

NATIONWIDE NETWORKS & DIRECTORIES

Society of St. Andrew — Gleaning Network (Nationwide)

FREE

Coordinates volunteer gleaning of surplus crops, distributing millions of pounds of free produce each year to food banks, pantries, and community distributions across dozens of states.

Contact: endhunger.org

AmpleHarvest.org — Nationwide Network

FREE

Connects home and community gardeners with surplus produce to their nearest food pantry, with a searchable directory of participating pantries nationwide.

Contact: ampleharvest.org

Feeding America Mobile & Fresh Food Pantries (Nationwide Network)

FREE / LOW-COST

Feeding America's 200+ member food banks run mobile pantries and farmers-market-style, client-choice produce distributions across all 50 states; many are free, some use a sliding scale.

Contact: feedingamerica.org/find-your-local-foodbank

Fresh Stop Markets / Fresh Stop Coalitions (KY, IN, OH and expanding)

LOW-COST

Pay-what-you-can, sliding-scale produce markets built on a co-op, community-organizing model, with shares priced from free/reduced up to full price depending on household income.

USDA Farmers Market Nutrition Programs (FMNP & Senior FMNP) — Nationwide

FREE (vouchers)

Every state runs a version of this program, giving WIC participants and qualifying seniors vouchers redeemable for free fresh, local produce at approved farm stands and farmers markets.

Contact: Search "[your state] Farmers Market Nutrition Program"

Food Is Free Project — Started in Austin, TX; Open-Source Model in 350+ Communities

FREE

Neighbors turn front yards and vacant lots into shared gardens where all produce is free for anyone to harvest; a free how-to guide lets any community start its own branch.

Contact: foodisfreeproject.org

FreeFood.org — Nationwide Directory

FREE (directory)

A searchable, regularly updated directory of free food pantries, soup kitchens, and food shelves in all 50 states, with hours and contact details for each listing.

Contact: freefood.org

A few entries above are backed by a statewide alternative (North Dakota, South Dakota, Wyoming, Tennessee) rather than a single hyper-local free/low-cost produce organization, because no cleanly verifiable local option could be confirmed as currently active — these are still legitimate, free resources, just broader in scope. South Carolina, Oklahoma, Florida, Idaho, and Montana entries are worth a quick reconfirmation before wide distribution, as their most recent public activity was harder to pin to a specific current date.

How to find more near you: search "[your city/county] + free produce market," "[your city] + food forest," or "[your city] + gleaning network"; check your local Feeding America member food bank's mobile pantry schedule; and ask your county extension office (e.g., LSU AgCenter) about community garden donation programs.

Compiled for La Shaun Aaron — Shreveport, LA area. Program details, hours, and eligibility change frequently; always verify current information directly with each organization before visiting.