

麻省長者農夫市場營養計劃



歡迎來到農夫市場！

麻省農業資源部門長者事務行政辦公室
長者農夫市場營養計劃

這麻省農夫市場地圖

方便大家尋找鄰近的農夫市場！網址是：

Visit www.mass.gov/agr/massgrown/map.htm

Mass.gov

Massachusetts grown...and fresher!

HOME MASSGROWN MAP LEARN MORE CALENDAR

MASSGROWN MAP

Select Location Type: Farmers' Markets Any Distance from location (address)

Crops or Activities: All Products Boston, MA (Address, City or Zip Code)

Search by Name: Search

Result: 250 locations

Sort: by Name by Distance

- Acton-Boxborough Farmers' Market Acton, MA
- Acushnet Farmers' Market Acushnet, MA
- Adams Farmers' Market Adams, MA
- Allston/Harvard Ed Portal Farmers' Market Allston, MA
- Amherst Farmers' Market Amherst, MA
- Andover Farmers' Market Andover, MA
- Arlington Farmers' Market Arlington, MA
- Ashfield Farmers' Market Ashfield, MA
- Ashland Farmers' Market Ashland, MA
- Athol Farmers' Market Athol, MA
- Attleboro Farmers' Market Attleboro, MA
- Barnstable Village Farmers' Market Barnstable, MA

Map

Click on the icon to get details and directions.

Map data ©2016 Google Terms of Use Report a map error

Farm Stands Agricultural Fairs Farmers' Markets Farm Stays (Bed & Breakfast) Dairy Farms



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.





歡迎來到農夫市場！

農夫市場是一個農夫出售他們農產品的地方，你可能會發現他們每星期聚合一至兩次，售賣一些剛收成的和季節性的新鮮農作物，那些農作物都是本地耕種的。農夫市場提供一些新奇特別的蔬果，有部分只能在農夫市場中找到。

農夫辛勤地栽種那些含豐富營養的蔬果，並趕在市場開放前收割，提供各類鮮為人知的蔬果給市場的顧客。每個農場都有不一樣的蘋果、粟米、蕃茄、蔬菜或青椒。在農夫市場，你能學到如何烹調和儲存一些罕見的農作物，可嘗試多項新品種的農產品！

農夫市場不只是一個購買新鮮農產品的地方，也提供一個聚集點讓市民互相交流、建立關係和認識食物的來源。購買營養豐富的食品，不但增強個人的健康，也可支持本地農產業。





如何使用你的農夫市場優惠券

甚麼是農夫市場優惠券？

這些優惠券可在指定的農夫市場，用於購買本地農夫親自種植和收成的新鮮蔬果。優惠券不適用於其他超級市場。

優惠券可購買甚麼？

你可以購買本地種植的新鮮蔬果、香草和蜜糖。在農夫市場售賣的其他產品，則不可使用此優惠券。蔬果的種類會因不同的市場和季節而有所不同，如想了解各類蔬果的收成期，你可參考本書第十頁的季節收成表。農夫市場售賣的蔬果是因應本地農場的生產和收成，所以每個市場提供的農作物都不一樣。

如何使用優惠券？

優惠券可在指定的農夫市場使用，你可到這個網站

www.mass.gov/massgrown.

查詢各農夫市場的開放和關閉日期。每張優惠券面值 \$2.50, 優惠券不能兌換現金。你可帶少量現金

認明以下標誌

大多數的農夫市場也接受糧食券，有部分市場還可把糧食券的面值增加一倍。請到 **www.mass.gov/massgrown** 查看你的農夫市場是否接受糧食券，或可向農夫市場的市場經理查詢。



保持活躍的生活！

為什麼要做運動？

定期運動可增強肌肉和心肺功能，增加平衡力，減少跌倒的機會。運動也可使心情開朗，改善睡眠質素，並減低患上長期性疾病的機會。

應該做多少運動？

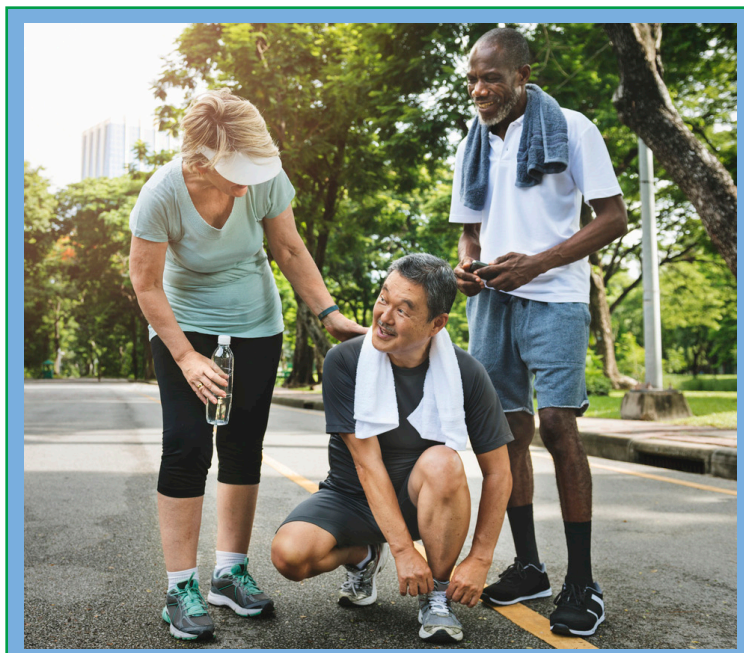
每星期建議有2小時30分鐘溫和的帶氧運動，或有1小時15分鐘劇烈的帶氧運動。帶氧運動包括走路、行山、踏單車、跳舞或游泳。即使10分鐘的簡單運動，也能增強身體的健康。

還有哪些合適的運動？

力量訓練、平衡訓練和伸展訓練對身體均有好處。力量訓練包括利用運動用靚帶或負重機械鍛鍊、園藝工作、提雜物和走樓梯。平衡和伸展訓練包括瑜珈或太極運動。

如何在運動中尋找樂趣？

尋找個人喜愛的運動、成群結隊、或參加團體性運動。到鄰近的社區中心，查詢長者運動班或低收費的運動項目。



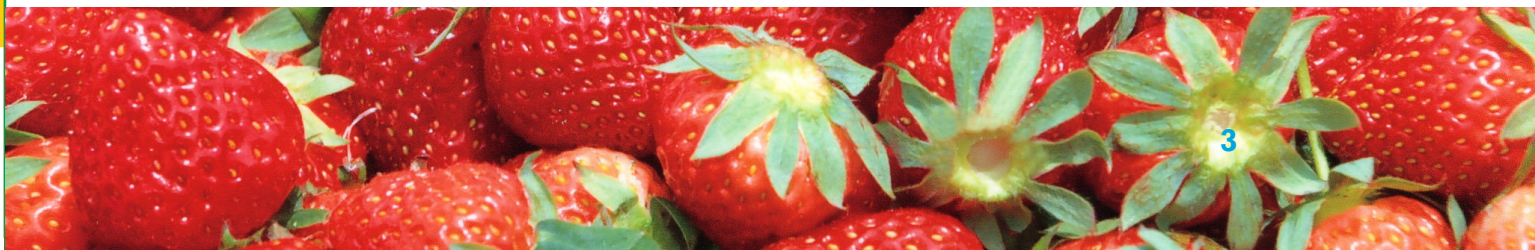
假如我沒有運動的習慣，或不願意嘗試新運動？

剛開始時，找一些輕鬆簡單的運動，然後增加漸漸難度和運動量，逐步向自己的目標邁進。在開始任何運動前，應先諮詢醫生的意見。

患有慢性疾病的人士應注意什麼？

患有慢性疾病的人士應查詢你的醫生，詢問甚麼類型的運動適合你的健康狀況，定期運動能有效改善大部分的慢性疾病。

你也可以步行的方式到農夫市場，以禮券購買新鮮的本地蔬果，配合運動和健康飲食，實踐健康的生活模式！





在農夫市場如何聰明購物

在決定買甚麼前，走遍整個市場，查看市場內的所有產品。

比較價錢、種類和質量。

如看到一些新奇的蔬菜或水果，要大膽嘗試！你可向農夫詢問烹調方法，他們會樂意介紹他們的產品。

購買蔬果前，先準備一些烹調方式或用法。

盡量購買本地出產的時令蔬果，保證新鮮和美味！

健康烹調提示

- 嘗試燒、烤或炒的方法。
- 選用橄欖油或菜籽油來代替牛油、人造牛油或豬油。
- 盡量減少用鹽，多用蒜和新鮮的香草，如九層塔、芫茜(香草)來添加味道。

蔬菜和水果： 我需要多少？

大部分成年人每天需要4至5杯蔬菜和水果，以下是1杯的份量：

1杯綠葉未熟的蔬菜
1杯切碎的蔬菜或水果(新鮮、
冷凍和罐頭都可以)
1大粟米
8大草莓
1中型水果，如蘋果或香桃



儲存水果和蔬菜的提示

延長你的水果和蔬菜的新鮮度！

- 把完整的水果，如蕃茄、有核的水果、香桃和黑梅放在檯面待熟。
- 其他的水果可存放在冰箱內。
- 儲存蔬菜在冰箱的蔬菜櫃內，以保持冷凍和濕潤
- 薯類、洋蔥和瓜類可存放在乾涼的地方。確保已切開的蔬果蓋好然後放進冰箱內。



農夫市場食譜

蜜桃冰棒

材料

- 1個蜜桃
- 1/4 杯香草味低脂/脫脂乳酪
- 1杯橙汁
- 4個五安士紙杯
- 4小匙
- 錫紙



做法

四人用

1. 清洗蜜桃並切成粒狀，平均分成四份，放進紙杯內。
2. 在中型碗內，加入乳酪和橙汁，攪拌至完全混合。
3. 把橙汁混合物倒進紙杯內，然後在每紙杯插上小匙。
4. 用錫紙蓋上紙杯，裁剪出合適的形狀，剪出一個小孔讓小匙穿過(錫紙能固定小匙)。
5. 放進冷凍櫃存放四小時。
6. 撕掉紙杯，享用美味的冰棒！

香脆蔬菜捲餅

四人用

- 1/2 杯紅蘿蔔，切絲
- 1/2 杯西蘭花，切塊
- 1/2 杯椰菜花，切塊
- 2 棵青蔥，切碎
- 1/2 杯低脂車打芝士，切絲
- 1/4 杯低脂沙律醬
- 1/2 茶匙辣椒粉
- 1 杯生菜，切成小塊
- 4 個墨西哥捲餅

做法

四人用

1. 清洗所有蔬菜，然後備份。
2. 把芝士、沙律醬和辣椒粉加入蔬菜(生菜放一旁待用)，拌勻。
3. 把 1/2 杯已調味的蔬菜和 1/4 杯生菜放在捲餅中心。
4. 固定蔬菜在捲餅的中心，把捲餅捲起便可享用。



健康提示：

可選用全麥或粟米捲餅，加上豆類，或以莎莎醬代替沙律醬更為健康。

麻省本地農作物 收成年表



麻省農夫市場地點

Barnstable County

Brewster, Sunday 9:00 am - 1:00 pm, June 24 to September 9, Windmill Village, 51 Drummer Boy Rd. EBT-SNAP Accepted

Chatham, Tuesday, 3:00 pm - 6:30 pm, May 15 to October 23, 1652 Main St., Ocean State Job Lot Parking

Falmouth, Thursday, 12 pm - 6 pm, May 24 to October 11, Marine Park, Falmouth Harbor, EBT-SNAP Accepted

Harwich, Thursday, 3:00 pm - 6:00 pm, June 7 to October 4, Harwich Historical Society, Rte 39

Hyannis, Friday, 3:00 pm - 6:00 pm, May 25 to August 31, Cape Cod Beer, 1336 Phinney's Lane

Orleans, Saturday, 8:00 am - Noon, May 12 to November 17, 21 Old Colony Way, EBT-SNAP Accepted

Osterville, Friday, 9:00 am - 1:00 pm, June 24 to Sept. 14, Osterville Historical Museum, 155 West Bay Rd.

Provincetown, Saturday, 9:00 am - 3:00 pm, May 12 to November 17, Ryder St., next to Town Hall,

Sandwich, Tuesday, 9 am - 1 pm, June 12 to October 16, Village Green, Rt. 6A across from fish hatchery

South Yarmouth/Bass River, Thursday & Saturday, 9:00 am - 1:30 pm, June 14 to September 8, 311 Old Main St.

Truro, Monday, 8:00 am - Noon, June 4 to August 27, Veteran's Field, off Truro Center Rd., EBT-SNAP Accepted

Wellfleet, Wednesday 8am - 12pm, May 16 - October 10, 200 Main St. (Congregational Church) EBT-SNAP Accepted

Barnstable County - Farmstands

Cape Abilities Farmstand, Open Daily, 9:30 am - 5:00 pm, 458 Main St. Rte. 6A Dennis

Cape Cod Organic Farm, Open Daily, 9:30 am - 4:30 pm, 3675 Main St. Rte. 6A Barnstable, EBT-SNAP Accepted

E & T Farms, Tues - Frid 8:30 am-4:00 pm, Sat 10am- 4 pm, 85 Lombard Ave. W. Barnstable, EBT-SNAP Accepted

Pleasant Lake Farm, Monday - Saturday 9:00 am - 3:00 pm, 2 Birch Dr. Harwich

The Sunny Farm, Mondays 2 pm - 7 pm, call for add'l hours 508-648-0740, 890 Sandwich Rd. East Falmouth

Berkshire County

Berkshire Area/Lanesboro, Wed & Sat 8:00 am - 2:00 pm, May 5 to November 17, Berkshire Mall by Sears

Dalton, Friday 4 pm - 7 pm, June 7 to August 30, Community Recreation Association, 400 Main St

Great Barrington, Saturday, 9:00 am - 1:00 pm, May 12 to October 27, 18 Church St., EBT-SNAP Accepted

Lee/Town Green, Saturday, 10:00 am - 2:00 pm, May to October, Town Green, EBT-SNAP Accepted

Lenox, Friday, 12:30 pm - 4:30 pm, May 25 to September 21, St. Ann's Parish, 134 Main Street, EBT-SNAP Accepted

North Adams, Saturday, 9 am - 1 pm, June 9 to October 20, St. Anthony Mun. Parking Lot, EBT-SNAP Accepted

Otis, Saturday, 9:00 am - 1:00 pm, May 26 to October 6, L & M Auto, 2000 East Otis Rd., Rte. 23 East

Pittsfield/Downtown, Saturday, 9:00 am - 1:00 pm, May 12 to October 13, First St. The Common, EBT-SNAP Accepted

Sheffield, Friday, 3:00 pm - 6:30 pm, May 25 to October 5, 125 Main St. EBT-SNAP Accepted

West Stockbridge, Thursday, 3:00 pm - 7:00 pm, May 17 to October 4, Merritt Green, Harris St., EBT-SNAP Accepted

Williamstown, Saturday 9:00 am - 1:00 pm, May 19 to October 13, Spring Street Parking lot

Berkshire County - Farmstands

Forthill Farm, M - F 11 am - 6 pm, Sat/Sun 9 am - 6pm, 325 Forthill Ave. Pittsfield

Gray Raven Farm, Wednesday to Sunday, 10:00 am - 5:00 pm, 551 North Main St, Lanesborough, EBT-SNAP Accepted.

Many Forks Farm, Fridays 4:00 pm - 7:00 pm, July to mid-September, 1360 River Rd., Clarksburg, EBT-SNAP Accepted

Mountain Girl Farm, call (413) 663-9761 for hours of operation, 1360 Church St., North Adams EBT-SNAP Accepted

Bristol County

Acushnet, Saturday, 10:00 am - 2:00 pm, June 2 to September 29, Stone Bridge Farm, 186 Leonard St. EBT-SNAP Accepted

Attleboro, Saturday, 9 am - 1 pm, June 16 to October 20, Capron Park, 201 County St.

Dartmouth, Friday, 1:00 pm - 6:00 pm, June 1 to October 26, St. Mary's Parish Center, 783 Dartmouth St.

Easton, Saturday, 10:00 am - 2:00 pm, May to October, 591 Depot St. EBT-SNAP Accepted

Fairhaven, Sunday, 11 pm - 3 pm, June 24 to October 28, J&L Beaulieu Farm, 151 Alden Rd. at the Bright Yellow Farmstand.

Fall River / Kennedy Park, Saturday, 7:00 am - 1:00 pm, May 12 to November 24, Kennedy Park, EBT-SNAP Accepted

Fall River / Ruggles Park, Wednesday, 9:00 am to 1:00 pm, June 27 to November 28, Ruggles Park, EBT-SNAP Accepted

Mansfield, every other Saturday 9 am - 1 pm, June 3 to October 7, 888 South Main St.

New Bedford/Boys and Girls Club, Sunday, 10:00 am - 2:00 pm, June 10 to October 28, 166 Jenny Street

New Bedford/Brooklawn Park, Monday, 2:00pm - 6:00 pm, June 4 to October 29, Brooklawn Park, 1997 Acushnet Ave., EBT-SNAP Accepted

New Bedford/Clasky Common, Saturday, 10 am - 2 pm, June 9 to October 27, Pleasant St. between Pearl and Pope St. EBT-SNAP Accepted

New Bedford/Downtown, Thursday, 2 pm - 6 pm, June 7 to October 25, Custom House Sq., EBT-SNAP Accepted

New Bedford/Mobile, Various Days/Locations, Visit www.coastalfoodshed.org, EBT-SNAP Accepted

Swansea, Sunday, 10:00 am - 2:00 pm, year round - Summer Market starts June 3, Stony Creek Farm, 1210 Wilbur Ave

Taunton/Church Green, Sunday, 10 am - 1 pm, July to October, 1st Parish Church, Rtes 44 & 140, EBT-SNAP Accepted

Taunton/Silver City, Thursday, 3:00 pm - 6:00 pm, July to October, Hopewell Park, Corner of Hamilton & Coram St., EBT-SNAP Accepted

Westport, Saturday, 8:30 am - 1:00 pm, June to September, Westport Town Farm, 830 Drift Rd.

Westport/Healthy Futures Farm, Wednesday 2:00 pm - 6:00 pm, June to October, 528 American Legion Highway

麻省農夫市場地點

Bristol County Farmstands

Langwater Farm, Tues - Sun 10 am - 6 pm (Closed Mondays) Closes at 2pm on 7/4 Open Labor Day, 209 Washington St. North Easton EBT-SNAP Accepted

Paradise Hill Farm, Open Daily 10:00 am - 5:00 pm, 103 Codman's Neck Rd. Westport EBT-SNAP Accepted

Souza Farm, Mon 12 - 5, Tues - Thurs 10 - 5, Fri 10 - 6, Sat/Sun 9:30 - 5, 33 Agricultural Ave. Rehoboth, EBT-SNAP Accepted

Dukes County

Island Grown Mobile Market, Various Days/Locations, visit www.igimv.org, EBT-SNAP Accepted

West Tisbury, Weds. & Sat., 9:00 am - Noon, Saturdays: June 9 to October 6; Wednesdays: June 27 to August 29, Grange Hall, 461 State Rd., EBT-SNAP Accepted

Dukes County - Farmstands

Morning Glory Farm, Open Daily 9:00 am - 6:00 pm, 120 Meshakett Rd., Edgartown, EBT-SNAP Accepted

Essex County

Andover, Saturday, 10:00 am - 2:00 pm, June 23 to October 20, 97 Main St., Andover Center for History and Culture

Beverly, Monday, 3 pm - 6 pm, June 11 - October 1, Veteran's Park, Rantoul St. & Railroad Ave., EBT-SNAP Accepted

Danvers, Wednesday, 4 pm - 7 pm, June to October, 87 Elm St

Gloucester/Cape Ann, Thursday, 3:00 pm - 6:30 pm, June 7 to October 11, Stage Fort Park, EBT-SNAP Accepted

Haverhill, Saturday, 9:00 am - 1:00 pm, June 23 to October 27, 40 Bailey Blvd., next to police station, EBT-SNAP Accepted

Ipswich, Saturday, 10 am - 1 pm, June to September, Center Green/Hall Haskell House, EBT-SNAP Accepted

Lawrence, Wednesday, 10:00 am - 3:00 pm, July 11 to October 24, Campagnone Park, Corner of Jackson and Haverhill St., EBT-SNAP Accepted

Lawrence, Saturday, 10:00 am - 3:00 pm, July 7 to October 27, Sullivan Park, off Rt. 114, next to Memorial Stadium, EBT-SNAP Accepted

Lynn, Thursday, 11:00 am - 3:00 pm, July 5 to October 25, Union and Exchange St., EBT-SNAP Accepted

Marblehead, Saturday, 9:00 am - Noon, May 26 to November 17, Middle School on Vine St., EBT-SNAP Accepted

Methuen, Friday, 10:00 am - 3:00 pm, July 6 to October 26, 254 Broadway, EBT-SNAP Accepted

Newburyport, Sunday, 9:00 am - 1:00 pm, May 26 to November 17, The Tannery Marketplace, 50 Water St.

Peabody, Tuesday, 3:00 pm - 6:00 pm, June 12 to September 4, Leather City Commons, 53 Lowell St.

Rockport, Saturday, 9:00 am - 1:00 pm, June 23 to October 13, Harvey Park, Broadway & Mt. Pleasant St. EBT/SNAP Accepted

Rowley, Sunday, 8:00 am - 1:00 pm, July 8 to October 30, Rowley Town Common, Rt. 1A

Salem, Thursday, 3:00 pm - 7:00 pm, June 7 to end of October, Derby Square, by Old Town Hall, EBT-SNAP Accepted

Saugus, Tuesday, 9 am - 1 pm, July to October, Anna Parker Playground

Swampscott, Sunday, 10:00 am - 1:00 pm, June 10 to October, Town Hall, 22 Monument Ave.

Essex County Farmstands

Chickadee Hill Farm, Open Daily 9:00 am - 7:00 pm, 366 Central St Rowley

Little Brook Farm and Garden, Open Daily 9:00 am - 6:00 pm, 190 Lincoln Ave. Saugus, EBT-SNAP Accepted

Wally's Vegetables, Open Daily 10:00 am - 6:00 pm, 799 Amesbury Rd. Haverhill, EBT-SNAP Accepted

West Lynn Farmstand, Wednesday 2 pm - 4 pm, July and August 752 Western Ave. Lynn EBT-SNAP Accepted

Franklin County

Ashfield, Saturday, 9:00 am - 1:00pm, May 12 to October 27, Ashfield Common,

Bernardston, Saturday, 10:00 am - 1:00 pm, May 26 to September 29, United Church of Bernardston, 58 Church St., EBT-SNAP Accepted

Great Falls, Wednesday, 2:00 pm - 6:00 pm, May 16 to October 24, Next to Great Falls Discovery Center at 2nd St. and Ave. A, Turners Falls, EBT-SNAP Accepted

Greenfield, Saturday, 8:00 am - 12:30 pm, April 28 to October 27, Court Sq., next to Common & Town Hall, EBT-SNAP Accepted

Hilltown, 3rd Sunday of the month, Noon - 4:00 pm, May 20 to October 21, Greenfield and Coombs Rd., Colrain

Northfield, Thursday, 3:00 pm - 6:00 pm, May to October 4, 105 Main St., EBT-SNAP Accepted

Orange, Thursday, 3:00 pm - 6:00 pm, May 17 to October 18, Orange Amory Parking Lot, 135 E. Main St.

Shelburne Falls, Friday, 2:00pm - 6:30 pm, May 25 to October 26, On the Green, Corner of Water & Main St., 53 Main St. EBT/SNAP Accepted

Franklin County Farmstands

Coolidge Hill Farm, Friday - Sunday 10:00 am - 6:00 pm, 11 Coolidge Dr. New Salem, EBT-SNAP Accepted

Clarkdale Fruit Farms, Open Daily 8:00 am - 6:00 pm, August - December, 303 Upper Rd. Deerfield, EBT-SNAP Accepted

Hampden County

Brimfield/Hitchcock Academy, Saturday, 9 am - 2 pm, April 14 to October 27, Hitchcock Free Academy Community Center, 2 Brookfield Rd. EBT-SNAP Accepted

Chicopee, Wednesday, 10:30 am - 2:30 pm, July 11 to September 19, Off Chicopee St., under I-391 Overpass, EBT-SNAP Accepted

Granville, 2nd and 4th Sundays, 1:00 pm - 5:00 pm, May 14 to September 24, 223 Granby Rd., The Granval Scoop

Hampden, Saturday, 10:00 am - 2:00 pm, May to October, 123 Allen St., EBT/SNAP Accepted

Holyoke, Thursday, 10 am - 2 pm, May 31 to October 11, High St., in front of City Hall, EBT-SNAP Accepted

Holyoke/Nuestras Raices, Saturday, 10:00 am - 2:00 pm, June to October, 329 Main St., EBT-SNAP Accepted

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Longmeadow, Thursday, 2:00 pm - 7:00 pm, June 14 to October 25, Longmeadow Shops, 666 Bliss Rd.

Springfield/City Soul, Saturday, 10:00 am - 2:00 pm, July 7 to October 27, 700 State St., EBT-SNAP Accepted

Springfield/Downtown, Friday, 11:00 am - 3:00 pm, May 18 to October 26, Tower Sq. Park, 1477 Main St., Corner of Main St. and Bridge St. EBT-SNAP Accepted

Springfield/Forest Park, Tuesday, 12:30 pm - 6:00 pm, May 1 to October 30, Forest Park Cyr Arena parking lot (Free entrance to park for market), EBT-SNAP Accepted

Springfield/Mobile, Various Days/Location, Visit www.livewellspringfield.org for schedule, EBT-SNAP Accepted

Springfield/STCC, Wednesday, 11:30 pm - 2:00 pm, September 5 to November 14, STCC, Campus Green, 1 Armory Sq., between Buildings 2 and 13

Westfield, Thursday, 12:00 pm - 6:00 pm, May 31 to October 4, 36 Court St., EBT-SNAP Accepted

Wilbraham Grown, Monday 2:00 pm - 6:00 pm, May 14 to October 15, 2391 Boston Rd.,

Hampden County Farmstands

Gardening The Community, Wednesday & Thursday 12 pm - 6pm, Saturday 10 am - 5 pm, 200 Walnut St. Springfield, EBT-SNAP Accepted

Gooseberry Farm, Open Daily 9:00 am - 7:00 pm, 201 East Gooseberry Rd, West Springfield

Granny's Place, Mon - Fri 9 am - 6 pm, Sat & Sun 9 am - 5 pm, 844 Main St. Agawam, EBT-SNAP Accepted

Green Acres Fruit Farm, Open Daily 10:00 am - 5:00 pm, 868 Main St. Wilbraham

McKinstry's Market Garden, Open Daily 8:00 am - 7:00 pm, (8am - 6pm on Sundays), 753 Montgomery St. Chicopee, EBT-SNAP Accepted

Pignatare's Farm, Tuesday - Friday 9-6, Saturday/Sunday 9-5 (Closed Mondays) 380 East Mountain Rd. Westfield, EBT-SNAP Accepted

Stony Hill Farm, Saturdays 9:00 am - 3:00 pm, 899 Stony Hill Rd. Wilbraham, EBT-SNAP Accepted

Hampshire County

Amherst, Saturday, 8:00 am - 1:30 pm, April 21 to November 17, Spring St., Parking Lot Amherst Center, EBT-SNAP Accepted

Belchertown, Sunday, 10:00 am - 2:00 pm, June 10 to October 7, Belchertown Common, Main & E. Walnut St. EBT-SNAP Accepted

Easthampton, Saturday 9:00am - 1:00 pm, May 26 to October 6, 50 Payson Ave., Municipal Building

Florence, Wednesday, 2:00 pm - 6:00 pm, May 2 to October, Florence Civic Ctr., EBT-SNAP Accepted

Northampton/Gothic St., Saturday, 8:00 am - 1:00 pm, April 28 to November, Gothic St. Downtown, EBT-SNAP Accepted

Northampton/Tuesday, Tuesday, 1:30 pm - 6:30 pm, April 24 to November 13, Behind Thornes Marketplace, off Old South St., EBT-SNAP Accepted

South Hadley, Thursday, 2:00 pm - 6:00 pm, June 14 to October 4, Village Green, Rt 116 & Rt. 47, EBT-SNAP Accepted

Ware, Saturday, 9:00 am - 1:00 pm, Mid - June to October, Next to CVS, 104 West St., EBT-SNAP Accepted

Hampshire County Farmstands

Red Fire Farm, Open Daily 10:00 am - 6:00 pm, 17 Carver St. Granby, EBT-SNAP Accepted

Roundhill Orchard, Open Daily 8:00 am - Dark, 1 Douglas Rd. Southampton, EBT-SNAP Accepted

Sapowsky Farm, Open Daily 8:00 am - 7:00 pm, 434 East State St. Granby, EBT-SNAP Accepted

Middlesex County

Acton-Boxborough, Sunday, 10:00 am - 1:00 pm, June 10 to October 21, Pearl St., West Acton Village, EBT-SNAP Accepted

Arlington, Wednesday, 2:00 pm - 6:30 pm, June 13 to October, Russell Common Parking Lot, Arlington Center

Ashland, Saturday, 9:00 am - 1:00 pm, June 9 to October 6, 125 Front St., across from library, EBT-SNAP Accepted

Belmont, Thursday, 2:00 pm - 6:30 pm, June 7 to October 25, (Closes at 6:00 pm after 8/31), Belmont Center Parking Lot, Cross St. and Channing Rd., EBT-SNAP Accepted

Billerica, Monday, 3:00 pm - 7:00 pm (until dusk in Sept. and Oct., June 25 to October 1, In Front of Council of Aging, 25 Concord Rd, EBT-SNAP Accepted

Burlington, Thursday, 3:30 pm - 6:30 pm, June to October, Grand View Farm, 55 Center St., EBT-SNAP Accepted

Cambridge Center Market, Wednesday, 11 am - 6 pm, May to October, Cambridge Center Plaza, Main St.

Cambridge/Central Square, Monday, Noon - 6:00 pm, May 14 to November 19, Parking lot #5 at Bishop Allen Drive. and Norfolk St., EBT-SNAP Accepted

Cambridge/Charles Square, Friday, Noon to 6:00 pm and Sunday, 10:00 am - 3:00 pm, May 25 to November 18, Charles Hotel Courtyard, Harvard Sq.

Cambridge/Harvard University, Tuesday, Noon - 6:00 pm (November hours: Noon - 4:30 pm), June 12 to November 20, Science Center Plaza, EBT-SNAP Accepted

Cambridge/Kendall Square, Thursday, 11:00 am - 2:00 pm, June 5 to September 27, 350 Kendall St.

Cambridgeport, Saturday, 10:00 am - 2:00 pm, June 2 to October 27, Morse School, Magazine St. and Memorial Dr.

Carlisle, Saturday, 8:00 am - Noon, June 23 to October 20, Kimballs Ice Cream Stand, Rt. 225 EBT-SNAP Accepted

Chelmsford, Saturday, 10:00 am - 2:00 pm, June 16 to September 15, Chelmsford Common, 7 Academy St.

Framingham/Village Green, Thursday, 12:00 pm - 5:30 pm, June 14 to October 11, Village Green, on Edgell Rd. at Framingham Center, EBT-SNAP Accepted

Groton, Friday, 3:00 pm - 7:00 pm (until dusk in the fall), July 6 to October 5, Williams Barn, 160 Chicopee Row

Hopkinton, Sunday, 1:00 pm - 5:00 pm, June 10 to October 14, Town Common, Main and Ash St., EBT-SNAP Accepted

Hudson, Tuesday 4:00 pm - 7:00 pm, June 26 to October 2, 12 Church St., behind Town Hall, 12 Church St.

Lexington, Tuesday, 2 pm - 6:30 pm, May 29 to October 30 (closes at 6:00 pm after 10/3), Lexington Center., Mass Ave and Fletcher Ave EBT-SNAP Accepted



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Lowell Mobile, Various days/locations, See website for details: www.millcitygrows.org, EBT-SNAP Accepted

Lowell/Downtown, Friday, 12:00 pm - 5:00 pm, July 6 to October 26, Lucy Larcom Park, EBT-SNAP Accepted

Marlborough, Tuesday, 3:00 pm - 6:30 pm, June 5 to September 25, Union Common, Main Street

Maynard, Saturday, 9:00 am - 1:00 pm, June 30 to September 29, Main St., Mill Pond Lot, EBT-SNAP Accepted

Medford, Thursday, 3:00 pm-7:00 pm, June 7 to October 25, No market 7/5 Condon Shell, 2501 Mystic Valley Parkway, EBT-SNAP Accepted

Melrose, Thursday, 2 pm - 7 pm, After 9/13, 2 pm - 6 pm June 7 to October 25, Bowden Park., EBT-SNAP Accepted

Natick, Saturday, 9:00 am - 1:00 pm, May 12 to October 27 Natick Common, Downtown

Newton Highlands, Tuesday, 1:30 pm - 6:00 pm, July 10 to October 23, Cold Spring Park, 1200 Beacon St., Newton Highlands, EBT-SNAP Accepted

North Reading, Wednesday, 3:30 pm - 7:00 pm, June 20 to August 29, Ipswich River Park, Central St.

Pepperell, Saturday, 9:00 am - 1:00 pm, June 16 to end of October, Community Center, Hollis St., Route 111 and 113

Shirley, Thursday, 4:00 pm - 7:00 pm, June to September, Historic Center Common, 3 Parker Rd.

Somerville/Davis Square, Wednesday, Noon - 6 pm, May 16 to Nov. 21 Day & Herbert St. Lot, EBT-SNAP Accepted

Somerville/Mobile, Various days/locations visit bit.ly/tsmf, EBT-SNAP Accepted

Somerville/Union Square, Saturday, 9:00 am - 1:00 pm, May 12 to Nov. 17, Union Sq. Plaza, EBT-SNAP Accepted

Stoneham, Thursday, 2:30 pm - 6:30 pm, May 31 to October 4, Town Common, Main St.

Tyngsboro, Sunday, 10:00 am - 2:00 pm, June 10 to October 21, First Parish Meetinghouse, 216 Middlesex Rd.

Wakefield, Saturday, 9:00 am - 1:00 pm, June 16 to October 20, 468 North Ave., Hall Park adjacent to the Veterans ballfield and parking lot, EBT-SNAP Accepted

Waltham, Saturday, 9:30 am - 2:00 pm, June 9 to November 3, Clark Gov't Center, 119 School St., EBT-SNAP Accepted

Watertown, Thursday, 1:30 pm - 6:30 pm, Closes at 6:00 pm after Labor Day June 7 to October 18, 311 Arsenal St., EBT-SNAP Accepted

Wayland, Wednesday, Noon - 5:00 pm, June 27 to October 10, Russell's Garden Center, 397 Boston Post Rd., Rt. 20

West Newton, Saturday, 9:30 am - 12:30 pm, June 23 to October 6, Elm St., off Washington St., EBT-SNAP Accepted

Wilmington, Sunday, 10:00 am - 1:00 pm, June 10 to September 30, Across from the Town Common, 138 Middlesex Ave. EBT-SNAP Accepted

Winchester, Saturday, 9:30 am - 1:30 pm, June 9 to October 27, Town Common, Laraway Rd.

Middlesex County Farmstands

Farmers Dave's - Brox, M-F 10 am - 6 pm, Sat/Sun 9 am -5 pm, 1276 Broadway Rd. Dracut, EBT-SNAP Accepted

Farmers Dave's - East St., M-F 11 am - 6 pm, Sat/Sun 9 am -4 pm, 460 East St. Tewksbury, EBT-SNAP Accepted

Farmers Dave's - Hill Orchard., Thurs - Mon 11 - 5, Sat/Sun 9 -4, 4 Hunt Rd. Westford, EBT-SNAP Accepted

MacArthur Farm, Open Daily 8:30 am - 6:30 pm (Closes at 6 on Sundays), 137 Concord Rd. Holliston, EBT-SNAP

Red Eft Farm, Friday 3 pm - 6 pm & Saturdays 10 am - 1pm (Closed 8/25, 8/26, 10/5, 10/6), 471 Corcker Rd. Ashby

The Neighborhood Farm, W - F 2 pm - 6 pm, Sat/Sun 10 am - 4 pm. Corner of Old Connecticut Path and Forest Hill Rd. Wayland, EBT-SNAP Accepted on weekdays only

Nantucket County

Nantucket, Monday through Saturday, 9:00 am - 1:00 pm, June to October, Corner of Main and Federal Sts.

Nantucket Farmers and Artisans, Saturday, 9:00 am - 1:00 pm, June 9 to October 13, North Union and Upper Cambridge St., EBT-SNAP Accepted

Nantucket County - Farmstands

Bartlett's Ocean View Farm, Inc. Everyday, 8:00 am - 7:00 pm until June 14, then stand closes at 6:00 pm, 33 Bartlett Farm Road

Norfolk County

Braintree, Saturday, 9 am - 1 pm, June 16 to October 27, Town Hall Mall, 1 JFK Memorial Dr., EBT-SNAP Accepted

Brookline, Thursday, 1:30 pm - 6:30, June 7 to November 15 Coolidge Corner, Center St. West Parking Lot, off Beacon St., EBT-SNAP Accepted

Cohasset, Thursday, 2:00 pm - 6:00 pm, June 7 to October 4, Cohasset Common, Main St.

Dedham, Wednesday, 3 pm - 7 pm, June 13 to October 31, First Church of Dedham, 670 High St., EBT-SNAP Accepted

Franklin, Friday, 12:00 pm - 6:00 pm, June 1 to October 26, Town Common, Main and Union St. EBT-SNAP Accepted with select vendors

Holbrook, Saturday, 9:00 am - 2:00 pm, June 23 to mid-October, Union St. Lanes, 231 Union St., Rt 139

Medfield, Thursday, 2:00 pm 6:30 pm, June 21 to September 27, First Parish Church, 26 North St.

Medway, Thursday, 4:00 pm - 7:00 pm, June to the end of September, VFW, 123 Holliston St.

Milton, Thursday, 1:00 pm - 6:00 pm, June 14 to October 25, Town Park on Wharf St., Milton Village

Needham, Sunday, 12:00 pm - 4:00 pm, May 27 to November 18, Garrity Way, in front of Town Hall

Norfolk, Saturday, 10:00 am - 2:00 pm, June 2 to October 6, Town Common, 139 Main St.

Norwood, Tuesday 12:00 pm - 5:30 pm, June 12 to October 16, No market on 7/3, Town Common, Nahatan & Washington St.

Quincy, Friday, 11:30 am - 5:00 pm, June 29 to November 16, 1 Merrymount Parkway at Pageant Field EBT-SNAP Accepted

Randolph, Wednesday, 3:00 pm - 7:00 pm, June to September, 592 North Main St. EBT-SNAP Accepted

Sharon, Saturday, 10 am - 2 pm, June 16 to October 13, 407 Bay Rd. EBT-SNAP Accepted with select vendors

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Stoughton, Monday, 5:00 pm - 7:00 pm, June 4 to December 17, Old Colony YMCA, 445 Central St. EBT-SNAP Accepted with select vendors

Walpole, Saturday, 9:00 am - 1:00 pm, June 2 to October 20, Spring Brook Park, East St. (Rt. 27), Downtown Walpole

Westwood, Tuesday, 1 pm - 6 pm, June 12 to October 9, 580 High St., EBT-SNAP Accepted with select vendors

Norfolk County Farmstands

Cook's Valley Farm, Open Daily, 10:00 am - 6:00 pm, Closed 7/4, 2200 West St. Wrentham

Grateful Farm, Thursday 4:00 pm - 7:00 pm, Saturday 9:00 am - 3:00 pm, 49 Prospect St. Franklin

Powisset Farm, Tuesdays and Wednesdays 2:30 pm - 6:30 pm, Thursdays 10:30 am - 6:30 pm, Saturdays 10:00 am - 4:00 pm, 37 Powisset St. Dover EBT-SNAP Accepted

Tangerini's Spring Street Farm, Open Daily, 9:00 am - 7:00 pm, 139 Spring Street Millis, EBT-SNAP Accepted

Plymouth County

Brockton, Friday 10:00 am - 2:00 pm, July 13 to October 26, City Hall Plaza, 45 School St., EBT-SNAP Accepted

Brockton Fairgrounds, Saturday, 9:00 am - 12:00 pm, July 14 to October 27, Brockton Fairgrounds

Carver, Sunday, Noon - 4:00 pm, June 10 to October 28, Shurtleff Park, across from Town Hall, Rt. 58 EBT-SNAP Accepted with select vendors

Hingham, Saturday, 9:30 am - 1:00 pm, May 5 to November 17, Hingham Bathing Beach, 96 Otis St.

Marshfield, Friday, 2 pm - 6 pm, June 1 to October 12, Marshfield Fairgrounds, grandstands, EBT-SNAP Accepted

Mattapoisett/Old Rochester, Tuesday, 3:00 pm - 6:00 pm, June to October, Old Rochester Junior High School, 135 Marion Rd.

Middleboro, Saturday, 10:00 am - 2:00 pm, June 23 to October 13, Oliver Mill Park, Nemasket St. and Route 44, across from KOA Campground

Middleboro/Wood Street, Saturdays, 9:30 am - 1:00 pm, June 30 to October 14, Patti's Patch, 225 Wood Street

Plymouth, Thursday, 2:30 pm - 6:30 pm, June to October, Plimouth Plantation, River St. Side, EBT-SNAP Accepted

Scituate, Wednesday, 2:00 pm - 7:00 pm, June 6 to October 10, St. Mary of the Nativity Parking Lot, Front St. & First Parish Rd. EBT-SNAP Accepted with select vendors

Plymouth County Farmstands

Cevelli Farm, Open Daily, 9:00 am - 5:00 pm, 247 Rounseville Rd. Rochester, EBT-SNAP Accepted

Colchester Neighborhood Farm, Open Daily, 10:00 am - 6:00 pm, 90 Brook St. Plympton

Suffolk County

Boston Public Market, Monday to Saturday, 8:00 am - 8:00 pm, Sundays, 10:00 am - 8:00 pm, year-round, 136 Blackstone St., Indoors, above Haymarket MBTA Station, EBT-SNAP Accepted

Boston/Boston Medical Center, Thursday 12:00 pm - 3:00 pm, June to October, Shapiro Building, 725 Albany St., EBT-SNAP Accepted

Boston/Copley Square, Tuesday & Friday, 11:00 am to 6:00 pm, May 11 to November 20, Copley Square, Dartmouth and Boylston Sts., EBT-SNAP Accepted

Boston/Seaport, Wednesdays 11:30 am - 6:30 pm, June 6 to October 31, 60 Seaport Blvd

Boston South Station/Dewey Sq., Tuesday & Thursday, 11:30 am - 6:30 pm, May 15 to November 20, Across from South Station, EBT-SNAP Accepted

Boston/SOWA, Sunday, 10:00 am - 4:00 pm, May 6 to October 28, 500 Harrison Ave.

Brighton/Oak Square, Wednesday, 4:00 pm - Dusk, June 13 to September 26, The Presentation School Foundation, 640 Washington St., EBT-SNAP Accepted

Charlestown, Wednesday, 2 pm - 7 pm, June 6 to October 31, Thompson Sq., Main & Austin St., EBT-SNAP Accepted

Dorchester/Ashmont/Peabody Sq., Friday 3 pm - 7 pm, June 29 - Oct. 19, 1900 Dorchester Ave., EBT-SNAP Accepted

Dorchester/Bowdoin Geneva, Thursday, 1:00 pm - 5:00 pm, June 28 to October 25, Bowdoin Street Health Center, Bowdoin St., EBT-SNAP Accepted

Dorchester/Codman Square, Saturday, 10 am - 1 pm, July 14 to September 29, 360 Talbott Ave., EBT-SNAP Accepted

Dorchester/Dorchester House, Tuesday, 11:30 am - 2:00 pm, July 10 to October 9, 1353 Dorchester Ave., EBT-SNAP Accepted

Dorchester/Fields Corner, Saturday, 9:00 am - Noon, July 14 to October 27, Park St., Shopping Center Parking Lot, EBT-SNAP Accepted

East Boston, Wednesday, 3 pm - 6 pm, July 11 to October 17, Central Square Park, Meridian St., EBT-SNAP Accepted

Egleston, Saturday 10:00 am - 2:00 pm, May 12 to November 17, 30 Germania St., Parking Lot, EBT-SNAP Accepted

Jamaica Plain, Tuesday, Noon - 5:00 pm, June 19 - October 30, and Saturday, Noon - 3:00 pm, May 12 to November 24, Bank of America Parking Lot, 677 Centre St.

Mattapan, Saturday, 10 am - 1 pm, July 14 to October 13, Church of the Holy Spirit, 525 River St., EBT-SNAP Accepted

Mission Hill, Thurs 11 am - 6 pm, June 28 - Nov 27, Veterans Park, Huntington Ave. & Francis St., EBT-SNAP Accepted

Revere, Friday, 12:00 pm - 4:30 pm, July 6 to October 5, American Legion Hall, 249 Broadway, EBT-SNAP Accepted

Roslindale, Saturday, 9 am - 1:30 pm, June 2 to November 17, Adams Park, Washington St., EBT-SNAP Accepted

Roxbury/Dudley Town Common, Thursday, 3:00 pm - 7:00 pm, June 14 to November 1, Dudley St. and Blue Hill Ave., EBT-SNAP Accepted

Roxbury/Roxbury Crossing, Tuesday and Friday, 12:00 - 7:00 pm, June 26 to November 20, Roxbury Crossing MBTA Station at Tremont Street, EBT-SNAP Accepted

South Boston, Monday, 12:00 pm - 6:00 pm, June 4 to October 29, West Broadway Municipal Front Parking Lot, EBT-SNAP Accepted

Trustees of Reservations Mobile Market, June to November, Various days/locations, see website for details: www.thetrustees.org/mobile, EBT-SNAP Accepted



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Winthrop, Every other Sunday, 10:00 am - 1:00 pm, June 17 to October 21, Larsen Ice Rink Lot, 45 Pauline St.

Suffolk County Farmstands

NUBIA Farmstand, Fridays Noon - 3:00 pm, 100 Malcolm X Blvd. Roxbury, EBT-SNAP Accepted

Oasis on Ballou, Tuesdays 10:00 am - 2:00 pm, 100 Ballou Ave, Dorchester

Oasis on Ballou, Wednesdays 12:30 pm - 3:00 pm, 857 Washington St. Dorchester Closed 7/4

Urban Farming Institute of Boston, Fridays 3:00 pm - 7:00 pm, 487 Norfolk St. Mattapan, EBT-SNAP Accepted

Victory Programs Revision Urban Farm, Fridays 3:00 pm - 7:00 pm, 1062 Blue Hill Ave. Boston, EBT-SNAP Accepted

Worcester County

Athol, Saturday, 9 am - Noon, May to Mid October, Athol Uptown Common, 1551 Main St., EBT-SNAP Accepted

Barre, Saturday, 9:00 am - 12:00, May 5 to end October, Barre Common

Blackstone, Sunday, 11:00 am - 3:00 pm, July 8 to October 7, The Daniels Farmstead, 286 Mendon St.

Fitchburg/UpperCommon, Thurs, 4 pm - 7 pm, June 14 to Oct 25, Upper Main St. /Boulder Dr., EBT-SNAP Accepted

Fitchburg/Wallace Civic Center, Friday 8:30 am - 12:30 pm, July to October, Civic Center Parking Lot

Gardner, Thursday, 8:30 am - 12:30 pm, May to October 26, Monument Park, along Park St., across from the Gardner Lodge of Elks

Grafton, Wednesday, 2:00pm - 6:00pm, June 20 to October 10, Grafton Common

Hardwick, Sunday, 11:00 am - 2:00 pm, June 3 to October 28, Hardwick Common, Rt. 32A

Harvard, Saturday, 10 am - 1 pm, August 18 to October 27, Hildreth Elementary School, 27 Massachusetts Ave.

Holden, Tuesday, 3:00 pm - 6:30 pm, May 1 to October 30, Damon House Lot, Rt. 31 and 122A

Leicester, Saturday, 9 am - 2 pm, June 26 to October 27, 1230 Main St., EBT-SNAP Accepted

Leominster, Saturday, 9:00 am - 1:00 pm, May 6 to October 28, Monument Park, West Street

Lunenburg Community, Sunday, 11:00 am - 2:00 pm, June 24 to October 28, 960 Massachusetts Ave.

Petersham Friday, Friday, 3:00 pm - 6:00 pm, June 8 to October 19, Town Common

Princeton, 1st and 3rd Sunday, 10:00 am - 1:00 pm, June to October, Town Common, 6 Town Hall Drive

Shrewsbury, Wednesday, 2:30 pm - 6:30 pm, June 13 to September 26, Shrewsbury Senior Center, 100 Maple Ave.

Southbridge/Big Bunny, Saturday, 9:00 am - 2:00 pm, May 26 to October 6, 942 Main St., EBT-SNAP Accepted

Spencer/Klem's, Saturday, 10:00 am - 2:00 pm, June 9 to September 20, 117 W. Main St., Rt. 9

Sterling, Friday, 3:30 pm - 6:30 pm, May 18 to October, in front of Butterick Municipal Building, Park St., Rt. 12

West Brookfield, Wednesday, 3 pm - 6 pm, June 6 to October 10, Town Common, at Rt.67 and Rt.9 junction

Westborough, Thursday, 2:00 pm - 6:00 pm, June 7 to September 27, Congregational Church, 57 West Main St.

Westminster, Friday, 3:00 pm - 6:30 pm, May 4 to October 26, Town Common

Winchendon, Thursday, 4:00 pm - 7:00 pm, and Saturday, 10:00 am - 1:00 pm, May to October, 128 Central St.

Worcester/Beaver Brook Park, Monday and Friday, 9:00 am - 1:00 pm, June 18 to November 2 306 Chandler St., Beaver Brook Park parking lot EBT-SNAP Accepted

Worcester/Black Seed Market, Various days and locations, visit www.blackseedfarmersmarket.com for schedule, EBT-SNAP Accepted

Worcester/Canal District, Saturday, 9:00 am - 12:00 pm, year-round, Kelly Sq., 200 Harding St.

Worcester/Mobile, Various times and locations, visit www.recworchester.com for schedule, EBT-SNAP Accepted

Worcester/Out to Lunch, Thursday, 11 am - 2 pm, June 21 to August 23, Common, Behind City Hall, 455 Main St.

Worcester/UMass Medical, Tuesday, 12:00 pm - 5:00 pm, June to October, UMass Medical Center, 55 Lake Ave North (Garage Parking only)

Worcester/University Park, Saturday, 9:00 am - 1:00 pm, June 23 to October 27, University Park, 965 Main St., EBT-SNAP Accepted

Worcester County Farmstands

Black Seed Farmstand, Monday - Friday 11:00 am - 5:00 pm, 484 Main St. Worcester, Denholm Building, Opens July 9 (Closed all holidays), EBT-SNAP Accepted

Breezy Gardens, Open Daily, 9:00 am - 5:00 pm, 6 McNeil Highway Leicester, EBT-SNAP Accepted

Dick's Market Garden, Open Daily, 8:00 am - 7:00 pm, 649 Northfield Rd. Lunenburg, EBT-SNAP Accepted

Farmer Tim's Vegetables, Open Daily, 2:00 pm - 6:00 pm, 110 Ramshorn Rd. Dudley

Foppema's Farm, Monday - Saturday 9:00 am - 6:00 pm, Closes at 2:00 pm on 7/4, 1605 Hill St. Northbridge EBT-SNAP Accepted

Hartman's Herb Farm, Open Daily 10:00 am - 5:00 pm 1026 Old Dana Rd. Barre, EBT-SNAP Accepted

Kenny J Farm, Friday, Saturday and Sunday, 10:00 am - 5:00 pm, 230 Sutton Ave Oxford

Lanni Orchards, Open Daily 9:00 am - 6:00 pm, 294 Chase Rd. Lunenburg, EBT-SNAP Accepted

Little Bit Farm, Monday - Saturday 9:00 am - 6:00 pm, Sunday 10:00 am - 6:00 pm, 26 Charles St. Leicester, EBT-SNAP Accepted

Nicewicz Farm, Open Daily 9:00 am - 6:00 pm, Mid-July - end October, 116 Sawyer Rd. Bolton, EBT-SNAP Accepted

Nourse Farm, Open Daily 9:00 am - 6:00 pm, 80 Nourse St. Westboro, EBT-SNAP Accepted

Pineo Family Farm, Open Daily 12:00 am - 6:00 pm, 41 Tuttle St. Sterling

Red Apple Farm, Open Daily 9:00 am - 6:00 pm, 455 Highland Ave. Phillipston

White Marz Farm, Monday-Saturday 10:00 am - 5:00 pm, 389 Page St. Lunenburg



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Mass Grown...and Fresher!

Massachusetts Department of Agricultural Resources

Find up-to-date listings, including days and times of farmers' markets and everything you'd want to know about agriculture in Massachusetts.

www.mass.gov/massgrown

Nutrition Information for You

Information about nutrition facts as you age

www.nutrition.gov/life-stages/seniors

Massachusetts Executive Office of Elder Affairs (EOEA)

www.mass.gov/elders

(800) AGE-INFO (243-4636)

www.800ageinfo.com

Massachusetts Elder Nutrition Programs

www.mass.gov/elders/meals-nutrition

UMass Extension Nutrition Education Program

Nutrition education and recipes

<http://extension.umass.edu/nutrition>

SNAP Eligibility (formerly Food Stamps)

Find out if you are eligible for SNAP Food Assistance

www.mass.gov/snap

Project Bread FOODSOURCE Hotline

For information about SNAP (food stamps), eligibility and emergency food, contact the Project Bread SNAP Hotline at

1-800-645-8333

Mass in Motion

Information on healthy eating and active living

www.mass.gov/massinmotion