

# 麻省長者農夫市場營養計劃

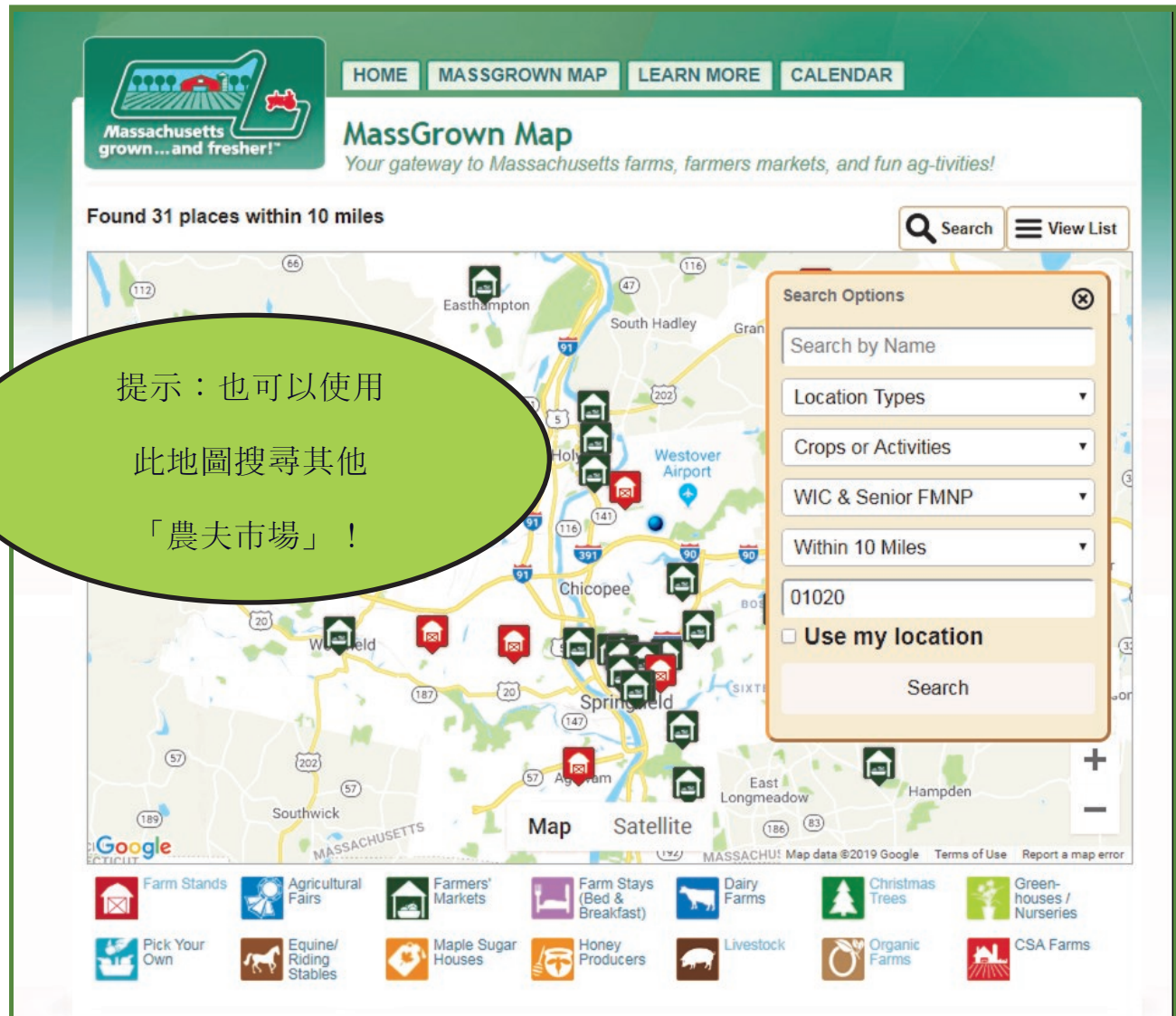


## 歡迎來到農夫市場！

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 [mass.gov/massgrown](https://mass.gov/massgrown)**



找一個位置以使用您的長者優惠券：

- ◇ 在營養計劃中，選擇 **WIC** 與長者 **FMNP**
- ◇ 選擇距離限制—不超過 **1, 2, 5, 10** 或以上英里。
- ◇ 地圖預設為您的位置（您可能需要按一下「允許地圖查看我的位置」。您可以輸入具體地址、城市或郵政編碼。
- ◇ 按一下圖示以查找營業時間及其他詳情，包括 **SNAP** 福利金接受。

您還可以在本雜誌的最後找到所有農夫市場及攤位清單！



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由馬薩諸塞州農業資源部與長者事務執行辦公室出版照片來源封面照片：草莓，**Whately Nourse** 農場的 **Mary Nourse**；彩虹胡蘿蔔，**Pitnfield Hancock Shaker Village** 的 **Lauren Piotrowski**；蘋果，**Whately Quonquont** 農場的 **Allison Bell**；蒜薹，**Concord Hutchins Farm** 的 **Liza Bemis**；其他照片：果昔照片，**Unsplash**；芝士意麵照片，愛荷華州延伸；邊境照片，斯普林菲爾德/森林公園農貿市場；封底照片，**Copley** 農貿市場

根據聯邦民權法及美國農業部（**USDA**）民權法規和政策，美國農業部，其代理機構，辦事處，員工以及參與或管理美國農業部計劃的機構，不得有基於種族，膚色，國籍，性別，殘疾，年齡的歧視，或針對以往民權活動在美國農業部進行或資助的任何計劃或活動中實施報復。

需要替代溝通以獲取計劃資訊的殘障人士（例如盲文，大字體，錄音帶，美國手語等）應與申請福利的機構（州或地方）聯絡。

聾啞人，有聽力障礙或有語言障礙的人士可透過聯邦中繼服務聯絡 **USDA**，電話：（800）877-8339。另外，計劃資訊可以用英語以外的語言提供。

若要提交歧視投訴，請填寫美國農業部計劃歧視投訴表（**AD-3027**），網址為：[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html)，以及任何美國農業部辦公室，或寫信郵寄至美國農業部，並在信中提供表格中要求的所有資訊。如需要投訴表副本，請致電 (866) 632- 9992。請透過以下網址提交您填寫完整的投訴表，或將信函郵寄至美國農業部：

(1) 郵寄地址： **U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW**

**Washington, D.C. 20250-9410;**

(2) 傳真： (202) 690-7442; or

(3) 電子郵箱： [program.intake@usda.gov](mailto:program.intake@usda.gov).

該機構是平等機遇提供者。



# 歡迎來到農夫市場！

農夫市場是一處市場，農夫可以在這裡將自家產品直接銷售給顧客。您的社區每週將設立一次或兩次這樣的市場。

他們將出售馬薩諸塞州種植的當季新鮮水果和蔬菜。

您甚至可以學習如何烹飪及儲存不太熟悉的農產品。嘗試新的挑戰！

## 在農夫市場 購物的 5 大理由

-  1 你可以吃到各種新鮮水果和蔬菜
-  2 減少碳足跡：  
本地食物減少運輸
-  3 支援本地農夫！
-  4 親密接觸您的社區  
在市場！
-  5 本地種植的食物新鮮又美味！

## 甚麼是農夫市場優惠券？

您的 **\$25** 美元可用於購買當地農夫在農貿市場種植及銷售的農產品與蜂蜜。優惠券不可用於雜貨店。

## 優惠券可購買甚麼？

- 水果與蔬菜
- 新鮮採摘的草藥
- 蜂蜜

長者農夫市場優惠券不可用於購買市場上出售的其他商品。

產品供應隨季節而變化。您了解哪些產品可供購買，請參閱第 7 頁收穫日曆。

支援您的健康和馬薩諸塞州農民 - 使用您的農夫市場優惠券購買營養  
富的當地食品！



# 如何使用你的農夫市場優惠券

## 逐步進行：

1. 找到屬於你自己的市場！查看雜誌背頁的清單（第7-12）或登入網頁（封面內頁）。
2. 計劃購物！查看營業時間並安排好交通。
3. 牢記在心！每張優惠券價值**\$2.50**，不可更換。如果您要買的產品價格高於小冊中的價格，則需要支付差價，因此，您最好帶一些零錢。
4. 不要忘記！
  - ✓ 您的優惠券小冊
  - ✓ **SNAP/EBT** 卡（很多市場採用**SNAP**，有些甚至可抵兩倍價格！查看清單第7-12 頁）
  - ✓ 可重複利用的購物袋

## 在農夫市場精挑細選的技巧：

- ◇ 在決定購買之前，先耐心走遍市場，並查看所有商品。
- ◇ 比較價格、品種與質量。
- ◇ 如果看到新鮮水果或蔬菜，不要害羞！
- ◇ 農夫很樂意向你介紹他們的產品。他們可能會教你新的食譜！
- ◇ 如果發現有物美價廉的產品，多買一些並冷凍保藏！

優惠券有效期至  
**10月31日！**

**We Welcome  
SNAP  
Benefits**



認明以下標誌



## 如何處理 您的產品

購物之後：

- ◇ 用冷水沖洗您購買的水果和蔬菜。
- ◇ 將產品放入雪櫃保藏，或在室溫下成熟



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、香桃和青梅放在檯面待熟。
- ◇ 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。



# 提高營養不良的意識

## 什麼是營養不良？

營養不良是指在一段時間內沒有攝入充足的營養。隨著年齡的增長，我們可能經歷：

- 食慾減退
- 咀嚼及吞嚥困難，
- 牙齒問題
- 藥物的副作用
- 味覺及嗅覺退化

這些狀況讓我們的食量大不如以前。

**ASK ABOUT YOUR NUTRITION**

Good Nutrition Can Help You Prevent Infections, Heal Faster, Feel Stronger

ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?

- Unplanned Weight Loss
- Loss of Appetite
- Not Able to Eat or Only Able to Eat Small Amounts
- Feeling Weak or Tired
- Swelling or Fluid Accumulation

**TALK TO YOUR HEALTHCARE PROVIDER**

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## 如果發生營養不良該怎麼辦？

馬薩諸塞州實施了許多年長者營養補充計劃。如果您或您的伴侶需要幫助獲得足夠的食物供應，請瀏覽：[www.mass.gov/nutrition-program-for-seniors](http://www.mass.gov/nutrition-program-for-seniors)。如果您遇到上圖中的任何症狀，請諮詢您的醫務人員。

## 如何防止營養不良？

獲得充足營養對健康生活至關重要。隨著年齡增長，人體對某些維他命及礦物質的需求會增加。這意味著年長者應攝取含有大量營養的食物。他們應重視複合碳水化合物，瘦肉蛋白及健康脂肪。複合碳水化合物包括：糙米，燕麥，土豆，全麥麵包，意大利面及穀物。雞肉，火雞，蛋和豆類等食物都是瘦肉蛋白。健康脂肪包括鱈魚，奶酪，脂肪魚，橄欖油，堅果和種子等食物。

## 重視纖維

隨著身體的老化，您的腸道可能會發生變化。腸道蠕動可能會減緩，從而降低吸收必要營養的能力。便秘和營養素缺乏可能是老年人的常見問題。

保持高纖維飲食的益處：

- 刺激腸道蠕動
- 提供大量營養及礦物質
- 有助於降低高膽固醇水平
- 有助於調節血糖水平 高纖維食物包括：
- 蘋果及漿果
- 西蘭花，胡蘿蔔，芹菜及菠菜
- 全麥麵包及純燕麥
- 糙米，豆類及扁豆



# 農夫市場食譜

## 漿果及綠色奶昔

Recipe From Hannah Zanzig

### 食材：

2 人份

- 2 杯漿果—草莓，藍莓，覆盆子或黑莓
- 2 杯綠色蔬菜—菠菜或甘藍
- 1 根香蕉
- 1 盒 (6 oz) 脫脂乳酪—原味或香草味
- 1 杯牛奶

### 說明：

1. 將牛奶、漿果、乳酪、香蕉及蔬菜放入攪拌器。攪拌直至融合
2. 如果所有水果都是新鮮的，加冰，使奶昔更濃稠。
3. 如果需要，可以添加更多牛奶使其更為稀薄。

提示：所有水果及蔬菜都可以使用新鮮或冷凍食材。這會使它變濃稠，所以你很可能需要更多牛奶。

## 芝士意麵搭配夏季蔬菜

Recipe From Iowa State University Extension

### 食材：

- 4 杯什錦蔬菜，切片（西葫蘆，西蘭花，豌豆）
- 1 杯葡萄或新鮮西紅柿（切碎和去除種子）
- 2 杯（約 8 盎司）全麥意麵（羅蒂尼，蝴蝶意麵，通心粉）
- 1 1/2 湯匙油（菜籽油或蔬菜油）
- 2 個中等蒜瓣，切碎，或 1/4 茶匙大蒜鹽
- 1/2 杯洋蔥，切碎（約 1/2 中等洋蔥）
- 1 茶匙意大利調味粉
- 1/4 茶匙鹽
- 1/8 茶匙黑胡椒
- 1/4 杯帕瑪森芝士
- 1/2 杯馬蘇里拉奶酪，切碎

### 說明：

1. 清洗並準備蔬菜及番茄。
2. 根據包裝上的說明烹煮意麵。瀝乾意麵的水，保留 1/4 杯水。
3. 在煮意麵的過程中，在大鍋中加熱油。鍋中加入大蒜及洋蔥。用中火炒約 1-2 分鐘或直至變軟。
4. 加入所有生蔬菜，烹飪 3 分鐘。加入烹飪過的蔬菜，繼續翻炒。加入意大利調味粉，鹽及胡椒粉。最後放入番茄，烹飪至溫熱。
5. 在蔬菜中加入煮好的乾意麵。如有需要，加入少許從意麵中瀝出的水。
6. 加入芝士攪拌。攪拌直至芝士大部分融化。擺盤並品嚐！

提示：可以在這道菜中加入少許蛋白質並與煮熟的豆或肉一起攪拌。也可以換用其他蔬菜代替（新鮮或冷藏）



# 麻省本地農作物收成年表

六月	七月	八月	九月	十月	十一月	
	    		蘋果	    		
 	 		甜菜	   		
	 		黑莓			
	 		藍莓			
	   		西蘭花	   		
 	   		蘿蔔	     		
	  		玉米	  		
	 		黃瓜	 		
	 		茄子	 		
   			生菜	   		
	  		洋蔥	  		
	  		桃子	  		
		  		梨	  	
	  		胡椒	  		
	  		馬鈴薯	  		
	 		樹莓	  		
 	綠豆、豌豆及青豆				 	
 	草莓					
 	夏南瓜及櫛瓜			 		
	  		番茄	  		
		 		西瓜	 	

# 麻省農夫市場地點

## Barnstable County

**Brewster**, Sunday 9:00 am - 12:30 pm, June 24 to September 9, Windmill Village, 51 Drummer Boy Rd. **SNAP**

**Chatham**, Tuesday, 3:00 pm - 6:30 pm, May 14 to October 3, 1652 Main St., Ocean State Job Lot Parking

**Falmouth**, Thursday, 12 pm - 6 pm, May 23 to October 10, Marine Park, Falmouth Harbor, **SNAP and HIP**

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

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

**Orleans**, Saturday, 8am - Noon (9am - Noon September to November), May to November, 21 Old Colony Way, **SNAP&HIP**

**Osterville**, Friday, 9am - 1pm, June 21 to Sept. 13, Osterville Historical Museum, 155 West Bay Rd., **SNAP and HIP**

**Provincetown**, Saturday, 9:00 am - 3:00 pm, May 11 to November 23, Ryder St., next to Town Hall, **SNAP and HIP**

**Sandwich**, Tuesday, 9 am - 1 pm, June 18 to October 8, Village Green, Rt. 6A across from fish hatchery, **SNAP and HIP**

**South Yarmouth/Bass River**, Thursday & Saturday, 9:00 am - 1:30 pm, June 13 to September 7, 311 Old Main St., **SNAP & HIP**

**Truro**, Monday, 8:00 am - Noon, June 3 to August 26, Veteran's Field, off Truro Center Rd., **SNAP and HIP**

**Wellfleet**, Wednesday 8am - 12pm, May 15 - October 9, 200 Main St. (Congregational Church) **SNAP and HIP**

## 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, **SNAP and HIP**

**E & T Farms**, Tues - Friday 8:30 am-4:00 pm, Sat 10am- 4 pm, 85 Lombard Ave. W. Barnstable, **SNAP and HIP**

**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 4 to November 23, Berkshire Mall by Sears, **SNAP and HIP**

**Great Barrington**, Saturday, 9:00 am - 1:00 pm, May 11 to October 26, 18 Church St., **SNAP and HIP**

**Lee/Town Green**, Saturday, 10:00 am - 2:00 pm, May 25 to October 12, Town Green, **SNAP and HIP**

**North Adams**, Saturday, 9 am - 1 pm, June 8 to October 19, St. Anthony Municipal Parking Lot, **SNAP and HIP**

**Otis**, Saturday, 9:00 am - 1:00 pm, May to October, Papa's Healthy Food and Fuel, 2000 East Otis Rd., Rte. 23 East, **SNAP and HIP**

**Pittsfield/Downtown**, Saturday, 9:00 am - 1:00 pm, May 11 to October 12, First St. The Common, **SNAP and HIP**

**Sheffield**, Friday, 3:00 pm - 6:30 pm, May 24 to October 11, 125 Main St. **SNAP and HIP**

**West Stockbridge**, Thursday, 3:00 pm - 7:00 pm, May 23 to October 3, Merritt Green, Harris St., **SNAP and HIP**

**Williamstown**, Saturday 9:00 am - 1:00 pm, May 18 to October 12, Spring Street Parking lot

## Berkshire County—Farmstands

**Brattle Farm**, Open Daily 8:00 am - 6:00 pm, 600 Williams St. Pittsfield, **SNAP and HIP**

**Forthill Farm**, M - F 11 am - 6 pm, Sat/Sun 10 am - 6pm, 325 Forthill Ave. Pittsfield

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

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

**Sweet Acre Apiary**, Saturday - Monday, 2:00 pm—6:00 pm, closed holidays, 365 Marble St., Lee

## Bristol County

**Acushnet**, Saturday, 10:00 am - 2:00 pm, June 1 to September 14, Stone Bridge Farm, 186 Leonard St. **SNAP and HIP**

**Attleboro**, Saturday, 9 am - 1 pm, June 15 to October 19, Capron Park, 201 County St.

**Dartmouth**, Friday, 1:00 pm - 6:00 pm, June 7 to October 25, 644 Elm St., **SNAP and HIP**

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

**Fairhaven**, Sunday, 11 pm - 3 pm, June 23 to October 27, J&L Beaulieu Farm, 151 Alden Rd. at the Bright Yellow Farmstand., **SNAP and HIP**

**Fall River / Kennedy Park**, Saturday, 7:00 am - 1:00 pm, May 11 to November 30, Kennedy Park

**Fall River / Ruggles Park**, Wednesday, 9:00 am to 1:00 pm, June 26 to November 20, Ruggles Park

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

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

**New Bedford/Brooklawn Park**, Monday, 2pm - 6pm, June 3 to October 28, 1997 Acushnet Ave., **SNAP and HIP**

**New Bedford/Clasky Common**, Saturday, 10 am - 2 pm, June 1 to October 26, 1118 Pleasant St., **SNAP and HIP**

**New Bedford/Downtown**, Thursday, 2 pm - 6 pm, June 6 to October 31, Custom House Sq., 21 Barker's Ln., **SNAP and HIP**

**New Bedford/Mobile**, Various Days/Locations, Visit [www.coastalfoodshed.org](http://www.coastalfoodshed.org), **SNAP**

**Somerset**, Various Days/Locations, Visit [www.southcoastopenairmarket.com](http://www.southcoastopenairmarket.com)

**Swansea**, Sunday, 10:00 am - 2:00 pm, year round, Stony Creek Farm, 1210 Wilbur Ave, **SNAP and HIP**

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

**Westport**, Saturday, 9 am - 1 pm, June 15 to September 26, Annex Parking Lot, 856 Main Road, **SNAP and HIP**

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



# 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 **SNAP and HIP**

**Paradise Hill Farm**, Open Daily 11:00 am - 4:00 pm,  
103 Codman's Neck Rd. Westport **SNAP and HIP**

**Souza Farm**, M - F 10:00 am - 5:00 pm, Sat & Sun 9:30 am—  
5:00 pm, 33 Agricultural Ave. Rehoboth, **SNAP and HIP**

## Dukes County

**Island Grown Mobile Market**, Various Days/Locations, visit  
www.igimv.org, **SNAP and HIP**

**West Tisbury**, Weds. & Sat., 9:00 am - Noon, Saturdays:  
June 8 to October 12; Wednesdays: June 19 to August 28,  
Grange Hall, 461 State Rd., **SNAP and HIP**

## Dukes County—Farmstands

**Morning Glory Farm**, Open Daily 8:00 am - 6:00 pm,  
120 Meshacket Rd., Edgartown, **SNAP and HIP**

## Essex County

**Andover**, Saturday, 10:00 am - 2:00 pm, June 22 to October 19,  
97 Main St., Andover Center for History and Culture, **SNAP  
and HIP**

**Beverly**, Monday, 3 pm - 7pm, June 10 - October 7, Veteran's  
Park, Rantoul St. & Railroad Ave., **SNAP and HIP**

**Danvers**, Wednesday, 4:30 pm - 7 pm, June to October, 87  
Elm St., **SNAP and HIP**

**Gloucester/Cape Ann**, Thursday, 3:00 pm - 6:30 pm, June 6  
to October 10, Stage Fort Park, **SNAP and HIP**

**Haverhill**, Saturday, 9:00 am - 1:00 pm, June 22 to October 26,  
51 Merrimack St., **SNAP and HIP**

**Lawrence**, Wednesday, 10:00 am - 3:00 pm, June 5 to October  
23, Campagnone Park, Corner of Jackson and Haverhill St.,  
**SNAP and HIP**

**Lawrence**, Saturday, 10:00 am - 3:00 pm, June 8 to October  
26, 101 Parker Street (At Lawrence Catholic Academy), **SNAP  
and HIP**

**Lynn**, Thursday, 11 am - 3 pm, July 11 to October 31, Union  
and Exchange St., **SNAP and HIP**

**Marblehead**, Saturday, 9:00 am - Noon, June 1 - November  
23, Middle School on Vine St., **SNAP and HIP**

**Methuen**, Friday, 10:00 am - 3:00 pm, June 7 to October 25,  
305 Broadway, **SNAP and HIP**

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

**Rockport**, Saturday, 9:00 am - 1:00 pm, June 22 to October 19,  
Harvey Park, Broadway & Mt. Pleasant St., **SNAP and HIP**

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

**Salem**, Thursday, 3pm - 7pm, June 13 to October 17, Derby  
Square, in front of Old Town Hall, **SNAP and HIP**

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

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

## Essex County—Farmstands

**Chickadee Hill Farm**, Open Daily 9 am - 5 pm, 66 Central St  
Rowley

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

**Long Hill Orchard**, Open Daily 10:00 am - 6:00 pm, 520 Main  
St. West Newbury, **SNAP and HIP**

**Seaview Farm**, Open Daily 10 am - 6 pm, 38 South St. Rockport

**Wally's Vegetables**, Open Daily 10 am - 6 pm, 799 Amesbury  
Rd. Haverhill, **SNAP and HIP**

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

## Franklin County

**Ashfield**, Saturday, 9am - 1pm, May 11 to October 26, Ashfield  
Common, **SNAP and HIP**

**Bernardston**, Saturday, 10:00 am - 1:00 pm, May to September,  
United Church, 58 Church St., **SNAP and HIP**

**Great Falls**, Wednesday, 2:00 pm - 6:00 pm, May 15 to October  
30, Next to Great Falls Discovery Center at 2nd St. and Ave. A,  
Turners Falls, **SNAP and HIP**

**Greenfield**, Saturday, 8:00 am - 12:30 pm, April 27 to  
October 26, Court Sq., next to Common & Town Hall, **SNAP and  
HIP**

**Hilltown**, 3rd Sunday of the month, Noon - 4:00 pm, May to  
October, Greenfield & Coombs Rd., Colrain, **SNAP and HIP**

**Northfield**, Thursday, 3:00 pm - 6:00 pm, May to October, 105  
Main St.

**Orange**, Thursday, 3:00 pm - 6:00 pm, May 16 to October 17,  
Orange Amory Parking Lot, 135 E. Main St. **SNAP**

**Shelburne Falls**, Friday, 2pm - 6:30pm, May 24 to October 25,  
On the Green, Corner of Water & Main St., 53 Main St. **SNAP  
and HIP**

## Franklin County—Farmstands

**Coolidge Hill Farm**, Saturday - Sunday 10:00 am - 6:00 pm, 11  
Coolidge Dr. New Salem

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

**The Atherton Farm** Open Daily 11:00 am - 6:00 pm, 147  
Ashfield Rd, Buckland, **SNAP and HIP**

## Hampden County

**Brimfield/Hitchcock Academy**, Saturday, 9 am - 2 pm, April  
13 to October 26 (no market 5/18, 7/13, 9/7), 2 Brookfield Rd.  
**SNAP and HIP**

**Chicopee**, Wednesday, 10:00 am - 2:00 pm, July 10 to  
September 18, Off Chicopee St., under I-391 Overpass, **SNAP  
and HIP**

**Granville**, 2nd and 4th Sundays, 1:00 pm - 5:00 pm, May to  
September, 223 Granby Rd., Granval Scoop **SNAP & HIP**

**Hampden**, Saturday, 10:00 am - 2:00 pm, May 18 to October 12,  
123 Allen St., **SNAP and HIP**

**Hoyloke**, Thursday, 12:00 pm - 5:00 pm, June 6 to October,  
Lyman Terrace Park, across from City Hall **SNAP and HIP**

**Longmeadow**, Thursday, 12:00 pm-6:00 pm, June 13 to  
October 31, Longmeadow Shops, 666 Bliss Rd.

**Monson**, Thursday, 3pm - 6:30pm, March 23 to October 3,  
Monson Senior Center, 106 Main St, **SNAP and HIP**

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**Springfield/City Soul**, Saturday, 10:00am-2:00pm, June 1 to September 28, 700 State Street, **SNAP and HIP**

**Springfield/Downtown**, Friday, 11:00am-3:00pm, May 17 to October 25, Tower Sq. Park, 1477 Main St., Corner of Main St. and Bridge St., **SNAP and HIP**

**Springfield/Forest Park**, Tuesday, 12:30pm - 6:00pm, May 7 to October 29, Forest Park Cyr Arena parking lot (Free entrance to park for market), **SNAP and HIP**

**Springfield/Mobile**, Various Days/Location, Visit [www.livewellspringfield.org](http://www.livewellspringfield.org) for schedule, **SNAP**

**Springfield/STCC**, Wednesday, 11:30am - 2pm, September 4 to November, Campus Green, 1 Armory Sq., between Buildings 2 and 13, **SNAP**

**Westfield**, Thursday, 12:00 pm - 6:00 pm, May 30 to October 10, 36 Court St., **SNAP and HIP**

**Wilbraham Grown**, Monday 2:00 pm - 6:00 pm, June 3 to September 30, 500 Main St., **SNAP and HIP**

## Hampden County—Farmstands

**Gardening The Community**, Wednesday - Saturday, 11:00 am - 6:30 pm, 200 Walnut St. Springfield, **SNAP and HIP**

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

**Granny's Place**, Open Daily 9:00 am - 6:00 pm, 844 Main St. Agawam, **SNAP and HIP**

**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, **SNAP and HIP**

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

**Stony Hill Farm**, Saturdays 9:00 am - 3:00 pm, 899 Stony Hill Rd. Wilbraham, **SNAP and HIP**

## Hampshire County

**Amherst**, Saturday, 7:30 am - 1:30 pm, April 20 to November 16, Spring St., Parking Lot Amherst Center, **SNAP and HIP**

**Belchertown**, Sunday, 10:00 am - 2:00 pm, June 9 to October 6, Belchertown Common, Main & E. Walnut St. **SNAP&HIP**

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

**Florence**, Wednesday, 2:00 pm - 6:00 pm, May 1 to October 30, Florence Civic Ctr., **SNAP and HIP**

**Northampton/Gothic St.**, Saturday, 8:00 am - 1:00 pm, April 27 to November 9, Gothic St. Downtown, **SNAP and HIP**

**Northampton/Tuesday**, Tuesday, 1:30 pm - 6:30 pm, April 23 - November 12, Behind Thornes Marketplace, **SNAP&HIP**

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

## Hampshire County—Farmstands

**Phoenix Fruit Farm**, Open Daily 8:00 am - 6:00 pm, May to December, closed holidays, 249 Sabin St, Belchertown, **SNAP and HIP**

**Red Fire Farm**, Open Daily 10:00 am - 6:00 pm, 17 Carver St. Granby, **SNAP and HIP**

**Roundhill Orchard**, Open Daily 10:00 am - 2:00 pm (Sunday 11:00 am - 2:00 pm), 1 Douglas Rd. Southampton, call 413-552-8085 to confirm hours, **SNAP and HIP**

**Sapowsky Farm**, Open Daily 7:00 am - 6:00 pm, 434 East State St. Granby, **SNAP and HIP**

## Middlesex County

**Acton-Boxborough**, Sunday, 10 am - 1 pm, June 16 to Oct. 27, Pearl St., West Acton Village, **SNAP and HIP**

**Arlington**, Wednesday, 2:00 pm - 6:30 pm, June 12 to October 30, Mystic St Lot, Arlington Center, **SNAP and HIP**

**Ashland**, Saturday, 9:00 am - 1:00 pm, June 8 to October 12, 125 Front St., across from library, **SNAP and HIP**

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

**Billerica**, Monday, 3pm - 7pm (or dusk in Fall), June 24 to October 7, Council on Aging, 25 Concord Rd, **SNAP and HIP**

**Cambridge Center Market**, Wednesday, 11 am - 6 pm, May 15 to October 30, Kendall/MIT MBTA Station

**Cambridge/Central Square**, Monday, Noon - 6:00 pm, May 13 to November 25, Parking lot #5 at 76 Bishop Allen Drive. **SNAP and HIP**

**Cambridge/Charles River**, Friday, Noon to 6:00 pm and Sunday, 10:00 am - 3:00 pm, June to Thanksgiving, Charles Hotel Courtyard, Harvard Sq. **SNAP and HIP**

**Cambridge/Harvard University**, Tuesday, Noon - 6:00 pm (November hours: Noon - 4:30 pm), June 11 to November 26, Science Center Plaza, **SNAP and HIP**

**Cambridge/Kendall Square**, Thursday, 11:00 am - 2:00 pm, June 6 to September 26, 350 Kendall St., off of Broad Canal Way, **SNAP and HIP**

**Cambridgeport**, Saturday, 10:00 am - 2:00 pm, June 1 to November 23, Morse School, Magazine St. and Memorial Dr.

**Carlisle**, Saturday, 8:00 am - Noon, June 29 to October 12, Kimballs Ice Cream Stand, Rt. 225

**Chelmsford**, Saturday, 10:00 am - 2:00 pm, June 15 to September 14, Chelmsford Common, 7 Academy St.

**Framingham/Village Green**, Thursday, 12:00 pm - 5:30 pm, June to October, Edgell Rd. at Center, **SNAP and HIP**

**Groton**, Friday, 3:00 pm - 7:00 pm (until dusk in the fall), July 5 to October 11, Williams Barn, 160 Chicopee Row

**Hopkinton**, Sunday, 1pm - 5pm, June 9 to October 13, Town Common, corner of Ash St. and Marathon Way, **SNAP and HIP**

**Hudson**, Tuesday 3:30pm - 6:30pm, June 18 to September 24 (no market 7/2), Unitarian Church, 80 Main St., **SNAP and HIP**

**Lexington**, Tuesday, 2 pm - 6:30 pm, May 28 to October 29 (closes at 6:00 pm after 10/3), Lexington Center., Mass Ave & Fletcher Ave **SNAP and HIP**

**Lowell Mobile**, Various days/locations, See website for details: [www.millcitygrows.org](http://www.millcitygrows.org), **SNAP and HIP**

**Lowell/Downtown**, Friday, 12pm - 5pm, July 12 to October 25, Lucy Larcom Park, **SNAP and HIP**

**Lowell/The Farm Market**, Sunday, 11am-3pm, year-round, Mill No. 5, 250 Jackson St., 4th floor, **SNAP and HIP**

**Marlborough**, Tuesday, 3:00 pm - 6:30 pm, June to September, Union Common, Main Street, **SNAP and HIP**

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



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**Medford**, Thursday, 3pm-7pm, June 6 to October 17, No market 7/4 Condon Shell, 2501 Mystic Valley Pkwy, **SNAP and HIP**

**Melrose**, Thursday, June 6- September 26, 2pm-7pm; October 3-October 31, 2pm-6pm. No Market on July 4th. Bowden Park., **SNAP and HIP**

**Natick**, Saturday, 9:00 am - 1:00 pm, May 11 to October 26, Natick Common, Downtown, **SNAP and HIP**

**Newton Highlands**, Tuesday, 1:30pm - 6pm, July 9 to October 22, Cold Spring Park, 1200 Beacon St., **SNAP & HIP**

**North Reading**, Wednesday, 3:30 pm - 7:00 pm, June 19 to August 28, Ipswich River Park, Central St. , **SNAP and HIP**

**Somerville/Davis Square**, Wednesday, Noon - 6 pm, May 13 to November 27, Day & Herbert St. Lot, **SNAP and HIP**

**Somerville/Mobile**, Various dates and locations, Find our hours and stops online at [bit.ly/tsmfsm](http://bit.ly/tsmfsm), **SNAP and HIP**

**Somerville/Union Square**, Saturday, 9:00 am - 1:00 pm, May 18 to Nov. 23, Union Sq. Plaza, **SNAP and HIP**

**Stoneham**, Thursday, 2:30 pm - 6:30 pm, June 6 to September 26, Town Common, Main St., **SNAP and HIP**

**Wakefield**, Saturday, 9:00 am - 1:00 pm, June 15 to October 12, 468 North Ave., Hall Park adjacent to the Veterans ballfield and parking lot, **SNAP and HIP**

**Waltham**, Saturday, 9:30 am - 2pm, June 1 to October 26, Clark Gov't Center, 119 School St., **SNAP and HIP**

**Watertown**, Wednesday, 2:30 pm - 6:30 pm, Closes at 6:00 pm after Labor Day June 7 to October 18, Saltonstall Park, **SNAP and HIP**

**Wayland**, Wednesday, Noon - 5:00 pm, June 26 to October 9, Russell's Garden Center, 397 Boston Post Rd., **SNAP & HIP**

**West Newton**, Saturday, 9:30am - 12:30pm, June 22 to October 5, Elm St., off Washington St., **SNAP and HIP**

**Wilmington**, Sunday, 10:00 am - 1:00 pm, June 16 to October 13, Across from the Town Common, 138 Middlesex Ave. **SNAP and HIP**

**Winchester**, Saturday, 9:30 am - 1:30 pm, June 8 to October 26, Town Common, Laraway Rd., **SNAP and HIP**

### Middlesex County—Farmstands

**Drumlin Farm**, Tues - Sun 10 am - 5 pm, Mid-May to October 208 South Great Rd., Lincoln **SNAP and HIP**

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

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

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

**Hanson's Farm**, May through October, Mon - Sat 9 am - 6 pm (until 5:30 pm on Sun), 20 Nixon Rd. Framingham

**Hutchin's Farm**, June through October, Tues - Sun 11:00 am - 6:00 pm, 754 Monument St. Concord

**MacArthur Farm**, Open Daily 8:30 am - 7:00 pm (Closes at 6pm on Sundays), 137 Concord Rd. Holliston, **SNAP and HIP**

**The Neighborhood Farm**, W - F 12 pm - 6 pm, Sat/Sun 11 am - 4 pm. Corner of Old Connecticut Path and Forest Hill Rd. Wayland, **SNAP and HIP** on weekdays only

### Nantucket County

**Nantucket**, Monday through Saturday, 9:00 am - 1:00 pm, June 14 to October 5, Corner of Main and Federal Streets

**Nantucket Sustainable Farmers and Artisans**, Saturday, 9:00 am - 1:00 pm, June 8 to October 12, North Union and Upper Cambridge St., **SNAP and HIP**

### Nantucket County—Farmstands

**Bartlett's Ocean View Farm, Inc.** Monday - Saturday, 9am-1pm, June 14 to October 15, corner of Federal and Main St

### Norfolk County

**Braintree**, Saturday, 9am-1pm, June 15 to October 26, Town Hall Mall, 1 JFK Memorial Dr., **SNAP and HIP**

**Brookline**, Thursday, 1:30pm-6:30pm, June 6 to November 21, Coolidge Corner, Center St. West Parking Lot, off Beacon St., **SNAP and HIP**

**Cohasset**, Thursday, 2pm-6pm, June 6 to October 10, Cohasset Common, Main St.

**Dedham**, Wednesday, 2pm-6pm, June 19 to October 30, First Church of Dedham, 670 High St., **SNAP and HIP**

**West Newton, Franklin**, Friday, 12pm-6pm, June 7 to October 25, Town Common, Main and Union St.

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

**Medway**, Thursday, 4pm-7pm, June to the end of September, VFW, 123 Holliston St. **SNAP and HIP**

**Milton**, Thursday, 1pm-6pm, June 13 to October 31, Town Park on Wharf St., Milton Village

**Needham**, Sunday, 12pm-4pm, June 9 to October 27, Garrity Way, in front of Town Hall, **SNAP and HIP**

**Norfolk**, Saturday, 10am-2pm, June 8 to September 28, Town Common, 139 Main St., **SNAP and HIP**

**Norwood**, Tuesday, 2pm-6:00pm, June 18 to October 15, Town common, Nahatan & Washington St

**Quincy**, Friday, 11:30am-5pm, June 21 to November 15, 1 Merrymount Parkway at Pageant Field

**Randolph**, Wednesday, 3pm - 7pm, June to September, 592 North Main St. **SNAP and HIP**

**Sharon**, Saturday, 10am-1pm, June 22 to October 5, 407 Bay Rd. **SNAP and HIP**

**Stoughton**, Monday, 5pm-7pm, June to December, Old Colony YMCA, 445 Central St. **SNAP and HIP**

**Walpole**, Saturday, 9am-1pm, June 8 to October 19, Spring Brook Park, East St. (Rt. 27), Downtown Walpole

**Westwood**, Tuesday, 1pm-6pm, June 11 to October 8, plaza between Town Hall and Police Station, **SNAP and HIP**

**Weymouth**, Sunday, 10am - 1pm, June 23 to October 6, Weymouth High School, 1 Wildcat Way, **SNAP and HIP**

### Norfolk County—Farmstands

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

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

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

**Tangerini's Spring Street Farm**, Open daily, 9am - 7pm, 139 Spring Street Millis, **SNAP and HIP**

### Plymouth County

**Brockton**, Friday 10am - 2pm, July 12 to October 25, City Hall Plaza, 45 School St., **SNAP and HIP**

**Brockton Fairgrounds**, Saturday, 9am - 12pm, July 10 to October 26, Brockton Fairgrounds, **SNAP and HIP**

**Carver**, Sunday, 12pm-4pm, June 9 to October 27, Shurtleff Park, across from Town Hall, 108 Main St, **SNAP and HIP**

**Hingham**, Saturday, 9:00am-1pm, May 4 to November 23, Hingham Bathing Beach, 96 Otis St., **SNAP**

**Kingston**, 1st Sunday of the month, 10:00 am - 2:00 pm May - October, 101 Kingston Collection Way

**Marshfield**, Friday, 1pm - 5pm, May 31 to October 4, Marshfield Fairgrounds, at the grandstands, **SNAP and HIP**

**Mattapoisett/Old Rochester**, Tuesday, 3pm-6pm, June to October, Junior High School, 135 Marion Rd. **SNAP and HIP**

**Middleboro/Town Hall**, Sunday, 10am-3pm, June 23 to October 13, 10 Nickerson Avenue

**Middleboro/Wood Street**, Saturdays, 9:30am-1pm, June 28 to October 12, Patti's Patch, 225 Wood Street, **SNAP & HIP**

**Plymouth**, Thursday, 2:30pm - 6:30pm, June to October, Plymouth Plantation, River St. Side, **SNAP and HIP**

**Redbrook**, Wednesday, 3:00 pm - 6:30 pm, July 10 to October 9, 1 Greenside Way North, **SNAP and HIP**

**Scituate**, Wednesday, 3pm-7pm, June 12 to October 9, St. Mary of the Nativity, Front St. & First Parish Rd. **SNAP & HIP**

**West Bridgewater**, 2nd & 4th Tuesdays, 4 pm-7 pm, June 11 to August 27, 1st Congregational Church, 29 Howard St.

### Plymouth County—Farmstands

**Cevelli Farm**, Open daily, 9am-5pm, 247 Rounseville Rd. Rochester, **SNAP**

**Colchester Neighborhood Farm**, Open daily, 10am - 6pm, 90 Brook St. Plympton

**Elliot Farm**, Open daily, 10am - 6pm, July to October, 202 Main St., Lakeville **SNAP and HIP**

**Lipinski Farm Inc.**, Open daily, 9am - 6pm, May 18 to October 31, 19 Franklin St. Hanson

### Suffolk County

**Boston Public Market**, open year-round, Monday to Saturday, 8am- 8pm, Sundays, 10am-8pm, 136 Blackstone St., indoors, above Haymarket MBTA station, **SNAP and HIP**

**Boston/Boston Medical Center**, Thursday 12pm - 3pm, July 5 to October 25, Shapiro Building, 725 Albany St., **SNAP and HIP**

**Boston/City Hall**, Tuesdays & Thursdays 11:30 am - 6:30 pm, May 21 to November 19, City Hall Plaza, Cambridge St., **SNAP and HIP**

**Boston/Copley Square**, Tuesdays & Fridays, 11am - 6pm, May 10 to November 26, Dartmouth St. & Boylston St., **SNAP and HIP**

**Boston/Seaport**, Wednesdays, 12:00pm - 7:00pm, June 5th to October 30th, 60 Seaport Blvd **SNAP and HIP**

**Boston South Station/Dewey Sq.**, Tuesdays & Thursdays, 11:30am - 6:30pm, May 14 to November 19, **SNAP and HIP**

**Boston/SOWA**, Sundays, 10am - 4pm, May 5 to October 27, 500 Harrison Ave., **SNAP and HIP**

**Boston University**, Thursdays, 11am - 3pm, September 5 to October 24, 775 Commonwealth Ave.,

**Brighton**, Wednesdays, 3pm - 7pm, June to September, Brighton Common, 30 Chestnut Hill Ave, **SNAP and HIP**

**Charlestown**, Wednesdays, 2pm - 7pm, June 6 to October 31, Thompson Sq., Main & Austin St., **SNAP and HIP**

**Dorchester/Ashmont/Peabody Sq.**, Fridays 3pm - 7pm, June 28 to October 18, 1900 Dorchester Ave., **SNAP and HIP**

**Dorchester/Bowdoin Geneva**, Thursdays, 1pm - 5pm, June 27 to October 31, Bowdoin St. Health Center, **SNAP and HIP**

**Dorchester/Codman Square**, Saturday, 10am - 1pm, June 29 to September 14, 360 Talbott Ave., **SNAP and HIP**

**Dorchester/Dot House Health**, Tuesday, 11:30am-1:30pm, July 16 to October 8, 1353 Dorchester Ave., outside WIC office, **SNAP and HIP**

**Dorchester/Fields Corner**, Saturdays, 9:00 am - Noon, July to October, Park St., Shopping Ctr Parking Lot, **SNAP and HIP**

**East Boston**, Wednesdays, 3pm - 6:30pm, July 3 to October 16, Central Square Park, Meridian St., **SNAP and HIP**

**Egleston**, Saturdays, 10:00 am - 2:00 pm, May 11 to November 23, 30 Germania St., Parking Lot, **SNAP and HIP**

**Jamaica Plain**, Tuesdays, Noon - 5:00 pm, June 22 - October 26, and Saturday, Noon - 3:00 pm, May 18 to November 23, Bank of America Parking Lot, 677 Centre St.

**Mattapan**, Saturdays, 10 am - 1 pm, July 13 to October 12, Corner of Cummings Hwy. and Fairway St., **SNAP and HIP**

**Mission Hill**, Thursdays, 11 am - 6 pm, June to November, Veterans Park, Huntington Ave. & Francis St., **SNAP and HIP**

**Revere**, Fridays, 12:00 pm - 6:00 pm (Opens at 2:00 pm in September and October, July 12 to October 25, Front lawn of the American Legion Hall, 249 Broadway, **SNAP and HIP**

**Roslindale**, Saturdays, 9 am - 1:30 pm, June 1 to November 23, Adams Park, Washington St., **SNAP and HIP**

**Roxbury/Dudley Town Common**, Thursdays, 3:00 pm - 7:00 pm, June to November, Dudley St. & Blue Hill Ave., **SNAP and HIP**

**Roxbury/Roxbury Crossing**, Tues. & Fridays, 12:00 - 7:00 pm, June to November, MBTA Station/Tremont St., **SNAP & HIP**

**South Boston**, Monday, Noon - 6pm, June 3 to October 28, 446 West Broadway (Municipal Front Parking Lot), **SNAP and HIP**

**Trustees of Reservations Mobile Market**, June to November, Various days/locations, see website for details: [www.thetrustees.org/mobile](http://www.thetrustees.org/mobile), **SNAP and HIP**



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## Suffolk County—Farmstands

**NUBIA Farmstand**, Fridays Noon - 3:00 pm, 100 Malcolm X Blvd. Roxbury, **SNAP and HIP**

**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, **SNAP and HIP**

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

## Worcester County

**Ashburnham**, last Saturday of the month, 9 am - Noon, May to October, Meetinghouse Hill, Cushing St. & Hasting St.

**Athol**, Saturdays, 9 am - Noon, May 24 to September 14, Athol Uptown Common, 100 Main St., **SNAP**

**Barre**, Saturdays, 9:00 am - 12:00 pm, May 4 to end October, Barre Common **SNAP and HIP**

**Blackstone**, Sunday, 11:00 am - 3:00 pm, July 7 to September 29, The Daniels Farmstead, 286 Mendon St., **SNAP and HIP**

**Clinton/Matchstick Market**, Sundays, 10am - 2pm, year-round, 55 Sterling Street

**Fitchburg/Upper Common**, Thursday, 3pm - 6pm, June 6 to October 31, Upper Main St. /Boulder Dr., **SNAP and HIP**

**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 9 to October 31, Monument Park, along Park St., across from the Gardner Lodge of Elks

**Grafton**, Wednesday, 2:00pm - 6:00pm, June 19 to October 9, Grafton Common Hardwick, **SNAP and HIP**

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

**Holden**, Tuesday, 1:30 pm - 7:00 pm, May 7 to October 29, Damon House Lot, Rt. 31 and 122A

**Leicester**, Saturday, 9 am - 2 pm, June 22 to October 26, The Castle Restaurant Parking Lot, 1230 Main St., **SNAP and HIP**

**Leominster Marketplace**, Saturday, 9am - 12pm, May 25 to October 26, Monument Park, West Street, **SNAP and HIP**

**Lunenburg Community**, Sunday, 10:00 am - 1:00 pm, June 3 to October 13, 960 Massachusetts Ave. **SNAP and HIP**

**Petersham Friday**, Friday, 3:00 pm - 6:00 pm, June 7 to October 25, Town Common, **SNAP and HIP**

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

**Shirley**, Thursday, 3:30 pm - 7:30 pm, July 11 to October 24, Town Hall Green, Hospital Rd.

**Shrewsbury**, Wednesday, 3pm - 6:30 pm, June 13 to September 26, Shrewsbury Sr. Ctr, 98 Maple Ave. **SNAP and HIP**

**Southbridge/Big Bunny**, Saturday, 9:00 am - 2:00 pm, May 25 to October 12, 942 Main St., **SNAP and HIP**

**Sterling**, Friday, 3:30 pm - 6:30 pm, May to October, in front of Butterick Municipal Building, Park St., **SNAP and HIP**

**Sturbridge**, Sunday, 9am - 1pm, June 9 to October 6, Town Common, **SNAP and HIP**

**Templeton**, Thursday, 3pm - 7pm, Boynton Rd

**West Brookfield**, Wednesday, 3 pm - 6 pm, June 5 to October 9, Town Common, Rt.67 & Rt. 9, **SNAP and HIP**

**Westborough**, Thursday, 2:00 pm - 6:00 pm, June 6 to September 26, Congregational Church, 57 West Main St. **SNAP and HIP**

**Westminster**, Friday, 3pm - 6pm, May 3 to October 25, Town Common, **SNAP and HIP**

**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, 9am - 12pm, June 17 to November 8, 306 Chandler St., Beaver Brook Park parking lot, **SNAP and HIP**

**Worcester/Black Seed Market**, Various days and locations, visit [www.blackseedfarmersmarket.com](http://www.blackseedfarmersmarket.com) for schedule, SNAP

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

**Worcester/Mobile**, Various times and locations, visit [www.recworchester.com](http://www.recworchester.com) for schedule, **SNAP and HIP**

**Worcester/Out to Lunch**, Thursday, 11 am - 2 pm, June 20 to August 29, Behind City Hall, 455 Main St. **SNAP and HIP**

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

**Worcester/University Park**, Saturday, 9am - 1pm, June 22 to November 9, University Park, 965 Main St., **SNAP and HIP**

## 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), **SNAP**

**Breezy Gardens**, Open Daily, 10:00 am - 6:00 pm, 6 McNeil Highway Leicester, **SNAP and HIP**

**Dick's Market Garden**, Open Daily, 9:00 am - 6:00 pm, 649 Northfield Rd. Lunenburg, **SNAP and HIP**

**Farmer Tim's Vegetables**, Tuesday, 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 **SNAP and HIP**

**Harper's Farm**, M-F 9:00 am - 6:00 pm, Saturday & Sunday 9:00 am - 5:00 pm 1539 North Main St. (Rte 117) Lancaster, **SNAP and HIP**

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

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

**Lanni Orchards**, Open Daily 8:00 am - 6:00 pm, 294 Chase Rd. Lunenburg, **SNAP and HIP**

**Little Bit Farm**, Open Daily 9:00 am - 6:00 pm, 26 Charles St. Leicester, **SNAP and HIP**

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

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

**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, **SNAP and HIP**

# 其他資料和網頁

## 大規模種植...更新鮮！

查看最新清單，包括農夫市場的日期及時間，以及您感興趣的關於馬薩諸塞州農業的所有資訊。[www.mass.gov/massgrown](http://www.mass.gov/massgrown)

## 營養資訊

隨著年齡增長的營養資訊 [www.nutrition.gov/life-stages/seniors](http://www.nutrition.gov/life-stages/seniors)

## 馬薩諸塞州長者事務執行辦公室 (EOEA)

[www.mass.gov/elders](http://www.mass.gov/elders)  
(800) AGE-INFO (243-4636)  
[www.800ageinfo.com](http://www.800ageinfo.com)

## 馬薩諸塞州長者營養計劃

[www.mass.gov/elders/meals-nutrition](http://www.mass.gov/elders/meals-nutrition)

## 馬薩諸塞州立大學營養教學推廣計劃

營養教學及食譜  
[extension.umass.edu/nutrition](http://extension.umass.edu/nutrition)

## SNAP 資格（以前為食物券）

確認您是否有資格獲得 SNAP 食物援助  
[www.mass.gov/snap](http://www.mass.gov/snap)

## 麵包食品資源項目熱線

有關 SNAP（食物券）資格及緊急食物援助的更多資訊，請撥打麵包 SNAP 項目熱線 **1-800-645-8333**

## 大規模行動

有關健康飲食及積極生活的資訊  
[www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)