

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：

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

目錄

歡迎來到農夫市場！	1
如何使用你的農夫市場優惠券	2
認識我們的社區領袖 Jennifer Putnam	3
健康獎勵計劃	4
在農夫市場如何聰明購物	5
健康烹調提示	5
蔬菜和水果：我需要多少？	5
儲存水果和蔬菜的提示	5

食譜和其他資料

簡單夏日焗翠玉瓜	6
「香」梨蘋果沙拉	6
收成季節表	7
農夫市場地點	8-12

Published by the Massachusetts Department of Agricultural Resources
and the Executive Office of Elder Affairs.

Chinese translation produced by Greater Boston Chinese Golden Age Center. 中文翻譯由中華耆英會提供。
Photo Credits: Massachusetts Dept. of Agricultural Resources, Springfield/Forest Park Farmers' Market.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
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。你可攜帶少量現金，以備繳交差額。

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。



認識我們的社區領袖！

Jennifer Putnam

Greater Springfield 老人服務公司營養計劃主任

**你成為營養計劃主任多久，工作上
哪些範疇是你喜歡的？**

我當了這個職位已經兩年半了，這份工作讓我服務長者，提供健康的餐飲服務，提高他們的生活質數。

你日常的工作是甚麼？

一般來說，早上是最忙碌的時候。我們的部門頗大，送餐路線繁多，有26條傳統美式餐路線、1條猶太餐路線和2條特別餐路線，一天內送出大約1,100份傳統餐，因此我每天回辦公室首要的工作是確保司機們有正確的送餐資料和路線圖。

**老人服務公司如何協助長者們吸取
新鮮的蔬菜和水果？**

主要是透過送餐和中心用餐服務。如資金許可，從這個六月開始，在整個夏季，我們希望能每份午餐附有一小盒鮮莓。

**你們服務的地區有浮動農夫市場，
或其他創新的方式讓長者們買到新
鮮的蔬果嗎？**



我們的市鎮有一個浮動市場，我們還向客戶提供一份農夫市場表，讓他們找到鄰近住家的市場。這樣他們在家的周邊，也能享受到品質高的蔬果。

**在夏天時，你能經常到農夫市場
嗎？**

在夏季時，我喜歡在本區購物，經常在農夫市場選購蔬菜和水果。



健康獎勵計劃



甚麼是健康獎勵計劃（HIP）？

健康獎勵計劃鼓勵市民多購買本地的農產品。當市民在應可的農夫市場、浮動市場、農場小檔或社區農業支助計劃（CSA），利用糧食卡購買蔬菜和水果，可獲獎金回贈並累積在糧食卡內。

健康獎勵計劃如何運作？

健康獎勵計劃（HIP）與糧食券的 SNAP dollars 掛鉤，每當市民在參與此計劃的農夫市場、浮動市場、農場小檔或社區農業支助計劃（CSA），利用糧食卡購買特定的蔬果，健康獎勵計劃會回饋用戶，直至糧食券計劃人口規定的每月上限。用戶必須用 SNAP dollars 購買蔬果，來賺取 HIP 獎金，所有賺得的 HIP 獎金將自動加到用戶的糧食卡上，並可用在所有糧食券認可的產品上。

哪些是健康獎勵計劃應可的農產品？

農產品包括新鮮、罐裝、乾製和雪藏，並不含添加糖、鹽、脂肪或油的蔬菜和水果。

健康獎勵計劃回贈獎金的每月上限是多少？

這是按用戶的人口量而決定。如用戶家中有 1 至 2 人，他們可賺取的上限是 \$40，3 至 5 人的用戶可賺取最多 \$60，6 人以上的用戶可賺取最多

在哪裡購物可賺取健康獎勵計劃回贈獎金？

這計劃適用在全麻省的農夫市場、浮動市場、農場小檔或社區農業支助計劃（CSA），購買合資格的蔬果，但不適用在一般的市場，如超級市場、便利店、雜貨店，相反賺得的獎金可用在以上的地方，購買所有糧食券認可的產品。用戶可在以下網址搜查參與此計劃的零售商：www.mass.gov/HIP. Look for the HIP logo when shopping at participating farmers markets

用戶可在哪裡諮詢更多的資料？

如查詢戶口內的獎金餘額，用戶可致電 1-800-997-2555。如查詢更多關於健康獎勵計劃的資料，可致電 1-800-645-8333。





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。

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、蜜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。

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，如蘋果或蜜桃



簡單夏日焗翠玉瓜

成份：

- ¼ 杯橄欖油
- ½ 杯意大利parmesan芝士
- 1/3 杯麵包糠
- ½ 茶匙鹽
- ¼ 茶匙碎黑胡椒
- 2 磅翠玉瓜 (黃水瓜)

(Source: Recipe Adaption from The Kitchn Online Magazine)

4. 把翠玉瓜平均放在9寸x12寸的烤盤上，撒上麵包糠混合料。
5. 用錫紙蓋好烤盤焗30分鐘，然後拿開錫紙再焗，直至翠玉瓜變金黃色。



步驟：

1. 預熱焗爐至華氏350度。
2. 翠玉瓜切成片並均勻地塗上橄欖油。
3. 在小碗內混合麵包糠、芝士、鹽和黑胡椒。

「香」梨蘋果沙拉

成份：

- 2 杯雪梨和蘋果，切粒
- ¼ 杯100%橙汁
- 1/8 茶匙玉桂粉和豆蔻核仁粉

(Source: Recipe Adapted from UMASS Extension)

步驟：

1. 清洗水果並切粒。
2. 把水果粒拌入橙汁。
3. 灑上玉桂粉和豆蔻核仁粉
4. 把所有成份拌勻。
5. 準備食用。餘下的份量可存放在雪櫃內。



麻省本地農作物 收成年表



	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples												
Blueberries												
Cantaloupes												
Cranberries												
Peaches												
Pears												
Raspberries												
Strawberries												
Watermelon												
Arugula												
Asparagus												
Beets												
Bok choy												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Corn-on-the-cob												
Cucumbers												
Eggplant												
Garlic												
Green beans												
Greens, salad												
Leeks												
Lettuce												
Mung beans												
Mushrooms, shiitake												
Onions												
Peas, green and snap												
Peppers												
Potatoes, baking												
Potatoes, redskin												
Pumpkins												
Radishes												
Scallions												
Spinach												
Sprouts												
Squash, acorn, green												
Squash, butternut												
Squash, summer												
Squash, winter												
Tomatoes												
Tomatoes, cherry												
Turnips												
Zucchini												

Massachusetts Department of Agricultural Resources
617-626-1720
www.mass.gov/agr/massgrown/

麻省農夫市場地點

Barnstable County

Brewster, Sunday 9:00 am - 1:00 pm, June 25 to September 24, Windmill Village, 51 Drummer Bay Rd. EBT/SNAP Accepted

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

Falmouth, Thursday, 12:00 pm - 6:00 pm, May 25 to October 5, Marine Park, Falmouth Harbor, EBT-SNAP Accepted

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

Hyannis, Friday, 3:00 pm - 6:00 pm, May 26 to September 1, Cape Cod Beer, 1336 Phinney's Lane

Orleans, Saturday, 8:00 am - Noon, May 13 to November 18, 21 Old Colony Way, EBT-SNAP Accepted

Osterville, Friday, 9:00 am - 1:00 pm, June 23 to Sept. 15, Osterville Historical Museum, 155 West Bay Rd.

Provincetown, Saturday, 9:00 am - 3:00 pm, May 13 to November 18, Ryder St., next to Town Hall,

Sandwich, Tuesday, 9:00 am - 1:00 pm, June 13 to October 17, Village Green, Rt. 6A across from fish hatchery

South Yarmouth, Thursday & Saturday, 9:00 am - 1:30 pm, June 15 to September 9, 311 Old Main St.

Truro, Monday, 8:00 am - Noon, June 12 to August 28, Veteran's Field, off Truro Center Rd., EBT-SNAP Accepted

Wellfleet, Wednesday, 8:00 am - 12:00 pm, May 17 to October 11, Behind Preservation Hall, 335 Main St., EBT-SNAP Accepted

Berkshire County

Berkshire Area/Lanesboro, Wednesday & Saturday, 8:00 am - 2:00 pm, May to November (Saturdays only in November), Berkshire Mall by Sears; Rte. 8

Dalton, Friday 4:00 pm - 7:00 pm, June 16 to October 13, Community Recreation Association, 400 Main St, SNAP/ EBT Accepted

Great Barrington, Saturday, 9:00 am - 1:00 pm, May 13 to October 28, 18 Church St., EBT-SNAP Accepted

Lee, Saturday, 10:00 am - 2:00 pm, May 27 to October 7, Town Green, EBT-SNAP Accepted

Lenox, Friday, 1:00 pm - 5:00 pm, May to September, 18 Main Street, Roche Reading Park EBT-SNAP Accepted

North Adams, Saturday, 9:00 am - 1:00 pm, June 10 to October 21, St. Anthony Municipal Parking Lot; Marshall and Center St., EBT-SNAP Accepted

Otis, Saturday, 9:00 am - 1:00 pm, May 13 to October 7, L & M Auto, 2000 East Otis Rd., Rte. 23 East

Pittsfield/Downtown, Saturday, 9:00 am - 1:00 pm, May 13 to October 14, First St. Common, EBT-SNAP Accepted

Sheffield, Friday, 3:00 pm - 6:30 pm, May 26 to October 6, 125 Main St. EBT-SNAP Accepted

West Stockbridge, Thursday, 3:00 pm - 7:00 pm, May 18 to October 5, Merritt Green, Harris St. in the center of the Village, EBT-SNAP Accepted

Williamstown, Saturday, 9:00 am - 1:00 pm, May 20 to October 7, Spring St. Parking lot

Windsor, Sunday, 10:00 am - 2:00 pm, June to October, 1173 Route 9

Berkshire County - Farmstands

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

Gray Raven Farm, Wednesday to Friday, 9:00 am - 7:00 pm, Saturday & Sunday 10:00 am - 5:00 pm, 551 North Main St, **Lanesborough**, EBT-SNAP Accepted.

Bristol County

Acushnet, Saturday, 9:00 am - 1:00 pm, June 3 to September 30, Stone Bridge Farm, 186 Leonard St. EBT-SNAP Accepted

Attleboro, Saturday, 9:00 am - 1:00 pm, June 17 to October 14, Capron Park, 201 County St.

Dartmouth, Friday, 1:00 pm - 6:00 pm, June 2 to September 29, St. Mary's Parish Center, 783 Dartmouth St.

Easton, Saturday, 10:00 am - 2:00 pm, May 22 to October 28, 591 Depot St. EBT-SNAP Accepted

Fairhaven, Sunday, 1:00 pm - 4:00 pm, June 18 to October 1, Fairhaven High School, Route 6 and Main St.

Fall River / Kennedy Park, Saturday, 7:00 am - 1:00 pm, May to November, Broadway & Bradford Ave., EBT-SNAP Accepted

Fall River / Ruggles Park, Wednesday, 9:00 am to 1:00 pm, June to November, Locust and Seabury St., EBT-SNAP Accepted

Fall River/Downtown, Monday-Friday, 12:00pm - 6:00 pm, July to end of September, 45 Rock St., EBT-SNAP Accepted

Mansfield, every other Saturday 9:00 am - 1:00 pm, June 3 to October 7, MMAS Arts Center at Great Woods, 888 South Main St.

New Bedford/Brooklawn Park, Monday, 2:00pm - 6:00 pm, June 12 to October 30, Brooklawn Park, Acushnet Ave. entrance, EBT-SNAP Accepted

New Bedford/Clasky Common, Saturday, 10:00 am - 2:00 pm, June 17 to October 28, Pleasant St. between Pearl and Pope St. EBT-SNAP Accepted

New Bedford/Downtown, Thursday, 2:00 pm - 6:00 pm, June 15 to October 26, Custom House Sq., Barker's Lane, EBT-SNAP Accepted

Rehoboth, Sunday, 10:00 am - 2:00 pm, June to October 30, Anawan School, 53 Bay State Rd.

Taunton/Church Green, Sunday, 10:00 am - 1:00 pm, July 9 to October 22, First Parish Church, Route 44 and 140, EBT-SNAP Accepted

Taunton/Silver City, Thursday, 3:00 pm - 6:00 pm, July 13 to October 12, Hopewell Park, Corner of Hamilton & Coram St.

Westport, Saturday, 8:30 am - 1:00 pm, June 17 to September 30, Westport Town Farm, 830 Drift Rd.

Westport/Healthy Futures Farm, Wednesday 2:00 pm - dusk & Sunday 10:00 am - 2:00 pm, June 7 to November 1, 528 American Legion Highway

Dukes County

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

Dukes County - Farmstands

Morning Glory Farm, Monday to Saturday 9:00 am - 6:00 pm, Sunday 9:00 am - 5:00 pm, 120 Meshakett Rd., **Edgartown**, EBT-SNAP Accepted

麻省農夫市場地點

Island Grown Farm, Wednesday to Sunday 9:00 am - 4:00 pm, 80 Stoney Hill Rd, **Vineyard Haven**, EBT-SNAP Accepted

Essex County

Andover, Saturday, 10:00 am - 2:00 pm, June 24 to October 21, 97 Main St., Andover Historical Society

Beverly, Monday, 3:00 pm - 7:00 pm, June 12 to October 2, Veteran's Park, Rantoul St. and Railroad Ave., EBT-SNAP Accepted

Danvers, Wednesday, 4:00 pm - 7:00 pm, June 7 to August 30, 87 Elm St

Gloucester/Cape Ann, Thursday, 3:00 pm - 6:30 pm, June 1 to October, Stage Fort Park, EBT-SNAP Accepted

Haverhill, Saturday, 9:00 am - 1:00 pm, June 24 to October 28, 40 Bailey Blvd., next to police station, EBT-SNAP Accepted

Ipswich, Saturday, 10:00 am - 1:00 pm, June 17 to September 30, Ipswich Center Green/Hall Haskell House, EBT-SNAP Accepted

Lawrence, Wednesday, 10:00 am - 3:00 pm, July 5 to October 25, Campagnone Park, EBT-SNAP Accepted

Lawrence, Saturday, 10:00 am - 3:00 pm, July 8 to October 28, Sullivan Park, off Rt. 114, next to Memorial Stadium, EBT-SNAP Accepted

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

Marblehead, Saturday, 9:00 am - Noon, June 3 to November 18, Middle School on Vine St., EBT-SNAP Accepted

Methuen, Friday, 10:00 am - 3:00 pm, July 7 to October 27, 254 Broadway, EBT-SNAP Accepted

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

Newburyport/Federal Street, Sunday, 9:00 am - 1:00 pm, May 7 to October 1, 6 Federal St.

Peabody, Tuesday, 1:00 pm - 6:00 pm, July 11 to Mid-October, City Hall, 24 Lowell St.

Rockport, Saturday, 9:00 am - 1:00 pm, June 17 to October 14, Harvey Park, Broadway & Mt. Pleasant St. EBT/SNAP Accepted

Rowley, Sunday, 8:00 am - 1:00 pm, July 10 to October 30, Rowley Town Common, Rt. 1A

Salem, Thursday, 3:00 pm - 7:00 pm, June 8 to October 12, Derby Square, by Old Town Hall, EBT-SNAP Accepted

Saugus/Clifondale, Tuesday, 9:00 am - 2:00 pm, July to October, Clifondale Sq., Lincoln Ave & Jackson St.

Swampscott, Sunday, 10:00 am - 1:00 pm, June 11 to October, Town Hall, 22 Monument Ave.

Franklin County

Ashfield, Saturday, 9:00 am - 1:00pm, May 13 to October 28, Ashfield Common,

Bernardston, Saturday, 10:00 am - 1:00 pm, May 27 to October 7, United Church of Bernardston, 58 Church St., EBT-SNAP Accepted

Greenfield, Saturday, 8:00 am - 12:30 pm, April 29 to October Court Sq., next to Common & Town Hall, EBT-SNAP Accepted

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

Orange, Thursday, 3:00 pm - 6:00 pm, May 18 to October 19, Orange Amory Parking Lot, 135 E. Main St.

Shelburne Falls, Friday, 2:00pm - 6:30 pm, May 26 to October 27, Corner of Main & Water St., 53 Main St. EBT/SNAP Accepted

Turners Falls, Wednesday, 2:00 pm - 6:00 pm, May 3 to October 25, Next to Great Falls Discovery Center at 2nd St. and Ave. A, EBT-SNAP Accepted

Hampden County

Brimfield/Hitchcock Academy, Saturday, 9:00 am - 2:00 pm, April 15 to October 28, Hitchcock Free Academy Community Center, 2 Brookfield Rd. EBT-SNAP Accepted

Chicopee, Wednesday, 10:30 am - 2:30 pm, July 5 to September 6, 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 20 to October 21, 123 Allen St., EBT/SNAP Accepted

Holyoke, Thursday, 10:00 am - 2:00 pm, May 18 to October 26, 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

Holyoke/Nuestras Raices Mobile Market, Various days/locations, visit www.nuestras-raices.org for schedule EBT-SNAP Accepted

Longmeadow, Thursday, 2:00 pm - 7:00 pm, June 15 to October 26, Longmeadow Shops, 666 Bliss Rd.

Monson, 2nd and 4th Thursday, 3:00 pm - 6:00 pm, May 25 to September 7, First Church of Monson, 5 High St.

Springfield/Downtown, Friday, 11:30 am - 3:30 pm, May 19 to October 27, Tower Sq. Park, Corner of Main St. and Bridge St. EBT-SNAP Accepted

Springfield/Forest Park, Tuesday, 12:30 pm - 6:00 pm, May 2 to October 31, Forest Park Cyr Arena parking lot (Free entrance to park for market), EBT-SNAP Accepted

Springfield/STCC, Wednesday, 12:00 pm - 3:00 pm, July to October, Campus Green, 1 Armory Sq.

Westfield, Thursday, 12:30 pm - 6:00 pm, June 1 to October 31, 36 Court St., EBT-SNAP Accepted

Hampshire County

Amherst, Saturday, 8:00 am - 1:30 pm, April 22 to November 18, Spring St., Parking Lot, EBT-SNAP Accepted

Belchertown, Sunday, 10:00 am - 2:00 pm, June 11 to October 8, Belchertown Common, Main & E. Walnut St. EBT-SNAP Accepted

Easthampton, Saturday 9:00am - 1:00 pm, May 27 to October 28, 50 Payson Ave., Municipal Building

Florence, Wednesday, 2:00 pm - 6:00 pm, May 3 to October, Florence Civic Ctr., EBT-SNAP Accepted

Northampton/Gothic St., Saturday, 8:00 am - 1:00 pm, April 29 to November, Gothic St. Downtown, EBT-SNAP Accepted

Northampton/Tuesday, Tuesday, 1:30 pm - 6:30 pm, April 25 to November 7, Behind Thornes Marketplace, off Old South St., EBT-SNAP Accepted

麻省農夫市場地點

South Hadley, Thursday, 2:00 pm - 6:00 pm, June 1 to October 5, Village Green, Rt 116 & Rt. 47, EBT-SNAP Accepted

Ware, Saturday, 9:00 am - 1:00 pm, June 10 to October 7, Next to CVS, 104 West St., EBT-SNAP Accepted

Middlesex County

Acton, Sunday, 10:00 am - 1:00 pm, June 11 to October 22, Pearl St., West Acton Village, EBT-SNAP Accepted

Arlington, Wednesday, 2:00 pm - 6:30 pm, June 14 to October, Russell Common Parking Lot, Arlington Center

Ashland, Saturday, 9:00 am - 1:00 pm, June 10 to October 7, 125 Front St., across from library, EBT-SNAP Accepted

Belmont, Thursday, 2:00 pm - 6:30 pm, June 8 to October 26, (Closes at 6:00 pm after 9/7), Belmont Center Parking Lot, Cross St. and Channing Rd., EBT-SNAP Accepted

Billerica, Monday, 3:00 pm - dusk, June 19 to October 2, Council of Aging, 25 Concord Rd, EBT-SNAP Accepted

Burlington, Thursday, 3:30 pm - 6:30 pm, June 15 to October 12, Grand View Farm, 55 Center St., EBT-SNAP Accepted

Cambridge Center Market, Wednesday, 11:00 am - 6:00 pm, May 17 to October 25, Cambridge Center Plaza, Main St.

Cambridge/Central Square, Monday, Noon - 6:00 pm, May 15 to November 20, Bishop Allen Dr. and Norfolk St., EBT-SNAP Accepted

Cambridge/Charles Square, Friday, Noon to 6:00 pm and Sunday, 10:00 am - 3:00 pm, May 27 to November 19, Charles Hotel Courtyard, Harvard Sq.

Cambridge/Harvard University, Tuesday, Noon - 6:00 pm, June to November, Science Center Plaza, Harvard University, EBT-SNAP Accepted

Cambridge/Kendall Square, Thursday, 11:00 am - 2:00 pm, June to September 28, 350 Kendall St., Broadway & 3rd St.

Cambridgeport, Saturday, 10:00 am - 2:00 pm, June 3 to October 28, Morse School, Magazine St. and Memorial Dr.

Carlisle, Saturday, 8:00 am - Noon, June 18 to mid-October, Kimballs Ice Cream, Rt. 225 EBT-SNAP Accepted

Chelmsford, Thursday, 2:00 pm-6:30 pm, June 15 to September 28, Town Common, North Rd., Rt. 4 & Rt. 110

Everett, Wednesday, 1:30 pm - 6:30 pm, June to October, Everett Square, Municipal Parking Lot, next to Braza Grill, EBT-SNAP Accepted

Framingham/Village Green, Thursday, 12:00 pm - 5:30 pm, June 8 to October 25, Village Green, Edgell Rd., Framingham Center, EBT-SNAP Accepted

Groton, Friday, 3:00 pm - 7:00 pm, July 7 to October 6, Williams Barn, 160 Chicopee Row

Hopkinton, Sunday, 1:00 pm - 5:00 pm, June 11 to October 15, Town Common, Main and Ash St., EBT-SNAP Accepted

Hudson, Tuesday 3:00 pm - 6:00 pm, June 6 to October 31 (except July 4), 12 Church St., behind Town Hall

Lexington, Tuesday, 2:00 pm - 6:30 pm, May 30 to October 31 (closes at 6:00 pm after 10/3), Lexington Center, Massachusetts Ave. and Fletcher Ave., EBT-SNAP Accepted

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

Lowell/Downtown, Friday, 12:00 pm - 5:00 pm, August 4 to October 13, City Hall Plaza, Arcand Dr., EBT-SNAP Accepted

Marlborough, Tuesday, 2:30 pm - 6:00 pm, June 6 to September 26, Union Common, Main Street

Maynard, Saturday, 9:00 am - 1:00 pm, June 24 to October 7, Clock Tower Place, Mill Pond Parking Lot, EBT-SNAP Accepted

Medford, Thursday, 3:00 pm-7:00 pm, June 8 to October 12, Condon Shell, 2501 Mystic Valley Parkway, EBT-SNAP Accepted

Melrose, Thursday, 2:00 pm - 7:00 pm, June 8 to October 26, Bowden Park, junction of Cedar Park, West Emerson and Vinton St., EBT-SNAP Accepted

Natick, Saturday, 9:00 am - 1:00 pm, May 13 to October 28 Natick Common, Downtown

Newton, Tuesday, 1:30 pm - 6:00 pm, July 11 to October 31, Cold Spring Park, 1200 Beacon St., EBT-SNAP Accepted

Pepperell, Saturday, 9:00 am - 1:00 pm, June 10 to October 27, Town Field/Community Center, Hollis St., Intersection of Route 111 and 113

Shirley, Thursday, 4:00 pm - 7:00 pm, June 8 to September 21, Historic Center Common, 3 Parker Rd.

Somerville/Davis Square, Wednesday, Noon - 6:00 pm, May 17 to November 22, Davis Square, Day & Herbert St. Lot, EBT-SNAP Accepted

Somerville/Mobile, Friday, 11:00 am - 1:00 pm, 2:30 pm - 4:30 pm and Saturday, 10:00 am - 12:00 pm, 1:30 pm - 3:30 pm, go to <https://somervillemobilefarmersmarket.wordpress.com> for times/locations, EBT-SNAP Accepted

Somerville/Union Square, Saturday, 9:00 am - 1:00 pm, May 13 to November 18, Union Square on the plaza, EBT-SNAP Accepted

Stoneham, Thursday, 2:30 pm - 6:30 pm, June 1 to October 5, Town Common, Main St.

Wakefield, Saturday, 9:00 am - 1:00 pm, June 17 to October 14, 468 North Ave., Hall Park adjacent to the Veterans ballfield, EBT-SNAP Accepted

Waltham, Saturday, 9:30 am - 2:00 pm, June 10 to November 4, Clark Government Center, 119 School St., EBT-SNAP Accepted

Watertown, Thursday, 2:00 pm - 6:00 pm, June 1 to October 26, Mosesian Center for the Arts, Corner of Arsenal & Kingsbury Sts., EBT-SNAP Accepted

Wayland, Wednesday, Noon - 5:00 pm, June 29 to October 12, Russell's Garden Center, 397 Boston Post Rd.

West Newton, Saturday, 10:00 am - 2:00 pm, June 24 to October 7, Elm St., off Washington St., EBT-SNAP Accepted

Westford, Tuesday, 2:30 pm - 6:30 pm, October, 2:30 pm - Dusk, June 26 to October, Town Common, EBT-SNAP Accepted

Wilmington, Sunday, 10:00 am - 1:00 pm, June 11 to October 29, Across from Common, 138 Middlesex Ave. EBT-SNAP Accepted

Winchester, Saturday, 9:30 am - 1:30 pm, June 10 to October 28, Town Common, Laraway Rd.

麻省農夫市場地點

Nantucket County

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

Nantucket Farmers and Artisans, Saturday, 9:00 am - 1:00 pm, June 10 to October 14, 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 Labor Day, then stand closes at 6:00 pm, 33 Bartlett Farm Road

Pumpkin Pond Farm, Monday-Saturday, 8:00 am - 5:00 pm, Sunday 10:00 am - 2:00 pm, 25 Millbrook Rd.

Sustainable Nantucket, Wednesday, 3:30 pm - 6:30 pm, July 5 to August 30, 168 Hummock Pond Rd., EBT-SNAP Accepted

Norfolk County

Braintree, Saturday, 9:00 am - 1:00 pm, June 17 to October 18, Town Hall Mall, 1 JFK Memorial Dr., EBT-SNAP Accepted

Brookline, Thursday, 1:30 pm - 6:30 pm, June 1 to November 16 Coolidge Corner, Center St. West Parking Lot, off Beacon St., EBT-SNAP Accepted

Cohasset, Thursday, 2:00 pm - 6:00 pm, June 8 to October 5, Cohasset Common, Main St.

Dedham, Wednesday, 3:00 pm - 7:00 pm, June 21 to November 1, First Church of Dedham, 670 High St., EBT-SNAP Accepted

Franklin, Friday, 12:00 pm - 6:00 pm, June 2 to October 27, Main and Union St.

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

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

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

Milton, Thursday, 1:00 pm - 6:00 pm, June 15 to October 26, Town Park, Wharf St., Milton Village

Needham, Sunday, 12:00 pm - 4:00 pm, May 29 to November 19, 244 Garden St. Parking Lot

Norwood, Tuesday 12:00 pm-5:30 pm, June 13 to October 10, Town Common Nahatan & Washington St.

Plainville, Sunday, 10:00 am - 2:00 pm, May to November, 200 South St., EBT-SNAP Accepted

Quincy, Friday, 11:30 am - 5:00 pm, June 23 to November 17, Merrymount Parkway, Pageant Field EBT-SNAP Accepted

Randolph, Wednesday, 3:00 pm - 7:00 pm, June 14 to September 20, 592 North Main St.

Rockland/Union Point, Sunday, 10:00 am - 1:00 pm, June 4 to October 15, The Runway, Bill Delahunt Pkwy and Shea Memorial Drive

Sharon, Saturday, 10:00 am - 2:00 pm, June 10 to October 14, Crescent Ridge Dairy, 355 Bay Rd.

Walpole, Friday, 1:30 pm - 6:00 pm, June to September, Town Common, Main and Front St.

Westwood, Tuesday, 1:00 pm - 6:00 pm, June 13 to October 10, 837 High St., St Margaret Church Parking Lot

Plymouth County

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

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

Carver, Sunday, Noon - 4:00 pm, June to October, Shurtleff Park, across from Town Hall, Rt. 58

Hingham, Saturday, 10:00 am - 2:00 pm, May 6 to November 18, Hingham Bathing Beach, Route 3A, 96 Otis St.

Marshfield, Friday, 2:00 pm - 6:00 pm, June 2 to October 13, Marshfield Fairgrounds, EBT-SNAP Accepted

Mattapoisett/Old Rochester, Tuesday, 3:00 pm - 6:00 pm, June 6 to October 24, Old Rochester Junior High School, 135 Marion Rd.

Middleboro, Saturday, 10:00 am - 2:00 pm, June 24 to October 14, Oliver Mill Park, Nemasket St. and Route 44, across from KOA Campground

Middleboro/Town Hall, Saturday, 9:30 am - 1:00 pm, June to October, Town Hall, 10 Nickerson Ave.

Plymouth, Thursday, 2:30 pm - 6:30 pm, June 1 to October 26, Plimouth Plantation, River St. entrance, EBT-SNAP Accepted

Scituate, Wednesday, 3:00 pm - 7:00 pm, June 21 to October, St. Mary of the Nativity Church, Front St. & First Parish Rd.

Suffolk County

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

Boston/Boston University, Thursday, 11:00 am-3:00 pm, September to October, 775 Commonwealth Ave.

Boston/Copley Square, Tuesday and Friday, 11:00 am to 6:00 pm, May 12 to November 21, Copley Square, St. James Ave., Dartmouth and Boylston St., EBT-SNAP Accepted

Boston/Dewey Sq, Tuesday and Thursday, 11:30 am - 6:30 pm (closes at 6:00 pm after 11/3), May 16 to November 21, across from South Station, EBT-SNAP Accepted

Boston/SOWA, Saturday & Sunday, 10:00 am - 4:00 pm, April 29 to October 29, 500 Harrison Ave.

Brighton/Oak Square, Wednesday, 4:00 pm - Dusk, June 7 to September 27, The Presentation School Foundation, 640 Washington St., EBT-SNAP Accepted

Charlestown, Wednesday, 2:00 pm - 7:00 pm, June 21 to October 25, Thompson Sq., Main & Austin St., EBT-SNAP Accepted

Dorchester/Ashmont, Friday, 3:00 pm - 7:00 pm, June 23 to October 13, Ashmont Station Plaza, Across from 1911 Dorchester Ave., EBT-SNAP Accepted

Dorchester/Bowdoin Geneva, Thursday, 1:00 pm - 5:00 pm, June 29 to October 26, Bowdoin Street Health Center, Bowdoin St., EBT-SNAP Accepted

Dorchester/Codman Square, Saturday, 10:00 am - 1:00 pm, June 23 to September 30, Codman Square Park, Washington St. and Talbott Ave., EBT-SNAP Accepted

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

麻省農夫市場地點

Dorchester/Fields Corner, Saturday, 9:00 am - Noon, Mid July 15 to October 28, Park St., Shopping Center, EBT-SNAP Accepted

East Boston, Wednesday, 3:00 pm - 6:30 pm, July 5 to October 18, Lewis Mall across from Maverick MBTA Station, 209 Sumner St., EBT-SNAP Accepted

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

Jamaica Plain, Tuesday, Noon - 5:00 pm, June 13 - October 31, and Saturday, Noon - 3:00 pm, May 5 to November 25, Bank of America Parking Lot, 677 Centre St.

Mattapan, Saturday, 10:00 am - 1:00 pm, July 8 to October 14, Church of the Holy Spirit, 525 River St., EBT-SNAP Accepted

Mission Hill, Thursday, 11:00 am - 6:00 pm, June 22 to November 16, Veterans Memorial Park, Huntington Ave. and Francis St., EBT-SNAP Accepted

Revere, Friday, 12:30 pm - 4:30 pm, July 7 to October 6, Front lawn of American Legion Hall, 249 Broadway, EBT-SNAP Accepted

Roslindale, Saturday, 9:00 am - 1:30 pm, June 3 to November 18, Adams Park, Washington St., EBT-SNAP Accepted

Roxbury/Dudley Town Common, Thursday, 3:00 pm - 7:00 pm, June 15 to October 26, Dudley St. and Blue Hill Ave., EBT-SNAP Accepted

Roxbury/Roxbury Crossing, Tuesday and Friday, 11:00 am - 7:00 pm, June 20 to November 21, Roxbury Crossing MBTA Station, EBT-SNAP Accepted

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

Trustees of Reservations Mobile Market, Tuesdays, Thursdays and Saturdays 10:00 am - 6:00 pm, June to November, Various days/locations, see website for details: www.thetrustees.org/mobile, EBT-SNAP Accepted

Winthrop, Every other Sunday, 11:00 am - 2:00 pm, June 18 to October 22, Larsen Ice Rink Parking Lot, 45 Pauline St.

Worcester County

Athol, Saturday, 9:00 am - Noon, May 20 to Mid October, Athol Uptown Common, 1551 Main St., EBT-SNAP Accepted

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

Blackstone, Sunday, 11:00 am - 3:00 pm, July 9 to October 1, The Daniels Farmstead, 286 Mendon St.

Boylston, Saturday, 10:00 am - 1:00 pm, July to October, Town Common, 10 Church St.

Fitchburg/Burbank Hospital, Monday, 10:00 am - 1:00 pm, July 6 to October 26, Health Alliance Hospital, 275 Nichols Rd., EBT-SNAP Accepted

Fitchburg/Upper Common, Thursday, 4:00 pm - 7:00 pm, June 8 to October, Upper Main St. & Boulder Dr., EBT-SNAP Accepted

Fitchburg/Wallace Civic Center, Friday, 8:30 am - 12:30 pm, July to October Wallace Civic Center, John Fitch Highway

Gardner, Thursday, 8:30 am - 12:30 pm, May to October 26, Monument Park, Park St.

Gardner/Heywood Hospital, Wednesday, 11:30 am - 2:30 pm, June 7 to October 25, 242 Green St., EBT-SNAP Accepted

Grafton, Wednesday, 2:00pm - 6:00pm, June 28 to October 11, Grafton Common **Hardwick**, Sunday, 11:00 am - 2:00 pm, June to October, Hardwick Common, Rt. 32A

Harvard, Saturday, 10:00 am - 1:00 pm, August 5 to October 14, Hildreth Elementary School, 27 Massachusetts Ave.

Holden, Tuesday, 3:00 pm - 6:30 pm, May 2 to October 31, Damon House Lot, Rt. 31 and 122A

Leicester, Saturday, 9:00 am - 2:00 pm, end of June to end of October, The Castle Restaurant Parking Lot, 1230 Main St., EBT-SNAP Accepted

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

Lunenburg, Sunday, 10:00 am - 1:00 pm, June 25 to October 29, Ritter Building, 960 Massachusetts Ave.

Milford, Saturday, 9:00 am - 1:00 pm, June to October, Stacy Middle School, Spruce St., EBT-SNAP Accepted

Shrewsbury, Wednesday, 2:00 pm - 6:30 pm, June 28 to September 27, Ski Ward, 1000 Main St.

Southbridge, Saturday, 9:00 am - 2:00 pm, May 27 to October 7, Big Bunny Market, 942 Main St.

Spencer/Klem's, Saturday, 10:00 am - 2:00 pm, June 10 to September 21, 117 W. Main St., Rt. 9

Sterling, Friday, 3:00 pm - 6:30 pm, May to October, Butterick Municipal Building, Park St., Rt. 12

West Brookfield, Wednesday, 3:00 pm - 6:00 pm, June 7 to October 11, Town Common, Rt.67 and Rt. 9

Westborough, Thursday, 2:00 pm - 6:00 pm, June 1 to September 28, Congregational Church, 57 West Main St.

Westminster, Friday, 3:00 pm - 6:30 pm, May 7 to October 27, 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 19 to October 27, 306 Chandler St., EBT-SNAP Accepted

Worcester/Black Seed Market, Friday, 12:00 pm - 4:00 pm & Sundays, 10:00 am - 2:00 pm, year-round, 248 East Mountain Street

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

Worcester/Mobile, Tuesday through Thursday June 20 to October 26, www.recworchester.com for schedule, EBT-SNAP Accepted

Worcester/Out to Lunch, Thursday, 11:00 am - 2:00 pm, June 22 to August 24, Worcester Common, 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 24 to October 28, University Park, 965 Main St., EBT-SNAP Accepted



其他資料和網頁

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