

**MASSACHUSETTS SENIOR
FARMERS' MARKET NUTRITION PROGRAM**


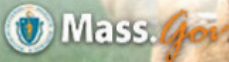



**Welcome to the
Farmers' Market!**

**Massachusetts Department of Agricultural Resources
Executive Office of Elder Affairs**

The MassGrown map makes it easy to
find a Farmers' Market near you!

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





Your Gateway to MassGrown farm products, specialty foods, and fun ag-tivities!

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MASSGROWN MAP

Select Location Type:

Crops or Activities:

Search by Name:

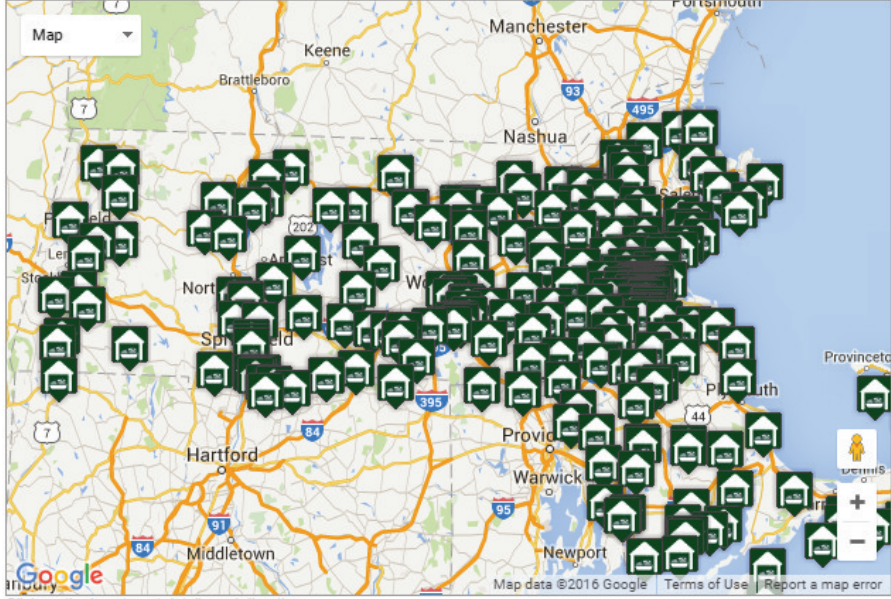
Any Distance

(Address, City or Zip Code)


Result: 250 locations


Sort: ☒ by Name ☐ by Distance


- [Acton-Boxborough Farmers' Market](#)
Acton, MA
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Acushnet, MA
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Ashland, MA
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Athol, MA
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Attleboro, MA
- [Barnstable Village Farmers' Market](#)
Barnstable, MA




Click on the icon to get details and directions.

 Farm Stands

 Agricultural Fairs

 Farmers' Markets

 Farm Stays (Bed & Breakfast)


 Dairy Farms

Table of Contents

Welcome to the Farmers' Market!	1
Using Your Farmers' Market Coupons	2
Meet Local Community Leader Jennifer Putnam!	3
Healthy Incentives Program	4
Smart Buying at the Farmers' Market	5
Healthy Cooking Tips	5
Fruits and Veggies: How Many Do I Need?	5
Storing Fruits and Vegetables	5

Recipes and Other Resources

Simple Summer Squash Bake	6
"Spicy" Fruit Salad	6
Availability Chart	7
Farmers' Market Locations	8-12

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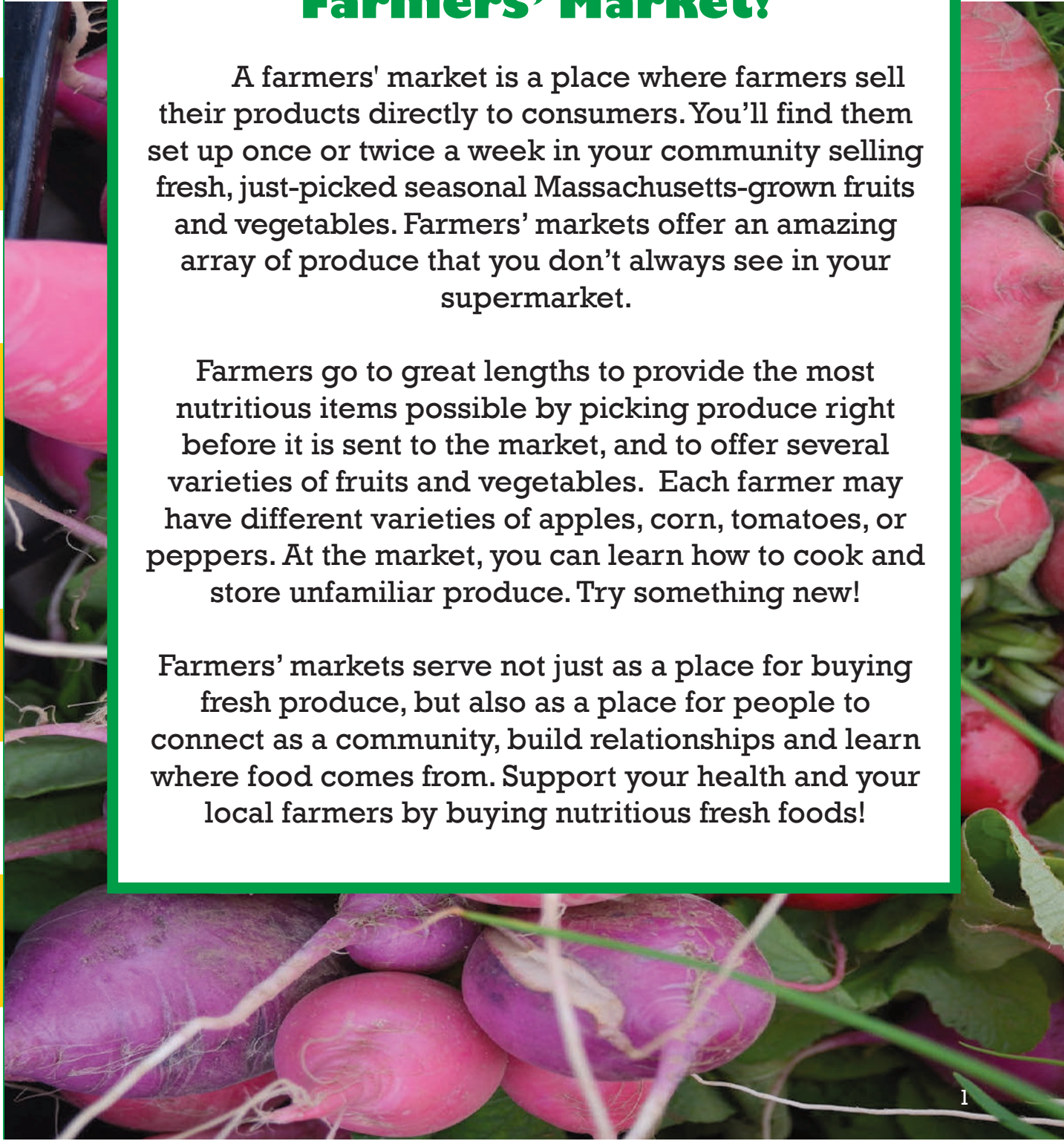
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Welcome to the Farmers' Market!



A farmers' market is a place where farmers sell their products directly to consumers. You'll find them set up once or twice a week in your community selling fresh, just-picked seasonal Massachusetts-grown fruits and vegetables. Farmers' markets offer an amazing array of produce that you don't always see in your supermarket.

Farmers go to great lengths to provide the most nutritious items possible by picking produce right before it is sent to the market, and to offer several varieties of fruits and vegetables. Each farmer may have different varieties of apples, corn, tomatoes, or peppers. At the market, you can learn how to cook and store unfamiliar produce. Try something new!

Farmers' markets serve not just as a place for buying fresh produce, but also as a place for people to connect as a community, build relationships and learn where food comes from. Support your health and your local farmers by buying nutritious fresh foods!

Using Your Farmers' Market Coupons

What Are Farmers' Market Coupons?

These are coupons that can be used to purchase fresh picked vegetables and fruits grown and sold by local farmers at farmers' markets. The coupons cannot be used at the grocery store.

What Can You Buy With the Coupons?

You can use your coupons to buy fresh, locally grown fruits and vegetables, fresh cut herbs, and honey. Other items available for sale at the market cannot be purchased with senior farmers' market coupons. Fruit and vegetable choices may differ from market to market and at different times during the season. To get an idea of what may be available, see the availability chart on page 7. Not every market will have the same items – it depends on what your local farmer is growing!

How Do I Use Them?

Coupons can only be accepted by participating farmers at farmers' markets or farm stands. Check the opening and closing dates for the markets at www.mass.gov/massgrown.

Each coupon is worth \$2.50 and no change can be given. It is recommended that you bring small bills and change. In the event that you go over the amount, you will need to pay the difference.

Look for the Signs

Many farmers' markets also accept SNAP benefits (Food Stamps). Some may even double the value! Go to www.mass.gov/massgrown to find out if your market accepts SNAP or check with the farmers' market manager.

**We Welcome
SNAP
Benefits**



Meet a Community Leader!

Jennifer Putnam

Nutrition Program Director at the Greater Springfield Senior Services

How long have you been serving as Nutrition Program Director, and what do you enjoy most about your position?

I've been working here for two and a half years now and what I like most about my position is that we are able to serve our consumers healthy, nutritious foods to help them stay in their homes longer.

What does an average day in the office look like to you?

The morning is very busy. We are a big program with 26 traditional routes, 1 kosher route and 2 therapeutic meal routes, serving approximately 1,100 traditional home delivered meals per day. I begin by making sure all paperwork gets to the route drivers so they know where to go.

How does Greater Springfield Senior Services help seniors access fresh fruits and vegetables?

Mainly through home deliveries and congregate meals. Starting in June and for the rest of the summer, when we have funding, we like to send pints of fresh berries along with their meals!



Do you have a mobile market in your service area, or other innovative ideas to help seniors access fresh fruits and vegetables?

We do have one mobile market in Springfield. We provide our clients with a list of farmers' markets so that they can find a market nearby. This way they can still take advantage of the farmers' market and get quality produce right near where they live!

Are you able to frequent farmers' markets in the area during the summer?

I buy local all summer; I get my own fruits and vegetables at the farmers' market.



Healthy Incentives Program



Fresh. Canned. Dried. Frozen.
It's HIP to be healthy!

What is HIP?

HIP can help you buy more locally grown fruits and vegetables. When you buy fruits and vegetables with SNAP at participating farmers markets, mobile markets, farm stands or Community Supported Agriculture (CSA) farm share programs, you will earn extra money on your SNAP/EBT card.

How does HIP work?

HIP matches SNAP/Food Stamp dollars spent on eligible fruits and vegetables at participating farmers markets, mobile markets, farm stands and CSA farm share programs up to a maximum monthly benefit based on the size of your household. You will need to SPEND SNAP dollars on fruits and vegetables to EARN HIP incentives. It's easy to earn HIP and the incentive is added directly back to your SNAP/EBT card and can be used towards any future SNAP eligible purchase.

What are HIP eligible fruits and vegetables?

HIP eligible foods are fresh, canned, dried and frozen fruits and vegetables without added sugar, salt, fats or oils.

What is the maximum HIP benefit I can earn each month?

HIP incentives depend upon the number of members in your household. You can earn an additional \$40.00 for a 1-2 member household, \$60.00 for a 3-5 member household, and \$80.00 for a 6+ member household.

Where can I earn HIP benefits?

You can earn HIP benefits by shopping at participating farmers markets, mobile markets, farm stands and CSA farm share programs throughout the state, and buying HIP eligible fruits and vegetables. HIP benefits cannot be earned at other food stores such as supermarkets, convenience stores, or bodegas, however you can spend your earned HIP benefit at these locations on any future SNAP purchase. To find a participating HIP retailer near you go to www.mass.gov/HIP. Look for the HIP logo when shopping at participating farmers markets!

Who can I call for more information?

For questions about your SNAP or HIP balance, call 1-800-997-2555. For more information about HIP, call the Project Bread's FoodSource Hotline at 1-800-645-8333.



Smart Buying at the Farmers' Market

- Take your time and walk around the market and look at everything before you decide what to buy.
- Compare prices, varieties and quality.
- If you see a new fruit or vegetable, don't be shy! Farmers love to talk about their produce, so ask questions. They might have suggestions for new recipes!
- Have recipes or meal ideas ready for the fruits and vegetables you buy.
- Buy local fruits and vegetables in season from your local farmers' market. They are not only fresh but taste delicious!

Healthy Cooking Tips

- Try grilling, roasting or stir-frying vegetables.
- Choose olive or canola oil instead of butter, margarine or lard.
- Reduce salt in recipes and use garlic and fresh herbs like basil and cilantro for added flavor.

Fruits & Veggies: How Many Do I Need?

Most adults need about 4 to 5 cups of fruits and vegetables every day.

Here are some examples of a cup:

- 1 cup leafy raw vegetables
- 1 cup chopped vegetables or fruit (fresh, frozen and canned all count!)
- 1 large ear of corn
- 8 large strawberries
- 1 medium piece of fruit like an apple or peach



Storing Fruits and Vegetables: How do I do it?

Keep your fruits and vegetables fresh for as long as possible!

- Store tomatoes and fruit with pits, like peaches and plums, on the counter until ripe.
- Most other fruits should be kept in the refrigerator.
- Store most vegetables in the refrigerator in the crisper to keep them cool and moist.
- Potatoes, onions and winter squash can be stored in a cool, dry place.
- Make sure to store any cut fruit or vegetables covered in the refrigerator.



Farmers' Market Recipes

Simple Summer Squash Bake

(Source: Recipe Adaptation from The Kitchn Online Magazine)

3 servings

Ingredients:

- 2 tbsp. olive oil
- 1/4 cup parmesan cheese
- 2 1/2 tbsp. bread crumbs
- 1 lb summer squash
- Pinch of salt and ground pepper

4. Fill an 8x8 baking dish with the squash and sprinkle bread crumb mixture on top.
5. Cover the dish with foil and bake for 30 minutes. Remove foil and bake until the top is crispy.



Instructions:

1. Preheat the oven to 350°F.
2. Slice the squash into medallion shapes and toss with olive oil.
3. In a small bowl, combine bread crumbs, cheese, salt and pepper.

'Spicy' Fruit Salad

(Source: Recipe Adaptation from UMASS Extension)

4 servings

Ingredients:

- 2 fresh fruits diced to make 2 cups of pears and apples
- 1/4 cup 100% orange juice
- 1/8 tsp cinnamon or nutmeg

Instructions:

1. Wash and dice fruit and place in medium bowl.
2. Pour 100% juice over fruit.
3. Sprinkle cinnamon or nutmeg on top of the fruit.
4. Mix together all ingredients.
5. Serve. Refrigerate any leftovers.



MASSACHUSETTS-GROWN PRODUCE AVAILABILITY CALENDAR



	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/

Massachusetts Farmers' Market Locations

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

Massachusetts Farmers' Market Locations

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 9 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, 11:30 pm - 2:00 pm, September 6 to December 16, 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

Massachusetts Farmers' Market Locations

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.

Massachusetts Farmers' Market Locations

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.

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

Massachusetts Farmers' Market Locations

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.

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



Additional Resources & Websites

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

