

**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](http://www.mass.gov/agr/massgrown/map.htm)





Massachusetts  
grown...and fresher!

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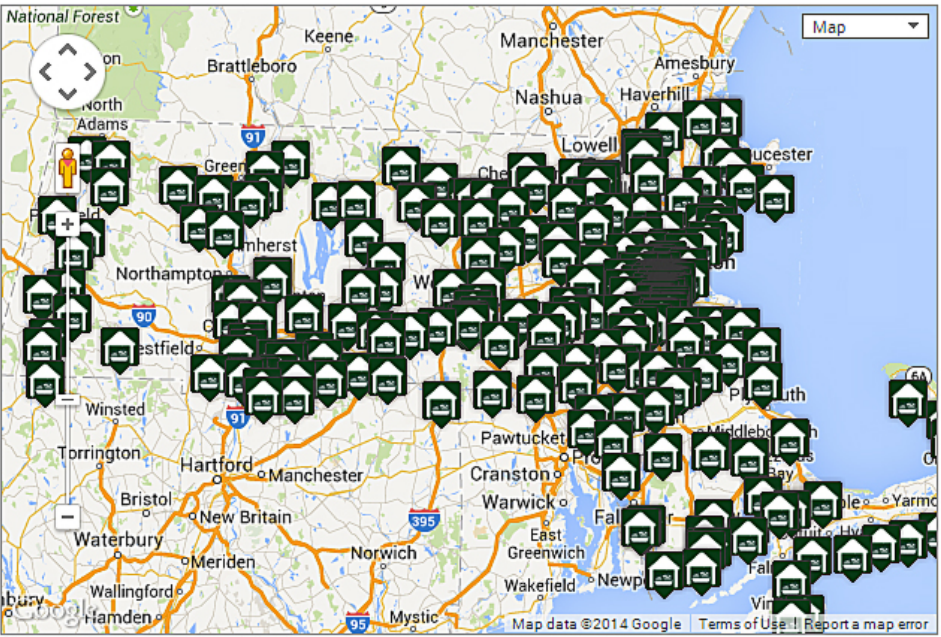
### MASSGROWN MAP

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:	<input type="text"/>		
<input type="button" value="Search"/>			

**Result: 248 locations**


Sort: ☒ by Name ☐ by Distance


- [Abington Farmers' Market](#)  
Abington, MA
- [Acton Farmers' Market](#)  
Acton, MA
- [Acushnet Farmers' Market](#)  
Acushnet, MA
- [Adams Farmers' Market](#)  
Adams, MA
- [Allston Farmers' Market](#)  
Allston, MA
- [Allston Village Farmers' Market](#)  
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Ashland, MA





Click on the icon to get details and directions.


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 Farm Stands

 Agricultural Fairs

 Farmers' Markets

 Farm Stays (Bed & Breakfast)

 Dairy Farms



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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 grow the most nutritious items possible by picking produce right before the market, and to offer lesser known varieties of fruits and vegetables. Each farmer may have different varieties of apples, corn, tomatoes, greens 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, build relationships and learn where food comes from. Support your health by buying nutritious fresh foods and also support local farmers.



## Using Your Farmers' Market Coupons

### What Are Farmers' Market Coupons?

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

### What Can the Coupons Buy?

Your coupons will 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?

Use your coupons with participating farmers at authorized farmers' markets. Check the opening and closing dates for the markets at [www.mass.gov/massgrown](http://www.mass.gov/massgrown). Each coupon is worth \$2.50 and no change can be given. Bring small bills and change in case you go over the amount—you can 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](http://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 Gallagher, Director of Wellness, Nutrition & Transportation,  
Kit Clark Senior Services, 1500 Dorchester Ave., Dorchester MA**

## **How does Kit Clark benefit the senior community?**

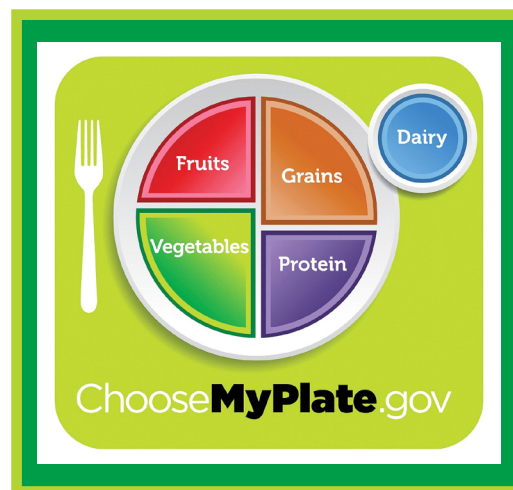
Through Kit Clark, seniors are able to receive nutritious meals at our congregate meal sites and through Meals-on-Wheels, nutrition education, translation services, and help with exercise and wellness through our Fit-4-Life program. Kit Clark also offers adult day programming with activities, wellness, meals and medical care.

## **What resources does Kit Clark provide to seniors who would like help with meal planning?**

Anyone needing assistance planning meals can take part in our SNAP education programs, nutrition education presentations, or be visited by a staff nutritionist for an in-home consultation

## **Do you have advice for seniors looking to incorporate more local fruits and veggies into their diets?**

Go to the farmers' market! Fruits and vegetables contain valuable vitamins and minerals that are essential to health and overall wellness, and eating local means that the produce is fresher when it gets to your plate. This also helps local businesses, farms and the economy thrive.



## **What are your favorite fruits and veggies from the farmers market?**

I love to use fresh greens such as kale, arugula and herbs in salads and soups for both color and flavor.

## **How does the Fit-4-Life Program help seniors stay active?**

Fit-4-Life offers a place where seniors can stay active through core strengthening, circuit training and chair fitness that have all been designed with the seniors' physical abilities in mind. These classes help seniors improve their overall health and mobility, which reduces the risk for slip and fall injuries.

## **Is there anything else you'd like to share about Kit Clark?**

I recommend seniors check us out online at [www.baycove.org](http://www.baycove.org) to get more information about all of the programs and services we offer.

Senior Nutrition Programs are located throughout Massachusetts. To find services near you or for more information on congregate meal sites, "Meals on Wheels" or home care services, call 1-800-243-4636 or visit [www.mass.gov/elders/meals-nutrition/](http://www.mass.gov/elders/meals-nutrition/). For information about SNAP (food stamp), eligibility and emergency food, contact the Project Bread FOODSOURCE Hotline at 1-800-645-8333.



# Meet a Market Manager!

**Hannah Martin, Assistant Market Manager**  
**The Boston Public Market, 100 Hanover St., Boston MA**



## **What makes the Boston Public Market unique?**

This is the first market of its kind in the country that is all locally sourced. Everything sold in this market is grown, raised or produced in New England. And we have a kitchen offering many different programs, including showing people how to prepare great meals on a budget with SNAP-eligible products.

## **What types of vendors and products can be found at the market?**

Depending on the season, there are greens, heirloom tomatoes, berries, peppers, apples, and so much more. There are also cheesemakers, prepared foods, meat, poultry, gourmet coffee, chocolate and nuts.

## **Can you tell me about the City of Boston's Bounty Bucks Program?**

Customers swipe their SNAP card for \$10 and receive \$20 in Bounty Bucks to spend at this market or any other participating farmers' market in Boston. We distribute the Bounty Bucks on Wednesday, Friday, and Sunday from 10 am - 7 pm.

**Located at Haymarket Station**  
**Wednesday - Sunday 8 am - 8 pm**  
**Open 7 days a week starting July 18**  
**Handicap accessible**

**Acceptable forms of payment:**  
**Cash, Credit, SNAP, Bounty Bucks,**  
**Senior Farmers' Market Coupons**  
**accepted at participating stalls.**

## **What does a day in the life of a market manager look like?**

Every day is different. There are 2 assistant managers and we do everything. We check in with vendors and volunteers, recruit new vendors, organize day-to-day activities, and interact with customers at the welcome desk.

## **What is your favorite part about being a market manager?**

I love working with the customers, answering questions and expressing why local food is so important. I also enjoy interacting with the vendors and learning about all the different local products.



# 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 fresh and 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 and Veggies: How Many Do I Need?

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

Here's what counts as 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

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 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

## Farmers' Market Ratatouille

### Ingredients:

2 Tbsp Olive Oil  
1 Medium red onion, chopped  
2 cloves garlic, minced  
1 small eggplant, cut into 1/2" cubes  
1 red pepper, chopped  
1 small summer squash, sliced 1/2 moons  
20 cherry tomatoes, halved  
2 Tbsp fresh basil, chopped  
Pinch of salt and ground pepper

### Instructions:

1. Heat olive oil over medium heat in large sauté pan.
2. Add onion, sauté until soft (about 10 minutes)
3. Add garlic, sauté for 1 minute.

(Source: Recipe Variation from UMASS Extension)

**4 servings**

4. Add eggplant, red pepper and squash, and cover until veggies are soft.
5. Add tomatoes and basil, reduce heat to low and cook for 5 more minutes.
6. Season with salt and pepper.

**Tip: Serve as a side dish, over rice or with crusty bread.**



## Easy "Baked" Apple

### Ingredients:

2 Large apples (use your favorite farmers' market variety)  
1/4 cup brown sugar  
1/2 teaspoon cinnamon

### Instructions:

1. Wash and core apples.
2. Cut a thin slice off the bottom of each apple to form a flat surface, and place in a microwave safe baking dish.
3. Mix brown sugar and cinnamon, spoon mixture into the center of each apple.
4. Cover with wax paper and microwave on high for 6-10 minutes or until the apples are soft.

(Source: Recipe Adapted from USDA Mixing Bowl)

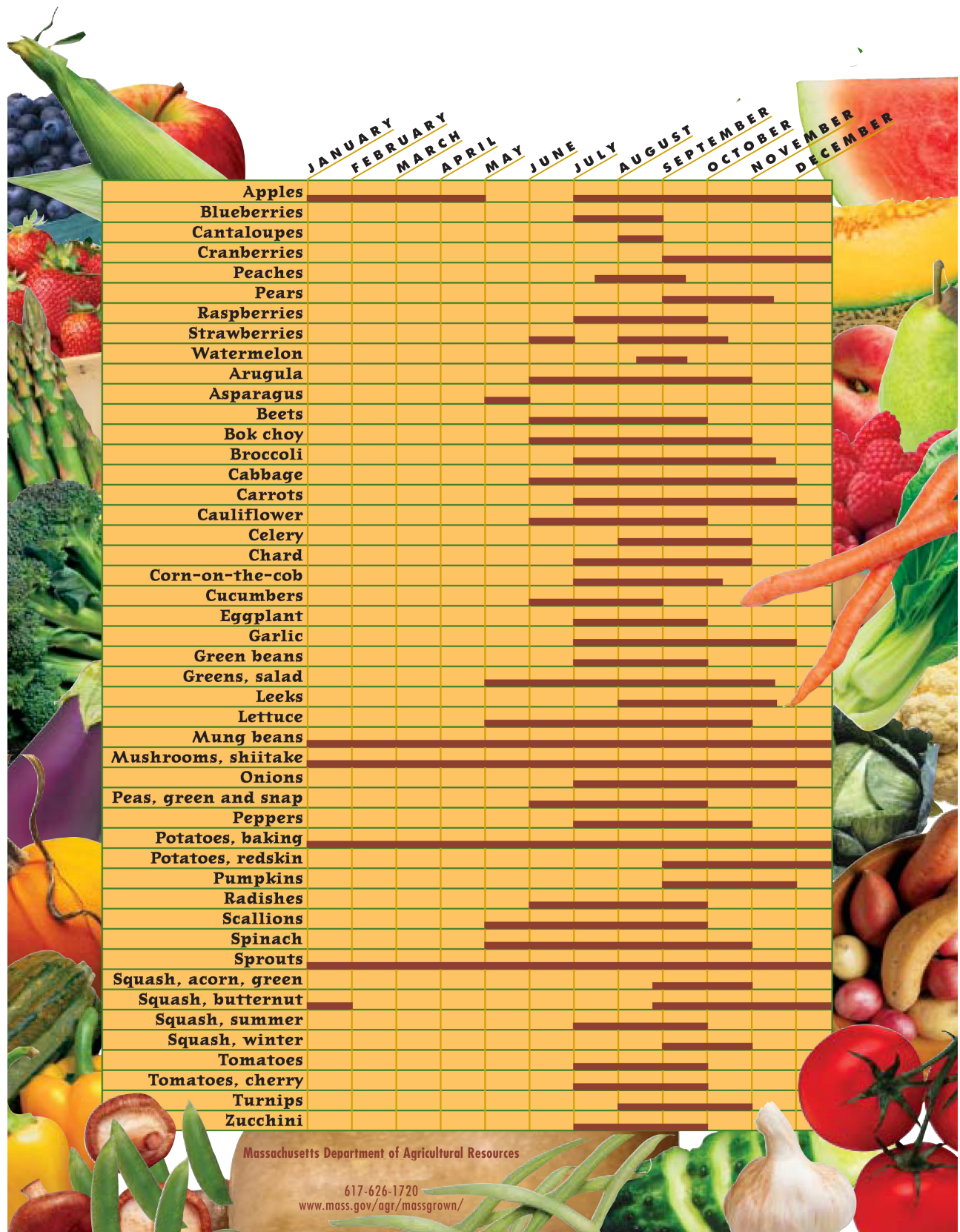
**2 servings**



**Tip: Serve with low-fat greek yogurt.**

**Tip: Top with dried cranberries, raisins, nuts or granola!**

# 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/](http://www.mass.gov/agr/massgrown/)



# Massachusetts Farmers' Market Locations

## Barnstable County

**Chatham**, Tuesday, 12:00 pm – 5:00 pm, May 31 to October 18, 1652 Main St., Local Color and Ocean State Job Lot Parking Lot

**Falmouth**, Thursday, 12:00 pm - 6:00 pm, May 26 to October 6, 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 27 to October, Cape Cod Beer, 1336 Phinney's Lane

**Orleans**, Saturday, 8:00 am – Noon, May 28 to November 26, 21 Old Colony Way, EBT-SNAP Accepted

**Osterville**, Friday, 9:00 am - 1:00 pm, June 24 to Sept. 16, Osterville Historical Museum, 155 West Bay Rd.

**Provincetown**, Saturday, 10:00 am - 3:00 pm, May 14 to November 19, Ryder St., next to Town Hall,

**Sandwich**, Tuesday, 9:00 am - 1:00 pm, May to October, Village Green, 6 Coast Guard Rd.

**South Yarmouth**, Thursday & Saturday, 9:00 am - 1:30 pm, June 6 to September 17, 307 Old Main St.

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

**Wellfleet**, Wednesday, 8:00 am - 12:00 pm, May 18 to October 12, Preservation Hall, 335 Main St., EBT-SNAP Accepted

## Berkshire County

**Adams**, Sunday, 9:00 am - 1:00 pm, July 12 to October 16, Adams Visitor Center, 3 Hoosac St.

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

**Great Barrington**, Saturday, 9:00 am - 1:00 pm, May 7 to October 29, 18 Church St., EBT-SNAP Accepted

**Great Barrington/CHP**, Thursday, 2:00 pm - 5:00 pm, June 16 to September 8, Community Health Programs, 442 Stockbridge Rd., EBT-SNAP Accepted

**Lenox**, Friday, 1:00 pm - 5:00 pm, May to September, Shakespeare & Co., 70 Kemble St.

**North Adams**, Saturday, 9:00 am - 1:00 pm, June 11 to October 22, St. Anthony Municipal Parking Lot; Marshall and Center St., EBT-SNAP Accepted

**Otis**, Saturday, 9:00 am - 1:00 pm, May 7 to October 8, Papas Healthy Food & Fuel, 2000 East Otis Rd., Rte. 23 East

**Pittsfield**, Saturday, 9:00 am - 1:00 pm, May 14 to October 15, First St. Common, EBT-SNAP Accepted

**Sheffield**, Friday, 3:00 pm - 6:00 pm, June 3 to October 7, First Congregational Church Parking Lot, 125 Main St.

**West Stockbridge**, Thursday, 3:00 pm - 7:00 pm, May 19 to October 6, Merritt Green, Harris St. in the center of the Village, EBT-SNAP Accepted

**Williamstown**, Saturday, 9:00 am - 1:00 pm, May 21 to October 8, Spring St. Parking lot

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

## Bristol County

**Acushnet**, Saturday, 9:00 am - 1:00 pm, June 24 to September 24, Stone Bridge Farm, 186 Leonard St.

**Attleboro**, Saturday, 9:00 am - 1:00 pm, June 18 to October 29, O'Connell Field, 201 County St.

**Dartmouth**, Friday, 1:00 pm - 6:00 pm, June 5 to September 25, Rex Field, 351 Elm St., Padanaram Village

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

**Fairhaven**, Sunday, 1:00 pm - 4:00 pm, June 19 to October, Fairhaven High School, Route 6 and Main St.

**Fall River / Kennedy Park**, Saturday, 7:00 am - 1:00 pm, May 7 to November 26, Broadway & Bradford Ave., EBT-SNAP Accepted

**Fall River / Ruggles Park**, Wednesday, 9:00 am to 1:00 pm, June 1 to November 30, Locust and Seabury St., EBT-SNAP Accepted

**Fall River/Downtown**, Tuesday, 3:30pm - 6:30 pm, June to September, Columbia & Canal St., EBT-SNAP Accepted

**New Bedford/Brooklawn Park**, Monday, 2:00pm - 6:00 pm, June 13 to October 31, Brooklawn Park, Acushnet Ave. entrance, EBT-SNAP Accepted

**New Bedford/Clasky Common**, Saturday, 10:00 am - 2:00 pm, July 9 to October 29, Pleasant St. between Pearl and Pope St.

**New Bedford/Downtown**, Thursday, 2:00 pm - 6:00 pm, June 16 to October 27, Custom House Sq., Barker's Lane, EBT-SNAP Accepted

**North Attleboro**, Sunday, 10:00 am - 1:00 pm, Year Round, Attleboro Farms, 491 Hickory Rd., Route 120

**Rehoboth**, Sunday, 10:00 am - 2:00 pm, June 12 to October 30, Anawan School, 53 Bay State Rd.

**Taunton/Church Green**, Sunday, 10:30 am - 1:30 pm, July 10 to October 16, First Parish Church, Route 44 and 140, EBT-SNAP Accepted

**Taunton/Silver City**, Thursday, 4:30 pm - 7:30 pm, July to October, Hopewell Park, Corner of Hamilton & Coram St.

**Westport**, Saturday, 8:30 am - 1:00 pm, June 11 to October 31 Westport Town Farm, 830 Drift Rd.

## 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

## Essex County

**Andover**, Saturday, 10:00 am - 2:00 pm, June 18 to October 8 (closed 7/2), 97 Main St., Andover Historical Society

**Beverly**, Monday, 3:00 pm - 7:00 pm, June 13 to October 3, (closed 7/4 & 9/5) Veteran's Park, Rantoul St. and Railroad Ave., EBT-SNAP Accepted

**Danvers**, Wednesday, 4:00 pm - 7:00 pm, June 8 to October 5, 3 Holten St.

**Gloucester/Cape Ann**, Thursday, 3:00 pm - 6:30 pm, June 2 to October 13, Stage Fort Park, EBT-SNAP Accepted

**Haverhill**, Saturday, 9:00 am - 1:00 pm, June 25 to October 29, 40 Bailey Blvd., next to police station, EBT-SNAP Accepted

**Ipswich**, Saturday, 9:00 am - noon, June 18 to October 1, Ipswich Center Green/Hall Haskell House

**Lawrence**, Wednesday, 10:00 am - 3:00 pm, July 6 to October 26, Campagnone Park, EBT-SNAP Accepted

# Massachusetts Farmers' Market Locations

**Lawrence**, Saturday, 10:00 am - 3:00 pm, July 9 to October 29, 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, May 28 to November 19, Middle School, Vine St., EBT-SNAP Accepted

**Methuen**, Friday, 10:00 am - 3:00 pm, July 8 to October 28, 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 12 to October 18, City Hall, 24 Lowell St.

**Rockport**, Saturday, 9:00 am - 1:00 pm, June 25 to October 15, Harvey Park, Broadway & Mt. Pleasant St.

**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 9 to October 13, 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 12 to November 20, Swampscott High School, 200 Essex St.

## Franklin County

**Ashfield**, Saturday, 9:00 am - 1:00pm, May 23 to October 29, Ashfield Common, EBT-SNAP Accepted

**Bernardston**, Saturday, 10:00 am - 1:00 pm, May 28 to October 1, United Church of Bernardston, 58 Church St., EBT-SNAP Accepted

**Greenfield**, Saturday, 8:00 am - 12:30 pm, April 30 to October 29, 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**, Monday & Thursday, 3:00 pm - 6:00 pm, May 12 to October 13, Orange Amory Parking Lot, 135 E. Main St.

**Shelburne Falls**, Friday, 2:00pm - 6:30 pm, May 27 to October 28, Baptist Corner lot, Main & Water St., EBT-SNAP Accepted

**Turners Falls**, Wednesday, 2:00 pm - 6:00 pm, May 4 to October 26, 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 16 to November 19, Hitchcock Free Academy Community Center, 2 Brookfield Rd.

**Chicopee**, Wednesday, 10:30 am - 2:30 pm, July 6 to September 7, Off Chicopee St., under I-391 Overpass, EBT-SNAP Accepted

**East Longmeadow**, Friday, 10:00 am - 2:00 pm, June 17 to October 7, Council on Aging, 328 North Main St.

**Hampden**, Saturday, 10:00 am - 2:00 pm, May 14 to October 1, 123 Allen St.

**Holyoke**, Thursday, 10:00 am - 2:00 pm, May to October, 29, High St., in front of City Hall, EBT-SNAP Accepted

**Holyoke/Nuestras Raices**, Saturday, 10:00 am - 2:00 pm, June 18 to October 15, 329 Main St., EBT-SNAP Accepted

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

**Monson**, Thursday, 3:00 pm - 6:00 pm, May 19 to September 29, First Church of Monson, 5 High St.

**Springfield/Downtown**, Friday, 11:30 am - 5:30 pm, June 3 to October 28, Tower Sq. Park, Corner of Main St. and Bridge St.

**Springfield/Forest Park**, Tuesday, 12:30 pm - 6:00 pm, May 3 to October 25, Forest Park Cyr Arena parking lot (Free entrance to park for market), EBT-SNAP Accepted

**Springfield/Mason Square**, Saturday, 10:00 am - 2:00 pm, July to October, Mason Sq. Health Center, 11 Wilbraham Rd., 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 2 to October 6, 36 Court St., EBT-SNAP Accepted

## Hampshire County

**Amherst**, Saturday, 8:00 am - 1:30 pm, April 23 to November 19, Spring St., Parking Lot, EBT-SNAP Accepted

**Belchertown**, Sunday, 10:00 am - 2:00 pm, June 19 to October 9, Belchertown Common, Main & E. Walnut St.

**Easthampton**, Friday, 2:00 pm - 6:00 pm, May 21 to September 24, 50 Payson Ave., Municipal Building

**Florence**, Wednesday, 2:00 pm - 6:00 pm, May 4 to October, Florence Civic Ctr., EBT-SNAP Accepted

**Northampton/Gothic St.**, Saturday, 8:00 am - 1:00 pm, April 30 to November 12, Gothic St. Downtown, EBT-SNAP Accepted

**Northampton/Tuesday**, Tuesday, 1:30 pm - 6:30 pm, April 26 to November 8, Behind Thornes Marketplace, off Old South St., EBT-SNAP Accepted

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

**Ware**, Saturday, 9:00 am - 1:00 pm, June 4 to October 29, Next to CVS, 104 West St., EBT-SNAP Accepted

## Middlesex County

**Acton**, Sunday, 10:00 am - 1:00 pm, June 12 to October 23, Pearl St., West Acton Village, EBT-SNAP Accepted

**Arlington**, Wednesday, 2:00 pm - 6:30 pm, June 8 to October 26, Russell Common Parking Lot, Arlington Center

**Ashland**, Saturday, 9:00 am - 1:00 pm, June 11 to October 8, 125 Front St., across from library, EBT-SNAP Accepted

**Belmont**, Thursday, 2:00 pm - 6:30 pm, June 9 to October 27, (Closes at 6:00 pm after 9/8), Belmont Center Parking Lot, Cross St. and Channing Rd., EBT-SNAP Accepted

**Billerica**, Monday, 3:00 pm - dusk, June 20 to October 3, Council of Aging, 25 Concord Rd, EBT-SNAP Accepted

**Burlington**, Thursday, 2:30 pm - 6:30 pm, June 16 to October 13, Town Common, 29 Center St., EBT-SNAP Accepted



# Massachusetts Farmers' Market Locations

**Cambridge Center Market**, Wednesday, 11:00 am - 6:00 pm, May 11 to October 26, Cambridge Center Plaza, Main St.

**Cambridge/Central Square**, Monday, Noon - 6:00 pm, May 16 to November 21, 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 29 to November, 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 October, 350 Kendall St., Broadway & 3rd St.

**Cambridgeport**, Saturday, 10:00 am - 2:00 pm, June 4 to October, Morse School, Magazine St. and Memorial Dr.

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

**Chelmsford**, Thursday, 2:00 pm-6:30 pm, June 16 to September 29, 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 to October, Village Green, Edgell Rd., Framingham Center, EBT-SNAP Accepted

**Groton**, Friday, 3:00 pm - 7:00 pm, July 8 to October 7, Williams Barn, 160 Chicopee Row

**Hopkinton**, Sunday, 1:00 pm - 5:00 pm, June 12 to October 16, Town Common, Main and Ash St., EBT-SNAP Accepted

**Lexington**, Tuesday, 2:00 pm - 6:30 pm, May 31 to October 25 (closes at 6:00 pm after 10/4), Lexington Center, Massachusetts Ave. and Fletcher Ave., EBT-SNAP Accepted

**Lowell Mobile**, Various Days/locations, See website for details: [www.millcitygrows.org](http://www.millcitygrows.org), EBT-SNAP Accepted

**Lowell/Downtown**, Friday, 1:00 pm - 6:00 pm, July 1 to October 14, City Hall Plaza, Arcand Dr., EBT-SNAP Accepted

**Marlborough**, Sunday, 10:00 am - 2:00 pm, June 5 to November 5, Chin's Garden parking lot at 106 Main St.

**Maynard**, Saturday, 9:00 am - 1:00 pm, June 25 to October 1, Clock Tower Place, Mill Pond Parking Lot, EBT-SNAP Accepted

**Medford**, Thursday, 3:00 pm-7:00 pm, June 9 to October 13, One City Hall Mall, Riverside Ave. & Clippership Dr., Medford Square, EBT-SNAP Accepted

**Melrose**, Thursday, 3:00 pm - 7:00 pm, June 9 to October 27, Bowden Park, junction of Cedar Park, West Emerson and Vinton St., EBT-SNAP Accepted

**Natick**, Saturday, 9:00 am - 1:00 pm, May 21 to October, Natick Common, Downtown

**Newton**, Tuesday, 1:30 pm - 6:00 pm, July 5 to October 25, Cold Spring Park, 1200 Beacon St., EBT-SNAP Accepted

**North Reading**, Wednesday, 4:00 pm - 7:00 pm, June 15 to September 28, Ipswich River Park, Central St.

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

**Shirley**, Thursday, 4:00 pm - 7:00 pm, July 7 to September 22, Historic Center Common, 3 Parker Rd.

**Somerville/Davis Square**, Wednesday, Noon - 6:00 pm, May 18 to November 23, Davis Square, Day & Herbert St. Lot, EBT-SNAP Accepted

**Somerville/Mobile**, Friday, 2:00 pm - 6:00 pm and Saturday, 10:00 am - 3:00 pm, go to [www.facebook.com/shapeupsomerville](http://www.facebook.com/shapeupsomerville) for times/locations

**Somerville/Union Square**, Saturday, 9:00 am - 1:00 pm, May 14 to November 19, Union Square on the plaza, EBT-SNAP Accepted

**Stoneham**, Thursday, 2:30 pm - 6:30 pm, June 16 to October 13, Town Common, Main St.

**Wakefield**, Saturday, 9:00 am - 1:00 pm, June 18 to October 15, 468 North Ave., Hall Park adjacent to the Veterans ballfield, EBT-SNAP Accepted

**Waltham**, Saturday, 9:30 am - 2:00 pm, June 11 to November 5, Clark Government Center, 119 School St., EBT-SNAP Accepted

**Watertown**, Thursday, 2:00 pm - 6:00 pm, June 2 to October 27, Arsenal on the Charles, 311 Arsenal St., under the smoke stack, 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 18 to October 8, Elm St., off Washington St., EBT-SNAP Accepted

**Westford**, Tuesday, 2:30 pm - 6:30 pm, October, 2:30 pm - Dusk, June 21 to October 25, Town Common, EBT-SNAP Accepted

**Wilmington**, Sunday, 10:00 am - 1:00 pm, June 12 to October 9, Across from Common, 138 Middlesex Ave.

**Winchester**, Saturday, 9:30 am - 1:30 pm, June 11 to October 29, Town Common, Laraway Rd.

## 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 11 to October 15, North Union and Upper Cambridge St., EBT-SNAP Accepted

**Sustainable Nantucket**, Wednesday, 3:30 pm - 6:30 pm, July 6 to September 14, 113 Pleasant Street, next to Glidden's seafood, EBT-SNAP Accepted

## Norfolk County

**Braintree**, Saturday, 9:00 am - 1:00 pm, June 18 to October 22, Town Hall Mall, 1 JFK Memorial Dr., EBT-SNAP Accepted

**Brookline**, Thursday, 1:30 pm - dusk, June to October, Coolidge Corner, Center St. West Parking Lot, off Beacon St., EBT-SNAP Accepted

**Cohasset**, Thursday, 2:00 pm - 6:00 pm, June 9 to October 29, Cohasset Common, Main St.

**Dedham**, Wednesday, 3:00 pm - 7:00 pm, June 15 to October 26, First Church of Dedham, 670 High St., EBT-SNAP

**Franklin**, Friday, 12:00 pm - 6:00 pm, June to October, Main and Union St., EBT-SNAP Accepted

# Massachusetts Farmers' Market Locations

**Holbrook**, Saturday, 9:00 am - 2:00 pm, June 18 to October 8, Union St. Lanes, 231 Union St., Rt 139

**Medfield**, Thursday, 2:00 pm - 6:30 pm, June 2 to September 22, First Parish Church, 26 North St.

**Medway**, Thursday, 4:00 pm - 7:00 pm, June 16 to September 22, VFW, 123 Holliston St.

**Milton**, Thursday, 1:00 pm - 6:00 pm, June 16 to October 27, Town Park, Wharf St., Milton Village

**Needham**, Sunday, 12:00 pm - 4:00 pm, May 22 to November 20, 244 Garden St. Parking Lot

**Norwood**, Tuesday 12:00 pm-5:30 pm, June 14 to October 4, 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 to November, 1 Merrymount Parkway, Pageant Field EBT-SNAP Accepted

**Randolph**, Wednesday, 3:00 pm - 7:00 pm, June 15 to September 21, 592 North Main St.

**Sharon**, Saturday, 10:00 am - 2:00 pm, June 11 to October 22, Crescent Ridge Dairy, 355 Bay Rd.

**Stoughton**, Saturday, 10:00 am - 2:00 pm, June 18 to October 1, 790 Washington St., EBT-SNAP Accepted

**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 to October, 837 High St., St Margaret Church Parking Lot

**Weymouth**, Saturday, 9:00 am - 12:00 pm, June 4 to October 15, Legion Memorial Field, Corner of Middle and Commercial St., EBT-SNAP Accepted

**Weymouth/Southfield**, Sunday, 10:00 am - 1:00 pm, June 19 to October 2, Soccer Field, 495 Shea Memorial Drive

## Plymouth County

**Brockton**, Friday 10:00 am - 2:00 pm, July 8 to October 28, City Hall Plaza, 45 School St., EBT-SNAP Accepted

**Brockton Fairgrounds**, Saturday, 9:00 am - 12:00 pm, July 9 to October 29, Brockton Fairgrounds

**Carver**, Sunday, Noon - 4:00 pm, June 12 to October 30, Shurtleff Park, across from Town Hall, Rt. 58

**Hingham**, Saturday, 10:00 am - 2:00 pm, May 7 to November 19, Hingham Bathing Beach, Route 3A, 96 Otis St.

**Marshfield**, Friday, 2:00 pm - 6:00 pm, June 3 to October 14, Marshfield Fairgrounds, EBT-SNAP Accepted

**Mattapoisett/Old Rochester**, Tuesday, 3:00 pm - 7:00 pm, June 7 to October 18, Old Rochester Junior High School, 135 Marion Rd.

**Mattapoisett/Route 6**, Wednesday, 3:00 pm - 7:00 pm, Year-Round, 57 Fairhaven Rd.-Knights of Columbus Hall

**Middleboro**, Saturday, 10:00 am - 2:00 pm, June 11 to October 29, Oliver Mill Park, Nemasket St. and Route 44, across from KOA Campground

**Middleboro/Town Hall**, Saturday, 9:30 am - 1:30 pm, June 25 to October 15, Town Hall, 10 Nickerson Ave.

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

**Scituate**, Wednesday, 3:00 pm - 7:00 pm, June 22 to October, St. Mary of the Nativity Church, Front St. & First Parish Rd.

**Wareham**, Wednesday, 3:00 pm - 7:00 pm, June 15 to September 28, Rosebrook Place, 100 Rosebrook Way

## Suffolk County

**Allston**, Friday, 3:00 pm - 7:00 pm, June 24 to October 28, Harvard Ed Portal, 224 Western Ave., EBT-SNAP Accepted

**Boston Public Market**, Wednesday to Sunday, 8:00 am - 8:00 pm, year-round, 136 Blackstone St., Indoors, above Haymarket MBTA Station. Outdoor Market: Wednesday, 11:00 am - 6:00 pm, May 18 to November 16, on the plaza, EBT-SNAP Accepted

**Boston/Boston University**, Thursday, 11:00 am-3:00 pm, September to October 27, 775 Commonwealth Ave.

**Boston/Copley Square**, Tuesday and Friday, 11:00 am to 6:00 pm, May 10 to November 22, 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 17 to November 22, across from South Station, EBT-SNAP Accepted

**Boston/South End at the Ink Block**, Sunday, 10:00 am - 4:00 pm, May 1 to October 30, 375 Harrison Ave.

**Boston/SOWA**, Sunday, 10:00 am - 4:00 pm, May 3 to October 25, 500 Harrison Ave.

**Brighton/Oak Square**, Wednesday, 4:00 pm -8:00 pm, May 1 to October 26, The Presentation School Foundation, 640 Washington St., EBT-SNAP Accepted

**Charlestown**, Wednesday, 2:00 pm - 7:00 pm, June 22 to October 26, Thompson Sq., Main & Austin St., EBT-SNAP Accepted

**Dorchester/Ashmont**, Friday, 3:00 pm - 7:00 pm, June 24 to October 14, Ashmont Station Plaza, Across from 1911 Dorchester Ave., EBT-SNAP Accepted

**Dorchester/Bowdoin Geneva**, Thursday, 1:00 pm - 5:00 pm, June 23 to October 27, Bowdoin Street Health Center, Bowdoin St., EBT-SNAP Accepted

**Dorchester/Carney Hospital**, Wednesday, 8:00 am - Noon, Year-Round, 2100 Dorchester Ave, by Seton Building, EBT-SNAP Accepted

**Dorchester/Codman Square**, Saturday, 10:00 am - 3:00 pm, June to October, Codman Square Park, Washington St. and Talbott Ave., EBT-SNAP Accepted

**Dorchester/Dorchester House**, Tuesday, 11:30 am - 2:00 pm, July 5 to October 11, 1353 Dorchester Ave., EBT-SNAP Accepted

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

**East Boston**, Wednesday, 3:00 pm - 6:30 pm, July 6 to October 19, Lewis Mall across from Maverick MBTA Station, 209 Sumner St., EBT-SNAP Accepted

**Egleston**, Saturday 10:00 am - 2:00 pm, May 7 to October, 30 Germania St., Parking Lot, EBT-SNAP Accepted

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



# Massachusetts Farmers' Market Locations

**Jamaica Plain/Loring-Greenough**, Thursday, 3:30 pm - Dusk, June to October, Loring-Greenough House, 12 South St., EBT-SNAP Accepted

**Mattapan**, Saturday, 10:00 am - 1:00 pm, July 9 to October 8, Church of the Holy Spirit, 525 River St., EBT-SNAP Accepted

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

**Revere**, Friday, 12:30 pm - 4:30 pm, July 8 to October 7, Front lawn of American Legion Hall, 249 Broadway, EBT-SNAP Accepted

**Roslindale**, Saturday, 9:00 am - 1:30 pm, June 4 to November 19, Adams Park, Washington St., EBT-SNAP Accepted

**Roxbury/Dudley Town Common**, Thursday, 3:00 pm - 7:00 pm, June 16 to October 27, Dudley St. and Blue Hill Ave., EBT-SNAP Accepted

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

**South Boston**, Monday, 12:00 pm - 6:00 pm, June 6 to October 31, West Broadway Municipal Front Parking Lot, EBT-SNAP Accepted

**West Roxbury**, Sunday, 11:00 am - 2:00 pm, June 26 to October 30, Bank of America Parking Lot, 1857 Centre St., EBT-SNAP Accepted

**Winthrop**, Every other Sunday, 11:00 am - 2:00 pm, June 19 to October 23, French Sq., 9 Walden St.

## Worcester County

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

**Barre**, Saturday, 9:00 am - 12:00 pm, May 7 to October 20, Town Common

**Blackstone**, Sunday, 11:00 am - 3:00 pm, July 10 to October 2, 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, 3:00 pm - 6:30 pm, July 14 to October 27, Main Street, Upper Common, EBT-SNAP Accepted

**Fitchburg/Wallace Civic Center**, Friday, 8:30 am - 12:30 pm, July 8 to October 14, Wallace Civic Center, John Fitch Highway

**Gardner**, Thursday, 8:30 am - 12:30 pm, May 5 to October 27, Monument Park, Park St.

**Gardner/Heywood Hospital**, Wednesday, 11:30 am - 3:00 pm, July to October, 242 Green St., EBT-SNAP Accepted

**Grafton**, Wednesday, 2:00pm - 6:00pm, June 29 to October 12, Grafton Common

**Hardwick**, Sunday, 11:00 am - 2:00 pm, June 19 to October 30, Hardwick Common, Rt. 32A

**Harvard**, Saturday, 9:00 am - Noon, August 13 to October 29, Hildreth Elementary School, 27 Massachusetts Ave.

**Holden**, Tuesday, 3:00 pm - 6:30 pm, May 3 to October 25, Damon House Lot, Rt. 31 and 122A

**Holden Market on Main at Jed's**, Friday, 3:30 pm - 7:00 pm, May 20 to October 28, Jed's Hardware and Garden

**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 4 to October 31, Monument Park, West Street

**Leominster/Health Alliance Hospital**, Tuesday, 10:00 am - 1:00 pm, June 27 to September 27, 60 Hospital Rd., indoors by gift shop

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

**Milford**, Saturday, 9:00 am - 1:00 pm, June 11 to October 1, Stacy Middle School, Spruce St., EBT-SNAP Accepted

**Shrewsbury**, Wednesday, 2:00 pm - 6:30 pm, June 15 to September 21, Ski Ward, 1000 Main St.

**Southbridge**, Saturday, 9:00 am - 2:00 pm, May 28 to October 8, Big Bunny Market, 942 Main St.

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

**Sterling**, Friday, 3:00 pm - 6:30 pm, May 20 to October, Butterick Municipal Building, Park St., Rt. 12

**West Boylston/Pinecroft**, Sunday, 9:00 am - 1:00 pm, June 5 to October 23, 555 Prospect St.

**West Brookfield**, Wednesday, 3:00 pm - 6:00 pm, June 1 to October 12, Town Common, Rt.67 and Rt. 9

**Westborough**, Thursday, 2:00 pm - 6:00 pm, June 2 to September 29, Congregational Church, 57 West Main St.

**Westminster**, Friday, 3:00 pm - 6:30 pm, May 26 to October 28, Town Common

**Winchendon**, Thursday, 4:00 pm - 7:00 pm, and Saturday, 10:00 am - 1:00 pm, May 5 to October 29, 128 Central St.

**Worcester/Beaver Brook Park**, Monday and Friday, 9:30 am - 2:00 pm, June 20 to October 31, 306 Chandler St., EBT-SNAP Accepted

**Worcester/Black Seed Market**, Sundays, 10:00 am - 2:00 pm, June 12 to October, 248 East Mountain Street

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

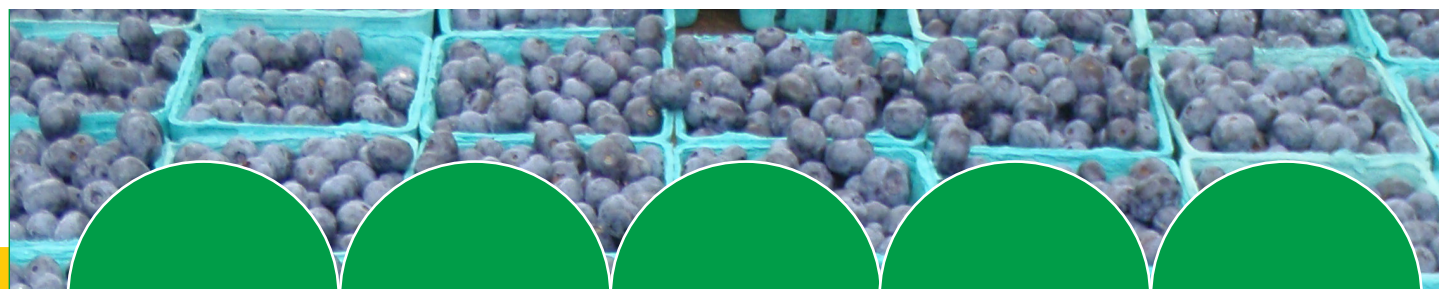
**Worcester/Hanover Insurance**, Thursday, 4:00 pm - 6:00 pm, June to October, 440 Lincoln St., EBT-SNAP Accepted

**Worcester/Main South**, Saturday, 9:30 am - 1:00 pm, June 25 to October 29, University Park, 965 Main St., EBT-SNAP Accepted

**Worcester/Mobile**, Tuesday through Friday, June 21 to October 31, [www.recworchester.com](http://www.recworchester.com) for schedule, EBT-SNAP Accepted

**Worcester/Out to Lunch**, Thursday, 11:00 am - 2:00 pm, June 23 to August 25, Worcester Common, 455 Main St.

**Worcester/UMass Medical**, Tuesday, 12:00 pm - 5:00 pm, June 2 to October 27, UMass Medical Center, 55 Lake Ave North (Garage Parking only)



# **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](http://www.mass.gov/massgrown)**

## **Nutrition Information for You**

Information about nutrition facts as you age

**[www.nutrition.gov/life-stages/seniors](http://www.nutrition.gov/life-stages/seniors)**

## **Massachusetts Executive Office of Elder Affairs (EOEA)**

**[www.mass.gov/elders](http://www.mass.gov/elders)**

(800) AGE-INFO (243-4636)

**[www.800ageinfo.com](http://www.800ageinfo.com)**

## **Massachusetts Elder Nutrition Programs**

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

