

**PROGRAMA DE NUTRICIÓN PARA ADULTOS MAYORES
DEL MERCADO AGRÍCOLA DE MASSACHUSETTS**

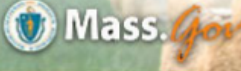


¡Bienvenido al Mercado agrícola!

**Departamento de Recursos Agrícolas de Massachusetts
Dirección Ejecutiva para Asuntos del Adulto Mayor**

¡Con el mapa de MassGrown es fácil
encontrar un mercado agrícola cercano!

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



Your Gateway to MassGrown farm products, specialty foods, and fun activities!

[HOME](#) [MASSGROWN MAP](#) [LEARN MORE](#) [CALENDAR](#)

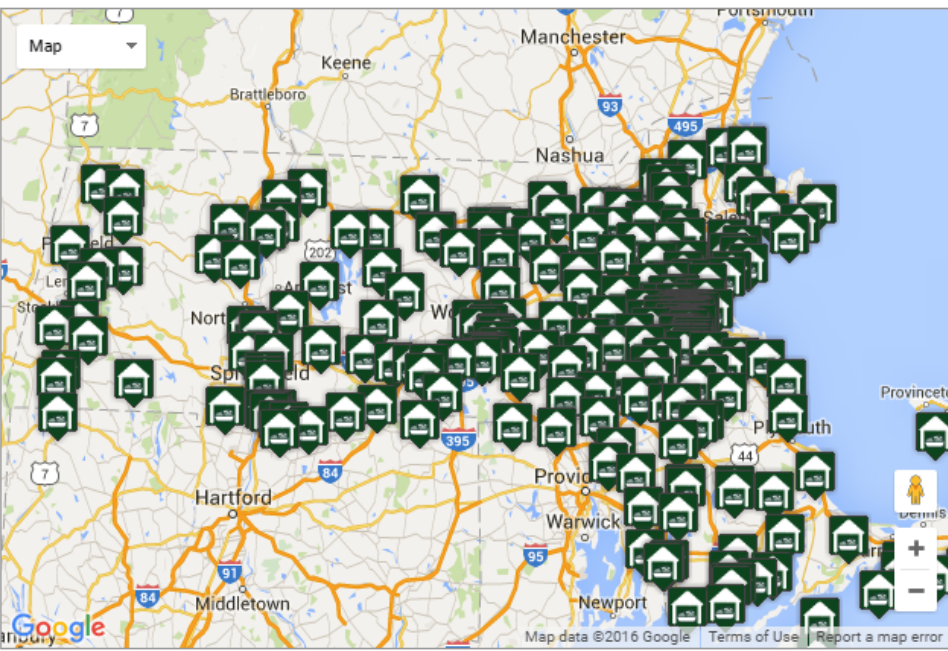
MASSGROWN MAP

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



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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- (1) correo: 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; o
- (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.





¡Bienvenido al Mercado agrícola!

Un mercado agrícola es un lugar donde los agricultores venden sus productos directamente a los consumidores. Los puede encontrar una o dos veces a la semana en su comunidad vendiendo frutas y vegetales de temporada recién recolectados, frescos y cultivados en Massachusetts. Los mercados agrícolas ofrecen una increíble variedad de frutas y vegetales que no se pueden encontrar en los supermercados.

Los agricultores se esmeran por cultivar los productos más nutritivos posibles y ofrecen variedades menos conocidas de frutas y verduras que se recogen justo antes de traerlos al mercado. Cada agricultor puede tener diferentes variedades de manzanas, maíz, tomates, vegetales o pimientos. En el mercado, puede aprender a cocinar y proveerse de productos desconocidos. ¡Pruebe algo nuevo!

Los mercados agrícolas no solo son un lugar donde se compran frutas y vegetales, sino que también son un punto de reunión donde las personas se encuentran, establecen relaciones y aprenden de dónde proceden los alimentos. Mejore su salud comprando alimentos frescos y nutritivos a la vez que apoya a los agricultores locales.





Usando los cupones del mercado agrícola

¿Qué son los cupones del mercado agrícola?

Son cupones que pueden ser usados para frutas y vegetales frescos seleccionados, cultivados y vendidos por los agricultores locales en mercados de agricultores aprobados. Estos cupones no pueden utilizarse en el supermercado.

¿Qué se puede comprar con los cupones?

Sus cupones comprarán frutas y vegetales frescos cultivados en la localidad, hierbas recién cortadas y miel. Otros productos en venta en el mercado no pueden ser comprados con los cupones para adultos mayores del mercado agrícola. Las frutas y vegetales pueden variar entre un mercado y otro y en distintos momentos de la temporada. Para tener una idea de lo que puede estar disponible, vea la página 7 donde encontrará el cuadro de disponibilidad. No todos los mercados han de vender los mismos productos, ¡todo depende de lo que haya cultivado el agricultor local!

¿Cómo usarlos?

Use los cupones con los agricultores que los acepten en los mercados autorizados. Verifique las fechas en que abren y cierran los mercados en **www.mass.gov/massgrown**. Cada cupón tiene un valor de \$2.50 y no se devuelve el cambio. En caso de que sobrepase la cantidad, traiga consigo monedas y billetes de baja denominación para pagar la diferencia.

Busque los letreros

Muchos de los mercados agrícolas aceptan además los beneficios SNAP (las antiguas estampillas de alimentos). ¡Algunos incluso pueden duplicar su valor! Visite **www.mass.gov/massgrown** para consultar si su mercado acepta SNAP o chequee con el gerente del mercado agrícola.

**We Welcome
SNAP
Benefits**



¡Entremos en acción!

¿Por qué debería hacer ejercicio?

Ejercitarse con regularidad puede mejorar la fuerza muscular y el estado cardiovascular, y puede disminuir el riesgo de caídas. También puede mejorar el estado anímico y la calidad del sueño, así como también reducir el riesgo de algunas enfermedades crónicas.

¿Con qué frecuencia debería hacer ejercicio?

Intente realizar como mínimo 2 horas y 30 minutos de ejercicio aeróbico moderado o 1 hora y 15 minutos de ejercicio aeróbico enérgico por semana. Los ejercicios aeróbicos incluyen caminar, realizar senderismo, andar en bicicleta, bailar y nadar. Se ha comprobado que realizar actividad física incluso por períodos de 10 minutos tiene un impacto positivo en la salud.

¿Qué otro tipo de ejercicios debería realizar?

Pueden ser beneficiosos tanto los ejercicios de fuerza como los de equilibrio y los de flexibilidad. Ejemplos de ejercicios de fuerza son utilizar una goma elástica o una máquina de musculación, realizar actividades de jardinería, cargar provisiones y subir escaleras. Entre los ejercicios de equilibrio y flexibilidad, podemos incluir el yoga y el taichí.

¿Cómo puedo hacer que el ejercicio sea más divertido?

Busque algo que le guste hacer. Pruebe una actividad competitiva o una clase en grupo. En el centro de la tercera edad o centro comunitario de su zona, podrá encontrar información sobre clases de ejercicio de bajo costo para adultos mayores.



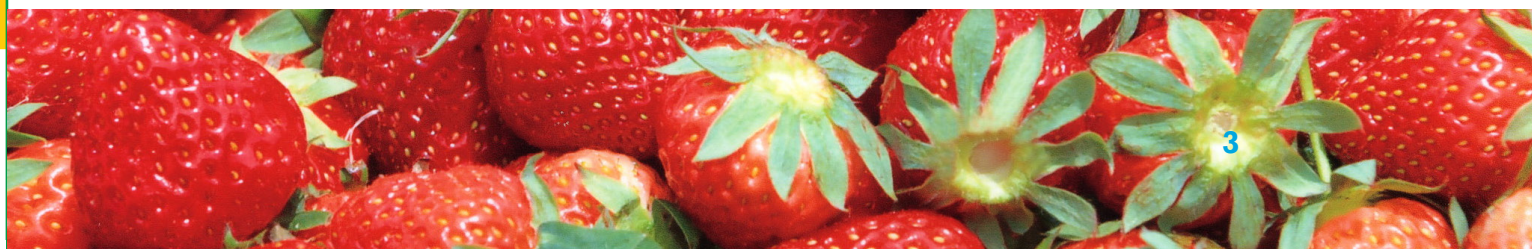
¿Qué sucede si no me ejercito frecuentemente o si quiero probar algo nuevo?

Comience despacio y aumente la intensidad de manera gradual hasta alcanzar el objetivo deseado. Asegúrese de hablar con su médico antes de comenzar un nuevo programa de ejercicios.

¿Qué sucede si tengo una enfermedad crónica?

Pregúntele a su médico cuáles son los tipos de ejercicios que pueden ser beneficiosos para usted. Muchas enfermedades crónicas pueden mejorar con la ejercitación.

Si va caminando a al mercado de granjeros de la zona para utilizar los Cupones del Mercado de Granja, se mantendrá activo y comerá saludable.





Aprenda a comprar en el mercado agrícola

- Tómese su tiempo para caminar por el mercado y verlo todo antes de decidir qué comprar.
- Compare precios, variedad y calidad
- ¡No sea tímido! Si ve una fruta o vegetal nuevo, pregunte sobre ellos. A los agricultores les encanta hablar acerca de los productos y pueden tener sugerencias para recetas nuevas. Tenga preparadas algunas recetas o ideas para cocinar las frutas y vegetales que compre.
- Compre las frutas y los vegetales que sean de temporada en los mercados agrícolas locales. ¡Son frescos y deliciosos!

Consejos de cocina saludables

- Pruebe hacer los vegetales a la parrilla, asados o salteados.
- Use aceite de oliva o canola en lugar de mantequilla, margarina o manteca.
- Reduzca la sal en las recetas y use ajo y hierbas frescas como alba haca y cilantro para dar más sabor.

Frutas y vegetales: ¿cuántos necesito?

La mayoría de adultos necesitan unas 4 a 5 tazas de frutas y vegetales todos los días.

He aquí lo que cuenta como una taza:

- 1 taza de hortalizas de hoja crudas
- 1 taza de vegetales o fruta picada (fresca, congelada o enlatada... ¡todas cuentan!)
- 1 mazorca grande de maíz
- 8 fresas grandes
- 1 fruta de tamaño mediano como una pera o un melocotón



Consejos para guardar las frutas y vegetales

Consejos para guardar las frutas y vegetales

- Guarde los tomates y las frutas con semillas, como los melocotones y las ciruelas, sobre el mostrador de la cocina hasta que maduren.
- Casi todas las demás frutas deben guardarse en el refrigerador.
- Guarde la mayoría de los vegetales en la gaveta del refrigerador para mantenerlos húmedos y frescos.
- Las papas, las cebollas y las calabazas pueden guardarse en un sitio fresco y seco.
- Asegúrese de guardar cualquier fruta o vegetal que haya cortado en un recipiente cubierto dentro del refrigerador.



¡Recetas del mercado agrícola!

Paletas de durazno

Ingredientes:

- 1 durazno
- 1/4 de taza de yogur descremado de vainilla
- 1 taza de jugo de naranja
- 4 vasos de papel (5 oz)
- 4 cucharas.
- Papel de aluminio.



Instrucciones:

4 porciones

1. Lave y corte el durazno. Divida el contenido en los 4 vasos de papel.
2. En un tazón mediano, mezcle el yogur y el jugo de naranja hasta que queden bien mezclados.
3. Vierta la mezcla del jugo sobre los duraznos y coloque una cuchara en cada vaso.
4. Corte el papel de aluminio y cubra la parte superior de los vasos, perforando cada uno de ellos con el mango de la cuchara (el papel de aluminio sostendrá la cuchara en el vaso).
5. Congele por al menos 4 horas.
6. ¡Pele los vasos de papel de la paleta y disfrute!

Burritos de vegetales crujientes

Ingredientes:

- 1/2 taza de zanahorias cortadas en tiras
- 1/2 taza de brócoli picado
- 1/2 taza de coliflor picado
- 2 cebollas de verdeo cortadas en rodajas finas
- 1/2 taza de queso cheddar descremado cortado en tiras
- 1/4 de taza de aderezo ranchero descremado
- 1/2 cucharadita de chile en polvo
- 1 taza de lechuga cortada en trozos del tamaño de un bocado
- 4 tortillas de harina

Consejos saludables:

Pruebe utilizar tortillas de trigo integral o de maíz, agregar frijoles o sustituir el aderezo ranchero por salsa.

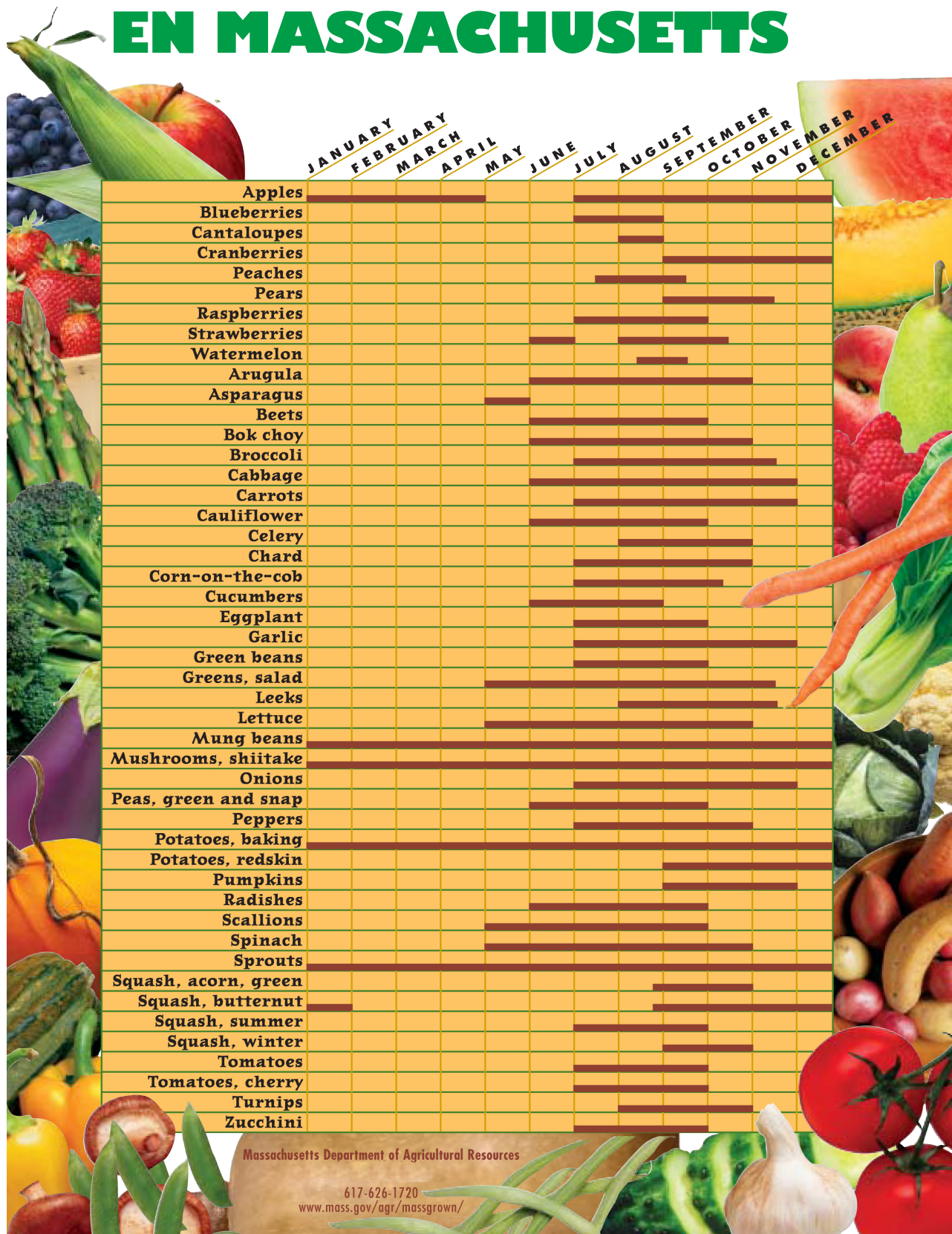
Instrucciones:

4 porciones

1. Lave y prepare los vegetales.
2. Mezcle los vegetales con el queso, el aderezo y el chile en polvo hasta que se unan.
3. Vierta aproximadamente 1/2 taza de la mezcla de vegetales y 1/4 de taza de lechuga en el centro de cada tortilla.
4. Envuelva cada tortilla alrededor de la mezcla de vegetales. Sirva frío.



CALENDARIO DE DISPONIBILIDAD PARA LOS PRODUCTOS CULTIVADOS EN MASSACHUSETTS



Ubicación de los mercados agrícolas en Massachusetts

Barnstable County

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

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

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

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

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

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

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

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

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

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

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

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

Barnstable County - Farmstands

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

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

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

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

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

Berkshire County

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

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

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

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

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

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

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

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

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

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

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

Berkshire County - Farmstands

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

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

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

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

Bristol County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

Bristol County Farmstands

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

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

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

Dukes County

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

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

Dukes County - Farmstands

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

Essex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Essex County Farmstands

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

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

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

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

Franklin County

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

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

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

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

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

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

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

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

Franklin County Farmstands

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

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

Hampden County

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

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

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

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

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

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

Hampden County Farmstands

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

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

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

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

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

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

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

Hampshire County

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

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

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

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

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

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

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

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

Hampshire County Farmstands

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

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

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

Middlesex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Middlesex County Farmstands

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

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

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

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

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

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

Nantucket County

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

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

Nantucket County - Farmstands

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

Norfolk County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

Norfolk County Farmstands

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

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

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

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

Plymouth County

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

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

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

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

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

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

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

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

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

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

Plymouth County Farmstands

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

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

Suffolk County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

Suffolk County Farmstands

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

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

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

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

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

Worcester County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Worcester County Farmstands

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

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

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

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

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

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

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

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

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

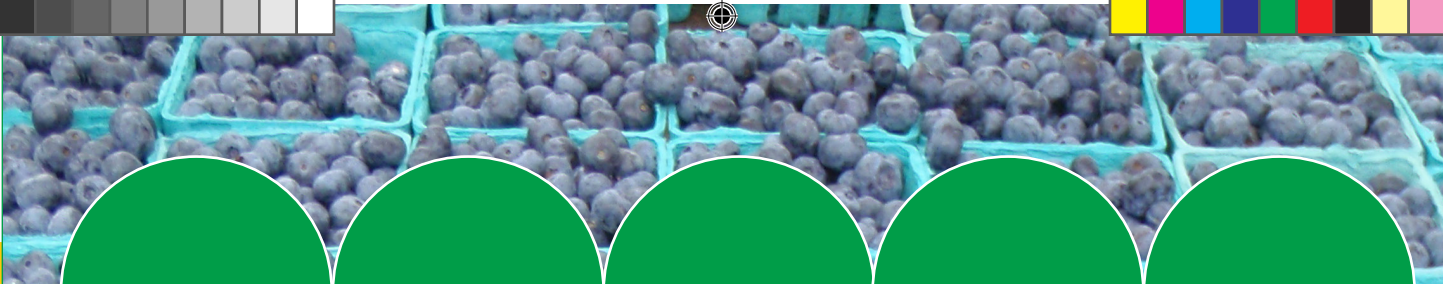
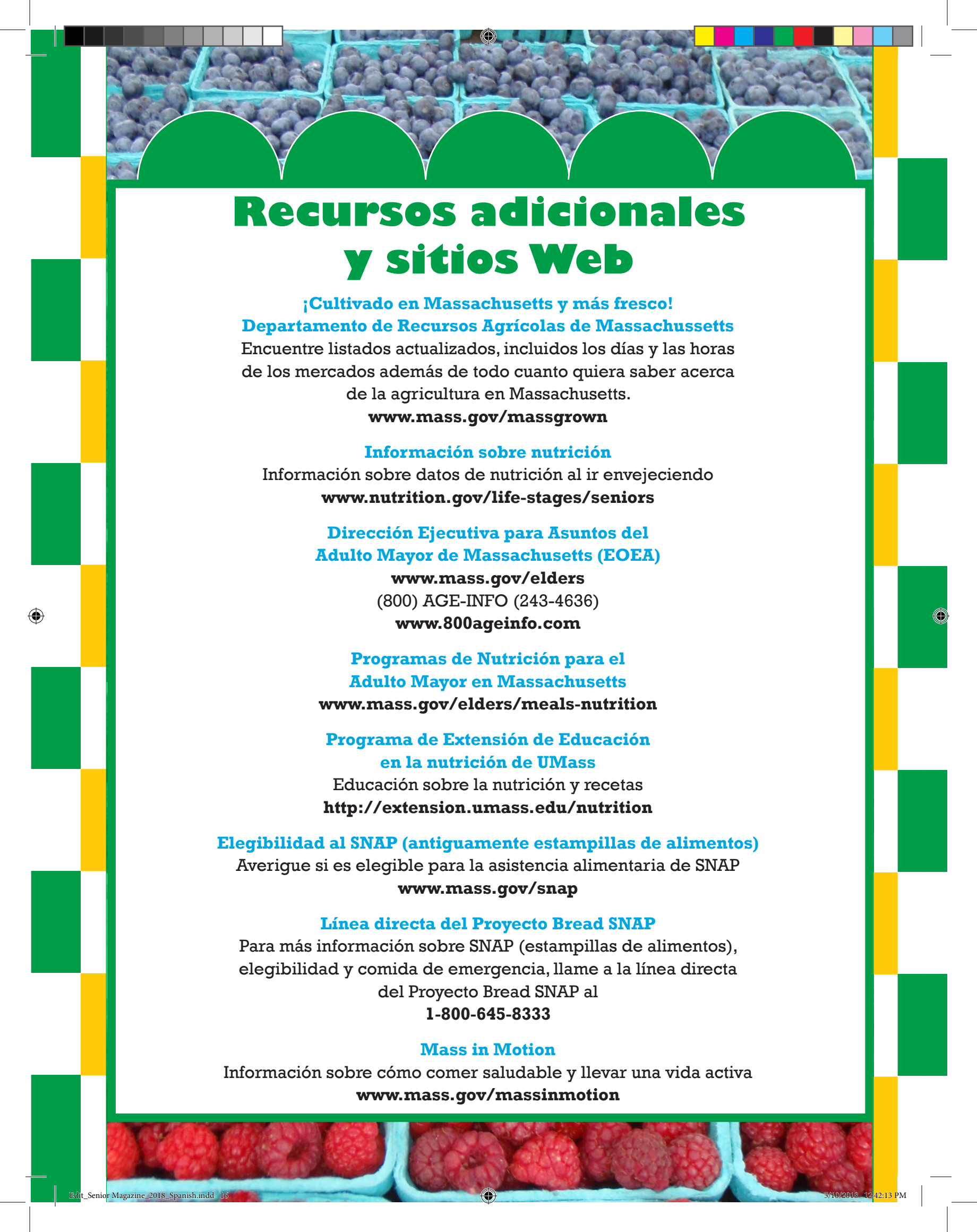
Nicewicz Farm, Open Daily 9:00 am - 6:00 pm, Mid-July - end October, 116 Sawyer Rd. Bolton, EBT-SNAP Accepted

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

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

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

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



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www.mass.gov/massgrown

Información sobre nutrición

Información sobre datos de nutrición al ir envejeciendo

www.nutrition.gov/life-stages/seniors

**Dirección Ejecutiva para Asuntos del
Adulto Mayor de Massachusetts (EOEA)**

www.mass.gov/elders

(800) AGE-INFO (243-4636)

www.800ageinfo.com

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www.mass.gov/elders/meals-nutrition

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Educación sobre la nutrición y recetas

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www.mass.gov/snap

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1-800-645-8333

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