

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

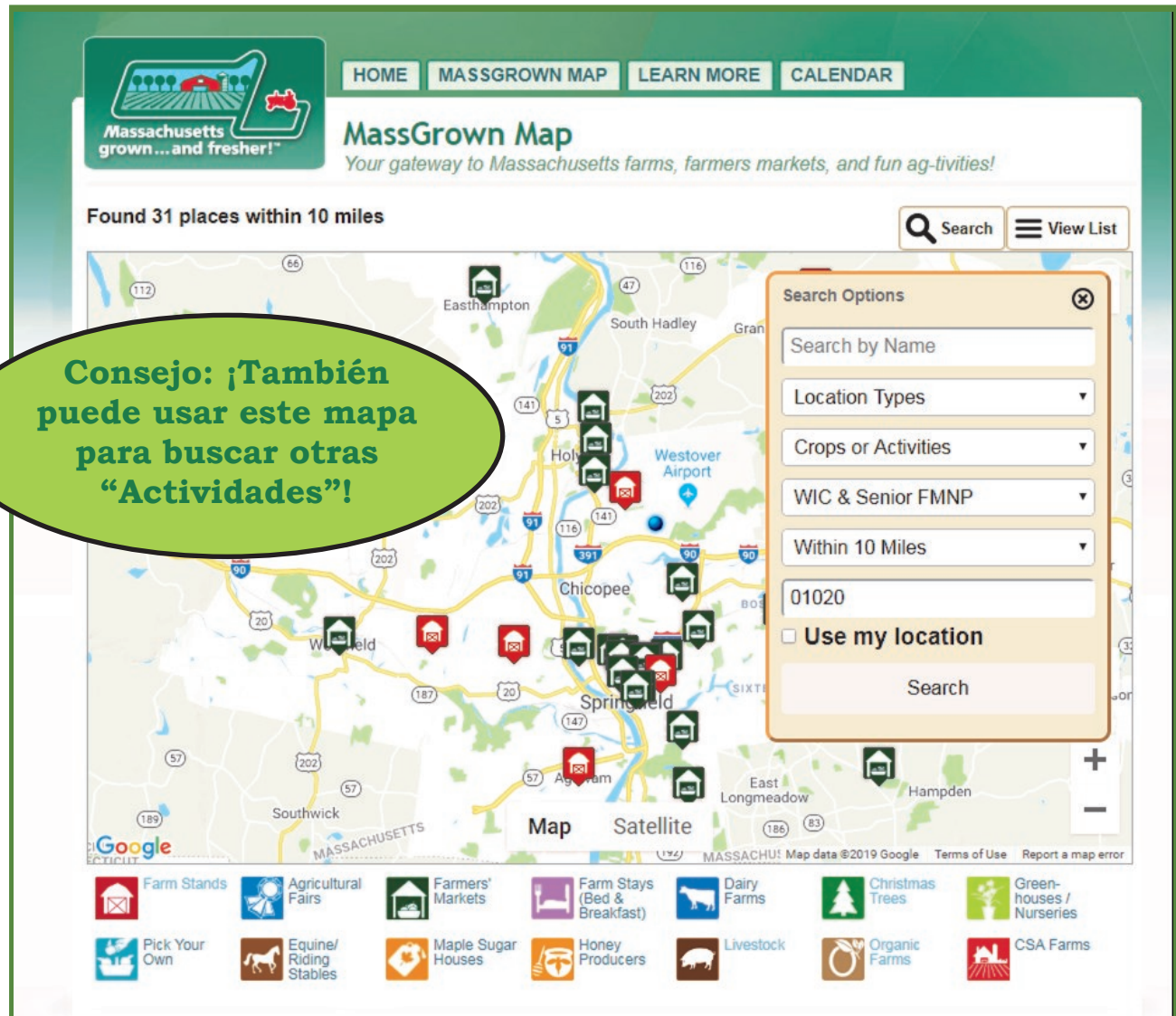


**¡Bienvenido al
Mercado agrícola!**

**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!

Visit mass.gov/massgrown



Para encontrar un lugar para usar los Cupones para Adultos Mayores:

- ◇ En Programas de Nutrición, seleccione WIC & Senior FMNP
- ◇ Seleccione el límite de distancia, dentro de 1, 2,5, 10 o más
- ◇ El mapa predetermina su ubicación (puede tener que clicar "Allow map to see my location" [Permitir que el mapa vea mi ubicación]). También puede tipear una dirección, ciudad o código postal en particular.
- ◇ Cliquee en los íconos para encontrar los horarios de apertura y otros detalles, incluida la aceptación del beneficio de SNAP

¡También puede encontrar una lista de todos los mercados agrícolas y puestos al final de esta revista!

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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.

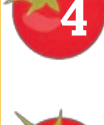
Esta institución es un proveedor que ofrece igualdad de oportunidades.



¡Bienvenido al Mercado agrícola!

Un mercado agrícola es un lugar donde los agricultores venden sus productos directamente a los consumidores. Los encontrará establecidos una o dos veces a la semana en su comunidad. Estarán vendiendo frutas y vegetales frescos, recién recolectados y cultivados en Massachusetts. Incluso puede aprender cómo cocinar y conservar productos desconocidos. ¡Intente algo nuevo!

Top 5 Reasons to Shop at the Farmers' Market

-  **1** Lo ayuda a ingerir una **variedad de frutas y vegetales frescos**.
-  **2** Disminuye su huella de carbon: **los alimentos locales viajan menos**
-  **3** ¡Para apoyar a los **agricultores locales!**
-  **4** Conéctese con **su comunidad** en el mercado!
-  **5** ¡Los alimentos cultivados localmente son frescos y tienen un sabor fantástico!

¿Qué son los cupones del mercado agrícola?

Su **folleto de \$25** puede utilizarse para comprar productos y miel cultivados y **vendidos por agricultores locales en los mercados agrícolas**. Los cupones no pueden utilizarse en la tienda de comestibles.

¿Qué se puede comprar con los cupones?

- **Frutas y vegetales**
- **Hierbas frescas cortadas**
- **Miel**

Otros artículos disponibles para la venta en el mercado no pueden comprarse con los cupones del mercado agrícola para adultos mayores. Las opciones de productos pueden variar en distintas épocas durante la estación. Para tener una idea de lo que puede estar disponible, vea el **calendario de cosecha** de la página 7.

Apoye su salud y a los agricultores de Massachusetts ¡utilice los cupones del mercado agrícola para comprar alimentos locales nutritivos!

Usando los cupones del mercado agrícola

Paso a paso:

1. ¡Encuentre su mercado!

Verifique la lista en el dorso de la revista (págs. 7-12) o vaya a la página de internet (portada interior).

2. ¡Planee su visita! Verifique los horarios de atención y organice el transporte.

3. ¡Tenga en cuenta! Cada cupón vale \$2.50 y **no se puede dar cambio**. En caso de que los artículos cuesten más que el folleto, debe pagar la diferencia, por eso, quizás desee traer billetes pequeños y cambio.

4. ¡No olvide!

- ✓ Su **folleto de cupones**
- ✓ La **tarjeta de SNAP/EBT** (muchos mercados aceptan SNAP y ¡algunos incluso pueden duplicar el valor! Verifique la lista en las págs. 7-12)
- ✓ **Bolsas de compra reutilizables**

Consejos para una compra inteligente en el mercado agrícola:

- ◇ Tómese su tiempo para **caminar en el mercado** y mire todo antes de decidir qué comprar.
- ◇ **Compare precios**, variedades y calidad.
- ◇ Si ve una nueva fruta o un Nuevo vegetal, **¡no sea tímido!** A los agricultores les encanta hablar sobre sus productos. ¡Pueden tener sugerencias para **nuevas recetas!**
- ◇ Si encuentra un producto a un buen precio, compre productos extra y **¡congélelos para más adelante!**

¡Los cupones vencen el 31 de octubre!

**We Welcome
SNAP
Benefits**



**Busque los
letreros**



Qué hacer con los productos

Después de su visita:

- ◇ Lave las frutas y los vegetales enjuagándolos bajo agua fría.
- ◇ Almacene los productos de forma apropiada poniéndolos en el refrigerador o dejándolos madurar a temperatura ambiente



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 albahaca 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

- ◇ 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.

Aumentar la concientización sobre la desnutrición

¿Qué es la desnutrición?

La desnutrición es la **ingesta inadecuada de nutrientes** a lo largo del tiempo. A medida que somos mayores, podemos tener:

- Pérdida de apetito,
- Dificultad para masticar y tragar,
- Problemas dentales,
- Efectos secundarios de los medicamentos,
- Sentido reducido del gusto y del olfato

Estas condiciones pueden llevarnos a consumir menos alimentos que lo que solíamos consumir.

ASK ABOUT YOUR NUTRITION

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



ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?



TALK TO YOUR HEALTHCARE PROVIDER

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Go to nutritioncare.org/YourNutrition for more

¿Qué puedo hacer si estoy malnutrido?

Hay muchos **programas de nutrición para adultos mayores en Massachusetts**. Si usted o un ser querido necesitan ayuda para acceder a un suministro adecuado de alimentos, visite: www.mass.gov/nutrition-program-for-seniors. Hable con su proveedor de atención médica si siente cualquiera de los síntomas del gráfico anterior.

¿Cómo puedo evitar la desnutrición?

Una nutrición adecuada es importante para tener una vida saludable. **La necesidad de ciertas vitaminas y minerales aumenta con la edad.** Esto significa que los adultos mayores deberían consumir alimentos que tengan **muchos nutrientes**. Deberían centrarse en **carbohidratos complejos, proteínas magras y grasas saludables**. Los carbohidratos complejos incluyen: arroz integral, avena, papas, panes, pastas y cereales integrales. Ejemplos de proteínas magras incluyen el pollo, el pavo, los huevos y los frijoles. Las grasas saludables consisten en alimentos tales como aguacates, quesos, pescados grasos, aceite de oliva, nueces y semillas.

Un enfoque en la fibra:

A medida que su cuerpo envejece, el tracto intestinal puede cambiar. Los movimientos intestinales pueden ser más **lentos**, lo que reduce la capacidad para **absorber nutrientes esenciales**. La constipación y la deficiencia de nutrientes pueden ser un problema común para los adultos mayores. Beneficios de seguir una dieta rica en fibra:

- Estimula el **movimiento intestinal**
- Proporciona una **gran cantidad de nutrientes y minerales**
- Ayuda a **reducir los niveles de colesterol alto**
- Ayuda a **regular los niveles de glucosa en sangre**

Los alimentos ricos en fibra incluyen:

- Manzanas y bayas
- Brócoli, zanahorias, apio y espinaca
- Panes y avena integrales
- Arroz integral, frijoles y lentejas



¡Recetas del mercado agrícola!

Batido de bayas y vegetales

Receta de Hannah Zanzig

Ingredientes:

2 porciones

- **2 tazas** de bayas: frutillas, arándanos, frambuesa o zarzamoras
- **2 tazas** de vegetales lavados: espinaca o kale
- 1 banana
- 1 recipiente (**6 oz**) de yogur descremado, natural o de vainilla
- **1 taza** de leche

Instrucciones:

1. Añada la leche, las bayas, el yogur, la banana y los vegetales a la licuadora. Licúe hasta que la mezcla esté cremosa.
2. Si toda la fruta es fresca, agregue hielo para hacer más espeso el batido.
3. Añada más leche si es necesario para que quede menos espeso.

CONSEJO: Puede usar ingredientes frescos o congelados para todos los vegetales y frutas. Esto lo hará más espeso, por eso, es muy probable que necesite más leche.

Pasta de queso con vegetales de verano

Receta de Iowa State University Extension

Ingredientes:

- **4 tazas** de vegetales distintos rebanados (calabacín, brócoli, guisantes)
- **1 taza** de uva o tomates frescos (picados y sin semillas)
- **2 tazas (alrededor de 8 onzas)** de pasta integral (rotini, corbata de moño, penne)
- **1 1/2 cucharadas de aceite** (canola o vegetal)
- **2 dientes** de ajo medianos picados o **1/4 cucharadita** de sal de ajo
- **1/2 taza** de cebolla picada (aproximadamente 1/2 cebolla mediana)
- **1 cucharadita** de condimento italiano seco.
- **1/4 cucharadita** de sal
- **1/8 cucharadita** de pimienta negra molida
- **1/4 taza** de queso parmesano
- **1/2 taza** de queso mozzarella rallado

Instrucciones:

1. Lave y prepare los vegetales y tomates.
2. Cocine la pasta según las indicaciones del paquete. Escorra el agua de la pasta cocida y reserve 1/4 taza de agua.
3. Caliente el aceite en una sartén grande mientras se cocina la pasta. Agregue el ajo y la cebolla a la sartén. Saltee a fuego medio aproximadamente por 1-2 minutos o hasta que estén tiernos.
4. Añada todos los vegetales duros crudos y cocínelos durante 3 minutos. Agregue los vegetales blandos y siga cocinando. Añada el condimento italiano, la sal y la pimienta. Agregue los tomates por último y cocine hasta calentar.
5. Añada la pasta cocinada escurrida a los vegetales. Agregue un poco del agua de la pasta, de ser necesario.
6. Añada los quesos a la mezcla. Revuelva hasta que los quesos estén mayormente derretidos. ¡Sirva y disfrute!

CONSEJOS: Agregue proteína a este plato revolviendo en frijoles o carne cocidos. También puede sustituir cualquier otro vegetal que tenga (fresco o congelado).

CALENDARIO DE DISPONIBILIDAD PARA LOS PRODUCTOS CULTIVADOS EN MASSACHUSETTS

Junio	Julio	Agosto	Septiembre	Octubre	Noviembre
	     Manzanas     				
 	  Remolochas  		 		
	  Zarzamoras  				
	 Arándanos 				
	    Brocólí    				
 	     Zanahorias     				
	   Maíz   				
	  Pepinos  				
	  Berenjena  				
 	  Lechuza    				
	   Cebollas   				
	   Duraznos   				
		   Peras   			
	   Pimientos   				
	   Papas   				
	   Frambuesas   				
 	Ejotes, guisantes dulces y arvejas			 	
 Frutillas 					
 	Calabazas de verano y calabacín	 			
	    Tomates   				
		  Sandía  			

Ubicación de los mercados agrícolas en Massachusetts

Barnstable County

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

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

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

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

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

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

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

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

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

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

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

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

Barnstable County— Farmstands

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

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

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

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

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

Berkshire County

Berkshire Area/Lanesboro, Wed & Sat 8:00 am - 2:00 pm, May 4 to November 23, Berkshire Mall by Sears, **SNAP and HIP**

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

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

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

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

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

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

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

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

Berkshire County—Farmstands

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

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

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

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

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

Bristol County

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

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

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

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

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

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

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

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

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

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

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

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

New Bedford/Mobile, Various Days/Locations, Visit www.coastalfoodshed.org, **SNAP**

Somerset, Various Days/Locations, Visit www.southcoastopenairmarket.com

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

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

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

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

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 **SNAP and HIP**

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

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

Dukes County

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

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

Dukes County—Farmstands

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

Essex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Essex County—Farmstands

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

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

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

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

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

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

Franklin County

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

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

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

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

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

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

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

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

Franklin County—Farmstands

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

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

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

Hampden County

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

Springfield/Mobile, Various Days/Location, Visit www.livewellspringfield.org for schedule, **SNAP**

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

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

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

Hampden County—Farmstands

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

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

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

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

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

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

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

Hampshire County

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

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

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

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

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

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

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

Hampshire County—Farmstands

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

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

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

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

Middlesex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

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

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

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

Somerville/Mobile, Various dates and locations, Find our hours and stops online at bit.ly/tsmfsm, **SNAP and HIP**

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

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

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

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

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

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

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

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

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

Middlesex County—Farmstands

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

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

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

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

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

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

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

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

Nantucket County

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

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

Nantucket County—Farmstands

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

Norfolk County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Norfolk County—Farmstands

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

Plymouth County

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

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

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

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

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

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

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

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

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

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

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

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

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

Plymouth County—Farmstands

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

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

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

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

Suffolk County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

Suffolk County—Farmstands

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

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

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

Urban Farming Institute of Boston, Fridays 3:00 pm - 7:00 pm, 487 Norfolk St. Mattapan, **SNAP and HIP**

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

Worcester County

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

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

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

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

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

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

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

Gardner, Thursday, 8:30 am - 12:30 pm, May 9 to October 31, Monument Park, along Park St., across from the Gardner Lodge of Elks

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Worcester/Mobile, Various times and locations, visit www.recworchester.com for schedule, **SNAP and HIP**

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

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

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

Worcester County—Farmstands

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

Programas de Nutrición para el Adulto Mayor en Massachusetts

www.mass.gov/elders/meals-nutrition

Programa de Extensión de Educación en la nutrición de UMass

Educación sobre la nutrición y recetas

extension.umass.edu/nutrition

Elegibilidad al SNAP (antiguamente estampillas de alimentos)

Averigue si es elegible para la asistencia alimentaria de SNAP

www.mass.gov/snap

Línea directa del Proyecto Bread SNAP

Para más información sobre SNAP (estampillas de alimentos), elegibilidad y comida de emergencia, llame a la línea directa del Proyecto Bread SNAP al

1-800-645-8333

Mass in Motion

Información sobre cómo comer saludable y llevar una vida activa

www.mass.gov/massinmotion