

**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

Mass.gov

Massachusetts grown... and fresher!™

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

Result: 250 locations
Sort: by Name by Distance

- Acton-Boxborough Farmers' Market
Acton, MA
- Acushnet Farmers' Market
Acushnet, MA
- Adams Farmers' Market
Adams, MA
- Allston/Harvard Ed Portal Farmers' Market
Allston, MA
- Amherst Farmers' Market
Amherst, MA
- Andover Farmers' Market
Andover, MA
- Arlington Farmers' Market
Arlington, MA
- Ashfield Farmers' Market
Ashfield, MA
- Ashland Farmers' Market
Ashland, MA
- Athol Farmers' Market
Athol, MA
- Attleboro Farmers' Market
Attleboro, MA
- Barnstable Village Farmers' Market
Barnstable, MA

Map

Click on the icon to get details and directions.

Farm Stands Agricultural Fairs Farmers' Markets Farm Stays (Bed & Breakfast) Dairy Farms

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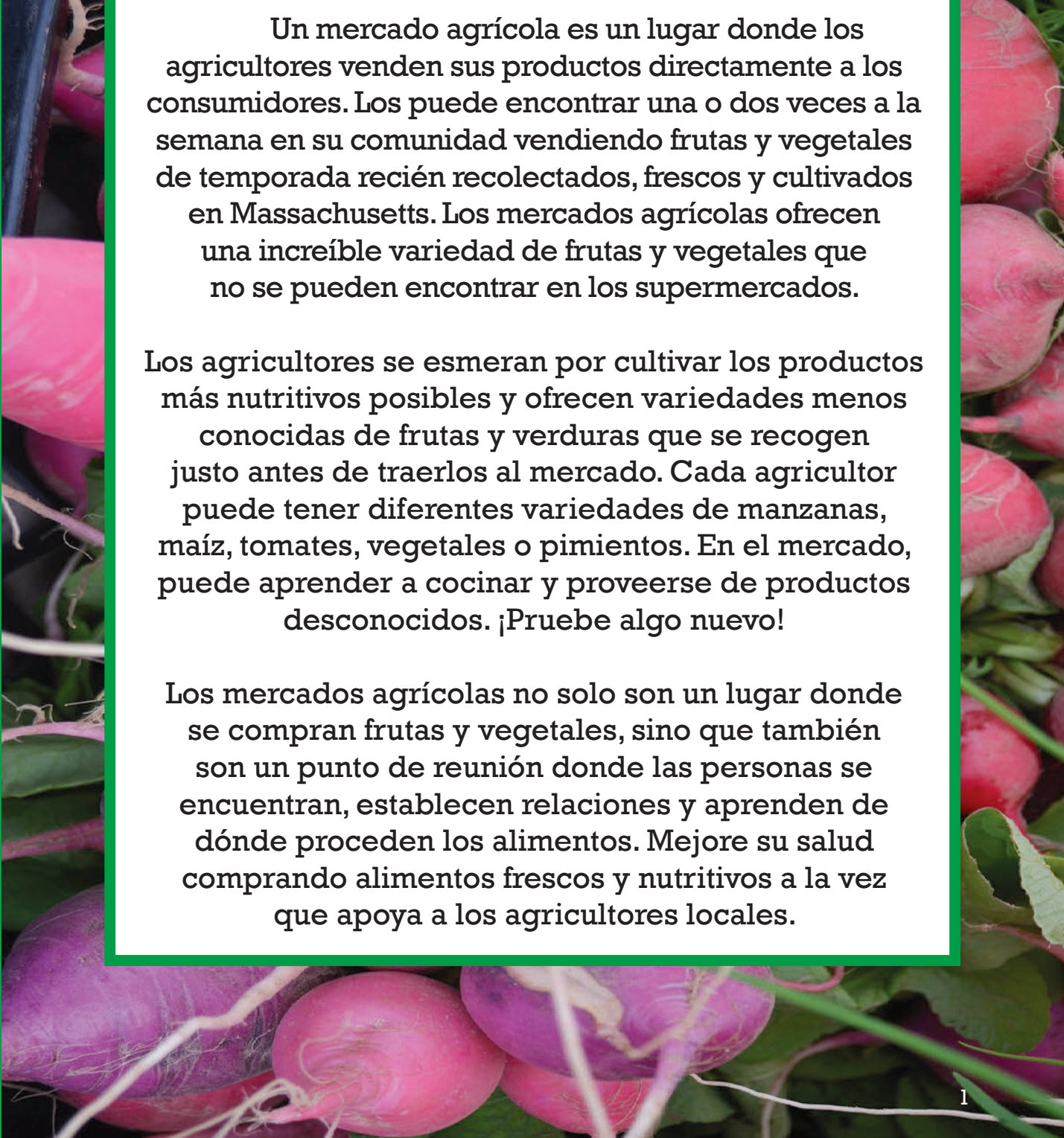
Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

- (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**



¡Conozca a una Líder Comunitaria!

Jennifer Putnam

Directora del Programa Nutricional de Greater Springfield Senior Services

¿Durante cuánto tiempo se ha desempeñado como directora del Programa Nutricional y qué es lo que más disfruta de su puesto?

Trabajo aquí desde hace dos años y medio y lo que más me gusta de mi puesto es que podemos ofrecer alimentos saludables y nutritivos a nuestros clientes para ayudarlos a quedarse en sus hogares durante más tiempo.

¿Cómo es un día normal en la oficina para usted?

Estamos muy ocupados por las mañanas. Conformamos un gran programa con 26 rutas tradicionales, una ruta kosher y dos rutas de alimentos terapéuticos, y enviamos aproximadamente 1100 alimentos tradicionales a domicilio por día. Comienzo asegurándome de que los conductores obtengan los papeles para saber a dónde deben dirigirse.

¿De qué forma Greater Springfield Senior Services ayuda a las personas mayores a tener acceso a frutas y verduras frescas?

Principalmente, por medio de envíos a domicilio y reuniones para comer. Desde junio y a lo largo del verano, cuando contamos con fondos, nos gusta enviar pintas de bayas frescas junto con sus alimentos.



¿Cuentan con un mercado móvil en el área de servicio o con otras ideas innovadoras para ayudar a las personas mayores a tener acceso a frutas y verduras frescas?

Contamos con un mercado móvil en Springfield. Ofrecemos a nuestros clientes una lista de mercados de productores para que puedan encontrar un mercado cercano. De esta forma, pueden aprovechar los mercados de productores y obtener productos de calidad cerca de donde viven.

¿Usted puede asistir con frecuencia a los mercados de productores del área durante el verano?

Compro productos locales durante todo el verano; adquiero mis frutas y verduras en el mercado de productores.



Programa de Incentivos Saludables (HIP)



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

¿Qué es HIP?

El Programa de Incentivos Saludables (HIP, por sus siglas en inglés) puede ayudarlo a adquirir más frutas y verduras producidas localmente. Cuando usted adquiere frutas y verduras con el Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) en los mercados de productores, mercados móviles, puestos agrarios o programas agrarios compartidos de la Agricultura con Apoyo Comunitario (CSA, por sus siglas en inglés) participantes, gana dinero extra en su tarjeta SNAP/EBT.

¿Cómo funciona HIP?

HIP combina los dólares SNAP/cupones para alimentos, invertidos en frutas y verduras elegibles de los mercados de productores, mercados móviles, puestos agrarios o programas agrarios compartidos de la CSA, hasta un beneficio máximo mensual, según el tamaño de su familia. Usted deberá INVERTIR los dólares SNAP en frutas y verduras para GANAR incentivos HIP. Es sencillo ganar incentivos HIP, y estos se agregan directamente a su tarjeta SNAP/EBT, y pueden ser utilizados en cualquier compra elegible SNAP.

¿Cuáles son las frutas y verduras elegibles de HIP?

Los alimentos elegibles de HIP consisten en frutas y verduras frescas, enlatadas, secas y congeladas, sin azúcar, sal, grasas o aceites agregados.

¿Cuál es el beneficio HIP máximo que puedo ganar cada mes?

Los incentivos HIP se basan en la cantidad de integrantes de su familia. Usted puede ganar \$40 adicionales si su familia está conformada por 1-2 integrantes, \$60 por 3-5 integrantes y \$80 por una familia de más de 6 integrantes.

¿Dónde puedo ganar beneficios HIP?

Puede ganar beneficios HIP comprando productos en los mercados de productores, mercados móviles, puestos agrarios y programas agrarios compartidos de la CSA a través del estado, o comprando frutas y verduras elegibles HIP. No se pueden ganar beneficios HIP en otras tiendas de alimentos como supermercados, autoservicios o bodegas. Sin embargo, puede utilizar sus beneficios HIP en estas tiendas, en cualquier compra SNAP futura. Para conocer las tiendas minoristas HIP participantes, visite www.mass.gov/HIP. Busque el logo HIP cuando compre en mercados de productores participantes.

¿A quién puedo llamar para obtener más información?

Si tiene preguntas acerca de su saldo SNAP o HIP, llame al 1-800-997-2555. Para obtener más información acerca de HIP, llame a la línea directa de FoodSource, de Project Bread, al 1-800-645-8333.



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!

Sencillo plato de calabaza veraniega al horno

Ingredientes:

- 2 cucharadas de aceite de oliva
- ¼ taza de queso parmesano
- 2 ½ cucharadas pan rallado
- 1 lb de calabaza veraniega
- Un poco de sal y pimienta

(Fuente: adaptación de TheKitchn Online Magazine)

3 porciones

4. Coloque las rodajas de calabaza en una bandeja para hornear de 8x8 y cúbralas con la mezcla de pan rallado.
5. Cubra la preparación con papel aluminio y hornee durante 30 minutos. Quite el papel aluminio y hornee hasta que la preparación quede crujien

Preparación:

1. Precaliente el horno a 180 °C.
2. Corte la calabaza en rodajas y saltéela con aceite de oliva.
3. En un pequeño bol, coloque el pan rallado, el queso, la sal y pimienta.



Ensalada De Frutas Sazonada

Ingredientes:

- 2 tazas de peras y manzanas en cubos
- 1/4 taza de jugo de naranja 100 % natural
- 1/8 cucharadita de canela o nuez moscada

(Fuente: receta adaptada de UMASS Extension)

4 porciones

Preparación:

1. Lave las frutas, córtelas en cubos y colóquelas en un bol mediano.
2. Vierta el jugo 100 % natural sobre la fruta.
3. Espolvoree las frutas con canela o nuez moscada.
4. Mezcle los ingredientes.
5. Sirva y refrigere el resto.



CALENDARIO DE DISPONIBILIDAD PARA LOS PRODUCTOS CULTIVADOS EN MASSACHUSETTS

	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/massgrows/

Ubicación de los mercados agrícolas en Massachusetts

Barnstable County

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

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

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

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

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

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

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

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

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

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

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

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

Berkshire County

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

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

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

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

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

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

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

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

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

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

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

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

Berkshire County - Farmstands

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

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

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

Bristol County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dukes County

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

Dukes County - Farmstands

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

Ubicación de los mercados agrícolas en Massachusetts

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

Essex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rowley, Sunday, 8:00 am - 1:00 pm, July 9 to October 30, Rowley Town Common, Rt. 1A

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

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

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

Franklin County

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

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

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

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

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

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

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

Hampden County

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

Chicopee, Wednesday, 10:30 am - 2:30 pm, July 5 to September 6, Off Chicopee St., under I-391 Overpass, EBT-SNAP Accepted

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

Hampden, Saturday, 10:00 am - 2:00 pm, May 20 to October 21, 123 Allen St., EBT/SNAP Accepted

Holyoke, Thursday, 10:00 am - 2:00 pm, May 18 to October 26, High St., in front of City Hall, EBT-SNAP Accepted

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

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

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

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

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

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

Springfield/STCC, Wednesday, 11:30 pm - 2:00 pm, September 6 to December 16, Campus Green, 1 Armory Sq.

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

Hampshire County

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

Middlesex County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

Nantucket County

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

Nantucket Farmers and Artisans, Saturday, 9:00 am - 1:00 pm, June 10 to October 14, North Union and Upper Cambridge St., EBT-SNAP Accepted

Nantucket County - Farmstands

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

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

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

Norfolk County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Plymouth County

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

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

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

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

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

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

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

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

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

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

Suffolk County

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

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

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

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

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

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

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

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

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

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

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

Ubicación de los mercados agrícolas en Massachusetts

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

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

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

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

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

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

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

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

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

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

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

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

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

Worcester County

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

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

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

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

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

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

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

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

Grafton, Wednesday, 2:00pm - 6:00pm, June 28 to October 11, Grafton Common

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

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

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

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

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

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

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

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

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

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

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

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

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

Westminster, Friday, 3:00 pm - 6:30 pm, May 7 to October 27, Town Common

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

Worcester/Beaver Brook Park, Monday and Friday, 9:00 am - 1:00 pm, June 19 to October 27, 306 Chandler St., EBT-SNAP Accepted

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

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

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

Worcester/Out to Lunch, Thursday, 11:00 am - 2:00 pm, June 22 to August 24, Worcester Common, 455 Main St.

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

Worcester/University Park, Saturday, 9:00 am - 1:00 pm, June 24 to October 28, University Park, 965 Main St., EBT-SNAP Accepted



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