

Finding Local Produce

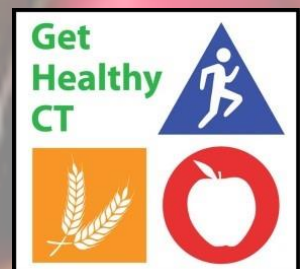
Look inside for:

- Find Local Farm Markets in the Greater Bridgeport, Greenwich and Greater New Haven Areas
- CT Grown Crop Availability Calendar
- Tips for a Healthy Cookout

For more information on ways to lead a healthier lifestyle
visit our website getheathyct.org



July 2020





2020 Local Farmers' Markets

great sources of fresh produce

Bridgeport Region

Tr	Address	Months Open	Day of week	Time
Bridgeport	Bridgeport Hospital 267 Grant Street	July 9– October 8	Thursday	3:30 pm - 5:30 pm
Bridgeport	McLevy Green: Main Street & Bank Street	July 9 – October 8	Thursday	10:30 am – 2:00 pm
Bridgeport	752 East Main Street, East Side	July 8 – October 28	Wednesday	10:00 am – 2:00 pm
Bridgeport	2800 Main Street, St. Vincent's	July 7 – October 27	Tuesday	11:30 am – 4:00 pm
Bridgeport	1469 Reservoir Avenue, Reservoir Community Farm	June 29– October 5	Saturday	10:00 am – 2:00 pm
Bridgeport	East End – Kings Pantry 30 Florence Street	July 14 – October 13	Sunday	11:00 am – 3:00 pm
Bridgeport	Stratfield Market- corner of Brooklawn Ave & North Ave	June 20- October 5	Saturday	9:30 am- 1:30 pm
Bridgeport	Farmers' Market of Black Rock- 481 Brewster Street, St. Ann's church field	June 20- October 17	Saturday	9:00 am- 1:00 pm
Fairfield	Sherman Green, 1451 Post Road	June 28 – TBD	Sunday	10:00 am – 2:00 pm
Fairfield	Greenfield Hill Farmer's Market, 75 Hillside Road	May 16 – TBD	Saturday	10:00 am – 1:00 pm
Monroe	Monroe Town Green, Fan Hill Road & Rte. 111	June 15 – October 23 – online ordering	Friday	3:00 pm – 6:00 pm
Shelton	Cornell Street & Canal Street	May 23- October	Mond -Thurs- pre-order Saturday – p/u	Saturday pick up 9:00 am- 11:00 am
Stratford	Paradise Green, 50 Paradise Green Place	June 17 – October 28	Monday	2:00 pm – 6:00 pm
Trumbull	1773 Huntington Tpke, Nichols	June 15 – October 22	Thursday	4:00 pm – 7:00 pm
Trumbull	Plasko's Farm LLO, 670 Daniels Farm Road	May- October	Daily	9:00 am- 6:00 pm

It's all coming together at GetHealthyCT.org



Follow us on Facebook



2020 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Bridgeport Region

Town	Name	Address	Contact	Type
Easton	Aspetuck Valley Apple Barn	714 Black Rock Turnpike	203-268-9033	Farm Stand
Easton	Sherwood Farm	355 Sport Hill Road	203-268-6705	Farm Stand
Easton	Silverman's Farm Market	451 Sport Hill Road	203-261-3306	Farm Stand (pick your own)
Easton	Sport Hill Farm, LLC	596 Sport Hill Road	203-268-3137	Farm Stand and CSA
Milford	Robert Treat Farm	1339 New Haven Avenue	203-878-4270	Farm Stand and CSA
Newtown	Farming 101	101 Brushy Hill Road	203-304-1451	Farm Stand
Newtown	Middlebrook Farm and Orchard	112 South Main Street	203-426-8226	Farm Stand
Oxford	Gazy Brothers Farm	391 Chestnut Tree Hill Road	203-723-8885	CSA/Farm Stand
Shelton	Guy's Eco Garden	276 Leavenworth Road	203-929-3080	Farm Stand
Shelton	Stone Gardens Farm	83 Saw Mill City Road , Shelton	203-929-2003	Farm stand Daily 10 am- 5 pm Tues - Sund
Shelton	Beardsley's Cider Mill and Orchard	278 Leavenworth Road	203-926-1098	Farm Stand (pick your own)
Shelton	Jones Family Farms	606 Walnut Tree Hill Road	203-929-8425/ 203-929-6237	Farm Stand (pick your own)
Shelton	Laurel Glen Farm	247 Waverly Road	203-305-9179	Farm Stand and CSA

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.

Please check the Farm Market you are visiting for SNAP acceptance as well as senior and WIC farmers' market nutrition program checks.





2020 Local Farmers' Markets

great sources of fresh produce

Greenwich Region

CT Town	Address	Months Open	Day of week	Time
Darien	Goodwives Shopping Plaza, 25 Old Kings Highway	June 3rd – TBD	Wednesday	10:00 am – 3:00 pm
Greenwich	Arch Street & Horseneck Lane parking slot (Exit 3)	May 16 – November/ December	Saturday	9:30 am - 1:00 pm
New Canaan	Old Center School (Parking lot) South Ave & Maple Street	April 27 – December 14	Saturday	10:00 am – 2:00 pm
Norwalk	Rainbow Plaza, 205 Main Avenue	May 20– November 25th	Wednesday	11:00 am - 3:00 pm
Norwalk	First Congregational Church, 3 Lewis Street, near the Green	July 11 - October 31	Saturday	9:00 am – 2:00 pm
Norwalk	Norwalk Community Health Ctr, 120 Connecticut Ave	June TBD– November 25	Wednesday	10:00 am – 3:00 pm
Old Greenwich	38 West End Avenue Presbyterian Church of Old Greenwich parking lot	June 3- November	Wednesday	2:30 pm - 6:00 pm,
Redding	Georgetown Farmers' Market, 4 Old Mill Road	June 21 – mid October	Sunday	10:00 am – 2:00 pm
Rowayton	Pinkney Park, 177 Rowayton Ave	May – October	Monday-Sunday	Monday- Friday 800am-6:00 Pm Saturday & Sunday 9:00am- 5Pm
Stamford	Stamford Museum & Nature Center, 39 Scofieldtown Road	June 7 – October	Sunday	10:00 am – 2:00 pm
Stamford	Downtown, Prospect St & Latham Park	June – October	Saturday	9:00 am – 3:00 pm
Westport	50 Imperial Avenue	May 14– November	Thursday	10:00 am – 2:00 pm
Wilton	Ambler Farm, 257 Hurlbutt Street	June - October	Saturday	9:00 am – 2:00 pm
Wilton	Wilton Historical Society, 224 Danbury Rd/Rte 7	June 3– October 28th	Wednesday	12:00 pm - 5:00 pm

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.





2020 Local Farmers' Markets

great sources of fresh produce

Westchester County

NY Town	Address	Months Open	Day of week	Time
Bedford	John Boy's Farm at The Outpost, 1 Count Road	Year round	Saturday/ Sunday	8:00 am – 2:00 pm Sat 10:00 am – 2:00 pm Sun
Hartsdale	Hartsdale train station	June 1st– November 23rd	Saturday	8:00 am – 4:00 pm
Katonah	Muscot Farm, 51 NY-100	May 31st – November	Sunday	9:30 am – 2:30 pm
Katonah	John Jay Homestead, 400 Jay Street	June 6 – October	Saturday	10:00 am – 2:00 pm
Larchmont	Down to Earth Farmers' Market ; Metro North parking lot off Chatsworth Avenue	April 4 – December 19	Saturday	8:30 am - 1:00 pm
New Rochelle	Down to Earth Farmers' Market ; Huguenot Street, between Lawton Street & Memorial Highway	June 12 - November 20	Friday	9:00 am - 2:00 pm
New Rochelle	New Rochelle Grand Market, 1 Library Plaza	June – October	Saturday	9:00 am – 2:00 pm
Pleasantville	Memorial Plaza parking lot, off Manville Road, next to train station	Thru 12/26/20	Saturday	8:30 am – 1:00 pm
Rye	Down to Earth Farmers' Market, Parking lot on Theodore Fremd Avenue	May 24 - December 6	Sunday	8:30 am - 2:00 pm
White Plains	59 Court Street, between Martine Ave & Main Street	May 27 – November	Wednesday Saturday	8:00 am – 4:00 pm 9:00 am – 2:00 pm

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.





2020 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Greenwich Region

CT Town	Name	Address	Contact / Website	Type
Larchmont, NY	Farm Share Ltd.	Pick-up locations: Stamford, Greenwich, Darien, New Canaan, Westport, Fairfield, Norwalk (70 Hillcrest Ave)	Email: information@my farmshare.com	CSA home delivery
Fairfield County	Ox Hollow Farm	Pick-up available at these weekly farmers' markets: Bantam, Darien, New Canaan, Roxbury, Washington, Westport (50 Imperial Ave), Woodbury	860-354-3315	CSA
Fairfield County	Stoneledge Farm, LLC	Pick-up locations : Darien, Fairfield, Southport, Stamford	Visit www.stoneledge.farm (518) 622-3003	CSA
Greenwich	Augustine's Farm	1332 King Street	203-532-9611	Farm Stand
Ridgefield	Garden of Ideas, LLC	653 North Salem Rd	203-431-9914	CSA
Ridgefield	The Hickories	136 Lounsbury Road	203-894-1851	CSA, Farm Store
Ridgefield	Simpaug Farms	38C Grove Street	860-308-3737	CSA pick-up and home delivery
Ridgefield	Dancing Dog Farm	140 Mopus Bridge Road	203-244-7425	CSA
Stamford	Hubbard Heights Farm	202 Hubbard Avenue	203-856-0514	CSA
Westport	Belta's Farm	128 Bayberry Lane	203-454-2293	CSA

It's all coming together at GetHealthyCT.org



Follow us on Facebook

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.



2020 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Westchester County

NY Town	Name	Address	Contact/ Website	Type
Westchester County	Stoneledge Farm, LLC	Pick-up locations: New Rochelle, Rye, Scarsdale, South Salem, White Plains	Visit www.stoneledgefarm.com (518-622-3003)	CSA
Westchester County	Roxbury Farm	Pick-up locations: Armonk, Katonah, Mt. Kisco, New Rochelle, Pleasantville, White Plains	518-758-8558 Visit www.roxburyfarm.com	CSA
Bedford Hills	Rainbeau Ridge Farm	49 David's Way	914-234-2197	Farm stand
Harrison	Acorn Farms	470 Mamaroneck Avenue	914-698-7846	Farm stand
Larchmont, NY	Farm Share Ltd.	Pick-up locations: North Salem, Lewisboro, Bedford, Pound Ridge, Mt. Kisco, New Castle, North Castle, Mt. Pleasant, White Plains, Harrison, Mamaroneck, New Rochelle, Scarsdale – 70 Hillcrest Avenue	Email: information@myfarmshare.com (914) 315-1851	CSA home delivery
Mamaroneck	Harrison Avenue Farm Stand	1681 Harrison Avenue	914-698-8973	Farm stand
Mamaroneck	Mangone's Farmers' Market	1427 East Boston Post Road	914-698-3865	Farm stand
North Salem	Harvest Moon Farm & Orchard	130 Hardscrabble Road	914-485-1210	Farm stand, pick your own, and CSA
Pound Ridge	Pound Ridge Organics	22 Westchester Avenue, Hamlet of Scotts Corner	914-764-3006	Food CoOp
Yorktown Heights	Hilltop Hanover Farm	1271 Hanover Street	914-962-2368	Farm stand and pick your own
Yorktown Heights	The Meadows Farm	329 Underhill Avenue	914-962-4306	Farm stand

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.





2020 Local Farmers' Markets

great sources of fresh produce

New Haven Region

Town	Address	Months Open	Day of week	Time
East Haven	East Haven Town Green, 900 Chapel St, New Haven CT	July 19 – TBD	Sunday	8:30 am – 12:00 pm
Madison	Madison Town Green, 26 Meeting House Lane	May - November	Friday	3:00 pm – 6:00 pm
Meriden	Meriden Green, Mill Street/Pratt Street	July 11 – October 17	Saturday	8:30 am – 12:00 pm
Milford	Devon Village 120 Bridgeport Avenue, Route 1	June 14 – October 25	Sunday	9:00 am – 2:00 pm
Milford	Downtown, 108 West Main Street, Wasson Field	June 27 – October 10	Saturday	9:00 am – 1:00 pm
Milford	Walnut Beach Pavilion – 85 Viscount Drive	June 18 – September 10	Thursday	4:00 pm – 7:00 pm
New Haven	Fair Haven, Front Street and Grand Ave, Quinnipiac River Park	TBD– October 2020	Thursday	3:00 pm – 6:00 pm
New Haven	CitySeed Downtown, Corner of Church & Elm Streets, across from City Hall	TBD – October 2020	Wednesday	11:00 am – 2:00 pm
New Haven	City Seed, Edgewood Park Corner of Whalley and West Rock Ave	TBD – November 2020	Sunday	10:00 am – 1:00 pm
North Guilford	Dudley Farm 2351 Durham Road	June 1 – October 26	Saturday	9:00 am – 12:30 pm
Orange	525 Orange Center Road. Pavilion of the High Plains Community Center	June 25 – September 26	Thursday	3:30 pm – 7:00 pm

It's all coming together at GetHealthyCT.org



Follow us on Facebook

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.

Please check the Farm Market you are visiting for SNAP acceptance as well as senior and WIC farmers' market nutrition program checks.



2020 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

New Haven Region

Town	Name	Address	Telephone	Type
Bethany	Clover Nook Farm	50 Fairwood Road	203-393-2929	CSA
Cheshire	Boulder Knoll Community Farm	875 Boulder Road	203-651-8620	CSA
Cheshire	Little Portion Acres	963 Wallingford Road	203-699-0206	CSA
Cheshire	Norton Brothers Fruit Farm	466 Academy Road	203-272-8418	Farm Stand, Pick Your Own
Guilford	Bishop's Orchards	1355 Boston Post Road	203-453-2338	CSA, Farm Stand, Pick Your Own
Hamden	Hindinger Farm	810 Dunbar Hill Road	203-288-0700	CSA and Farm Stand
Madison	Field House Farm , LLC	623 Green Hill Road	203-779-9187	Farm Stand
Meriden	High Hill Orchard	170 Fleming Road	203-294-0276	Farm Stand & CSA, Pick Your Own
New Haven	Stone Gardens Farm	CSA pick-up available at Wooster Square Farmers' Market and Edgewood Park Farmers' Market	203-929-2003	CSA
North Branford	Rose Orchards	33 Branford Road	203-488-7996	Farm Stand, Pick Your Own
North Guilford	Trout Lily Farm LLC	3700 Durham Road	203-710-0282	Farm Stand
North Haven	Frankie's Fruit & Vegetable	1040 Hartford Turnpike	203-376-0407	Farm Stand- open Wednesday, Thursday, Friday & Saturday 10 am-6 pm Sunday 10 am- 5 pm
North Haven	Christoforo Farms	701 Middletown Avenue	203-671-3398	Farm Stand Mon-Frid 8:00 am – 6:00 pm Sat – Sun 7:00 am – 7:00 pm
Wallingford	Farmer Joe's Gardens	109 Leigus Road	203-265-0696	CSA
Woodbridge	Massaro Community Farm	41 Ford Road	203-736-8618	CSA

COVID-19 UPDATE: ALL ATTENDEES ARE TO WEAR MASKS, PRACTICE SOCIAL DISTANCING AND TO CHECK FARM STAND HOURS/ SPECIFIC RULES AND REGULATIONS BEFORE ATTENDING.

Please check the Farm Market you are visiting for SNAP acceptance as well as senior and WIC farmers' market nutrition program checks.





CONNECTICUT GROWN CROP AVAILABILITY CALENDAR



CROP: FRUIT	EXTENDED SEASON				HARVEST				STORAGE			
	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES												
APRICOTS												
BLACKBERRIES												
BLUEBERRIES												
CANTALOPE												
CHERRIES (Tart, Sweet)												
GRAPES												
NECTARINES												
PEACHES												
PEARS												
PLUMS												
RASPBERRIES												
RHUBARB												
STRAWBERRIES												
WATERMELONS												

AVAILABLE YEAR ROUND

DAIRY

Cheese
Cream
Ice Cream
Milk
Yogurt

PROTEIN

Beef
Bison
Chicken
Eggs
Finfish
Lamb
Pork
Shellfish
Turkey
Veal

VALUE-ADDED FOODS

Cider
Honey
Jams/Jellies
Maple Products
Pickles/Relish
Salsas/Sauces
Wine/Beer/Spirits

Connect with Us



CONNECTICUT DEPARTMENT OF AGRICULTURE
450 COLUMBUS BLVD., SUITE 703, HARTFORD, CT 06103
CTGROWN.GOV
860.713.2503



**CONNECTICUT
GROWN**
CTGrown.gov



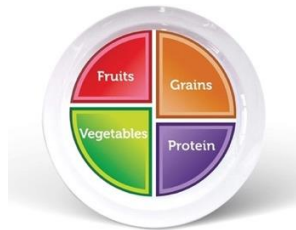
Tips for a healthy cookout

Strategies for mindful eating



It is summertime, and you know what that means? It is time to fire up the grill and enjoy the warm weather with great food! Of course, this year is going to be unlike any other with the covid-19 crisis, so before planning an event, think about ways to do it safely. Keep your group small, try to keep a safe distance and don't forget to wash your hands. You can still celebrate summer with close family and friends.

Before you decide on what to eat, look around first to see what options there are and then make your choices. It is important to practice mindful eating, or else you can keep eating without thinking about your physical sensation. Before grabbing more food, stop for a few minutes and think if you still feel hungry. You can have a good time and not get too off track with your health, if you focus on making wise choices with your foods and beverages.



Here are some healthy tips to follow:

- Sip on water, seltzer water, or no sugar added iced tea. If you are going to drink alcohol, limit to one drink for women and up to two drinks for men.
- Practice MyPlate:
 - Fill half your plate with fruits and vegetables! If you are asked to bring something, try the fruit kebab recipe on the next page. Or, make a platter of grilled vegetables or a colorful tossed salad with a vinaigrette dressing.
 - One quarter of your plate is for your protein. Focus on lean sources like skinless chicken, shrimp, center cut pork chop or tenderloin, sirloin steak, 85-93% lean beef or ground turkey. Vegetarian options could be tofu or bean-based burgers.
 - The last quarter of your plate can be a starchy side like a pasta or rice dish. Starchy vegetables like corn or potato side dishes can count here too, as does the bun for your burger. Try whole grains like brown rice, whole wheat pasta and whole grain buns for sandwiches.
- For a dessert other than fruit, choose one small portion if you'd like. If you are tempted to go back for more, ask if you can bring home a portion or put it aside to enjoy at another day.
- Put all foods on a plate so you don't lose track of how much you are eating.
- Stay safe and have fun!

Source: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/tips-for-a-healthy-cookout>

Grilled Fruit Kebabs Recipe

Ingredients

- 12 skewers
- 4 cups assorted cubed fruit
- 1 tablespoon canola oil
- 2 tablespoon honey
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

Directions

1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto the skewers, alternating the fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebobs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.

Nutrition Facts

Serving Size: 2 kebabs

Serves: 6

Calories: 89

Fat: 2g

Saturated Fat: 0g

Total Carbohydrate: 18g

Fiber: 1g

Sugars: 15g

Protein: 1g

Sodium: 0mg

Potassium: 142mg

Phosphorus: 13mg



Recipe Source: <https://www.eatright.org/food/planning-and-prep/recipes/grilled-fruit-kebabs-recipe>

Written by Renata De Melo, Dietetic Intern
Yale-New Haven Hospital Center for Nutrition and Wellness
20 York Street- CBB 52, New Haven, CT 06510 (203) 688-2422