

FRESH SUMMER PRODUCE

Look inside for:

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 - **Greenwich Region**
 - **New Haven Region**
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For more information on ways to lead a healthier lifestyle visit our website getheathyct.org

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June 2021





2021 Local Farmers' Markets

great sources of fresh produce
Bridgeport Region

City/Town	Address	Months Open	Day of week	Time
Bridgeport	Bridgeport Hospital, 267 Grant Street	July 15– October 14	Thursday	3:30 pm - 5:30 pm
Bridgeport	McLevy Green: Main Street & Bank Street	July 8 – October 14	Thursday	10:30 am – 2:00 pm
Bridgeport	2800 Main Street, St. Vincent's	July 13 – October 26	Tuesday	11:30 am – 4:00 pm
Bridgeport	1469 Reservoir Avenue, Reservoir Community Farm	June 26– October 30	Saturday	10:00 am – 1:00 pm
Bridgeport	East End NRZ & Cafe 1851 Stratford Ave	July 18 - October 31	Sunday	9:00 am – 3:00 pm
Bridgeport	East Side Market- For details, visit: bridgeportfarmersmarkets.org	Coming soon!	TBD	TBD
Bridgeport	Stratfield Market- Clinton Park, corner of Brooklawn Ave & North Ave	June 19- October 9	Saturday	9:30 am- 1:30 pm
Bridgeport	Black Rock- 481 Brewster Street, St. Ann's Church field	June 19- October 16	Saturday	9:00 am- 1:00 pm
Fairfield	Sherman Green, 1451 Post Road	June 13 – October 3	Sunday	10:00 am – 2:00 pm
Fairfield	Greenfield Hill Farmer's Market, 75 Hillside Road	May 29 – October 30	Saturday	10:00 am – 1:00 pm
Milford	Bridgeport Hospital- Milford Campus 2047 Bridgeport Ave	July 13-August 31	Tuesday	2:00 pm – 4:00 pm
Milford	Devon Village 120 Bridgeport Avenue, Route 1	June 20 – October 24	Sunday	9:00 am – 2:00 pm
Milford	Downtown, 108 West Main Street, Wasson Field	June 12 – October 9	Saturday	9:00 am – 12:30 pm Seniors Stroll: 8:30 am – 9 am
Milford	Walnut Beach Pavilion – 85 Viscount Drive	June 10 – September 9	Thursday	3:00 pm– 6:00 pm
Monroe	Town Green, Fan Hill Road/Rte. 111	June 18 – October 22	Friday	3:00 pm – 6:00 pm
Shelton	Cornell Street & Canal Street	May 22- October TBD	Saturday	9:00 am- 12:00 pm
Stratford	Paradise Green, 50 Paradise Green Place	June 14 – October 25	Monday	2:00 pm – 6:00 pm
Trumbull	1773 Huntington Tpke, Nichols ** NIA baseball fields	May 6 – October 21	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



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2021 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

Bridgeport Region

City/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

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





2021 Local Farmers' Markets

great sources of fresh produce

Greenwich Region

City/Town	Location	Months Open	Day of Week	Time
Darien	Goodwives Shopping Plaza, 25 Old Kings Highway	June 2 – November 25	Wednesdays	10:00 am – 2:00 pm
Greenwich	Arch Street & Horseneck Lane parking slot (Exit 3)	May 15 – Dec 18	Saturdays	9:00 am - 1:00 pm
New Canaan	Lumber Yard Lot (near the train station) 244 Elm Street	May 8 – November 20	Saturdays	10:00 am – 2:00 pm
Norwalk	Rainbow Plaza, 205 Main Avenue	May 5– November 24 th	Mondays & Wednesdays	11:00 am - 3:00 pm
Norwalk	Norwalk Christian Church, 701 Main Street	May 21 October	Fridays	4:00 pm -7:00 pm
Norwalk	Norwalk Community Health Ctr, 120 Connecticut Ave	May 12 – November 24	Wednesdays	11:00 am – 3:00 pm
Old Greenwich	38 West End Avenue Presbyterian Church of Old Greenwich parking lot	June 2- November 3	Wednesdays	2:30 pm - 6:00 pm
Putnam	Putnam Riverview & Putnam Saturday Market 18 Kennedy Drive	May 3 – October 25 June 5 – October 30	Mondays Saturdays	3:30 pm – 5:30 pm 10:00 am – 1:00 pm
Redding	Georgetown Farmers' Market, 4 Old Mill Road	June 20 – late October	Sundays	10:00 am – 2:00 pm
Stamford	Stamford Museum & Nature Center, 151 Scofieldtown Road	June 6 – November 7	Sundays	10:00 am – 2:00 pm
Stamford	Downtown, Prospect St & Latham Park 21 Spring Street	June 12– October 30	Saturdays	9:00 am – 2:00 pm
Westport	50 Imperial Avenue	May 13– November 11	Thursdays	10:00 am – 2:00 pm
Wilton	Ambler Farm, 257 Hurlbutt Street	Mid June – late October	Saturdays	9:00 am – 2:00 pm
Wilton	Wilton Historical Society, 224 Danbury Rd/Rte 7	June 2– October 27	Wednesdays	12:00 pm - 5:00 pm

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





2021 Local Farmers' Markets

great sources of fresh produce
Westchester County

NY Town	Address	Months Open	Day of Week	Time
Hartsdale	Hartsdale train station	June – November	Saturdays	10:00 am – 4:00 pm
Katonah	Muscot Farm, 51 Route 100	May 9 – November 21	Sundays	9:30 am – 2:30 pm
Katonah	John Jay Homestead, 400 Jay Street	May 1 – October 30	Saturdays	9:00 am – 2:00 pm Members only pick from 9:00-9:30
Larchmont	Down to Earth Farmers' Market ; Metro North parking lot off Chatsworth Avenue	April 24 – December 18	Saturdays	8:30 am - 1:00 pm
New Rochelle	Down to Earth Farmers' Market ; Huguenot Street, between Lawton Street & Memorial Highway	June 11 - November 19	Fridays	9:00 am - 2:00 pm
New Rochelle	Thomas Paine Cottage Museum 20 Sicard Avenue	June 11 – November 19 Preorder & pick-up	Fridays	9:00 am – 2:00 pm
Pleasantville	Memorial Plaza parking lot, off Manville Road, next to train station	Until November Preorder and pick-up available.	Saturdays	8:30 am – 1:00 pm
Rye	Down to Earth Farmers' Market, Parking lot on Theodore Fremd Avenue	May 9 - December 5	Sundays	8:30 am - 2:00 pm
Scarsdale	1 Boniface Circle	June – November	Thursdays	11:00 am – 5:00 pm
White Plains	59 Court Street, between Martine Ave & Main Street	April 21 – November 24	Wednesdays	8:30 am – 3:30 pm

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





2021 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: 70 Hillcrest Ave Stamford, Greenwich, Darien, New Canaan, Westport, Fairfield, Norwalk	Email: information@myfarmshare.com	CSA home delivery
Leeds, NY	Stoneledge Farm, LLC	Pick-up locations : Darien, Fairfield, Southport, Stamford in CT as well as NY locations	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
Roxbury, CT	Ox Hollow Farm	Pick-up locations: 1474 Litchfield Road (Rt 202) Bantam, CT 06750 or 478 Good Hill Road (Rt 317) Woodbury, CT 06798	860-354-3315	CSA
Stamford	Hubbard Heights Farm	202 Hubbard Avenue	203-856-0514	CSA
Westport	Belta's Farm	128 Bayberry Lane	203-454-2293	CSA

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





2021 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 Co-op
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

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





2021 Local Farmers' Markets

great sources of fresh produce

New Haven Region

City/Town	Location	Months Open	Day of Week	Time
East Haven	East Haven Town Green River Street	July 11 – October 10 Sundays	Sundays	8:00 am – 12:00 pm
Hamden	2761 Dixwell Ave	June 24 – September 23	Thursdays	4:00-7:00 pm
Madison	Madison Town Green 26 Meeting House Lane	May 7 - November 19	Fridays	3:00 pm – 6:00 pm
Meriden	Meriden Green Park Corner of State & Mill Street	July 10 – October 16	Saturdays	8:30 am – 12:30 pm
Milford	Bridgeport Hospital- Milford Campus 2047 Bridgeport Ave	July 13-August 31	Tuesday	2:00 pm – 4:00 pm
Milford	Devon Village 120 Bridgeport Avenue, Route 1	June 20 – October 24	Sundays	9:00 am – 2:00 pm
Milford	Downtown, 108 West Main Street, Wasson Field	June 12 – October 9	Saturdays	9:00 am – 12:30 pm Seniors Stroll: 8:30 am - 9 am
Milford	Walnut Beach Pavilion – 85 Viscount Drive	June 10 – September 9	Thursdays	3:00 pm– 6:00 pm
New Haven	City Seed, Edgewood Park Corner of Whalley and West Rock Ave	June 6 – November 21	Sundays	10:00 am – 1:00 pm
New Haven	City Seed Wooster Square; Conte West Hills School, 511 Chapel St **Reservations for 9-10 am only through SignUpGenius	April 3 – December 18	Saturdays	9:00 am – 1:00 pm (9-10 Reservation only; then open to walk-ins)
North Guilford	Dudley Farm 2351 Durham Road	May 2 – October 31	Saturdays	9:00 am – 12:30 pm
Orange	525 Orange Center Road, Pavilion of the High Plains Community Center	June 24 – September 30	Thursdays	3:00 pm – 7:00 pm

It's all coming together at [GetHealthyCT.org](https://gethealthyct.org)



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2021 Local Farm Stands & Community Supported Agriculture (CSA)

great sources of fresh produce

New Haven Region

City/ 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 & Shelton	Stone Gardens Farm	CSA pick-up available at Wooster Square Farmers' Market and Edgewood Park Farmers' Market 83 Saw Mill City Rd	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

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





2021 Farmers' Markets

Updated May 10, 2021

S/FMNP – A market whose farmers can accept the Farmer's Market Nutrition Program checks
SNAP/ EBT – Supplemental Nutrition Assistance Program/ Electronic Benefits accepted
Benefit Doubling - Please check with markets regarding doubling



Andover

Wed, 4 PM-7 PM
359 Route 6
May 5 to Nov 6
andoverct.org
S/FMNP

Ansonia

Fri, 10 AM-1 PM
144 Main St
June 11 to Oct 29
S/FMNP

Ashford

Mon & Sun, 10 AM-1 PM
35 Tremko Ln
May 9 to Nov 21
S/FMNP

Bozrah-Maples Farm Park

Fri, 4 PM-7 PM
45 Bozrah St
July 9 to Oct 8
bozrahfarmersmarket.org/
S/FMNP

Bridgeport-Black Rock

Sat, 9 AM- 1 PM
581 Brewster Ave
June 19 to Oct 16
farmersmarketofblackrock.com
S/FMNP, SNAP/EBT

Bridgeport-Downtown

Thurs, 10:30 AM-2 PM
McLevy Green, 102 Bank St
July 8 to Oct 14
infobridgeport.com/downtown-market/
S/FMNP, SNAP/EBT, Benefit doubling

Bridgeport-East End NRZ Market & Cafe

Sun, 9 AM-3 PM
1851 Stratford Ave
July 18 to Oct 31
www.eastendnrzmarket.org
S/FMNP, SNAP/EBT

Bridgeport-Farm Stand at Bridgeport Hospital

Thurs, 3:30 PM-5:30 PM
267 Grant St- Corner of Grant St and Mill Hill Ave
July 8 to Oct 14
bridgeportfarmersmarkets.org/
S/FMNP, SNAP/EBT

Bridgeport-Reservoir Farm Stand

Sat, 10 AM-1 PM
1469 Reservoir Ave
June 26 to Oct 30
gogvi.org/
S/FMNP, SNAP/EBT

Bristol

Sat, 10 AM-1 PM
North Main St Parking Lot
June 19 to Oct 30
bristolallheart.com/farmersmarket
S/FMNP

Brookfield-Town Hall Property

Fri, 3 PM-6 PM
100 Pocono Rd
June 18 to Oct 22
brookfieldct.gov
S/FMNP, SNAP/EBT

Brooklyn Commons

Wed, 4 PM-6 PM
564 Providence Rd (Route 6)
June 16 to Oct 27
nectfarmersmarket.org
[S/FMNP](#)

Colchester

Mon & Sun, 9 AM-1 PM
98 Hayward Ave
June 20 to Oct 16
communitypollinator.com
[S/FMNP, SNAP/EBT](#)

Coventry-Nathan Hale Homestead

Sun, 10 AM-1 PM
2299 South St
June 6 to Oct 31
coventryfarmersmarket.org
[S/FMNP](#)

Cromwell-Frisbee Landing Park

Fri, 4 PM-7 PM
1 River Rd
June 11 to Sept 3
crowellfarmersmarket.org
[S/FMNP](#)

Cromwell-Phoenix Farm Stand

Thurs, & Sun, 10 AM-1 PM
76 Nooks Hill Rd
Opens July-1
[S/FMNP, SNAP/EBT](#)

Danbury

Fri, 10 AM-2 PM
120 White St
June 25 to Oct 29
danburyfarmersmarket.org
[S/FMNP, SNAP/EBT, Double SNAP, FMNP, Sr. & vet programs](#)

Darien-Goodwives Shopping Center

Wed, 10 AM-2 PM
25 Old Kings Hwy No
June 2 to Nov 25
[SFMNP](#)

Durham

Thurs, 3 PM- 6 PM
30 Townhouse Rd
Apr 8 to Nov 18
townofdurhamct.org/farmers-market
[S/FMNP](#)

East Haddam

Mon & Sat, 3 PM-6 PM
90 Maple Ave
June 19 to Aug 28
communitypollinator.com
[S/FMNP, SNAP/EBT](#)

East Hartford-Raymond Memorial Library

Mon & Fri, 9 AM-12:30 PM
840 Main St
July 10 to Oct 29
[S/FMNP](#)

East Haven Town Green

Sun, 8 AM-12 PM
July 11 to Oct 10
townofeasthavenct.org
[S/FMNP, SNAP/EBT](#)

Greenwich-Commuter Lot

Sat, 9 AM-1 PM
Arch St & Horseneck Ln
May 15 to Dec 18
greenwichfarmersmarketct.com
[S/FMNP](#)

Groton-Washington Park

Tues, 3 PM-6 PM
Corners of Mitchell St & Meridian St
July 6 to Oct 26
cityofgroton.recdesk.com
[S/FMNP, SNAP/EBT](#)

Hamden-Town Center Park

Thurs, 4 PM-7 PM
2761 Dixwell Ave
June 24 to Sept 23
hamden.com
[S/FMNP](#)

Hartford-Green at Forge City Works

Thurs, 11 AM-2 PM

539 Broad St

June 3 to Oct 28

[S/FMNP, SNAP/EBT](#)

Hartford-Hartford Food Systems Mobile Market

Check stop locations on their website

hartfordfood.org

[S/FMNP, SNAP/EBT](#)

Hartford-Homestead Upper Parking Lot

Wed, 12 PM-3 PM

255 Homestead Ave

June 30 to Oct 13

chrysaliscenterct.org

[S/FMNP, SNAP/EBT, Benefit doubling](#)

Hartford-KNOX, Inc

Mon, 11 AM-2 PM

75 Laurel St

June 14 to Oct 11

knoxhartford.org

[S/FMNP](#)

Hartford-North End Sr. Center

Wed, 10 AM-1 PM

80 Coventry Street

June 30 to Oct 27

hartfordfood.org

[S/FMNP, Benefit doubling](#)

Hartford Old State House

Tues & Fri, 10:30 AM-2 PM

800 Main St

June 15 to Oct 29

[S/FMNP](#)

Hartford-West End

Tues, 4 PM-7 PM

385 Farmington Ave

June 1 to Oct 26

wefm.org

[S/FMNP, SNAP/EBT, Benefit doubling](#)

Harwinton-Saturday Market

Sat, 10 AM-1 PM

276 Locust Rd

June 19 to Oct 30

[S/FMNP, SNAP/EBT](#)

Harwinton-Torrington Farmers Market

Mon & Tues, 3 PM-6 PM

276 Locust Rd

July 6 to Oct 12

[S/FMNP, SNAP/EBT](#)

Higganum

Fri, 3:30 PM-6:30 PM

272 Saybrook Rd

June 4 to Oct 15

higgfarmersmarket.com

[S/FMNP](#)

Killingly-Killingly Library

Sat, 9:00 AM-12:00 PM

25 Westcott Rd

May 1 to Oct 30

nectfarmersmarket.org

[S/FMNP](#)

Lebanon

Sat, 9 AM-12 PM

579 Exeter Rd

June 5 to Oct 16

[S/FMNP](#)

Ledyard

Wed, 4 PM-7 PM

728 Colonel Ledyard Hwy

June 2 to Sept 15

ledyardfarmersmarket.org/

[S/FMNP](#)

Lisbon-Lisbon Meadows Park

Thurs, 3:30 PM-6:30 PM

Route 169

June 17 to Sept -16

lisbonfarmersmarket.com

[S/FMNP](#)

Madison

Fri, 3 PM-6 PM
26 Meeting House Ln
May 7 to Nov 19
madisonctfarmersmarket.com
[S/FMNP](#)

Manchester MACC

Sat, 8:30 AM-12:30 PM
766 Hillstown Rd
July 10 to Oct 30
[S/FMNP](#)

Manchester MACC

Sat, 8 AM-12:30 PM
Main St & Forest St
July 10 to Oct 30
[S/FMNP](#)

Manchester MACC-Municipal Lot

Sat, 8:30 AM-12:30 PM
corner of Main and 4th St
July 10 to Oct 30
[S/FMNP](#)

Manchester-Spruce Street

Wed, 4:30 PM-7:30 PM
163 Spruce St
June 2 to Aug 11
[S/FMNP, SNAP/EBT, Benefit doubling](#)

Mansfield-Riverview Farm Stand

Mon, Wed-Sun, 3 PM- 6 PM
185 Stafford Rd
June 20 to Oct 31
facebook.com/RiverviewFarmCoventryCT
[S/FMNP](#)

Meriden-Green Park

Sat, 8:30 AM-12:30 PM
Corner of State and Mill St
July 10 to Oct 16
meridenfarmersmarket.org
[S/FMNP, SNAP/EBT, Benefit doubling](#)

Monroe Town Green

Fri, 3 PM-6 PM
7 Fan Hill Rd
June 18 to Oct 22
monroefarmersmarket.org
[S/FMNP](#)

Moosup-Dovehill Farm Stand

Mon-Thurs 10 AM-4 PM
110 Plainfield Rd
May 1 to Nov 1
www.dovehillfarmct.com
[S/FMNP](#)

New Canaan

Sat, 10 AM-2 PM
244 Elm St
May 8 to Nov 20
newcanaanfarmersmarket.net
[S/FMNP](#)

New Haven-Edgewood Park

Sun, 10 AM-1PM
z PM
Corner of Whalley and West Rock Ave
May 2 to Nov 21
cityseed.org
[S/FMNP, SNAP/EBT doubling SNAP for fruit and veg](#)

New Haven-Wooster Square

Sat, 9 AM-1 PM
Conte West School Parking Lot-511 Chapel St.
Apr 3 to Dec 18
cityseed.org
[S/FMNP, SNAP/EBT doubling SNAP for fruit and veg](#)

New Milford-Town Green

Mon & Sat, 9 AM-2 PM
Main St
May 8 to Nov 20
newmilfordfarmersmarket.com
[S/FMNP](#)

Newtown Fairfield Hills Campus

Tues, 2 PM-6 PM

Primrose Dr

June 15 to Oct 26

newtownctfarmersmarket.com

[S/FMNP](#)

Niantic

Mon & Thurs, 3 PM-6 PM

Methodist St

June 24 to Oct 14

nianticfarmersmarket.com

[S/FMNP](#)

Norwalk-Rainbow Plaza

Mon & Wed, 11 AM-3 PM

205 Main St

May 5 to Nov 24

[S/FMNP](#)

Norwich Downtown-Howard T. Brown Park

Wed, 10 AM- 2 PM

100 Chelsea St

July 7 to Oct 27

[S/FMNP](#)

Old Saybrook

Wed & Sat, 9 AM-1 PM

210 Main St

June 19 to Oct 30

oldsaybrookfarmersmarket.com

[S/FMNP, SNAP/EBT, Benefit doubling](#)

Orange-The Pavilion at Orange Fairgrounds

Thurs, 3 PM-7 PM

525 Orange Center Rd

June 24 to Sept 30

farmmarketorange.com/

[S/FMNP](#)

Plainfield Early Childhood Center

Tues, 4 PM-6 PM

651 Norwich Rd (Route 12)

June 15 to Oct 26

[S/FMNP](#)

Putnam Riverview Marketplace

Monday, 3:30 PM-5:30 PM

18 Kennedy Dr

May 3 to Oct 25

NECTfarmersmarket.org

[S/FMNP](#)

Putnam Saturday Market

Sat, 10 AM- 1 PM

18 Kennedy Dr

June 5 to Oct 30

putnamfarmersmarket.org

[S/FMNP](#)

Rocky Hill

Mon & Wed, 4 PM-7 PM

311 Meadow Rd

June 23 to Sept 15

Scotland

Mon & Wed, 2:30 PM-5:30 PM

Intersections of Rts. 14 & 97

May 26 to Oct 27

[S/FMNP](#)

Seymour

Tues, 12 PM-6 PM

20 Pine St

May 11 to Nov 23

[S/FMNP](#)

South Windsor

Sat, 9 AM-1 PM

220 Ayers Rd

May 22 to Sept 11

southwindsor.recdesk.com/Community/Page?pageId=24168

[S/FMNP, SNAP/EBT, Benefit doubling](#)

Southbury

Thurs, 3 PM-6 PM

501 Main St So

June 17 to Oct 7

www.southburyfarmersmarket.org

[S/FMNP](#)

Southington Town Green

Fri, 3 PM-6 PM

75 Main St

June 25 to Sept 24

southingtonfarmersmarket.org

[S/FMNP](#)

Stafford Springs- Sun Valley

Mon & Fri, 4 PM- 7 PM

51 Old Springfield Rd

June 4 to Sept 24

Stonington-Velvet Mill

Sat, 9 AM-12 PM

22 Bayview Ave

Jan 1 to Dec 31

www.sviastonington.org/farmers-market

[S/FMNP](#)

Storrs-Mansfield Town Hall

Sat, 3 PM-5 PM

4 S Eagleville Rd

May 1 to Nov 20

www.storrsfarmersmarket.org/

[S/FMNP](#)

Stratford-Paradise Green

Mon, 2 PM- 6 PM

121 Huntington Rd

June 14 to Oct 25

www.paradisegreenmarket.com

[S/FMNP](#)

Thomaston-Twin Pines Farm Stand

Wed-Sun, 10 AM-5 PM

121 Blakeman Rd

May 1 to Dec 31

twinpinesfarmct.com

[S/FMNP](#)

Tolland

Mon, 10 AM-12 PM

1032 Tolland Stage Rd

May 8 to Nov 20

[S/FMNP](#)

Trumbull- NIA Ballfields

Mon & Thurs, 3 PM- 7 PM

245 Unity Rd

May 6 to Oct 21

niatrumbull.org

Voluntown

Sun, 10 AM-1 PM

195 Main St

July 11 to Oct 10

www.voluntown.biz/voluntown-farmers-market-2/

[S/FMNP](#)

Wallingford- Farmer Joe's Gardens

7 days a week, 9 AM-6 PM

109 Leigus Rd

Apr 1 to Oct 17

www.farmerjoesgardens.com

[S/FMNP, SNAP/EBT](#)

Waterbury-Brass City Regional Food Hub

Tues-Fri, 9 AM-1 PM

359 Mill St

May 4 to Nov 6

www.brasscityharvestwaterbury.com

[S/FMNP, SNAP/EBT](#)

Waterbury-Brass City Saturday Market

Sat, 9 AM-12 PM

359 Mill St

May 8 to Dec 18

www.brasscityharvestwaterbury.com

[S/FMNP, SNAP/EBT](#)

Waterbury-On the Green

Thurs, 9 AM-1 PM

One West Main St

July 1 to Oct 28

www.brasscityharvestwaterbury.com

[S/FMNP, SNAP/EBT](#)

Waterbury-Senior Center Park

Tues, 10 AM-11:30 AM

1985 E Main St

July 6 to Oct 26

www.brasscityharvestwaterbury.com

[S/FMNP, SNAP/EBT](#)

Waterbury-Bucks Hill Park

Sat, 9 AM-11:30 AM

Montoe Rd

July 10 to Oct 30

[S/FMNP, SNAP/EBT](#)

Waterford

Sat, 10 AM-1 PM

15 Rope Ferry Rd

June 19 to Sept 18

[S/FMNP](#)

Watertown Town Garage

Mon & Sun, 10 AM-1 PM

690 Thomaston Rd

July 11 to Oct 24

[S/FMNP](#)

West Hartford-Saturday Market

Sat, 9 AM-1 PM

Corner of LaSalle & Arapahoe Rd

June 5 to Dec 18

[S/FMNP](#)

West Hartford

Tues, 9 AM-1 PM

Corner of LaSalle & Arapahoe Rd

June 5 to Oct 26

[S/FMNP](#)

Wethersfield

Thurs, 3 PM-6 PM

220 Hartford Ave

May 20 to Oct 14

[wfmarket.org](#)

[S/FMNP, SNAP/EBT, SNAP doubling](#)

Willimantic-Jillson Square

Sat, 8 AM-12 PM

533 Main St

May 29 to Oct 30

[willimanticfarmersmarket.org](#)

[S/FMNP, SNAP/EBT, Benefit doubling, CT Fresh Match & Double FMNP Vouchers](#)

Windsor-First Town Downtown

Thurs, 3 PM-6:30 PM

corner of Broad St and Maple Ave

June 24 to Oct 21

[firsttowndowntown.org/](#)

[S/FMNP](#)

Windsor-Stefan Farms Stand

Tues-Sat, 2 PM -5:30 PM

251 Matianuck Ave

June 15 to Nov 30

[Stefanfarms.org](#)

[S/FMNP](#)

Mason Jar Salad 101

Mason jar salads help keep your ingredients crunchy, because who likes eating soggy lettuce? Layering is *key* to a proper Mason jar salad! Experiment with a variety of fresh vegetables, lean protein, and whole grains for a healthy lunch! Then when you're ready to eat, shake it up and pour out onto a plate.

Cheese

(optional)

- Fat-free Feta
- Reduced-fat shredded cheese

Greens

- Spring Mix
- Romaine
- Spinach
- Kale

Protein

- Chicken breast
- Tofu
- Flaked Tuna
- Ground turkey

Salad Dressing

- Olive oil +vinegar
- Olive oil + lemon juice
- Fat-free Italian
- Balsamic Vinaigrette

Nuts/Seeds

(optional)

- Walnuts
- Sunflower seeds
- Almond slivers
- Flax seeds

Whole Grains

- Quinoa
- Wheat Berries
- Beans
- Wild Rice

Wet Vegetables

- Tomatoes
- Beets
- Olives
- Red Peppers
- Cucumbers



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.



8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
 9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
 10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
 11. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
 12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
 13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
 14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
 15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
 16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
 17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
 18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
 19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
 20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.
- *See “Color Your Plate with Salad” at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads*
-
- For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.**
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The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public’s health and advancing the profession of dietetics through research, education and advocacy.
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- This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

20 maneras de disfrutar más frutas, vegetales, granos integrales y productos lácteos

Para aprovechar nutritivamente al máximo las calorías que consume, escoja alimentos que contengan muchas vitaminas, minerales, fibra y otros nutrientes y que a la vez tengan menos calorías. Seleccione más a menudo frutas, vegetales (verduras), granos integrales y productos lácteos descremados o bajos en grasa. Tenga en mente el tamaño de las porciones, ya que incluso los alimentos bajos en calorías van sumándose cuando se comen porciones más grandes de lo que se necesita.

1. Hay una gran variedad de vegetales para usar como agregados de pizza. Pruebe prepararlas con brócoli, espinaca, pimientos verdes, tomates, hongos y calabacines (zucchini).
2. ¡Póngale salsa!... de frutas. Muela bayas (moras), manzanas, duraznos (melocotones) o peras para obtener una salsa espesa y dulce para acompañar pescados o aves asados o panqueques, tostadas francesas o gofres (waffles).
3. Al desayuno prepare una batida con leche baja en grasa, fresas congeladas y una banana.
4. Caliente sobrantes de arroz integral con manzana picada, nueces y canela.
5. Prepare un enrollado de tortillas de harina de trigo entero con vegetales asados y queso bajo en grasa.
6. Pruebe usar vegetales crujientes en vez de totopos (chips) con su “dip” o aderezo para ensaladas bajo en grasa favoritos.
7. Use vegetales coloridos para asar brochetas con muchos tomates, pimientos verdes y rojos, hongos y cebollas.
8. “Banana Split”: Ponga una cucharada de yogur bajo en grasa congelado encima de una banana rebanada. Espolvoréela con una cucharada de nueces picadas.
9. Añada color a las ensaladas con zanahorias pequeñas, tomates uva, hojas de espinaca o mandarinas.
10. Prepare avena instantánea con leche baja en grasa o descremada en vez de agua. Cúbrala con arándanos rojos (cranberries) secos y almendras.



11. Rellene un omelet con vegetales y transfórmelo en una comida succulenta con brócoli, calabacines (zucchini), zanahorias, pimientos, tomates o cebollas y queso cheddar fuerte bajo en grasa.
12. Dele un toque glamoroso a sándwiches, rellenándolos con frutas y vegetales, tales como piña, manzana, pimientos, pepinos y tomates rebanados.
13. Empiece su día con frutas. Adquiera el hábito de añadir frutas a la avena, a los cereales listos para comer, al yogur o a los gofres (waffles) para tostar.
14. Provisiones: Llene su refrigerador con vegetales y frutas crudas—“la comida rápida de la naturaleza”—limpias, frescas y listas para comer.
15. Cubra una papa asada con frijoles y salsa o brócoli y queso bajo en grasa.
16. Caliente en el microondas una taza de sopa de tomate o de vegetales como merienda (snack) rápida de media tarde.
17. Agregados “rallados”: Agregue vegetales rallados o picados como calabacines (zucchini), espinaca y zanahorias a la lasaña, al pastel de carne (meat loaf), al puré de papas, a las salsas para pasta y a los platillos de arroz.
18. Rellene un pan pita integral con ricotta y rebanadas de manzana Granny Smith. Añádale una pizca de canela.
19. Haga que su platillo principal sea una ensalada de hojas verde oscuro y otros vegetales coloridos. Añádale garbanzos o frijoles de soya frescos (edamame). Alíñela con un aderezo bajo en grasa.
20. Pruebe esta receta que es un refrigerio (snack) fácil y saludable. ¡Sorpresa! Las palomitas de maíz son un grano integral.

Deliciosas palomitas de maíz

Rinde 1 porción

3 tazas de palomitas de maíz preparadas sin grasa ni sal
 1 cucharada de almendras rebanadas
 2 cucharadas de uvas pasas u otros frutos secos como arándanos rojos, albaricoques o dátiles
 ½ cucharadita de canela en polvo
 1 cucharadita de azúcar

Mezcle en un tazón mediano todos los ingredientes y revuélvalos bien.

Datos de nutrición por porción:

Calorías: 230

Grasa: 7 g

Grasa saturada: 1 g

Carbohidratos: 39 g

Fibra: 6 g

Proteínas: 6 g

Sodio: 274 mg

¿Cuál es su fuente más valiosa de una buena nutrición? Los dietistas registrados (RD por sus siglas en inglés) son los expertos en ayudar a las personas a alimentarse bien y mantenerse saludables. Un RD tiene el conocimiento y la pericia para desarrollar un plan de alimentación que satisfaga las necesidades de todos y cada individuo.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Escrito por dietistas registrados de la American Dietetic Association.