








# LOCAL FARMERS MARKETS 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>MAKE YOUR PRODUCE SHOPPING LIST FOR THE UPCOMING WEEK</b></p> <p><i>Shop early in the day for best selection</i></p>  <p><i>Be adventurous! Try new and different fruits and vegetables</i></p>	<p><b>Norwood</b> At the Town Common on corner of Washington and Nahatan Streets 2:00pm-6:00pm <b>June 13<sup>th</sup>- October 17<sup>th</sup></b></p> 	<p><b>Dedham</b> 670 High St – On the lawn outside of the 1<sup>st</sup> Church of Dedham 1:00pm-5:00pm <b>June 21<sup>st</sup> – October 25<sup>th</sup></b></p> 	<p><b>Cohasset</b> Cohasset Common 41 Highland Ave. 2:00 pm - 6:00 pm <b>June 8<sup>th</sup> – October</b></p> <p><b>Foxboro</b> Town Common 1 Central St. 5:00pm-8:00pm <b>June 1<sup>st</sup> – September 7<sup>th</sup></b></p> <p><b>Milton</b> Wharf Street Park off Adams Street in Milton Village 1:00 pm - 6:00 pm <b>June 1<sup>st</sup> – Mid November</b></p> <p><b>North Easton</b> Langwater Farm 209 Washington St. 10am-6pm <b>Open Year Round</b></p> 	<p><b>Quincy</b> Kilroy Square 25 Cottage Ave. 12:00pm – 5:00pm <b>June 16<sup>th</sup> – October 15<sup>th</sup></b></p> <p><b>Brockton</b> City Hall Plaza 45 School St. 10:00am – 2:00 pm <b>June 2<sup>nd</sup> – October 27<sup>th</sup></b> \$15 Matching SNAP \$\$</p> <p><b>Marshfield</b> 140 Main street 2:00pm-6:00pm <b>June 2<sup>nd</sup> – September 29<sup>th</sup></b></p> <p>Matching SNAP \$\$ Ask Manager for Current Offer</p> 	<p><b>Braintree</b> 1 John F Kennedy Memorial Drive- Town Hall 9:00am – 1:00pm <b>June 17<sup>th</sup> – October 15<sup>th</sup></b></p> <p><b>Hingham</b> 95 Station St. 9:00am-1:00pm <b>May 6<sup>th</sup> – November 18<sup>th</sup></b> Matching SNAP \$\$ Ask Manager for Current Offer</p> <p><b>Walpole</b> Spring Brook Park East St. &amp; Rte 27 9:00am-1:00pm <b>June 10<sup>th</sup>-October 21<sup>st</sup></b></p> 	<p><b>Canton</b> 960 Washington St. 10:00am-2:00pm <b>June 11<sup>th</sup> – October 22<sup>nd</sup></b> CLOSED 7/2/23 &amp; 9/4/23</p> <p><b>Quincy</b> 1 Linden St. 12:30pm-4:00pm <b>June 18<sup>th</sup>-October</b></p> <p><b>Weymouth</b> 1 Wildcat Lane Weymouth High School 10:00am-1:00pm <b>June 11<sup>th</sup> - October 1<sup>st</sup></b> CLOSED 7/2 ,9/3,9/24</p> <p>Matching SNAP \$\$ Ask Manager for Current Offer</p> 

## WHY BY LOCALLY GROWN PRODUCE?

1. Farmers' Market produce is picked ripe and sold that day, just hours off the vine (not days). You can taste the difference!
2. You can meet the farmers who grow your food, ask when it was picked, how it was grown. Kids love learning from the Farmers!
3. You'll find unusual varieties of fruits and vegetables – those bred for flavor, not uniform in size, or ability to travel.
4. Buying locally grown produce encourages regional farming. If farming were more widespread, we could save fuel and resources spent on long distance shipping and reduce our overdependence on a handful of growing regions that may not be able to produce high yields indefinitely.
5. When produce is grown and purchased locally, the money remains in the community and stimulates the local economy.

To find even more vendors on the Healthy Incentives Program go to [Mass.gov/hip](https://www.mass.gov/hip)

